



FIT BITS

Spring 2008 Vol 2, Issue 1

Nova Scotia Fitness Association
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FROM THE EDITOR

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With the weather warming, it's sure to leave a little spring in your step. This is the perfect time to integrate some fresh new ideas into your current classes or client training programs. Pull out your choreography notes from Fitness Friendly or check out the member's only section of nsfa.info to download them if you missed the 2008 excitement.

If you haven't guessed, in this issue of FitBits, you will find a tribute to Fitness Friendly 2008. This issue is filled with pictures and results from this year's successful conference. In addition, you'll also find some considerations for sweating to the warmer weather.

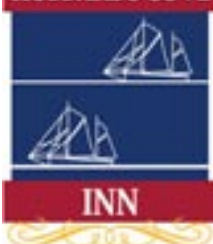
If you have any suggestions, announcements or submissions for Fit Bits, please email me at promotions@nsfa.info.

Jolene Titus
Editor



Health Promotion
and Protection

HUBBARDS COVE



THANK YOU

A big thank you to Hubbards Cove Inn and Seaside Cottages for the grand prize early bird two-night stay that went to Ben!

Hubbards Cove can also accommodate meetings and conferences.

Check out www.hubbardscoveinn.com

FITNESS FRIENDZY 2008

Fitness Friendly 2008 was another successful Conference for NSFA and all of its members. Throughout the two-day event, nine sessions were attended. On Friday night Angela Curry taught an aqua class entitled 'Waves of Motion' to give aqua leaders some new ideas for their classes. While our aqua leaders kept the lifeguards on their feet Fran Dunn hosted 'It's Not Just Walking Anymore' and had participants on the track for some variation in their walking routine. On Saturday, NSFA was lucky enough to welcome Krista Popowich, host of the Caribbean workout, for three sessions: 'Building Step Routines', 'No Equipment Necessary', and 'Sport Workout for the Non Athlete'. Sessions delivered challenging and effective routines that leaders could incorporate into their classes or simply use in their own workout routine. While our fitness leaders burned some calories Darren Steeves led sessions in the classroom entitled 'Creating of Wellness Work' and 'Training Athletes, Young and Old'. Both sessions gave participants an educational perspective on some of the training methodologies in existence, as well as how to increase levels of activity. Post workout everyone took a moment to relax while listening to dietician Meaghan Sim discuss Canada's new food guide. To wrap it all up a very-pregnant Jenny Kierstead led a 'Power Flow Yoga' session allowing participants to stretch out tired muscles and lower their heart rate at the end of the day.

Thank you to presenters:

- Krista Popowich
- Darren Steeves
- Angela Curry
- Fran Dunn
- Meaghan Sim
- Jenny Kierstead

Congratulations to Katy Hampton who won the \$20 Human Kinetics Book Certificate for her valuable evaluation feedback!

PRIZES! PRIZES! PRIZES!

Many participants at Fitness Friendly 2008 walked away from the two-day conference with more than just new fitness lessons and class offerings. This year's conference featured many prizes for give-away. Special thanks to all the businesses who participated in Fitness Friendly 2008:

| | |
|-----------------------------------|---------------------------------|
| Arrow Construction Products | Cole Harbour Recreation Office |
| Musquodoboit Recreation Office | Sobeys |
| New Balance/Aerobics First | Kinetic Solution |
| Dynamix | Boulder Cove Cottages |
| Ocean Mist Cottages | Cox & Palmer |
| Stewart McKelvey | Nova Enterprises Ltd. |
| Mystic Tan | Studio In Essence |
| Its All Greek to Me | Nova Scotia Fitness Association |
| Recreation Nova Scotia | Truro Centennial Pool |
| The Tower | Residence Inn, Marriott |
| Heart and Stroke Foundation of NS | |

2008 TRADE SHOW PARTICIPANTS

| | |
|-----------------------------------|-------------------|
| Aerobics First | New Balance |
| Heart and Stroke Foundation of NS | Dynamix Music |
| Xoçai Healthy Chocolate | Kinetic Solutions |

NSFA NEWS

A DECADE OF THANKS

After 12 years as a volunteer and Office Manager with the NSFA, Diane Bellefontaine has chosen to leave the position as Executive Director. Diane has had a lengthy career in the fitness industry and has made great contributions to the fitness industry in Nova Scotia and we thank her.



NSFA is pleased to welcome Jennifer Hitchcock as the new Office Administrator. She has a wealth of knowledge and experience in sport, recreation and event management.

Members can still contact NSFA for exceptional service and fitness resources. Call the office as usual at 425-1128, ext. 224 or email nsfa@nsfa.info.

Thank you to Iris Lesser who has filled in as Interim Executive Director.

Spring/Summer Hours: Monday – Thursday from 12 noon - 5 pm.

CERTIFICATION AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES GROW AT NSFA

The NSFA has successfully received funding to support the training of course conductors and leaders in regions of Nova Scotia currently underserved. The Nova Scotia Department of Health Promotion and Protection awarded NSFA with \$11,000 to train course conductors and support leaders in all regions around the province in the Fitness Theory, Group Fitness, Resistance and Aqua modules over the next year. In September, NSFA will administer a portion of these funds to support leaders who may need financial assistance to attend our courses.

Look for more information on accessing this support in the fall edition of *FitBits* and on our website. For more information on the project, contact Erin Croke at eda@nsfa.info.

SWEATING – HYDRATION TIPS AND SAFETY REMINDERS AS THE WEATHER WARMS UP

The next time you end up glowing, perspiring, or dripping after a workout with your favorite NSFA leader, think about this: all that perspiration is crucial to healthy physical functioning! As your body's primary mechanism for eliminating heat, sweating keeps your internal (core) temperature as constant as possible.

