



July 2010 Issue

Volume 29



***Happy Canada Day!***



Canada is having another birthday on July 1<sup>st</sup>, marking the anniversary of Canadian Confederation in 1867 and the birth of Canada as a nation. Canada did not have a flag of her own until 1965! The red and white used in the National Flag of Canada were proclaimed the official colours of Canada in 1921 by King George V. Although the maple leaf did not have official status as an emblem of Canada until the proclamation of the national flag in 1965, it had historically been used as a Canadian symbol, and was used in 1860 in decorations for the visit of the Prince of Wales to Canada. The 11 points on the maple leaf have no special significance.

In 1535, the name *Canada* was first used by Jacques Cartier. Other names were considered at the time of Confederation and if things had gone differently, we could be celebrating Tuponia Day not Canada Day!

However you choose to spend Canada Day, we wish you a day of celebration!

***The Mountainside Athletic Club will have reduced hours on Thursday, July 1<sup>st</sup> with all group fitness classes being cancelled. Club hours will be 8:00 am to 10:00 pm.***

## **Telus World Skins**

The resort was alive with spectators as Mike Weir, Camilo Villegas, Fred Couples, Ian Poulter, and Retief Goosen took to the Mountain course to play the front 9 holes on day one of the Telus World Skins. The day ended with Goosen up by \$75,000.00! The MAC had the pleasure of welcoming both Mike Weir and Camilo Villegas for a workout following the Skins game.

Day two of the event saw the five pro's golf the back 9 of the Mountain course with the winner not being known until the very last shot – a 125 yard chip off on Hole 18! Canada's own, Mike Weir, took the coveted skins worth \$275,000.00. It was a very exciting end to a spectacular event. Congratulations to all the competitors!

A special “thank you” goes to all those who volunteered their time to make the 2010 Telus World Skins Game such a spectacular success. Your dedication and commitment was greatly appreciated!

~ *Splash* ~ *Swing* ~ *Spike* ~ *Serve* ~ *Hike* ~

## Bear Cub Sports Camps

### *Have you registered your kids yet?*

Summer is just around the corner which means the start of our annual week-long Bear Cub Sports Camps! Your kids will spend the day golfing, playing volleyball, swimming at the MAC, hiking in the park and playing tennis!



**Golf** – The campers will spend the morning playing golf with Bear Mountain’s Golf Professionals. They will hone their stance, grip and *swing* as they challenge themselves to see who can hit the longest drive! Golf related games, putting, and scenic rides in the golf carts will be the focus of this fun, interactive morning session.



**Swimming** – The Mountainside Athletic Club’s outdoor salt water pool will be the highlight of the after lunch activities. The campers will have the opportunity to work on learning proper stroke techniques, basic water rescues, safety and, of course, fun water games! At the end of the day, the campers will enjoy a second refreshing and well deserved *splash* in the pool where sun and fun will finish off their day’s exciting adventures.



**Volleyball** – The beach volleyball court at Jack’s Place will be the venue for the afternoon session of volleyball. National Level II certified coach, Tanya Scheck, will be instructing the campers on how to play the game of beach volleyball. The focus will be on all aspects of the game including the volley, pass, *spike*, block and serve as well as the official rules of beach volleyball. The session will provide skill development through individual drills and team play in an exciting, fun atmosphere!



**Tennis** – We are very excited to include tennis to this year’s Bear Cub Camp! We will utilize the new tennis courts located between the Fairways Hotel and Finlayson Reach condominium building. Let the fun begin while learning how to play the game of tennis. The basic fundamentals will be taught including grip, swing, and *serve*.



**Hiking** – Hike the great outdoors on the trails in Goldstream Park leading up to Mt. Finlayson. The campers will participate in an interactive educational *hike* where they will learn about the vegetation and wild life native to Vancouver Island.

Each camper will need to bring athletic clothes, water bottle, bag lunch, swimsuit, hat and sunscreen. Register now by calling the Mountainside Athletic Club at 250-391-3758 to reserve your spot for one or more of the Bear Cub Sports Camps.





## Teen Tennis Camps Now at Bear Mountain

Nestled between the Fairways Westin Hotel and Finlayson Reach condominiums are two tennis courts waiting for your teens to join us for lessons this summer. New this year, the MAC will be offering half-day camps that will focus on the fundamentals of tennis, which include the basic forehand and backhand, ground strokes, volleys and serving. At the end of each day, participants will enjoy a cool swim in the MAC outdoor pool.

