



NOW Club – Past, *NOW* and Future

Social Corner

The [Social Corner](#) page is now active on our [website](#). This page was created for the benefit of our members and guests.

We received many requests from people around NOW Club to either find a new owner for an outgrown or once-loved piece of equipment or to find a good quality piece of used equipment for someone in need.

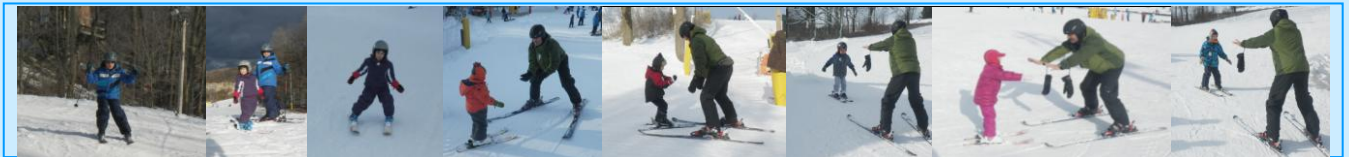
Only registered members can post ads and have full access to the information posted by other members, while guests (unregistered users) have limited access to the information posted. The ads could be about sports related equipment (new or used; offered or requested as sell, buy, trade, loan, borrow or donation), ad-hoc activities or events organized by others than NOW Club or any other announcement somehow related with NOW Club object of activity.

This page does not compete with Kijiji or Craig’s List which are specialized in classified ads. We thought that is better to exchange equipment within a group of people who more or less know each other.

Please note that the announcements on the [Social Corner](#) page are posted by our members. We reserve the right to monitor and delete/alter any announcement that is abusive, racist, harmful, insulting, offensive, inappropriate or not in line with our philosophy and/or field of activity.

Recent Past Activities

Skiing and Skating in December and January. Although it has been a mild winter so far, we had plenty of action on the slopes and some action on the ice.



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Current Activities and Upcoming Events

Skiing

Ski Classes February (4-week program **starting Feb 12**) for adults and kids.

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

Date: on **Sundays** (starting Feb 12)

Tentative time: @ 8:30, 9:30, 10:45, 12:00, 13:15, 14:30, 15:45, 17:00

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 (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 (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)

Outdoor Adventure Show Toronto, The International Centre, Mississauga – **Feb. 24 – 26, 2012**. It offers pre-season deals on the newest outdoor gear and amazing travel destinations! See canoe & kayak experts in the Whitewater Demo Pool, watch scuba demos in the Dive Tank, climb the Rock Wall or ignite your passion for biking, hiking, running, water or mountain sports.

<http://www.outdooradventureshow.ca>

Two-for-one coupons will be sent via email. They can also be downloaded from [here](#).

Thought of the Month

Your Fragility Is Your Strength! – by Florin Stanciu

Two days after the New Year I went to PINA, my first 3D movie and an absolutely incredible experience. Philippine (Pina) Bausch was a German dancer, choreographer, and an inventor of a new art form. “This was not theatre, nor pantomime, nor ballet and not at all opera. Pina is [...] the creator of a new art. Dance theatre” says the film director Wim Wenders about Pina. Her life journey ends on June 30th, 2009 of an unstated form of cancer, but her international choreographic revolution remains with us.

Pina used to pose questions and her dancers answered them not in words, but with improvised dance and body language. During a rehearsal she told one of her dancers: “Your fragility is actually your strength”. Long after the movie finished I was at home, and I was thinking how right she was. Everyone has moments when seems so fragile or vulnerable, but that fragility can be turned into strength in seconds if we are willing to do that.

If we look at one ballerina we tend to think: how can she work so hard and be so strong when in fact she is just a tiny human being? Well, if she has the motivation and the willingness to do it, she can do it.

One can walk up the mountain or rehearse a dance for hours touching the floor just like a little butterfly. Of course it takes lots of work and dedication to reach the heights of a mountain or to dance like it is the easiest thing in the world, but everything is possible. We can find strength in fragility or fragility in strength. It all depends how we look at the matter.

Have you ever thought about the fragility and yet the surprising strength of one bird’s wing bones? Since I was just a kid I was wondering how a bird can fly with those almost transparent wings.

