

December 2024 - Issue 12

Surviving the Holidays

The holiday season brings celebrations, parties, and potential stress, often leading to overindulgence. Here are some simple strategies to stay healthy and balanced:



- Eat mindfully: chew slowly, put your fork down periodically, and stop when you're 2/3 full.
- Limit sugar and avoid late-night eating.
- Plan ahead with healthy snacks like nuts, veggies, and protein bars.
- Avoid eating when stressed, as cortisol promotes weight gain.
- Stay active with brisk walks or light exercise.
- Listen to relaxing music while driving to reduce stress.
- Practice deep breathing to stay calm in lines or traffic.
- Drink plenty of water before, during, and after drinking alcohol to stay hydrated.

Holiday Schedule

Enjoy family fun drop-in activities over the holidays, including swimming, skating, gym, and fitness classes! Activities are hosted at the Aurora Family Leisure Complex (AFLC) and the Stronach Aurora Recreation Complex (SARC). Check schedules for details.



December 21, 2024, to January 5, 2025

For more information, visit the [Town's Holiday Schedules webpage](#).

Winter 2025 Program Guide

The Winter 2025 Program Guide will be available for online viewing on Tuesday, December 3, 2024.

Please visit our [Program Guide webpage](#) for the Winter 2025 Program Guide.

View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.



View the Winter 2025 Program Guide

Registration Dates - Recreation Programs

Residents: December 9
Non-Residents: December 16

Aquatic Learn to Swim Programs

Residents: December 11
Non-Residents: December 18

For more information, visit the Town's Registration webpage.

Trainer Tips



Meet Lisa Carter - Trainer

Meet Lisa Carter, our incredible *Trainer Tips* columnist, fitness staff member, and a C.S.E.P. Certified Personal Trainer who truly embodies community health and wellness!

With her extensive fitness expertise and approachable demeanor, Lisa isn't just here to get you in shape—she's committed to enhancing the well-being of every fitness member.

Whether you're a seasoned fitness enthusiast or just starting to get moving, Lisa's insights are designed



Is Squatting Bad for Your Knees & Back?

Squatting is a foundational/functional exercise. It is a movement that mimics what we do in our everyday life. Every time you stand up to get out of a chair, get out of your car, or sit down in the bathroom, you are using your core and lower body to push yourself to a standing position.

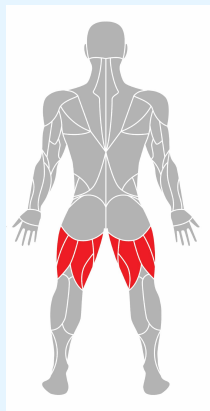
By squatting with a full range of motion, you will strengthen the muscles around the knee and create stability in the joint. In turn, your knees will be more stable as you walk, run, or squat to pick something up. Form is important, so if you are unsure about your technique while performing a squat, please see one of

to inspire and motivate you to embrace an active, healthy lifestyle.

our fitness staff for advice.

Email us today for fitness questions

Feature Exercise - Seated Leg Curl



Exercise Focus:

The seated leg curl machine, also known as the hamstring curl, primarily targets the hamstring muscles. They are one of the three posterior muscles between the hip and knee, and they play a key role in athletic performance and muscular stability.

Proper Technique:

1. Begin by selecting an appropriate weight.
2. Align your knees with the pivot point by adjusting the back pad.
3. Rest your feet on top of the ankle pad and adjust it to a comfortable position just above the ankle.
4. Set the movement arm to your desired start position to allow a full range of motion.
5. Lower the thigh pad and lock it in place once it is snug to prevent your thighs from lifting off the seat.
6. Grasping both handles, curl your legs back in a slow, controlled manner, pausing at full contraction. Slowly return to the starting position.
7. Release the thigh pad when resting between sets and exiting the machine.
8. Repeat this action for the desired number of repetitions.



If you are unsure how to use any exercise equipment at Club Aurora Fitness Centre, please ask the fitness staff.

Healthy Recipe of the Month

Roasted Butternut Squash Salad with Burrata

This butternut squash salad with creamy burrata, arugula, and optional pomegranate arils is perfect for fall entertaining. For the best texture, use room-temperature burrata and assemble the salad while the squash is warm to allow the cheese to melt slightly. Precut squash can make prep easier.



