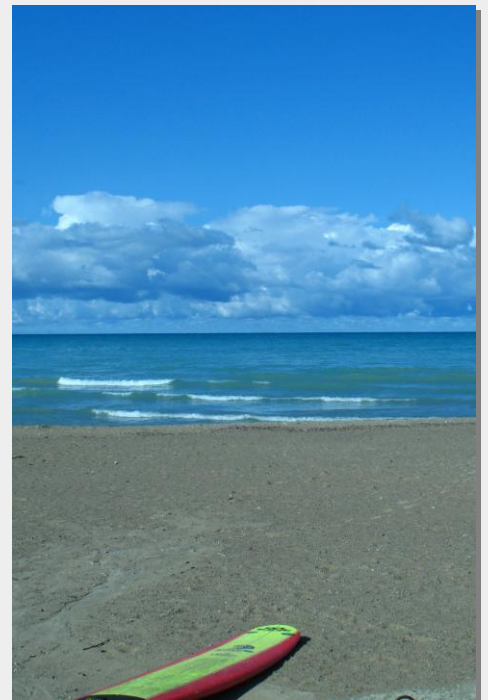


Fitness • Adventure • Surf

In November's Newsletter

- **NEW VIDEO:** Dad & Baby Fitness
- **NEW** Costa Rica "Learn to Surf" Trip!
- Passing of Legendary Lake Surfer: Magilla Schaus
- Calculating your daily caloric needs - how & why
- Swiss Ball Size Guide & Brand Recommendation
- New Training Studio Rates
- Training & Nutrition Quiz Contest
- Recommended Reading: Women's Strength Training Anatomy



VIDEO



Dad & Baby Fitness

www.youtube.com/watch?v=pr-EOkgAXck

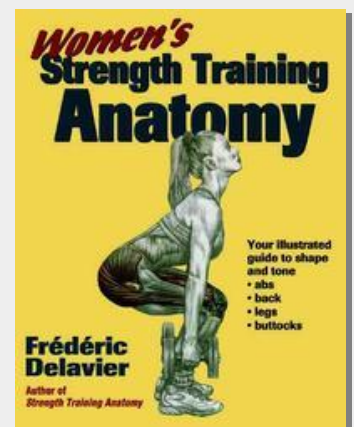
Real Exercises for Real Results

RECOMMENDED READING:

