



Happy New Year 2012!

NOW Club – Past, *NOW* and Future

Happy New Year!

Have a safe and happy holiday season! Also, make your new year wonderful and bring joy, happiness, love and prosperity into your lives!

Registration and Membership

The [Registration](#) page on our [website](#) is now active. All you need is an email address, your full name and a password. After registration, you have access to information hidden to the unregistered users. Please take a minute and register.

The [Membership](#) page has been updated to reflect our approach on membership. The good news is that the membership is free for everybody and open to anybody. There are *free* and *non-free* activities on a pay as-you-go basis.

“Free” vs. “Non-Free” Activities

Please note that we try balancing the number of *free* and *non-free* activities. The difference between the two is that the *free* activities do not have a price tag attached, but they have a huge value and they are as demanding for the organizers and as full of experiences for the participants as the *non-free* activities.

We do consider those *free* activities as important as the *paid* ones. The only reason they are free is that we want them to be accessible to more people.

Few good examples are the “Bike the Niagara Trail” at the end of May, 2011 (see pictures [here](#)) and the “Hiking and Photography at Hamilton Falls” in mid September, 2011 (see pictures [here](#)). Who participated in these activities, knows what we are talking about. Who would like to find out, should join us for the next activity!

Current Activities and Upcoming Events

Skiing

Ski Classes in January and February (4-week programs **starting Jan 8 and Feb 5**) for adults and kids.

Location: **Glen Eden** (Kelso) near Milton

Date: on **Sundays** (starting Jan 8)

Tentative time: @ 8:30 Level 5/6, @ 9:45 Level 1, @ 11:00 Level 2, @ 12:15 Level 3, @ 13:30 Level 4

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Register via email sent to info@nowclub.ca or on the [website](#)
Check [here](#) for more details.

Social Ski at Glen Eden on Wednesdays – Let’s come out and enjoy the slopes together after work (around 17:00). This activity is for both adults and kids and it is free of charge (you need to get your own ski pass). We are more than happy to offer some ski tips. Even if it’s free, please register.

Location: **Glen Eden** (Kelso) near Milton

Date: every other week on **Wednesdays (Dec 28, Jan 11, Jan 25, Feb 8, Feb 22, Mar 7)**

Tentative time: around 17:00 till closing

Register via email sent to info@nowclub.ca or on the [website](#)

Check [here](#) for more details.

Ice Skating

Social Skate in High Park on Saturdays – This activity is for both adults and kids and it is free of charge (you need to bring your own skates). Even if it’s free, please register.

Location: **High Park** (skating rink)

Date: on **Saturdays (Dec 31, Jan 7, Jan 21, Feb 4, Feb 18)**

Tentative time: 10:00 - 12:00 (rink opens at 9:00)

Register via email sent to info@nowclub.ca or on the [website](#)

Check [here](#) for more details and [here](#) for rink details and schedule.

Miscellaneous

(Other Events Going On in the City that you may haven’t heard about)

Toronto International Boat Show, Direct Energy Centre, Exhibition Place, Toronto – **Jan. 14 – 22, 2012.**
<http://www.torontoboatshow.com/>

Toronto's Ultimate Travel Show, Metro Convention Centre, Toronto – **Jan. 28 – 29, 2012.**
<http://www.totravelshow.com/>

Thought of the Month

Live Joyfully! – by Florin Stanciu

I have read an article on the internet more than a week ago and one line got stuck in my mind. “Negative emotions exist to let us know that we are not facing the clearest path to what we want” says Christiane Northrup, M.D. She is a visionary pioneer and a leading authority in the field of women’s health and wellness, but for me she is a reminder of the fact that we need to be aware of everything that happens in our life.

Do you feel constantly tired, upset or angry, or do you have any kind of pain or other physical symptoms that come back regularly? If so, you have to stop for a moment and reflect upon what the symptom is trying to say to you. When I am caught up in a downward spiral of negative feelings, I know that something has to be changed. It might mean that I’m giving too much attention to what I don’t want or something that is not benefiting me. I have learned to notice when I’m feeling



bad and correct what is wrong. It is important to listen to our body; it is our best ally if we learn to trust it. We need to acknowledge our negative emotions and transform them into positive things. These symptoms we get from our body often signal that it is time for us to let go of what we don't want in our life and start using our own power to improve things.

We just have to find a way to use our positive energy in order to improve our life. We should know that our body is the barometer of our well-being. Through the symptoms, our body tells us what is not right for us. We have to use our inner wisdom to create a positive environment for us, to create the state of mind and spirit that will lead us to a better life. It is important to do what we do in life because it gives us joy. We should find joy in our life, no matter what joy means for each of us. It could be finding a better job or a new home, practicing our favorite sport, spending a day outdoor with friends or family or just enjoying a good reading. Ultimately, living joyfully is something that each human being strives for, I hope.

