

December 2009



## JOIN OUR OLYMPIC CHALLENGE!

**You don't have to go to Vancouver to participate in the excitement of the Olympics. We challenge all of our members to be the best they can be this winter. Be part of our Olympic Challenge & you can win great Olympic Memorabilia:**

1. Update your personal e-trainer to get started with a great new workout for our Challenge.
2. If you want to play but you don't have a personal e-trainer, ask at the front desk to book your fitness assessment today.
3. Use your personal e-trainer to record every workout.
4. For every workout you complete and record, you will receive one ballot.
5. For our personal training clients, you will automatically receive a ballot for every workout.
6. The goal is to improve your chances of winning by working out more and earning more ballots.
7. All your workouts between Dec 1 - Feb 28, 2010 count.
8. On Feb 28, we will randomly select our Gold, Silver and Bronze medal winners from the basket of ballots. Our winners will be announced on March 1.

**Everyone who participates has a chance to win great Olympic memorabilia! \*Ask at the front desk for details on how you can play!**

## 2nd Annual Club Awards Night!



Join us on **November 24th** to celebrate all of our great members and staff!

Bar opens at 5pm, awards at 6pm, festivities until 7pm.



## Events

**December** - Food for Fitness - Help support the Waterloo Region foodbank

**Jan 4** - New group fitness schedule begins

## Lifestyle Learning

Begins again January 14th  
Wednesdays 5:30pm-6:15pm  
TechTown Boardroom

"How healthy are you? Deciphering your physical"

"How to increase your metabolism"

## Burn calories doing your favourite winter activities!

Activity	Calories/hour
Downhill skiing	410
Cross-country skiing	550
Tobogganing	475
Ice hockey	545
Snowmobiling	240
Shovelling snow	400
Christmas shopping	325
Hanging garland/lights	250

**We invite you to bring any E-Waste to the TechTown atrium from November 30th to December 4th.**

**Continuously doing our part to help the environment.**



## How far do you have to run on a treadmill to burn off:

A glass of eggnog?	343 Cal 6 km
A glass of wine?	120 Cal 2 km
A turkey dinner?	1,540 Cal 25 km

## Health Series #4:

### Staying On Track Through The Holidays



The challenges of work and holiday shopping in the month of December lead to stress. One of the best remedies to these challenges is to make sure that you exercise. Book an

appointment for exercise into your calendar - just like you book a meeting or after work/school activity. Give yourself two hours each week – book into a fitness or cycling class, meet with your personal trainer, use your PeT, and book it in. Ask our member or fitness consultants about which fitness classes are right for you. This is the time that you give to yourself to keep your spirits high, relieve stress and work off those calories that are so easy to consume throughout the season. Plan the time – lead by example with your spouse and your family.

**Contact [tania@clhc.com](mailto:tania@clhc.com) to book your fitness plan.**

## Weight Loss Basics:

If you slowly introduce these healthy weight loss tips into your lifestyle over a period of weeks, you'll not only feel better, you'll look better. Lose weight naturally, and lose it forever!

- Plan time to exercise three times per week, with two cardio workouts and one strength workout, ensuring that your heart rate is elevated through the entire workout. Book this time into your calendar, just as you would a meeting.
- Choose just one change to your nutrition then practice it everyday for a week or more. If all is ok, add another weight loss tip. However, if you have not mastered the previous step, do not add something new till you are comfortable with it.
- It's not a race, you should be thinking long term and adopting change slowly ensures permanent results because you are developing nutritionally solid habits of health.
- Keep a log of everything you eat and drink throughout the day, every day. Review this at the end of each week to determine what you could have avoided or added.

**If you'd like more info about our weight loss program, please contact [jeff@clhc.com](mailto:jeff@clhc.com)**



## Congratulations to our member, Ron VanKoughnett

Wow! Ron WON his first World Championship duathlon title at the age of 64. He attributes his success to the joy and the schedule he had in training for the event. While his training required 9 months



of focused effort, he accomplished this by cross training in a way he had never done before. With the help of staff at Columbia Lake Health Club, Ron learned how to improve his endurance and strength to support his cycling and running. It wasn't

just about doing more...it was about using specific techniques to improve his performance all around. He worked hard to improve his transition from running to cycling, to build strength and endurance with cross training and to ensure his nutrition supported his activities. We congratulate Ron on his tremendous success and wish him well in his next competition.