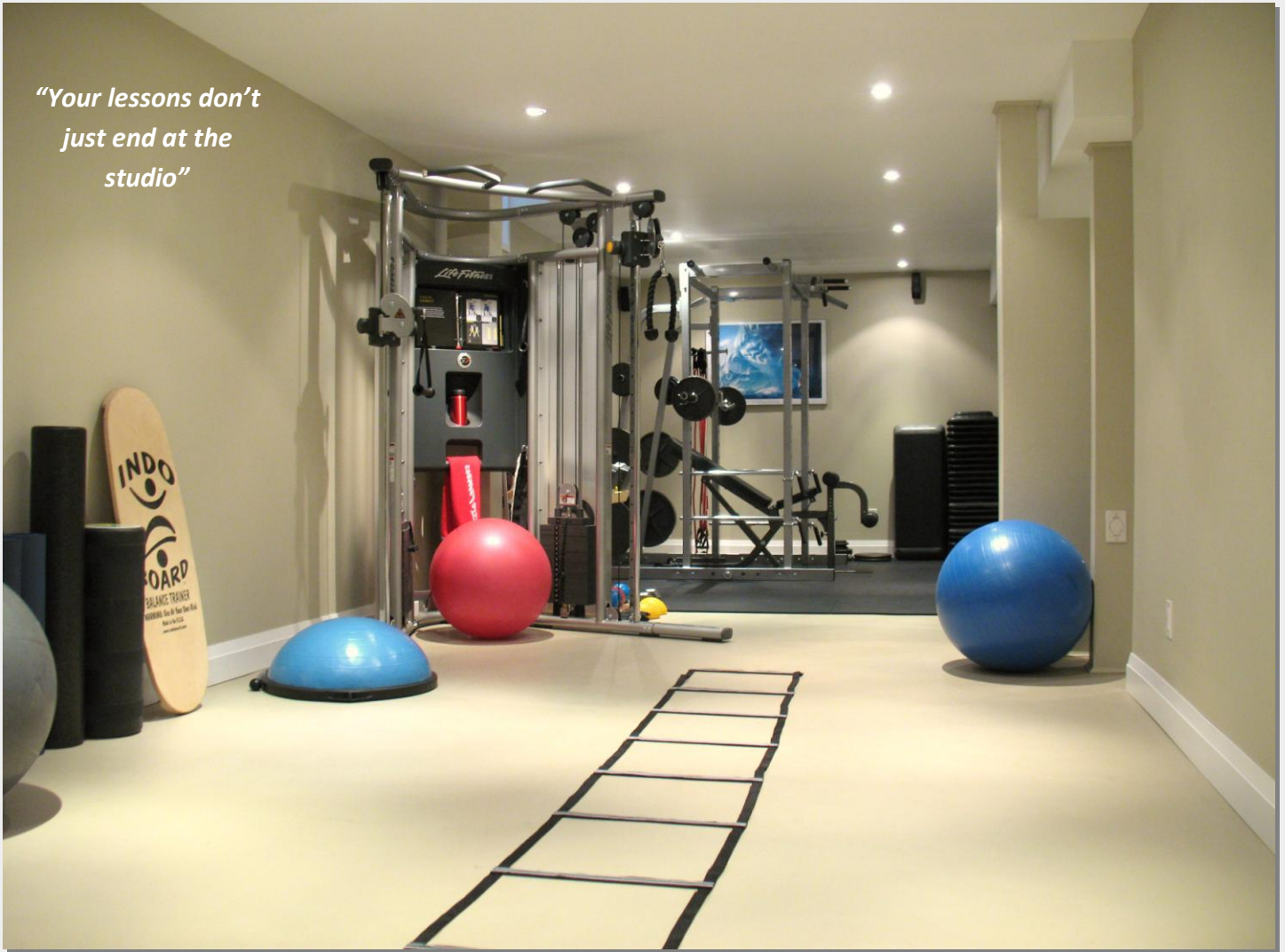
Women's Strength Training Anatomy

Frederic Delavier

An Illustrated guide to countless leg, ab and back exercises. A must have for all women looking to lift weights, or currently lifting.



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



NEW Personal Fitness Training Studio
(Thornhill near Promenade Mall)

Intro Training Rates **\$55/** hr session!

Mike trains **EVERYONE** from fitness newcomers to world class athletes. *He will get you in shape!*

A great gift!

- Muscle Gain, Fat Loss
- Functional Fitness Training
- Sport Specific Training
- Boot Camp Fitness
- Post Rehabilitative Training
- Pre & Post Natal Fitness
- Kettlebell Training
- Extreme Core Training

Contact Mike for a FREE consultation:

416-906-5793

mike@catchawavefitness.com

www.catchawavefitness.com

Book Now!

***Grand Opening Rates
End February 28th***

*\$55 Rate for bookings of 25+, Rates increase 25% after February



www.surfontario.com



Photo: New York Times

R.I.P. Lake Surfing Legend Magilla Schaus

Long time lake surfer Magilla Schaus passed away November 10th. Magilla was truly a genuine, positive and stoked individual who helped pioneer lake surfing. Without him, many lake surfers today would not have thought of riding a board on the Great Lakes. Magilla embraced the spirit of 'Aloha' and touched everyone he met. He was a great man and will be missed by many.

<http://www.legacy.com/obituaries/buffalonews/obituary.aspx?n=magilla-mc-schaus&pid=135782038>

In 1965, Magilla was one of the founding members of the Wyldewood Surf Club of Lake Erie. Click here for the detailed history:

<http://www.wyldewoodsurfclub.com/history.htm>

On November 15th a gathering of 95 Great Lakes surfers met at Wyldewood Beach on Lake Erie to paddle out together in honour of Magilla.



Photo: Teresa Castleman



Photo: Teresa Castleman

COSTA RICA GETAWAY

Costa Rica North Trip – December 13-20, 2009

\$2375 All-Inclusive

Costa Rica South Trip – January 10-17, 2010

\$1950 All-Inclusive

Costa Rica South Trip – February 7-14, 2010

\$1950 All-Inclusive

Dates can be arranged to suit groups



COSTA RICA LEARN TO SURF TRIP – Tamarindo JANUARY 23RD TO 30TH - \$1599

This winter, spend a week learning to surf in one of the most ideal learning environments in the world. Join Mike and other fellow beginner surfers in your quest for the perfect wave. Mike has a thorough understanding of the learning process and the progressions needed to become a competent surfer at any age because he was a late starter to the sport. See for yourself what it feels like to walk on water; only a surfer knows the feeling!

Included:

- Food and non alcoholic drinks
- Accommodation: Guest suites for four, or shared double rooms at the Hotel Pueblo Dorado, Tamarindo. A close walk to the surf and you can carry your board to the beach
- Rooms have AC, cable TV, hot showers. Resort is clean, including a pool, Internet, and friendly staff
- 1-2 surf lessons everyday as needed
- Mike will be your surf guide all day
- 4x4 surf jeep to drive us wherever the surf is good (I know a lot of options in the area)
- Transfers to and from the airport, surf, activities, grocery store, anywhere - I'll be your chauffeur!
- Surf board rental for the week
- Bonus: Fitness training advice, screening, muscle testing and exercise selection and recommendations

Not included:

- Flight Cost: Roughly \$700-750 CDN for selected dates
- Any activities are roughly \$80 each such as kayaking & canopy tours and are organized from Tamarindo
- Alcoholic drinks
- Departure Tax: \$26 US

There are a few spots available!

