



Phat Fit



“Goals are the fuel in the furnace of achievement” -Brian Tracy

Schedule:

Monday- Emma's parking lot-9:30am/6:30pm (new time!!!)

Wednesday- LaSalle Park-9:30am/6:30pm (new time!!!)

Friday-LaSalle Park-9:30am

Saturday- Emma's parking lot-9:00am

PHAT TIP : Workout Recovery: You'll get fitter faster if you build recovery days into your workout plan. Here's some tips...

#1-Get Sleep!

Being sleep-deprived messes with your hormone levels and depletes your energy, resulting in ineffective workouts and cravings for sugar as quick energy. What's more, your body repairs itself best when you're zonked out.

#2-Take Breathers

Allow at least 24 hours between workouts and give yourself at least one day off every week. Usually three to four days of strength training weekly is the most your body can handle. A hard workout won't help if you don't build in adequate recovery time.

#3-Feed Your Muscles

After a workout, you feel depleted—because, well, you are. According to a study in the *Journal of the International Society of Sports Nutrition*, grab a snack with 4-to-1 ratio of carbs to protein within 30 minutes of your workout. This is the best way to offset muscle damage. Your body absorbs liquids faster than solid food, so you'll get the most immediate bounce-back if you drink your snack in shake form. A quick recipe: Mix two scoops of whey protein powder with 12 ounces of water, 1/2 cup of nonfat milk, ice, and 1 cup of strawberries.

#4-Listen to Your Body

Ignoring muscle soreness or tightness is like continuing to drive your car when the "check engine" light flashes on the dashboard: It just sets you up for bigger problems. If you start to feel pain during exercise, pause to stretch, or stop your workout completely. Even better, carve out time to stretch before or after your routine to keep your body running at its best.

#5-Work Out The Aches

The healing process sometimes creates adhesions, or scar tissue—those "knots" in your muscles that hurt like hell. Use a foam roller—a simple, inexpensive at-home tool that's available at most sporting-goods stores—to massage away those adhesions and help keep your body in peak, pain-free condition.

Women's Health Magazine

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Make the Investment in YOU! Be a Phat Chick!

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