



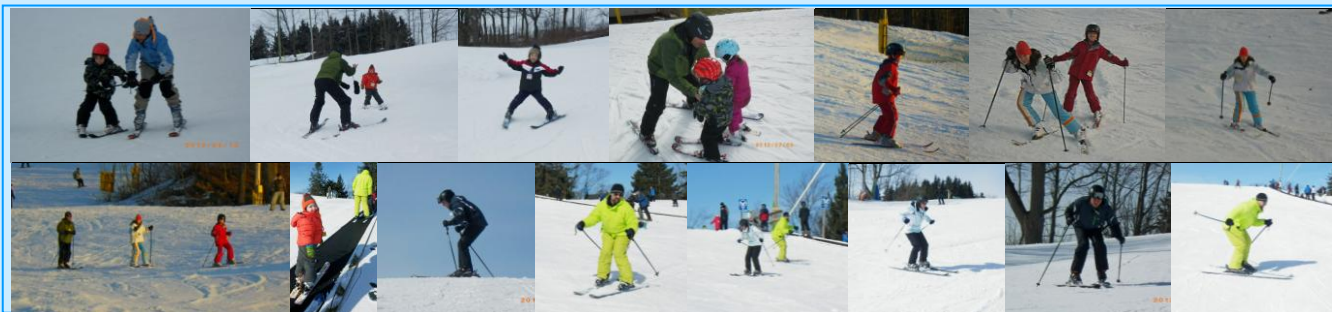
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## NOW Club – Past, *NOW* and Future

### Recent Past Activities

**Skiing in February.** Although it has been a mild winter so far in Canada (all the snow went to Europe this year), we had plenty of action on the slopes. It offers tremendous satisfaction to a teacher to see the students (adults and kids alike) learning how to glide down the slope in a controlled manner and



how to confidently stop, at will, on any slope, while having a lot of fun and enjoying the snow to the max. (see more pictures [here](#) or [here](#))

### Current Activities and Upcoming Events

Note: This is a tentative schedule. For further details or most updated info, check "[Activities](#)" and "[Calendar](#)" sections on our [website](#).

#### Skiing

**Ski Lessons** for adults and kids.

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

Register via email sent to [info@nowclub.ca](mailto:info@nowclub.ca)

**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. 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 (Mar 7)**

Tentative time: around 17:00 till closing



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

## Climbing

**Indoor Climbing at True North Climbing in Downsview Park, Toronto** – This activity is for adults and older kids. Please pre-register as early as possible to get an idea about the level of interest.

Location: **True North Climbing**

Date: **April 14/15** (to be determined)

Pre-register via email sent to [info@nowclub.ca](mailto:info@nowclub.ca) or on the [website](#)

Check [here](#) for more details (to be available soon) and [here](#) for the details about the gym.

## Biking

**Bike the Niagara Trail** – This activity is for adults and kids. Please pre-register as early as possible to get an idea about the level of interest.

Location: **Niagara**

Date: **April 28/29** (to be determined)

Pre-register via email sent to [info@nowclub.ca](mailto:info@nowclub.ca) or on the [website](#)

Check [here](#) for more details.

## 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 can be downloaded from [here](#).

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**Two-for-One (BOGO) coupons for lift tickets at Glen Eden from Corbetts – March 1-18, 2012.**

[corbetts.com](http://corbetts.com)

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**Toronto International Bicycle Show**, Better Living Centre, Exhibition Place, Toronto – **March 2-4, 2012**.

The Toronto International Bicycle Show is the best place to shop for bicycles and accessories, preview the newest trends in cycling from the top manufacturers and distributors plus enjoy thrilling action-packed events. [bicycleshowtoronto.com](http://bicycleshowtoronto.com)

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**The Sportsmen's Show**, Metro Convention Centre, Toronto - **March 14 - 18, 2012**. Canada's BIGGEST Fishing & Outdoor Show! [torontosportshow.ca](http://torontosportshow.ca)

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**Early Bird Ski Pass sale for next season** – middle of March to beginning of April (Glen Eden)

[gleneden.on.ca](http://gleneden.on.ca)

## Thought of the Month

### About Happiness – by Florin Stanciu

“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have” said Frederick Keonig, a German inventor and a great thinker who lived between 1774 and 1833, but his quotes are applicable even today.

