

Challenge Yourself

Send us pics of your participation in an event so we can all celebrate your success!

Sat June 2 MEC Toronto Trail Race #2: The Bloomington Forest



Sun June 3 Run, Walk and Ride for Heart @ Exhibition Park, Toronto

Sun June 3 Bread and Honey Races @ Mississauga, ON

Sat June 9 Shoppers.Love.You. Run for Women @ Womens College, Toronto

Sun June 10 Divas Half Marathon & 5K @ Toronto Islands

Thurs June 14 Scotiabank Rat Race for United Way 5K @ Downtown Toronto

Thurs June 21 The Longest Day Ekiden Relay Race @ the Leslie street Spit

Sat June 23 Pride and Remembrance Run 5K run and 3K walk @ Downtown Toronto

Sat June 23 Cogeco Peer1 Run for the Lions 5K & 10 K @ Port Union Road, Toronto

Sun June 24 MEC Toronto Road Race #4: Half & Runners Expo 5K, 10K and 21.1K @ The Leslie Spit
<https://www.raceguide.ca>

June Challenge : Squats

Squats : What You Do Wrong:

You start the movement by bending your knees.



1 As you squat, imagine you're sitting down into a chair, rather than forward on top of your knees. Push your hips back first instead of beginning by bending your knees, which puts more stress on your joints, says Dan John, a strength coach in Burlingame, California.

2 Women tend to lean forward on their toes, but they should sit back into their heels. Try this fix: Pretend that you're standing on a paper towel, says Charlie Weingroff, lead physical therapist for the U.S. Marine Corps Special Operations Command at Camp Lejeune, North Carolina. "Then imagine trying to rip the towel apart by pressing your feet onto the floor and outward." This activates your glutes, which helps you use heavier weights and break through plateaus.



Fit Tip : Keep it in the
FUN ZONE!!

**June 2018
Newsletter**

Come out and join us for a game of Twister or Kids Yoga during Movie nights in the park .. July 4 – Aug 29, 2018!!



**Ask about our Midnight Madness
Special on June 22th!!!**

June Challenge : Crunches

1. **Stand** with your knees slightly bent, your feet hip-width apart and your hands behind your head.
2. Shift your weight to the left leg, **crunch** to the right **side** and bring your right knee up toward your elbow.
3. Switch!!



Orange Glazed Salmon with Wilted Kale

Yield: 4 servings | **Calories:** 319 | **Total Fat:** 19g | **Saturated Fat:** 4g
| **Trans Fat:** 0g | **Sodium:** 780mg | **Total Carbohydrates:** 11g |
Fiber: 2g | **Sugars:** 6g | **Protein:** 25g

Ingredients:

- 4 (4 ounce) salmon filets
- 2 tablespoons yellow miso paste
- Juice and zest of 1 orange
- 1 teaspoon rice wine vinegar
- 1 teaspoon lite soy sauce, for gluten-free we use Bragg's Liquid Aminos
- 1 teaspoon coconut palm sugar, optional honey
- 1 tablespoons olive oil
- 1 clove garlic, minced
- 1 bunch baby kale, or baby spinach (about 16 ounces)
- Salt and pepper, to taste

Directions :

In a small bowl, combine the miso paste, orange juice and zest, mirin, soy sauce, and brown sugar. Brush over the salmon filets.

Preheat your grill to medium high heat. Spray lightly with cooking oil. Lay the salmon filets on the hot grill, basting with any leftover glaze. Cook for 5-6 minutes per side, flipping only once. Allow fish to rest on a platter while you make the greens.

Heat the olive oil over medium heat in a large skillet. Add the garlic and cook for 30 seconds. Add the greens and stir, trying to add them all at once; otherwise, add them as fast as you can. Season with salt and pepper and stir until they are wilted, being careful not to overcook.

Serve the grilled fish on top of the greens.
<https://skinnyms.com/orange-glazed-salmon-with-wilted-kale/>

Here are 17 health benefits of omega-3 fatty acids that are supported by science

1. Can Fight Depression and Anxiety
2. Can Improve Eye Health
3. Can Promote Brain Health During Pregnancy and Early Life
4. Can Improve Risk Factors For Heart Disease
5. Can Reduce Symptoms of ADHD in Children
6. Can Reduce Symptoms of Metabolic Syndrome
7. Can Fight Inflammation
8. Can Fight Autoimmune Diseases
9. Can Improve Mental Disorders
10. Can Fight Age-Related Mental Decline and Alzheimer's Disease
11. May Help Prevent Cancer
12. Can Reduce Asthma in Children
13. Can Reduce Fat in The Liver
14. May Improve Bone and Joint Health
15. Can Alleviate Menstrual Pain
16. Fatty Acids May Improve Sleep
17. Fats Are Good For Your Skin

