



THE FITNESS SOURCE

Your resource for all the latest information at Club Aurora

October 2024 - Issue 10

Active Aging Week - September 30 to October 6

Active Aging Week is a nationwide campaign designed to encourage older adults to embrace a healthy lifestyle. This initiative provides a safe, welcoming, and enjoyable environment for participating in various activities, exercises, and experiences. It emphasizes the benefits of staying active and empowers individuals to thrive at every age.



Aurora is a community that truly values its older adults, offering a broad spectrum of programs both through the Aurora Seniors' Centre and the Town itself.

This ensures that seniors have plenty of opportunities to stay active, engaged, and connected.

[Visit the Aurora Seniors' Association Website](#)



Club Aurora also offers group fitness classes tailored specifically for older adults aged 55 and over.

These classes focus on exercises that promote strength, flexibility, balance, and overall well-being.

Participants can expect a supportive environment that encourages healthy aging and active living.

[Check out our group fitness class schedules.](#)

World Mental Health Day

October 10 is World Mental Health Day, a time to raise awareness and provide resources for those affected. As the days shorten and temperatures drop, it's important to recognize how seasonal changes can impact mental health, especially through Seasonal Affective Disorder (SAD).

SAD is a type of depression that follows a seasonal pattern, affecting 2-3% of Canadians, with another 15% experiencing milder symptoms, often called "winter blues." Common signs include changes in appetite, sleep issues, loss of interest in activities, and trouble concentrating.

While SAD can be challenging, physical activity helps. Just 10 minutes a day of something enjoyable—like walking or gardening—can boost your mood. This fall, remember to stay active and enjoy the season!



For more information, visit the [Canadian Mental Health Association](#).

Trainer Tips



Meet Lisa Carter - Trainer

Meet Lisa Carter, our fabulous Trainer Tips columnist, fitness staff, and a C.S.E.P. Certified Personal Trainer who embodies the spirit of community health!

With her vast fitness knowledge and her approachable demeanor, Lisa is not just here to whip you into shape; she's committed to enhancing the wellness of our fitness members.

Whether you're a seasoned fitness guru or just looking to shake off the dust and get moving, Lisa's insights are tailored to inspire you to embrace an active lifestyle.



How Can I Increase Lean Muscle Mass?

Adding heavy strength training to your routine is just one way to increase lean muscle mass. But there are many ways to increase strong lean muscle tone in your body.

Any form of resistance that your muscles must fight against that is greater than what they normally experience can help stimulate the muscle growth process.

Completing exercises with your body weight or resistance bands are also effective ways of training to build strength. Start with what you feel most comfortable with and continue building from there. As your exercises, or the weight you're using, start to feel too easy, increase your weight or choose more demanding exercises to continue challenging your muscles and see results.



Email us today for fitness questions

Fall Wellness Series

This fall, we are excited to announce a comprehensive series of wellness workshops, designed with your health and well-being in mind.

Each session will last one hour, providing a focused and engaging environment for participants to explore various aspects of wellness. We invite you to join us on this journey towards improved well-being and holistic health, as we aim to support and enhance the quality of life for all residents in our community.



QIGONG FOR WELLNESS

Age: 14+ years
Location: Lind Realty Team Fitness Studio
Date: Thursday, Oct. 3
Time: 1:30 to 2:30 p.m.
Fee: \$10 per person

Register Online

MEDITATION FOR WELLNESS

Age: 18+ years
Location: Lind Realty Team Fitness Studio
Date: Thursday, Oct. 10
Time: 1:30 to 2:30 p.m.
Fee: \$10 per person

Register Online

DEEP RELAXATION FOR WELLNESS

Age: 14+ years
Location: The Loft - Aurora Family Leisure Complex
Date: Friday, Oct. 18
Time: 1:30 to 2:30 p.m.
Fee: \$10 per person

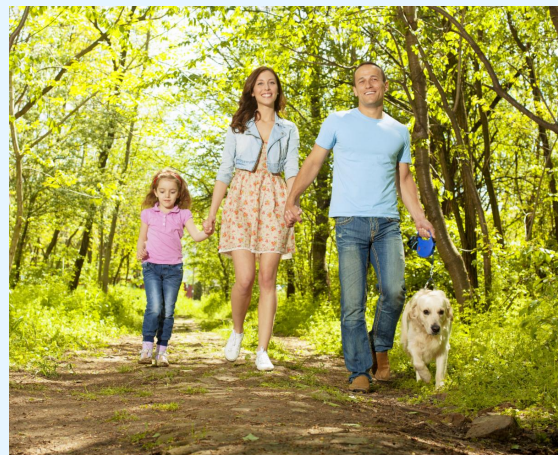
Register Online

Check out Aurora's Parks & Trails

As summer ends and autumn settles in, it's time to enjoy the best of fall—pumpkin spice, colorful foliage, and cozy blankets. The Town of Aurora offers over 62 km of hiking trails, perfect for staying active and taking in the season's beauty.