We would like to thank you for your support during our October Breast Cancer Awareness Fundraiser. **Congratulations to Marg O'Meara & Michelle Richard**, both of whom won 2 free Personal Training Sessions, a \$150 value!



With your support we raised over \$500 in donations!

## PAMPER ME SENSELESS



We were thrilled to have participated in the 3rd Annual Pamper Me Senseless event on November 15th at Bingemans. All net proceeds went to support the Canadian Cancer Society. We donated a One Year Membership to the silent auction and Rob Schnarr was the lucky new member. Welcome Rob to our club. We are proud to support the PMS event and look forward to participating again next year.

## Try Our Boot Camp



If you like a boot camp style class, we are offering these at a variety of times.

It combines strength exercises with endurance and aerobic activity. For the more advanced participant, you can challenge yourself at your own level! The advantage of circuit training

is that it provides a whole body workout that keeps your heart rate up to maximize calorie and fat burn. You will be motivated the entire time by our instructors who make it fun, yet challenge you to take your fitness to the next level! Try a class today:

Mondays 6:45am & 7:30pm, Tuesdays 12:15pm & 5:15pm, Wednesdays 9:15am & 7:00pm, Thursdays 12:15pm & 4:30pm, Fridays 6:45am, Saturdays 9:00am

**GROUP FITNESS UPDATE - Schedule Change:** Some of our group fitness classes are changing during the Christmas season. We have scheduled special classes on Saturday December 26th and Friday January 1st which are statutory holidays. Our hours of operation are also changing slightly so please make sure you check the website for the most current information. We are closed Christmas Day, but are open on New Years Day.



## Meet Our Newest Personal Trainer



### Rudie Jansen

I was born and raised in the Netherlands. Athletics were always a big part of my life. I found that I excelled in the sport of bodybuilding. It is because of my perseverance, I continued on to become a European National Level competitor. It is my objective to provide the highest level of professionalism, education, support and motivation to my clients, with a caring and personal touch. I design personalized programs, incorporating individual fitness goals and rehabilitation needs, as well as providing nutritional guidance tailored to suit each client's lifestyle. I look forward to the opportunity to meet with you and assisting you in achieving your personal fitness goals.

## Our Members Say....

CLHC often mentions in their promotional materials that they are the number one fitness club because of the equipment, the variety of classes, & the facility itself. However, I believe that the most important resource that contributes to CLHC's success is the people who work there - from those who greet us in reception to the trainers & class instructors. I could nominate many people because many are quite notable & have made my CLHC experience truly enjoyable. However, there is one person who has been astounding & has helped me change my life & my health. That person is David Ludwig, my personal trainer. I have been working with David for the last year & his impact on my well-being has been quite extraordinary. He has motivated me to do things that I would never have contemplated doing on my own. When I feel that I can't do something, he encourages me by reinforcing that although my mind may be resistant, my body can do it...& he's always right! He has a strong knowledge of physiology that assures me the he wouldn't allow me to do anything that could cause harm. I am so grateful for David's expertise & for his assistance in helping me achieve significant fitness & health goals that have truly improved my quality of life - I couldn't have done it without him!



## Christmas Morning Coffee

Enjoy the freshest organic fair trade coffee on Christmas morning! Try the TechTown Cafe Breakfast Blend, something more exotic like Jamaican Blue Mountain or create your own custom blend!

Gift baskets and gift certificates are also available during the holiday season!

For more information visit [www.techtowncafe.com](http://www.techtowncafe.com) or call 519-746-6805.

## Holiday Club Hours:

**Thursday December 24th**  
5am - 1pm

**Friday December 25th**  
CLOSED

**Saturday December 26th**  
8am - 3pm

**Thursday December 31st**  
5am - 3pm

**Friday January 1st**  
8am - 3pm

**Saturday January 2nd**  
Regular hours (8am - 6pm)

**MW**