

In January's Newsletter



Surfing Christmas Day Lake Ontario!

- Training Deals - 3 Sessions for \$99!
- Indoor Mini Boot Camp Dates
February 15th - April 10th
- 5 Fast Facts You Need to Know
- No Time to Work Out? Think Again!
- SUP Interview: Gemma Dela Cruz
- Catch us at *The Outdoor Adventure Show* February 26th - 28th & SAVE!
- Do You Stretch Before Workouts? Why You Shouldn't & How to Warm Up
- Video: World's Best Surfer? Look Out Slater!
- Recommended Reading: Yoga Anatomy

VIDEO



Watch Insane Maui Surfer Matt Meola

<http://www.surfermag.com/av/flash/introductin-g-matt-meola/>

*"Your lessons don't
just end at the
studio"*



Book Your Tester 3 Today!
3 Private Training sessions → \$99
*Includes assessment, movement screening, muscle testing, and programming
based on your goals*

*Tester 3 applies to new clients only

Personal Training Studio (Thornhill near Promenade Mall)

Indoor Mini Boot Camp 4-6 People

- 1, 2 or 3 Times Per Week
- 8 Weeks
- February 15th – April 10th

You'll love it!

- Strength Circuits
- Core
- Flexibility
- Intervals

Time Slots

- Monday - 7:30pm
- Wednesday - 6:15pm
- Saturday - 9am OR 10:30am

Choose From 3 Plans:

1. **'Super Stoked'** All 3 days, 8 weeks, 24 sessions: \$480

Save nearly \$1000 compared to 24 private training sessions!

2. **'Good Results'** Pick 2 days, 8 weeks, 16 sessions: \$320

3. **'Break the Ice'** Pick 1 day, 8 weeks, 8 sessions: \$160

Contact Mike to book

416-906-5793

mike@catchawavefitness.com



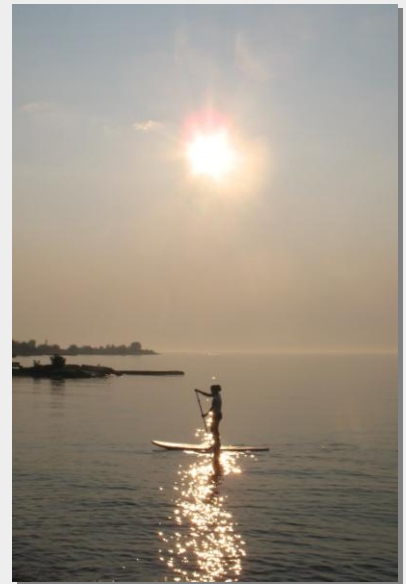
www.surfontario.com



Stand Up Paddle Surfer Interview: Gemma Dela Cruz

Stand Up Paddle Boarding (SUPing) is the fastest growing water sport in the world. The Hawaiian "Beach Boys" in the 40s would use their outrigger canoe paddles and large long boards to paddle out into the surf to take photos of tourists learning to surf. In 2001, Maui's Laird Hamilton brought Stand Up Paddle "Surfing" back into vogue, paddling standing up into large waves. SUPing has boomed into a very popular, legitimate form of wave riding all around the world, and it is picking up steam on the Great Lakes. It has become very popular on lakes in cottage country and on rivers; some daring SUP enthusiasts are even tackling the white water while making substantial drops!!

Last summer, Surf Ontario began teaching Stand Up Paddle Board lessons in addition to traditional surfing. Gemma Dela Cruz got out on a magical morning, as the sun rose out of the lake, for her first SUP lesson. Gemma has participated in numerous WAVES boot camps, is in great shape and is always up for a challenge. Here is her take on SUPing:



1. What got you interested in surfing?

For whatever reason, I just feel really at home and comfortable doing most water sports, if not all of them. It's no wonder I find surfing itself absolutely interesting, ever since I came to know about it. Not to mention that I grew up in the maritime section of a country in Southeast Asia, the Philippines, which is now famous as a surfing destination for those who desperately want to catch waves as opposed to just scratch for waves.

2. How did you hear about Stand Up Paddling Boarding?

I have been exposed to SUPing through magazine articles featuring professional surfers trying to catch big waves with paddles. I thought it was a really awesome activity that could be done by anybody out there. Then I met Mike at one of my summer boot camps, my laidback drill sergeant, and he introduced and convinced me to try SUPing. It was such a great experience that I am thankful for, and I would never say NO if given the chance and time to do it again.

3. Did you enjoy trying out the SUP?

Oh Yes. I have always had a particular gusto for this kind of sport. It was an enormous thrill to be out there with Mike in the morning, as the sun rose out of the lake. The best part about engaging in SUPing is the opportunity it gave me to meet everyday people in the area as well as the benefits I got from working out all the muscles in my



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body. Having fun out there is of crucial importance to me. Mike made it a lot easier for me on my first day of training. He is a supportive trainer, excellent guide and a role model of good health. For that, I am grateful and happy to have gone out and tried out SUPing.

4. SUPing offers a very unique perspective on the water. Describe the feeling.

Awesome! I felt like I was in control and in the best shape of my life. Standing up and paddling was all I needed at that time. I was just ecstatic.