Whether you're new to hiking or experienced, here are some tips to keep in mind:

- Dress for the weather, including proper footwear.
- Stay aware of slippery surfaces, roots, and other trail users.



- Start your hike during daylight and avoid dusk.
- Hike with others for safety and fun, or let someone know your plans if hiking solo.
- Keep pets on a leash and clean up after them.

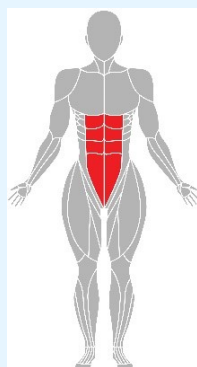
For trail suggestions, try:

- Sheppard's Bush: A family-friendly 7 km trail with multiple loops and soccer fields.
- Aurora Family Leisure Complex (AFLC): A flat, paved trail connected to the Aurora Arboretum, perfect for birdwatching or a fall picnic.

Make the most of Aurora's trails this fall before winter arrives!

Check out Aurora's Parks & Trails

Feature Exercise - Abdominal Curl Machine



Exercise Focus:

The abdominal curl machine is designed to target the core muscles, particularly the rectus abdominis, which is the muscle responsible for the "six-pack" look. It also engages the obliques and other stabilizing muscles in the abdomen.

Proper Technique:

1. While seated, adjust the seat up or down with the yellow lever to align your navel with the machine's axis of rotation.
2. Ensure that your feet are behind the roller pads.
3. Select an appropriate weight.
4. Place your elbows on the pads and gently hold onto the handgrips. Do not use your hands to pull.
5. Pull your chest forward towards your hips (legs) in a crunch movement. Pause for a moment before returning to the start position and repeat.
6. Complete 8 to 12 repetitions.

Common Mistakes to Avoid:

- Avoid using momentum to complete the movement, as it reduces the effectiveness.
- While curling forward, avoid rounding your back excessively, which can lead to strain.
- Ensure the seat is adjusted so that

your knees are bent at a 90-degree angle, which helps to target the correct muscles.

Healthy Recipe of the Month

Southwest Breakfast Quesadilla

Pico de gallo and cheesy eggs make this quick breakfast flavorful and satisfying.

Ingredients

- Nonstick cooking spray
- ¼ cup refrigerated or frozen egg product, thawed
- 1/8 to 1/4 teaspoon salt-free southwest chipotle seasoning blend
- 1 whole-wheat flour tortilla
- 2 tablespoons shredded part-skim mozzarella cheese
- 2 tablespoons canned no-salt-added black beans, rinsed and drained
- 2 tablespoons refrigerated fresh pico de gallo or chopped tomato plus more for garnish



Directions

1. Coat a medium nonstick skillet with nonstick cooking spray. Preheat skillet over medium heat. Add egg to hot skillet; sprinkle with seasoning blend.
2. Cook over medium heat, without stirring, until egg begins to set on the bottom and around edge. Using a spatula or a large spoon, lift and fold the partially cooked egg so that the uncooked portion flows underneath. Continue cooking over medium heat for 30 to 60 seconds or until egg is cooked through but is still glossy and moist.
3. Immediately spoon cooked egg onto one side of the tortilla. Top with cheese, beans and the 2 tablespoons pico de gallo. Fold tortilla over filling to cover; press gently.
4. Wipe out the same skillet with a paper towel. Coat skillet with cooking spray. Preheat skillet over medium heat. Cook filled tortilla in hot skillet about 2 minutes or until tortilla is browned and filling is heated through, turning once. If desired, top with additional pico de gallo.
5. Batch cook and freeze patties to use at a later date.
6. Use extra-lean ground chicken instead of turkey as an alternative lean protein source.

Visit the website for more delicious recipes.

F.I.T. Club - Fun in Training (Ages 12 to 13 years)



program is designed for 12- to 13-year-olds who are interested in obtaining a fitness membership and exercising independently at Club Aurora. This program is mandatory for this age group to ensure they learn safe exercise techniques and how to properly use the exercise equipment.



The program includes three one-hour training sessions that cover the basics of exercise. These sessions are booked exclusively through the fitness staff at the fitness centre, offering flexibility to fit any schedule. It's a great way for young members to start their fitness journey with proper guidance.

F.I.T Club fee - \$35.80

Contact Club Aurora for more information.

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](#)

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