But sometimes, in our struggle to improve our life, we forget to enjoy little things that give us joy and help us go through hard times. I personally consider that a sunny morning is a sign of a good day and a reason to live joyfully. If the morning is not sunny, I try to find another reason to enjoy the day. ☺ The list goes on and on and I always find something to give me the joy of life.

Do you like to know another reason? Just the simple fact that I AM ABLE to walk could make my day. Have you ever thought about that? Have you ever thought about walking? We might take it for granted, but for some temporarily or permanently disable people, walking can be one of their lovely dreams.

When I didn't know I have cancer I was thinking: Why do people run? Why should one struggle to run like crazy on a hot or rainy day if they can just walk normally, drive to wherever they have to go or just simply take the public transportation? Well, now I changed my mind and I consider running a dream ... a dream towards a joyful life. Think about your own dreams and make them reasons to live joyfully. And LIVE JOYFULLY!

Nutrition

Food Matters

Is your health important to you? I hope that everyone has a positive answer to this question. If not, we have a major problem and we need to revise the priorities.

Most of the young people and most of the healthy "experienced" people take their own health for granted. We usually tend to reflect about our health only when we kind of lose it.

Did you know that nutrition plays a major role in the health and well being of an individual and it is one of the most powerful and affordable tools to prevent illness? More or less, everybody knows that. Everybody knows that we should eat healthy and good quality food. But the question is: Do we actually do it?



We are kind of lost in the mega abundance of drug commercials and "health studies" that want to sell us their "wonder" products. Those commercials and advertisements do not promote health. As the [Food Matters](#) movie says, health does not bring any profit to the pharmaceutical industry.

This time of the year, during or right after the winter holidays, is a good time to reflect on your nutrition. Usually, the holiday season is coupled together with a lot of heavy not-so-healthy food. Think about what this means for your body!

What happens if you put “garbage” in your body? Is possible to have a wonderful outcome?

Did you know the human body has all the necessary mechanisms to repair itself, to heal wounds, to recover from illnesses and to restore the health status to the normal levels? The human body has this amazing capacity. It just needs the right ingredients to work with:



- **rest** to allow for the restoration process to occur
- **energy** that comes from food and also some other sources (like the sun) to repair damaged cells, replace the dead ones and fight the foreign ones
- **good quality nutrients** that offer the building blocks and the other necessary materials

Have you ever asked yourself why our ancestors and some of the “uncivilized” cultures were/are actually healthier than the majority of the “civilized” people living in Europe and North America?

Did you know the word “restaurant” (that defines the place you go out and eat) came initially from the idea of restoring the customers’ health through good quality food (check this [link](#))? And this was regarded as a kind of treatment. These days, almost nobody thinks about the origin of this term. Moreover, many modern eating places offer poor quality food that do more damage than good and do not deserve to be called “restaurants”. If you have any doubts, watch the movie “**Super Size Me**” and you will get the idea.

Please take a break for about an hour and watch the movie [Food Matters](#) and you may look at your nutrition and your health with different eyes after that.

Fitness 101

This section may offer you some inspiration or some guidance when it comes to the fitness category of your New Year resolution (see the [January 2011](#) issue of our newsletter for some tips on the New Year resolution).

Cardio Training

Note: Parts of this article were inspired from [Aboaut.com](#) and [Wikipedia](#).

One of the easiest ways to start training is by doing cardio. The term “cardio” comes from the Greek *kardia* (that means heart) and, in fitness industry, it is the short for the category of exercises that work on the cardiovascular system (heart, blood and blood vessels) and the pulmonary system (lungs and air ways) of the human body.

One of the main functions of the cardiovascular and pulmonary systems is to deliver oxygen to all cells of the body and carry away carbon dioxide.



Cardio training is a very important component of the training system because it provides the foundation of the exercise program. It is a good idea to improve the functioning of your cardio-circulatory-pulmonary systems before you start some other more demanding exercises.

Moreover, cardio training is a bit easier on the entire human body and easier to perform at the beginning of an exercise program. You can complete your cardio exercises by doing any type of activity with a low-to-moderate intensity that gets your heart pumping. Here are a few examples of such activities: walking, jogging, dancing, biking, swimming, cross-country skiing, skating, snowshoeing, you could even play with your kids and/or pet and work on your cardio in the same time.

Cardio can be done everywhere: at home, in the gym or outdoors. Our recommendation is to choose the outdoors and a natural environment like a park or the woods if possible (preferably not in the middle of the city where you can hardly breathe because of smog and car exhaust gases).