When I fly, I prefer not to sit next to a window where I can see the wings of the airplane. Even though I know these wings are designed to support the weight of the airplane fully loaded, I still can’t stop thinking about how fragile they look. When I see those wing flaps moving easily, opening or closing with just a wind breeze, I realize how simple, but complicate in the same time, things work. It’s not always what it seems to be.

Fragility and strength. I think these opposites are co-existing yet agitating and vibrating within a physical or a psychic space. Through these opposites we send messages of power or powerlessness, determination or weakness, vitality or lethargy.

We seem to be fragile when in fact we are strong, we could do lots of things when we are determined to do them. It is amazing that we are able to achieve things that seem impossible.

So, be strong even if some people may think you are not, be determined to improve your life in whatever areas you think is needed, be full of vitality and do whatever physical or mental activities will help you evolve. Be yourself!

Nutrition

Water

Think about what one needs to survive: air, water, food and ... Facebook... Now, seriously, water is the second most important ingredient after oxygen for the living human body.

The human body contains water anywhere from about 80% at birth to about 50% in the old adulthood (by weight). The brain and the lean muscle tissue contain about 70% water by weight, the bone tissue is about 22% water and the fat tissue is about 10% water by weight. About 83% of our blood is water.



Water is involved in the body temperature regulation, in the transport of oxygen, nutrients and other chemicals to the cells as well as the transport of the waste products and toxins from the cells to outside the body. Water is the media for most substance exchange processes that take place in the body among body cells, blood stream and lymph. Water is very important for a proper functionality of our entire body.

Do we really need eight glasses of water each day?

Many people are aware of the **8x8 “rule”**. This “rule” says that one “must” drink eight 8-ounce glasses of water per day (8 oz = ~227 mL or 237 mL, depending if you consider either U.K./Canadian or U.S. ounce; the total of eight glasses is anywhere between ~1.8 L and ~1.9 L). But only few people question the history of this “rule” and the reasons behind it.

It seems that the roots of this “rule” lie in a recommendation made by the Food and Nutrition Board of the U.S. Institute of Medicine back in 1940s. This abovementioned board wrote that a rough rule of thumb would be **one millilitre of water per calorie eaten**. This means than for 2,000 calories (the average food intake per day) the body needs 2 litres of water (approximately eight 8-ounce glasses). They also added that **some of this amount of water could come from other sources like solid food**.

There is little to no scientific evidence of the need to drink eight glasses of water a day. Everybody agrees that we should avoid dehydration and there is a long list of potential problems that come with it (blood thickening, constipation, kidney stones, etc.) The healthy human body has mechanisms in place to prevent dehydration. At the other end of the spectrum, there is a risk of water intoxication and even death because of too much water (and I am not talking about drowning here).

The conclusion is that we do need water in order to survive and we do need water for our body to function correctly and we do need water to be healthy, but the amount of water we should drink is influenced by many variables (age – older people may have somehow less sensation of thirst; health – certain disease need more water intake; physical activity – engaged in vigorous exercise; climate – live or work in hot climate). As long as the concentration of blood remains normal, we are OK.

The short answer is **“No. We do not need 8 glasses of water a day.”** We may need more or less and that depends on many factors.

Tap vs. Bottle

The big dilemma is: **Tap or Bottle?** The source and the “package” of the drinking water are relatively common debate subjects.

The 8x8 “rule” was somehow pushed by the bottled water industry. And the reason is very obvious: **MONEY**. They make huge profits by selling most of the time tap water in a good-looking non-biodegradable plastic bottle (see Dasani from Coca-Cola and Aquafina from Pepsi).

And there are lots of questions one should ask himself/herself in the process of deciding what source and what “package” to choose.

- *Which water is **safer**?* In the civilized world, especially in North America and Europe, and under normal conditions, the tap water quality is strictly regulated and continually monitored. In some cases, the tap water is more strictly regulated than the bottled water.
- *Which one is **cheaper** (more affordable)?* I guess you should do the math. Most probably, you end up with the tap water as a winner here.
- *Which one is more **environmentally friendly** (less harm to the environment over the entire cycle – production, packaging, transport, reuse, recycle)?* There are pros and cons for both tap and bottled water here. Some argue that the chlorine and other chemicals used in the treatment process for the tap water may be harmful for the environment. On the other hand, there is no doubt that the plastic bottles are big head ach for the environment. Proponents of the bottle argue that the bottles are recyclable. And that is correct, **if and only if** they are **properly** recycled. But how come one of the most present pieces of trash found anywhere on the planet from landfills to oceans, lakes, beaches, parks, playgrounds, conservation areas, woods, etc. is the plastic water bottle?
- *Which one is more **convenient** (accessible)?* Answer for yourself.
- *Which one has **better taste**?* This is very subjective. Some people do not like the chlorine taste of the tap water, while some others do not like the plastic taste of the bottled water. A filtration system may improve both the taste and the quality of the water you want to drink. There are many types of filtration systems available from the pitcher type to under the sink types. Each has its own benefits and drawbacks.