5. Was it what you expected in terms of difficulty?

Actually I was surprised how fast I learned on the water that morning. At first I thought it might take me a day to learn SUPing, but, guess what? Hold your breath people; it took not even ten minutes and I was already having fun paddling my way out to enjoy and appreciate my moment in time. It was magic! That was really a convincing performance.

6. SUPing can be a very good workout that challenges every muscle in your body. You are a seasoned Dragon Boat paddler. How do the two sports compare?

SUPing is known to have given athletes the benefit of a strong core workout and I personally really like that. Aside from the position advantage of a higher viewpoint, it has an increased visibility of what is going on around you which is completely the opposite of Dragon boating. In Dragon boating, the paddlers sit or crouch facing the direction of travel, which makes my workout more focused on the upper part of my body and targets or challenges muscles from my waist upwards. I have one specific observation between the two sports. In SUPing, I don't have to worry about the conditions of the water at all because the board itself is made to work both ways; on big waves or flat water. It doesn't make a big difference at all and you can still have fun. Now in Dragon boating, big waves are not our friends, so if we are in a race, it definitely affects my performance as a paddler.

7. SUPing is a very simple yet rewarding sport that is easy enough for everyone to do. What advice do you have for anyone apprehensive about trying Stand Up Paddle Boarding?

I would say that everyone should give it a try. They will be surprised to see how easy it is to learn this sport. I reckon we are all in for good rides in the years ahead. It is definitely gaining in popularity as more people in Ontario are sampling the latest sport. So what are you doing? Go out and have some fun!!!!

Check us out at
*The Outdoor Adventure
Show*
February 26th - 28th



For rates, directions and more information:
www.outdooradventureshow.ca/toronto/show_info/index.html

Adventure Show Specials!

- **20% Off Surf & SUP Lessons This Summer**
- **15% Off Personal Training Packages**



Not Working Up a Sweat? Short on Time? Try Timing

We lead very busy lives and workouts tend to be pushed aside. Do you have 45 minutes? Then you DO have time for a killer workout. Try timing your exercises and circuits.

8 minutes: Complete a thorough dynamic warm-up

27 Minutes: Pick 9 different exercises that will work your entire body, legs, arms, back, chest and core.
Set your watch or timer for 9 minutes on countdown.
Complete 12-15 reps of each exercise within those 9 minutes
Repeat this 3 times

10 Minutes: Stretch and cool down

Congratulations, you just earned your dinner! Shorter workouts will lead to results = consistency = motivation, and the ultimate adherence to your program.

5 Fast Facts You Need to Know

- 1. Muscle is about 22% more dense than fat. In other words, fat takes up a lot more space.**
- 2. How long can you hold your breath? Normal breath holding is 50 seconds. If it is under 40 seconds, you could have a Vitamin B1 dysfunction.**
- 3. Alcohol and Calories:**
 - 12 oz beer = 150**
 - 12 oz wine = 300**
 - 12 oz mixed = 300**
 - Margaritas = 750**

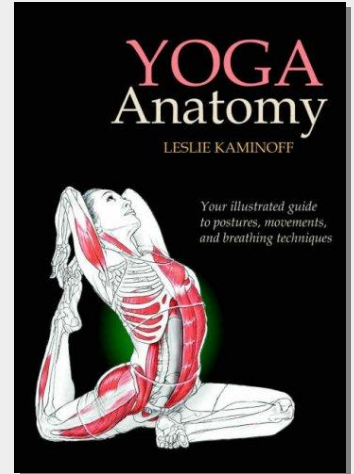
Therefore, if you had 5 mixed drinks Friday and 5 more Saturday night, you gained nearly 1 pound of fat.... not to mention fat from any late night food binging!
- 4. It's always summer on Lake Ontario as today's equipment makes it possible to surf all year round!**
- 5. The average 45 year old Canadian male has a 38.2" waist. *Stats Can 07-09***

RECOMMENDED READING:

Yoga Anatomy

Leslie Kaminoff

*Your illustrated guide to postures, movement and breathing techniques.
If you are into Yoga and want to know which muscles are working, pick
up a copy of this book.*



Dynamic vs. Static Stretching



The Vikings, of course, knew the importance of stretching before an attack.

How to Warm Up for your workout

In the past, people used to associate stretching with warming up. First we must define static versus dynamic stretching. An example of a static stretch would be grabbing your toes and holding for 15-30 seconds. A dynamic stretch incorporates movement into the stretch, such as performing a squat, lunge, or arm circles.

Static stretching does little to warm up the body and increase circulation and should be left until AFTER your workout. Static stretching before a workout will leave your muscles in a stretched state, not allowing them to perform and contract in unison and this may lead to joint or muscle injuries.

Dynamic stretches warm up your body, improve circulation, wake up your central nervous system to prepare your body for exercise and increase the range of movement, all while safely activating the muscles, tendons and ligaments. Dynamic movements should also mimic the exercises you are going to be doing, challenge balance and work all three planes of motion; front, side and rotation.

For more info on how to warm up and some sample dynamic and static stretches, drop me a line.

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Stay Tuned for February's Newsletter!

TRAIN 2 LIVE

TRAIN 4 LIFE

www.catchawavefitness.com