Benefits

Among the recognized **health benefits** of doing regular aerobic exercise are:

- Strengthening the muscles involved in respiration, to facilitate the flow of air in and out of the lungs
- Strengthening and enlarging the heart muscle, to improve its pumping efficiency and reduce the resting heart rate, known as aerobic conditioning
- Strengthening muscles throughout the body
- Improving circulation efficiency and reducing blood pressure
- Increasing the total number of red blood cells in the body, facilitating transport of oxygen
- Improved mental health, including reducing stress and lowering the incidence of depression
- Reducing the risk for diabetes.
- Burns body fat, while building leaner muscle.

As a result, aerobic exercise can reduce the risk of death due to cardiovascular problems. In addition, high-impact aerobic activities can stimulate bone growth, as well as reduce the risk of osteoporosis for both men and women.

In addition to the health benefits of aerobic exercise, there are numerous **performance benefits**:

- Increased storage of energy molecules such as fats and carbohydrates within the muscles, allowing for increased endurance
- Increasing speed at which aerobic metabolism is activated within muscles, allowing a greater portion of energy for intense exercise to be generated aerobically
- Improving the ability of muscles to use fats during exercise, preserving intramuscular glycogen
- Enhancing the speed at which muscles recover from high intensity exercise

Tips

- There is no 'best' cardio exercise. Anything that you enjoy and that gets your heart rate up fits the bill.
- It's not what you do, but how long and how hard you work. Any exercise can be challenging if you make it that way.
- Do something you enjoy. If you hate gym workouts, don't force yourself onto a treadmill. If you like socializing, consider sports, group fitness, working out with a friend or a walking club.
- Choose something you can see yourself doing at least 3 days a week. It does not need to be the same type of activity every time. Mix and match works best.
- Be flexible and don't be afraid to branch out once you get comfortable with exercise.
- Make the time. People who workout don't have more time than people who don't. They've just practiced making exercise a priority. Scheduling your workouts and treating them like any other appointment you wouldn't miss may help you stick to your program

Duration

Both the health benefits and the performance benefits, or "training effect", require a minimum **duration and frequency** of exercise. Most authorities suggest **at least** twenty minutes performed at least three times a week.

If you're a beginner, start with 10-20 minutes and add more time to each workout until you're up to 30 minutes. The '**official**' **guidelines** say to workout for 30-60 minutes most days of the week, but don't feel like you have to start at that level if you're not ready.

Intensity

How hard one should work depends on several factors including your fitness level and your goals. There are three different levels of intensity you can focus on during your workouts, and you can even incorporate all of these levels into the same workout:

- **High Intensity Cardio:** This falls between about 75-85% of your maximum heart rate (MHR) if you're using heart rate zones. What this translates to is exercise at a level that feels challenging and leaves you too breathless to talk much. If you're a beginner, you may want to work up to this level or try interval training so that you work harder for shorter periods of time.
- **Moderate Intensity Cardio:** This level falls between about 60-70% of your MHR. This is the level you typically want to shoot for during your workouts.
- **Low Intensity Cardio:** This type of exercise is considered to be below about 50-55% of your MHR. This is a good level to work at during your warm ups or when you're squeezing in other activities, like walking, throughout the day.



A conservative formula to calculate the maximum heart rate (MHR) is: $MHR = 220 - \text{Age}$. Don't be a slave to those numbers but, instead, use them as a starting point for finding your own training zone.

Final Remarks

Do something ... anything. If you think 5 minutes isn't enough time to workout, you should think again. Whether it's 5 minutes, 10 minutes or 60 minutes, every single minute counts.

One secret of the cardio training is to make it **fun and enjoyable**. In the winter, do not get bored by being stuck on a treadmill in your basement or in the gym. You can take a walk in the fresh snow through your favourite park or go skating or have a snowball fight.

Need More Info / Want to Contact Us?

Website: www.nowclub.ca (the [Activities](#) and [Calendar](#) pages are updated on a regular basis)

Newsletter: in electronic format only, distributed monthly via email. You are welcome to share it with your family and friends. Now, the past issues are available on our [Newsletters](#) page.

Email: info@nowclub.ca

Phone: 416-528-7318 (Moni) or 416-528-6236 (Victor)

We do love spending time outdoors together with people, who share similar values, desires, hobbies and passions.

Create yourself a wonderful New Year!

Moni, Odette, Anita and Victor (MOAV)

Note: If you haven't had a chance to read the previous issues, they are available on our [website](#). If you do not want to receive any information on subjects related to NOW Club, please let us know and we will respect your wish.