### ***Camp Weeks:***

Camp 1: July 5-9

Camp 2: July 12-16

Camp 3: July 19-23

Camp 4: July 26-30

Camp 5: August 3-6

Camp 6: August 9-13

Camp 7: August 16-20

Camp 8: August 23-27

***Times:*** Monday – Friday 11:30 am – 3:00 pm

***Ages:*** 12-15 years

***Cost:*** \$125.00 per person

To register your child, please contact the Mountainside Athletic Club at 250-391-3758 or email [tscheck@bearmountain.ca](mailto:tscheck@bearmountain.ca).

## Private Tennis Lessons

If you are interested in private tennis lessons or private lessons with a group of friends, please contact the MAC and we will arrange the lessons to fit your schedule.

### ***Beginner:***

These sessions will focus on the fundamentals of tennis. Beginners will learn basic forehand and backhand, ground strokes, volleys and serving, all while feeling confident and having fun on the court.

### ***Intermediate:***

Keeping with the consistency learned as a beginner, the intermediate lessons will include overhands, approach and passing shots, as well as strengthening core skills.

### ***Advanced:***

At a higher pace, the advanced lessons are intended for players ready to take their game to the next level. These lessons will prepare anyone for competitive play using strategy, placement of shots and spins to control the court.

***Start Date:*** May to September. You choose the days and times that fit your schedule.

***Lessons:*** \*Group or Individual

***Cost:*** Private one-on-one: \$50 per hour

Semi-Private (2-4 people): \$65 per hour

Group Lessons (more than 4): \$120 per hour

Looking for a partner to play tennis with? Add your name to the list at the MAC front desk and we will arrange a partner for you to play against.

For more information or to book your tennis lessons, please email Tanya Scheck at [tscheck@bearmountain.ca](mailto:tscheck@bearmountain.ca).

# CrossFit – the Perfect Summer Workout

For the individual that is always on the go with limited time to workout, CrossFit Bear Mountain is the answer. Fast, efficient and effective, our CrossFit workouts will kick your butt and have you on your way in 30 minutes.

Your first CrossFit workout with us is free. Give it a try... you won't be sorry. These awesome workouts are result orientated. Sign up for July and August and receive a free CrossFit T-shirt.

**Times:** Monday, Wednesday and Friday 6:30 am  
Monday and Wednesday 7:00 pm  
Tuesday and Thursday 6:00 pm  
Friday 5:00 pm  
Saturday 9:00 am



