

Trainer's Fit Tips

Do you sit a lot?

If so, your hip flexors (i.e. the muscles that enable you to move at the hip for walking and lifting your leg up for climbing stairs or walking up a hill) are likely short, tight, and over-activated.

How bad is this?

Whenever any muscle group is short, tight and over-activated, it indicates an imbalance in the body, and can cause **postural changes**. In this case, it can result in an increased lumbar curve (lordosis), and the domino effect of rounded shoulders, depressed sternum, and forward head posture.

More dominos...

In addition, other muscles such as the hip extensors (muscles in the back of the leg needed for standing up, jumping, running, and pushing our bodies in movement as well as others in the lower leg) often become significantly weak, and experience decreased sensory motor awareness (needed for all types of balance), a loss of coordination, and they also lose strength and endurance.

What can you do?

- Be active every day!
- Stretch the hip flexors daily or even several times a day if you're doing a lot of sitting!
- Strengthen the weak areas
- Stay hydrated
- Reduce stress
- Sleep at least 7.5 hours per night
- Eat a healthy diet

Book a session with a personal trainer to get a postural assessment and a personalized program designed for optimal health!

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Judy's Sweet Potato & Parsnip Soup (Serves 6)

Ingredients:

1 tbsp sunflower oil; 1 large leek, sliced; 2 celery sticks, chopped;
1 lb sweet potatoes, diced; 1/1/2 c. parsnips, diced; 900 ml
vegetable stock; salt and ground black pepper

Garnish:

1 tbsp chopped parsley, roasted strips of sweet potato and
parsnips

Method:

Heat the oil in a large pan and add the leek, celery, sweet potatoes and parsnips. Cook for five minutes, stirring often to prevent sticking.

Sir in the vegetable stock and bring to a boil, cover and simmer for about 30 minutes, until vegs are tender, season to taste. Remove the pan from heat and allow to cool slightly.

Puree the soup in a blender until smooth, return to pan and reheat gently.

Sprinkle chopped parsley and roasted vegetable strips.

Tip: cut some narrow strips of sweet potato and parsnips, drizzle with olive oil and roast in hot oven 10-15 minutes.

Nutrition: (each Serving) Protein 2.1 g; Carbohydrate 2.1 g; Fat 7.2 g; Calcium 45 mg;
Fibre 4.3 g; Sodium 40 mg; Calories 497



Check out some runs in and around Toronto this October

Oct 1, 2017	CIBC Run for the Cure Toronto
Oct 1, 2017	BIST Hero 5km Run, Walk and Roll
Oct 1, 2017	The Canada Beer Run Kitchener-Waterloo
Oct 1, 2017	MEC Toronto Trail Race FOUR
Oct 7, 2017	Collingwood Half Marathon
Oct 13, 2017	Trek or Treat
Oct 14, 2017	MEC Burlington Race FIVE
Oct 14, 2017	Toronto Women's 8k/5k
Oct 15, 2017	Turkey Trot Trail Race
Oct 15, 2017	Niagara Falls International Marathon
Oct 15, 2017	Toronto Run & Roll Against Violence
Oct 15, 2017	Run Blue Mountains
Oct 15, 2017	Fall 5k Classic
Oct 22, 2017	Scotia bank Toronto Waterfront Marathon
Oct 28, 2017	Horror Trail Run
Oct 28, 2017	5 Peaks Ontario Race 5
Oct 29, 2017	Toronto Monster Dash
Oct 29, 2017	Mad Dog Scramble
Oct 29, 2017	MEC Toronto Road Race SEVEN



15 Minutes to Better Posture



Shoulder Rolls : Stand or sit in a comfortable position. As you inhale, raise your shoulders and shoulder blades to your ears. On the exhale, pull your shoulder blades down and together. Repeat 5 to 10 times.



Chest Release : Raise your arms to just below shoulder height with palms facing forward. Exhale as you slowly rotate both hands at the wrists so your fingers point slightly behind you. Take three to five breaths.

Pyramid : Step your left foot back so it rests fully on the floor. Square your hips. With your legs straight, clasp your forearms behind your back, exhale, and lean forward from your hips (don't round your spine). Take three to five breaths and rise. Switch sides.



Chair Pose : Stand and raise your arms in front to shoulder height. Contract your arm muscles. Exhale as you bend your knees (no more than 90 degrees) and keep them over your toes. Take two breaths; stand. Repeat three times.



Standing Side Bend : Touch your left hand to the side of your head. Ground both feet and guide your head to the right until you feel a stretch along the left side of your body and shoulder. Take three to five breaths. Switch sides.

Genius Tips for a Thanksgiving You Won't Regret



Eat before the big meal. Yes, you read that correctly! Showing up for the feast with a rumbling tummy is a recipe for over-eating, so be sure to pre-game by having a nutritious, low-cal snack. A bowl of vegetable soup about one hour before mealtime should help tame your hunger. **Dress to impress.** Save your baggy, comfy clothes for another occasion. Instead, break out a form-fitting garment — think skinny jeans or a curve-hugging dress. If you can make it through the meal without having to undo the top button of your pants, you're in good shape. **Make single-size versions of decadent dishes.** Want to be the perfect host? Add flair to the table by offering individual portions of the fattiest items on the menu. For instance, bake stuffing



in cups of a muffin pan; ladle creamy soups into espresso cups. Pre-sizing eliminates the opportunity to pile those taters too high. **Don't worry, be picky.** Before sitting down at the dinner table, have a few favorite foods in mind that you plan to indulge in —

and don't be afraid to change course if the first taste proves to be more "meh" than marvelous. **Make faux mashed potatoes.** Can't limit yourself to a small scoop of these buttery spuds? Then bypass them entirely in favor of cauliflower. For a delicious stand-in, boil cauliflower, mash it, and add a little skim milk, lemon and garlic. The similar texture and color will trick you into thinking you're getting the real thing. **Choose booze or sugar.** Cocktails and dessert

are usually both laden with sugar and calories, so pick a singular indulgence — but still be mindful of serving sizes. Think one small piece of pie, or a half-cup of eggnog, that will do the trick. **Mix up a 45-calorie cocktail.** If liquor and dessert are equally essential at least choose your libation wisely. For a mere 45 calories you can have a "Fruity Tooty Spritzer," Simply combine 1 cup sparkling water, 2 ounces vodka, 1 tablespoon grapefruit juice and 6 raspberries. Garnish with fresh mint leaves. **Join the cleanup crew.** One hour spent clearing the table and washing dishes while you're standing can whittle off about 100 calories. Plus your host will be grateful! [extracted from <http://dailyburn.com/life/health/healthy-thanksgiving-weight-loss-tips/>]