This quote follows along the themes I was writing about over the last months (positive thinking and living joyfully). Now I am insisting in finding a slice of happiness in our life, no matter what. We have to focus on “seeing the forest from the trees,” even if that means we have to take a step back and consider the good things in our life, rather than dwelling on all the bad ones. Oftentimes, the good outweighs the bad, yet we let it steamroll us into negativity, sadness, or depression.

I like this quote for so many reasons – it articulates what I feel I’ve learned and captured throughout my life’s journey in one sentence. It also can be applied to everyone’s life, not just those going through hard times. And it is so true – it ISN’T what we don’t have, it is what we DO have that we need to appreciate, cherish, and be absolutely thrilled about. Not the things that we don’t have ... whether that’s money, or a life partner, or a better job, or a fancier house, or blond hair when in fact you have dark hair!

Be happy, be appreciative, be thankful ... it doesn’t get much simpler, and that sense of perspective and perception is really a learned quality. I feel I’ve learned to be happy, yet I am always working on maintaining that, especially in a moment of sadness, or low self-esteem, or feelings of insecurity. Lesson learned ... over, and over, and over again.

How about you, all? Do you see yourself being happy? Analyze yourself and start working towards getting happier if you think you need to. Recognize and appreciate anything that makes you happy and you will feel a lot better after realizing the amount of happiness in your life. Of course you need to continue to improve your life, because that’s a part of becoming successful. Don’t forget that we all have limitations and try to keep them in mind when you set your goals. The happiness will come with your achievements and acknowledgements of your success.

Happy day everyone!! ☺



## Nutrition

### Fibres

I recently revisited an older article about fibres (“*Fibre Free-For-All – Not All Fibres Are Equal*” by Bonnie Liebman in *Nutrition Action Healthletter*, July-August 2008). Lower risk of heart disease, less digestive problems, regularity, reduced risk of diabetes and lower cholesterol levels were the major benefits discussed in this article.

Many people “know” that they should eat more fibres, but only a few know why (... and the answer is not to lower the risk of colon cancer). Even fewer people know that not all fibres are the same.

There are many studies out there about fibres. It has been observed a lower risk for **heart disease** in people who had their fibres (insoluble) from whole grains, but it is still not clear though if the fibre itself or the entire “package” – vitamins, antioxidants, minerals and others components – that comes with the whole grain helps reducing the risk of heart disease.

The fibre that lowers the risk of heart disease (insoluble mostly from whole grains) is not the same type of fibre that lowers **cholesterol** (soluble and viscous from oats and barley).

The soluble and viscous fibre (from oats and barley) showed a positive effect on the **blood sugar** in short term studies. But it seems that the insoluble fibre (from whole grains) is responsible for keeping a cap on the blood sugar on the long run.

Some researchers say that the fibre might help maintain a proper **weight** or slow down the weight gain, if people get their fibres from high-fibre and low-calorie foods like fruits and vegetables (not from high-fibre and high-calorie products like bars, crackers, cereals and frozen desserts).



The insoluble fibres (from bran) help with **regularity** by adding bulk to stool. On the other hand, the soluble fibres (like insulin) are “lost” in the digestive system and don’t help much with regularity.

The food industry exploits the fibre madness and many companies increase their profits from the simple fact they advertise the “fibre” content of their products. The problem is that all types of fibres are thrown in the same bag. The ambiguity of labels and the misleading in the advertising make people believe that all fibres are the same and all are good for everything.

The fibres are sometimes separated in soluble and insoluble. But apparently this is not enough. For example, in order to lower the LDL (“bad”) cholesterol, fibre has to be soluble *and viscous*. Insulin is indeed soluble, but it is not viscous at all. Therefore, a product that contains insulin-based fibres doesn’t lower cholesterol, doesn’t lower risk of heart disease and doesn’t help with regularity either.

The fibres added into products that normally do not contain fibres (like water and other drinks, ice cream, frozen yogurt) are isolated fibers like insulin, cellulose and oat hull. The isolated fibre appears not to have the same effect as the intact naturally occurring fibre. For example, the wheat bran has a greater effect than cellulose (which is the wheat bran purified cousin). Moreover, if the wheat bran is pulverized it has less effect than the intact natural wheat bran.

The consumers should understand the differences and one should not consume two servings of ice cream instead of only one serving just because it has fibres, and it’s “healthy” and “it’s good for you”. Also, do not replace the fresh fruits, veggies and whole grains with fruit juice or ice cream with insulin thinking that this is OK because you get the same amount of fibre.