*\* For monthly rates, call the MAC at 250-391-3758.*

## Train Hard...Play Hard...Live Life!

***Get our “Stocking Stuffer” Personal Training Rates Now!***

***Christmas in Summer...***

**Don't Miss Out On These Great Prices!**

**4 Personal Training Sessions**

**\$100**

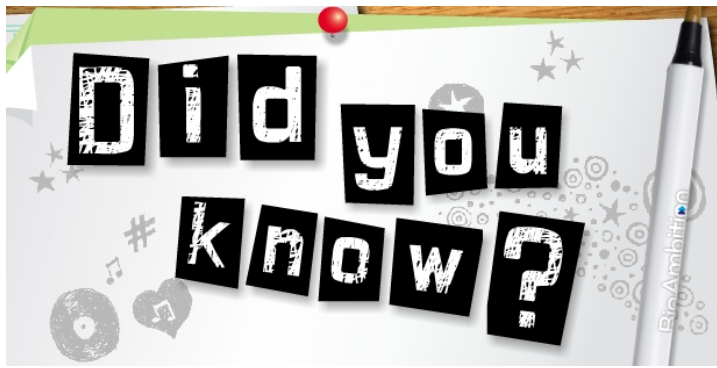
***Call today to book your sessions***

**250-391-3758**



# Summer Training Ideas & Tips

- ❖ **Aqua fit** – Give it a try! It is a great cross training workout, and the best benefit is...you get to work on your tan while you workout!
- ❖ **Tennis** – The new tennis courts are nestled between the Fairways Westin Hotel and Finlayson Reach condominiums. Book a court time with a MAC associate and enjoy a game with a friend. Don't have a partner? No worries... contact us and we'll arrange a game for you. A cold beer at Jack's Place is a great way to end your match!
- ❖ **Bike Rentals** – The Rocky Mountain Fusion Bikes are tuned up and ready to ride! Rent one today: \$10/hour or \$30/day.
- ❖ **Beach Volleyball Courts** – Spike it up at Jacks Place! The beach volleyball court is ready for action. Contact Jacks Place for full details regarding court rental fees and times.
- ❖ **Hiking** – Mt. Finlayson...Mount Work...Mount Doug... All offer spectacular hiking, and they are right at your doorstep! Take care when hiking; hike with a partner and make sure you tell someone where you are going and when you are expected to return.
- ❖ **Beach Work Outs** – Have you tried a beach workout yet? If not, try sand running - a great way to change-up your usual routine! It 's a challenging workout as the sand creates a dynamic surface that requires you to use stabilizing muscles to keep you balanced!
- ❖ **Running and Skipping** – Try a run/skip workout for a refreshing but challenging change! Warm up by running 5 to 10 minutes; then skip for 1 minute; run for 5 minutes; skip for 1 minute...etc. You can always vary the time of each to challenge yourself even more. For example, run for 1 minute; skip hard for 30 seconds; run for 2 minutes; skip hard for 1 minute and keep increasing your time.
- ❖ **Play at the Park** – Get out and be active with the entire family. Kick a ball, play badminton, make up a scavenger hunt, go swimming or fishing. The possibilities are endless with the summer sun and longer days!
- ❖ **Walk/Run the Dog** – Run or walk with the dog at one of Vancouver Islands beautiful parks. The fresh air and exercise will be beneficial for both you and your pup!
- ❖ **Be safe** – Wear proper clothing to protect yourself from the sun, and don't forget to use your sunscreen. Preventative measures will keep you safe and healthy!



... active sitting is the concept of using an actively moving sitting surface, such as a Swiss ball or a sitting disc, in place of a conventional chair. This results in an ergonomic sitting position and leads to better posture, core stability, circulation, and productivity. Try one of these tools at your desk and work on increasing your postural muscles.

...as our bodies lose agility so do our brains? Here are a few things we can do to keep our brains healthy and fit.

- **Keep Mentally Active** – activities (i.e. crossword puzzles) that mentally stimulate the brain can strengthen brain cells and the connections between them. This may even create new nerve cells!
- **Eat a brain-healthy diet** – high cholesterol may contribute to stroke and brain cell damage; therefore, eating a low cholesterol diet is recommended. Research is continuing to prove that a diet rich in dark vegetables (i.e. kale, spinach, broccoli, beets, eggplant) and fruits (i.e. prunes, blueberries, blackberries, raspberries, oranges), which contain powerful antioxidants, may help to protect brain cells.
- **Stay physically active** – Exercise can improve brain function. Research has discovered that the fittest kids generally score the highest on test scores. Older adults who are fit show less cognitive decline compared to their sedentary counterparts.

## Summer Hydration

Choosing what to drink and when to stay properly hydrated is the most vital.

### Activities Under 90 Minutes

When participating in any activity lasting 90 minutes or less, it's best to drink water. If you're not working hard enough or perspiring enough, then sports drinks are worthless. If you don't need a sports drink, it's just going to be extra calories.

To ensure hydration:

- Drink at least 8 to 16 ounces of water one to two hours before activity, but drink the last 8 ounces about twenty minutes before exercise.
- During exercise, sip 4 to 6 ounces of water every 15 minutes.
- Upon completion, enjoy another 8 to 16 ounces.

*Summer hydration con't...*

It's important *not* to consume massive amounts of water all at once during or immediately after exercise. During exercise, blood flow to the stomach is diverted to the muscles, which slows digestion.

It takes about 30 minutes after exercise has stopped for normal digestion to resume. Consuming too much water all at once can lead to a "water logged" feel; water sloshing around in the stomach, nausea and vomiting.

Drink a healthy amount of water each day while exercising or while sitting in the sun and you should stay hydrated in the summer months.

## Sparkling Berry Punch

This refreshing punch is easy and fast to make. Place it in the fridge and you can enjoy it throughout a hot summer's day. For special occasions, you can also substitute the mineral water with champagne! Fills one large punch bowl.

8 cups (2L) cranberry juice

6 cups (1 ½ L) sparkling mineral water

2 cups (500 mL) strawberries, hulled and quartered

2 cups (500 mL) cherries

2 cups (500 mL) gooseberries

2 cups (500 mL) raspberries

2 cups (500 mL) blueberries

Fresh mint leaves and lemon slices for garnish.

In a large punch bowl, combine all ingredients. Garnish with mint and lemon slices and serve.

*Source: alive, August 2000*