Physical conditioning, age, ethnicity, gender, and climate all affect the amount you sweat. Sedentary people may sweat anywhere from practically nothing to two quarts a day, while heat and/or exertion can increase daily sweat gland output to as much as five to eight quarts! While women usually sweat less and store more heat than men, research shows that women and men in equivalent physical condition tolerate heat equally well. Remember, cardiovascular fitness is a key factor in heat tolerance (e.g.) the more fit you are, the better you deal with heat! Sweat can also be an indicator of hydration level so a person not sweating during a vigorous workout may be de-hydrated.

Be especially careful in hot, humid environments. In a humid climate, sweat evaporates more slowly than it normally does, thus slowing the release of body heat. When you exercise on a humid day, you may be less aware of sweating and just feel sticky, but it is very important to drink fluids and take it easier than usual to avoid becoming dehydrated (Stanford University Health Improvement Program, 2004).

The American Council on Exercise (2003) makes the following hydration recommendations which are standard throughout the fitness and nutrition industries:

- ✓ Consume one (8 ozs) to two cups of water at least one hour before exercise; if possible, consume one cup of water 15 – 30 minutes before exercise.
- ✓ Consume 1/2 – 1 cup of water for every 15 minutes of exercise.
- ✓ Consume 2–3 cups of water during the 30 minutes after exercise, whether thirsty or not.

When you're exercising, your thirst mechanism doesn't keep up with your need for fluid. By the time you're thirsty, you've already lost a substantial amount of fluid through sweat and increased breathing. If you don't replace the lost water, dehydration can occur because your blood volume has decreased. This leads to fatigue and adversely affects physical performance. If ignored, dehydration may result in heat exhaustion or heat stroke.

Heat Cramps: SYMPTOMS: cramping usually in the dominant, active muscle groups.

Heat Exhaustion: SYMPTOMS: pale looking, may have cool clammy skin, later-exhaustion and diarrhea, rapid weak pulse.

Heat Stroke: SYMPTOMS: Hot, red, and dry skin, core temperature elevated to 105°F (40.6°C), not sweating.

Canadian Red Cross (2002)

TIPS for exercise in warmer weather:

1. Avoid training during the hottest parts of the day (i.e.) 10 am to 3 pm.
2. Build in "rest/recovery periods" every 10 minutes of cardio sessions (i.e.) resistance or balancing interval to bring heart rate down, particularly when it's humid.
3. Cue water breaks often – every 10 to 15 minutes.
4. Defer exercise completely if the heat index is in the "high risk zone".
5. Wear loose fitting or sweat-wicking clothes that allow for the evaporation of sweat.
6. Give special consideration and monitoring of heat susceptible individuals (i.e.) obese, unfit, the dehydrated, elderly.
7. Monitor exercise intensity more frequently (i.e.) every 10 minutes.

By Fran Dunn BA with Honors, NSCA & CPTN C-PT, NSFA Board Chair

DISCOUNTS & RESOURCES

EQUIPMENT/PRODUCTS

SPARTAN EXERCISE EQUIPMENT/ATHLETIC PRODUCTS

10% discount on all athletic products

CONTACT: John Lewis

TEL: 902-482-0330 • **FAX:** 902-482-0329

EMAIL: ns1@spartanathletics.com

EXPRESS FITNESS EQUIPMENT

10% discount on treadmills, stair climbers, bikes, rowers, home gyms and entertainment systems

CONTACT: Stephen Ball

TEL: 902-468-9445

www.expressfitness.com

BODY ACTION DESIGN

15% discount

CONTACT: Rob Landers

TEL: 506-639-2523 • **FAX:** 506-642-4070

EMAIL: ABCphysio@rogers.com

WEBSITE: www.BADBalls.ca

BREATHING SPACES YOGA STUDIO

10% off yoga teacher training program

CONTACT: Jenny Kierstead

TEL: 902-444-YOGA (9642)

www.breathingspaceyogastudio.ca

SPORTS PERFORMANCE, YOUR FAMILY NUTRITION STORE

15% discount on regular priced items

CONTACT: Luigi Lucia

TEL: 902-462-7111

EMAIL: spwatlantic@aol.com

CLOTHING

SHIMBO FITNESS & ACTIVE WEAR

15% discount on both street-wear and active-wear

CONTACT: Rob Fredericks

TEL: 902-830-3867

EMAIL: info@shimbo.ca

CLEVE'S – SNEAKERS

15% discount on regular priced sneakers and fitness wear

CONTACT: Various outlets in the Halifax/Dartmouth area

AEROBICS FIRST

10% off footwear, 15% off Apparel, 5% off sale prices

CONTACT: Luke MacDonald

TEL: 902-423-1470

EMAIL: luke.aerobicsfirst@gmail.com

BOOKS

HUMAN KINETICS

10% discount on all products

All orders must be placed through the NSFA office to qualify for discount.

CONTACT: Jennifer Hitchcock

TEL: 902-425-1128, ext. 224

EMAIL: nsfa@nsfa.info

MUSIC

DYNAMIX MUSIC/VIDEOS

10% discount

CONTACT: Diane Bellefontaine

TEL: 902-464-0948

EMAIL: diane_belle@hotmail.com



◀ Fitness Friendly participants take in a session on Canada's Food Guide. ▶



◀ Krista Popowich demonstrates moves as part of her workshop session as participants follow suit. ▶



New Balance booth. ▶



◀ NSFA booth. ▶

NSFA booth. ▶



Members of Breathing Spaces Yoga Studio demonstrate yoga moves as part of Jenny Kierstead's yoga workshop. ▶



Contact: Richard Harrington
Email: rick@kineticsolution.com



10,000 strong and growing!