**Is it the fibre or is it the fibre-eater?** There was one interesting point (kind of hidden in between the lines) in this article that captured my attention. The author of the article suggested that the fibre may not be the only one responsible for the good points the fibre-eaters score in the health game. The **fibre-eater** himself/herself and his/her lifestyle may be key factors in the equation.

For example, people who are careful enough with their diet, to watch their fibre intake, are probably also careful not to drink too much, smoke, or eat too many sweets and fats. These same people are probably more prone to be active and exercise, are more conscious about nutrition, weight and health in general.

Therefore, we believe that it is more important to have a “healthy” attitude towards your own health and life, instead of looking for man-made miracle remedies geared towards increasing profits (and not towards improving health).

## Fitness 101

### Stretching

It is universally accepted that stretching is an important fitness component in the overall tool set we have at our disposal to maintain the flexibility and elasticity of our muscles and the overall health of our tendons and ligaments.

Stretches are either dynamic (meaning they involve motion) or static (meaning they involve no motion). Dynamic stretches affect dynamic flexibility and static stretches affect static flexibility (and dynamic flexibility to some degree). The different types of stretching are: ballistic, dynamic, active, static, isometric, PNF.

It is important to understand the different types of stretching and their benefits (and also their drawbacks).



#### 1. **Avoid ballistic stretches.**

- Ballistic stretching uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion. This is stretching, or "warming up", by bouncing into (or out of) a stretched position, using the stretched muscles as a spring which pulls you out of the stretched position (e.g., bouncing down repeatedly to touch your toes.) This type of stretching is not considered useful and can lead to injury.

#### 2. **Use dynamic stretches as part of a warm-up.**

- Dynamic stretching involves moving parts of your body and gradually increasing reach, speed of movement, or both. Dynamic stretching consists of controlled leg and arm swings that take you (gently!) to the limits of your range of motion (not beyond the range of motion like ballistic stretching). An example of dynamic stretching would be slow, controlled leg swings, arm swings, or torso twists. Dynamic stretching improves dynamic flexibility and is quite useful as part of your warm-up for an active or aerobic workout.

#### 3. **Use active, static, isometric or PNF stretches at the end of a workout as a cool-down.**

- Active stretching (a.k.a. static-active stretching) is when you assume a position and then hold it there with no assistance other than using the strength of your agonist muscles. For example, bringing your leg up high and then holding it there without anything (other than your leg muscles themselves) to keep the leg in that extended position. Many of the movements (or stretches) found in various forms of yoga are active stretches.

- Passive stretching (a.k.a. relaxed stretching and static-passive stretching) is when you assume a position and hold it with some other part of your body, or with the assistance of a partner or some other apparatus. For example, bringing your leg up high and then holding it there with your hand. Relaxed stretching is also very good for "cooling down" after a workout and helps reduce post-workout muscle fatigue, and soreness.
- Isometric stretching is a type of static stretching (meaning it does not use motion) which involves the resistance of muscle groups through isometric contractions (tensing) of the stretched muscles. An example of manual resistance would be holding onto the ball of your foot to keep it from flexing while you are using the muscles of your calf to try and straighten your instep so that the toes are pointed. An example of using the wall to provide resistance would be the well known "push-the-wall" calf-stretch where you are actively attempting to move the wall (even though you know you can't).
- PNF stretching (proprioceptive neuromuscular facilitation) is not really a type of stretching but is a technique of combining passive stretching and isometric stretching in order to achieve maximum static flexibility. In PNF a muscle group is passively stretched, then isometrically contracted against resistance while in the stretched position, and then passively stretched again. Most PNF stretching techniques employ isometric agonist contraction/relaxation where the stretched muscles are isometrically contracted and then relaxed. Some PNF techniques also employ isometric antagonist contraction where the antagonists of the stretched muscles are contracted.

#### 4. Do NOT use isometric and PNF stretches for children.

- Isometric stretching and PNF stretching are not recommended for children and adolescents whose bones are still growing.

(information partially extracted from "Stretching and Flexibility - Everything you never wanted to know" by Brad Appleton; full text available at <http://www.bradapp.net/docs/rec/stretching/>)

## Need More Info / Want to Contact Us?

**Website:** [www.nowclub.ca](http://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](mailto: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.

Have a lovely time!

*Moni, Odette, Anita and Victor (MOAV)*



**Note:** 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.