



FEBRUARY

NEWSLETTER

STMU FITNESS CENTRE

www.stmu.ca/fitness-centre/

✉ Fitness@stmu.ca

📷 @stmufitnesscentre

- The Fitness Centre is free for use by students, staff and faculty.
- Community memberships available. Prices range between \$15-\$20/month.
- We offer free orientations by appointment.
- All users must sign a waiver and sign in using Student ID #.

FITNESS CENTRE HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 7am-6pm	4 7am-10pm 12:45-6pm	5 7am-5pm	6 7am-6pm	7 7am-5:30pm
10 7am-6pm	11 7am-10pm 12:45-6pm	12 7am-6pm	13 7am-6pm	14 7am-5:30pm
17 CLOSED	18 10am-1pm 3pm-6pm	19 7am-1pm 3pm-6pm	20 10am-1pm 3pm-6pm	21 7am-4pm
24 7am-6pm	25 7am-10pm 12:45-6pm	26 7am-6pm	27 7am-6pm	28 7am-5:30pm

Hours are subject to change. During the winter semester Human Kinetics uses the FC as a classroom therefore it is closed for general use. (Tues 10am-12:45pm) Thank you for your understanding and cooperation.

WHAT'S INSIDE

Personal Training

Physical Activity

Heart Health and Fats

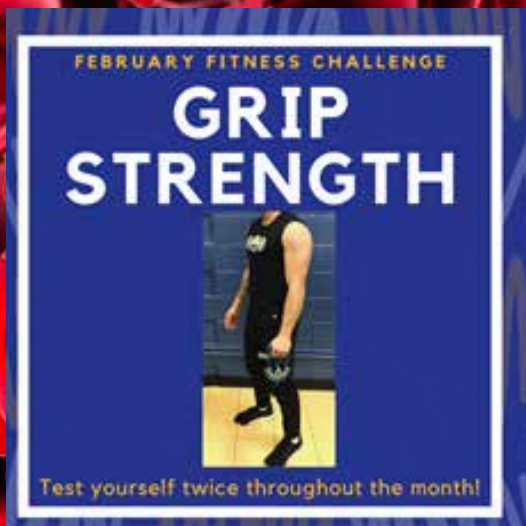
Did You Know?
Signs of a Heart Attack.

Recipe

Fitness Centre Events



EVENTS



INTERESTED IN PERSONAL TRAINING BUT CAN'T AFFORD IT?

ASK US ABOUT GROUP PERSONAL TRAINING! IT'S AFFORDABLE, YOU CAN DO IT WITH YOUR FRIENDS AND AROUND YOUR SCHEDULE!

EMAIL FITNESS@STMU.CA TO LEARN MORE ABOUT PACKAGE PRICING

NUTRITION/HEALTH:



Image Courtesy of Pixabay

Heart Health and FATS

You need a small amount of healthy fats in your diet for your body to function efficiently. It is important to know what type of fats are healthy and which to avoid to decrease your risk of heart disease and other conditions. Fats are a source of calories and essential nutrients, especially in the absorption of many fat-soluble vitamins such as Vitamins A, D, E & K. Eating healthy fats also decreases your LDL's (low-density lipoproteins, what causes high cholesterol) and increases your HDL's (high-density lipoproteins, what reduces cholesterol)

The different types of fats:

Monounsaturated

These fats have been shown to improve blood cholesterol.

- Olive oil
- Peanut oil
- Non-hydrogenated Margarine
- Avocados
- Some nuts (almonds, pistachios, hazelnuts, pecans and cashews)

Polyunsaturated

These fats can lower LDL cholesterol. One type of Omega 3, which can also help in the reduction of blood cholesterol.

- Cold water fish (mackerel, sardines, herring, rainbow trout and salmon)
- Soybean oil
- Omega 3 Eggs
- Flaxseed
- Pine nuts, walnuts, pecans

Saturated

These are the fats that raise LDL's (bad cholesterol). This can raise your risk for conditions such as heart attack and stroke. Foods high in saturated fat can include:

- Fatty meats
- Full fat dairy products
- Butter
- Hard margarines
- Lard
- Coconut oil
- Ghee (clarified butter)
- Palm oil

Highly processed food are another major source of saturated fat in a typical Canadian diet. It is because they are processed with so many ingredients and the complex changes that occur during the process that they end up completely changed from the original product. Some examples of these:

- Hot dogs
- Burgers
- Deli meats
- And other processed snack foods.
- Cookies, donuts, cakes
- Chips
- French fries

How much healthy fat to include in your diet?