Email Mike for more information: mike@surfontario.com

● Swiss Ball Size Guide

Height	Ball Size
● Less than 5'2" (1.57m)	45cm
● 5'3" – 5'8" (1.60 - 1.72m)	55cm
● 5'9" – 6'2" (1.75 - 1.88m)	65cm
● Taller than 6'3" (1.90m)	75cm



The ball pictured above is a Sissel brand with a max weight limit of 2200 lbs. These can be purchased at Foremost Fitness in Toronto: <http://www.foremostfitness.com/>

Purchase a sturdy ball that is safe and built to last. Two brands I highly recommend are Sissel and Twist Conditioning Swiss balls. These are burst proof, which means if they puncture, they will deflate slowly. This is extremely important if you are doing any exercise while sitting, kneeling, supine or standing on the ball.

You can order Twist Swiss balls: <http://cdnstore.twistconditioning.com/>

A ball of lesser quality from Walmart, Fitness Source, or Fitness Depot will do the job, but in the long run, the higher end Swiss balls will provide better service. With either ball, make sure there are no sharp edges, tacks, or nails around when you are training.

TRAINING QUIZ CONTEST!

November's Answers:

1. Give two examples of a low and a high glycemic index food.
High glycemic – honey, white bread
Low glycemic – pear, milk, multigrain bread
2. To optimize muscle glycogen replenishment, you should eat _____ - rich foods and drinks within 15 minutes after your workout.
Carbohydrate-rich
3. True or False. Muscle cramping could be from a lack of water, calcium, potassium or sodium.
True
4. Maximum strength gains are achieved by lifting what percentage of your maximum or how many reps?
Between 3-7 reps, or 80-95% of one repetition maximum
5. Name two exercises to help strengthen your glutes and aid in the prevention of back pain.
Supine Swiss ball bridge and glute hyperextension



Calculating your daily caloric needs

How?

Calories Needed Daily =

BMR x Work Activity Level x Fitness Activity Level

Basal Metabolic Rate (BMR) = Body weight in pounds X 10

Select Work Activity level: Sedentary, Moderate, Active

- Sedentary (Desk work): 30%
- Moderate (Physical and Office work): 45%
- Active (Construction, Labour): 60%

Fitness Activity: None, Once per week, 3-4 times, Athletic

*Assuming 1 workout session burns 500 Calories

- None: 0
- Once per week: $500/7 = 70$
- 4 Times per week: $500 \times 4/7 = 285$
- 7 Times per week: $500 \times 7/7 = 500$

Example: Joe weighs 200 lbs, works at a bank, and exercises 3 times per week. To calculate his daily caloric needs:

BMR = $200 \times 10 = 2000$

Work Activity Level = $2000 \times 0.3 = 600$

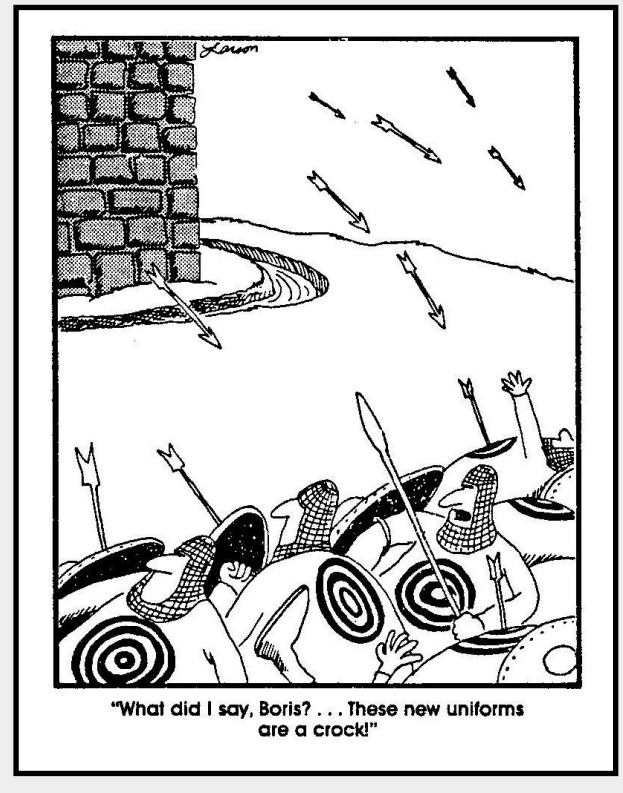
Fitness Activity = $500 \times 3/7 = 215$

Total = $2000 + 600 + 215$
= 2815

Why is this important to know?

1 Pound = 3500 Calories

- To **GAIN** 1 pound per week, you would need to be in a caloric **surplus** of 3500 calories at the end of one week.
- To **LOSE** 1 pound per week, you would need to have a caloric **deficit** of 3500 calories at the end of one week.
- To **MAINTAIN** body weight, calories in need to **equal** calories out.



Therefore:

For Joe to lose 2 lbs per week he needs to be in deficit of 7000 calories at week's end.

- **Reduce** Caloric intake 500 calories a day = 3500
- **Increase** caloric expenditure to by adding 6 additional workouts = $(500 \times 6) + 500 = 3500$

Stay Tuned for December's Newsletter!

TRAIN 2 LIVE
TRAIN 4 LIFE

www.catchawavefitness.com