The best water source is a natural spring where the water is coming directly from the earth. But not too many of us have the luxury of having a natural spring in the backyard.

There is no question that the bottled water has its benefits in cases like natural disasters, water contamination, ground water pollution, etc. But those are extreme cases and **the tap should be the first choice** in most circumstances under normal conditions.

Fitness 101

This section may offer you some inspiration or some guidance when it comes to the fitness area of your life.

Core Muscles and Exercises

Your body has 29 core muscles located mostly in your back, abdomen and pelvis. This group of muscles provides the foundation for movement throughout your entire body, and strengthening them can help protect and support your back, make your spine and body less prone to injury and help you gain greater balance and stability.

Strengthening the core muscles improve the posture. Also, stronger core means better stability and balance of the entire body during static or dynamic exercises and movements. Walking, running, jumping or even day-to-day activities and chores are all performed way easier with a stronger core.

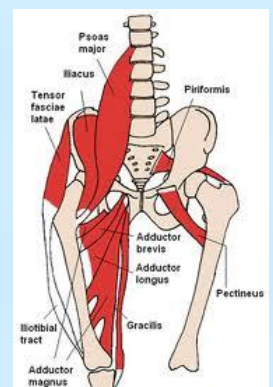
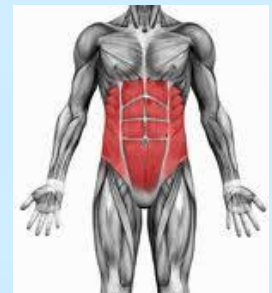
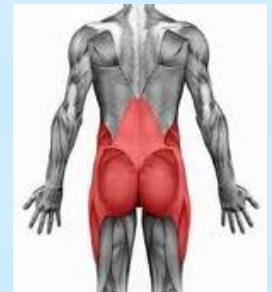
Exercise programs like Pilates and yoga are great options for strengthening your core muscles, as are specific core exercises you can learn from a personal trainer or a physiotherapist. The internet offers tons of examples of core exercises with description, diagrams or even video.

The major advantage offered by a personal trainer, fitness instructor, physiotherapist, kinesiologist is that of the external feedback provided to you while you perform the exercise. This feedback could mean correction of the exercise form or body posture. Also, a trained individual (in one of the fields mentioned above) next to you could offer adaptations and variations of one exercise to fit your needs and capabilities. (This kind of feedback is absent in any self learning option.)

A great way to improve your core muscle tonus and your posture while in the office is to use an exercise ball instead of your office chair. This may seem impossible when you first think about it. But, believe me, it is possible and it offers you tons of benefits. (I am using my bright pink ball instead of an office chair for more than three years now. Sometimes I get strange looks from people passing by my office, but it is my business what I sit on when I do my work. I started with only a few minutes a day on the ball and now I use the ball for hours.)

The size of the ball should be appropriate for your height and for your desk height. The ball should also be properly inflated. You could use it for a few minutes a few times a day at the very beginning and increase the time and the frequency of use as you become stronger and more comfortable. Whenever you get tired, move back to the chair. It may do more harm than good if you cannot maintain a proper posture and your spine is not properly supported by the tired core muscles.

Another advantage of the ball is that you have more mobility and freedom. While typing, browsing the internet, reviewing a document or even while on an important phone call, you have the freedom to



bounce on the ball or slightly roll the ball back and forth or sideways. This is a more “active” way of sitting as opposed to the completely passive way of sitting in a regular chair.

There are some options out there on the market to make your transition from a regular office chair to the exercise ball smoother by using an exercise ball chair (see the picture). This exercise ball chair increases the stability and adds the back support and the casters.



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.