While the Dieticians of Canada suggest that you should eat about 30-45ml or 2-3 tablespoons of healthy, unsaturated fats, the Canada Food Guide as well as the Heart and Stroke foundation suggest a more flexible approach. Instead of measuring your fat intake, consider a more mindful approach. Choose foods that are low in saturated fats, and replace them with healthy fat. "The intention is not to reduce total fat in the diet. Rather, it is to help reduce intakes of saturated fat, while encouraging foods that contain mostly unsaturated fat." (Heart and Stroke Foundation, 2018)

Information Retrieved January 14, 2020 from:

- <https://www.heartandstroke.ca/get-healthy/healthy-eating/fats-and-oils>
- <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Fat.aspx>
- <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/choosing-foods-with-healthy-fats/>

Recipe retrieved January 7, 2020 from: <https://cooking.mealime.com/recipes/honey-soy-glazed-salmon-sauteed-bok-choy-basmati-rice/1422#!>



HONEY SOY GLAZED SALMON WITH SAUTÉED BOK CHOY AND BASMATI RICE

Ingredients

- 12 baby bok choy
- 1 cup basmati rice
- 4 cloves garlic
- 2 (1 inch) pieces ginger root
- 1 lemon
- 1 ½ lb salmon fillet
- ¼ tsp crushed red pepper
- 2 tbsp honey
- 8 tbsp soy sauce
- 2 tbsp virgin olive oil

Instructions:

1. Preheat oven to 425°F.
2. Using a strainer or colander, rinse the rice under cold, running water, then drain and transfer to a small saucepan. Add water and bring the mixture to a boil over high heat. 1 cup basmati rice, 16 fl oz (2 cups) water
3. Peel and mince garlic and ginger. In a medium bowl, whisk together ½ of the garlic and ginger (save the rest for the bok choy), lemon juice, soy sauce, and honey.
4. Once the liquid comes to a boil, stir the mixture, cover the saucepan, and reduce the heat to low. Cook the rice until the liquid is fully absorbed, 15 to 18 minutes. Once done, remove the rice from the heat and let it stand, still covered, for 5 minutes.
5. Place salmon in a baking dish and spoon ½ of the sauce over top.
6. Place in the oven and bake, spooning remaining sauce over top halfway through, until salmon is opaque, 12-15 minutes.
7. Heat a skillet over medium heat.
8. Wash bok choy, trim ends, and separate into leaves.
9. Coat bottom of skillet with oil. Add remaining garlic and ginger and pepper; cook until fragrant, 15-30 seconds.
10. Add bok choy and soy sauce. Tossing occasionally, cook until greens are just wilted and stalks are tender-crisp, 2-3 minutes.
11. Uncover the rice and fluff with a fork.
12. To serve, arrange salmon, rice, and bok choy on a plate. Enjoy!



PHYSICAL ACTIVITY

DID YOU KNOW?

Knowing the signs of a heart attack could not only save your own life, but recognizing the signs in somebody else could save theirs.

Information and Graphics Retrieved January 14, 2020 from:
<https://www.heartandstroke.ca/heart/emergency-signs>

Signs of a heart attack

Signs can vary and may be different for men and **women**. If you experience any of these signs, call 9-1-1 or your local emergency number immediately.

 Chest discomfort Pressure, squeezing, fullness or pain, burning or heaviness.	 Sweating	 Upper body discomfort Neck, jaw, shoulder, arms, back
 Nausea	 Shortness of breath	 Light-headedness

1. Call 9-1-1

Or your local emergency number immediately. Emergency personnel can start treatment en route to the hospital.

2. Stop all activity

Sit or lie down, in whatever position is most comfortable.

3. Take your nitroglycerin

If you take nitroglycerin, take your normal dosage.

4. Take Aspirin®

Chew and swallow an Aspirin (ASA), if you are not allergic or intolerant (either one 325mg tablet or two 81mg tablets).

5. Rest and wait

Stay calm while waiting for help to arrive.

6. Keep a list of your medications in your wallet and by the phone

Emergency personnel will want this information.

PERSONAL TRAINING

Our Personal Trainers can help you meet your goals!

We can make a specific program, based on your needs and goals.

Email fitness@stmu.ca to learn about how we can help you achieve your fitness goals!

Visit:

stmu.ca/personal-training-services/ for pricing information and to read Personal Trainer bios