Ingredients:

- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- 4 cups cubed butternut squash
- 1 tablespoon minced shallot
- 1 tablespoon pomegranate molasses (see Tips)
- 1 tablespoon balsamic vinegar
- ½ teaspoon dried thyme
- 6 cups lightly packed baby arugula
- 1 burrata ball (3 ¾ ounces), sliced
- ¼ cup toasted chopped walnuts
- ¼ cup pomegranate seeds (see Tips) (Optional)

Directions:

1. Preheat oven to 400 degrees F.
2. Combine 1 tablespoon oil, cumin, paprika, 1/4 teaspoon pepper and 1/8 teaspoon salt in a medium bowl. Add squash; toss to coat. Spread on a large rimmed baking sheet and roast, stirring once, until tender, about 25 minutes.
3. Meanwhile, whisk shallot, molasses, vinegar, thyme and the remaining 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt in a small bowl.
4. When the squash has finished roasting, toss arugula with 2 tablespoons of the vinaigrette. Transfer to a serving platter. Scatter the squash over the arugula and top with burrata slices. Drizzle with the remaining 2 tablespoons dressing and sprinkle with walnuts and pomegranate seeds (if using).

Visit the website for more delicious
recipes

The Women in Sport (W.I.N.S.) Spotlight Series

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The Women in Sport (W.I.N.S.) Spotlight Series is a powerful initiative dedicated to celebrating and showcasing the remarkable achievements of women in sports, recreation, and healthy active living. By highlighting the inspiring stories of local female heroes and ambassadors, we aim to ignite the passion of the next generation of girls and women, encouraging them to participate in sports and embrace leadership roles.



Mahsa Iranpour



Robyn Stafford



Grace Wong



Carley Uddenburg



Abby McGregor



Ruby Lappin

To learn more about W.I.N.S., visit our
webpage

Sport Workshops & Education Sessions

COACHING GIRLS IN SPORT

Join us for a 2-part Lunch & Learn workshop called 'Coaching Girls in Sport'. Each workshop is 60 minutes, and focuses on the needs of girls in sport, how to create a safe space, best practices in adapting practices and training sessions to meet the needs of girls.



Both sessions are led by national expert, Jane King. Jane is a former teacher and has worked with Canadian Women in Sport on gender equity initiatives and is an NCCP and High Five trainer. She is a leader in this space, and we excited to provide this virtual platform to learn from her.

Coaching the Female Athlete for Long Term Athlete Development

December 11, 2024

12:00-1:00pm

Building a Positive Climate for Coaching Female Athletes

December 2, 2024

12:00-1:00pm

For more details or to register, visit the Sport Workshops
webpage.

FAIR Access (Fee Assistance in Recreation)

The Town of Aurora is now accepting 2025 F.A.I.R. Access applications online and in-person,

All applications must be resubmitted annually with appropriate supplementary documentation to verify eligibility.



Please complete an application form for 2025 even if you have successfully received funding for 2024.

F.A.I.R. Access Application Form

Upcoming Events



Check out one of the Top 100 Festivals and Events in Ontario!

Aurora's Christmas Market will be filled with good cheer, hands-on workshops and activities, fantastic seasonal vendors, food vendors and so much more.

Check out and visit different vendors on-site each night.



Outshine the Griswold's: Deck the Halls Tour!

Experience the joy of holiday and take a tour of decorated homes and businesses in Aurora. Follow along the map at your leisure.

The tour will take place from December 9 to 23.

Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

We understand that life can sometimes throw unexpected challenges your way, and if you ever find yourself unable to attend your scheduled group fitness or aquafitness class, we encourage you to let us know.

By notifying us of any last-minute scheduling conflicts or unforeseen circumstances, we can offer your spot to another eager participant. Your consideration helps us keep our community active and ensures that everyone gets the opportunity to participate.

Cancel your registration by using one of these options:

- Complete the online [Class Cancellation Form](#)
 - [Email our Customer Service team](#)
-

Club Aurora Fitness | 135 Industrial Pkwy North | Aurora, ON L4G 4C4 CA

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