

Heart Healthy MONTH



FEBRUARY IS THE MONTH TO CELEBRATE OUR HEARTS.

This month brings us closer to our hearts. Not only emotionally but physically. We celebrate our emotional heart on Valentines Day, let's remember to celebrate our physical heart with **Cardiovascular Conditioning**.

Cardiovascular Conditioning definition:-noun

Enhancement of the heart and circulatory system by regular vigorous aerobic exercise.

Cardiovascular (CV) exercise requires movement of the body produced by large muscle groups over a sustained period of time. The benefits of CV exercise done on a consistent basis are numerous. Some of these health benefits include:

- Increase in circulation
- Improvement in overall heart health, including increase in stroke vol. and cardiac output
- Decreased blood pressure
- Decreased resting heart rate
- Increased lung function
- Less prone to fatigue
- Improvement in overall energy, stamina and endurance
- Increase in muscular endurance
- Increase in insulin sensitivity
- Improvement in mood and sense of well being

Cardiovascular Conditioning is a key element of your fitness program that you must include to successfully manage your weight, attain your realistic fitness goals and maintain the optimal overall health and wellness that you desire.

When participating in CV exercise, a **Heart Rate Monitor** indicates your heart beats per minute (bpm). This is one of the best ways to monitor your exercise intensity as well as to track your progress over a given period. You will notice over time, that by working out on a regular basis, you can do more total work with less effort.

Mayfair Racquet & Fitness Clubs offer various CV Group Fitness Classes to support you in keeping a healthy heart. Go to www.mayfairclubs.com to see a list of CV classes, or click on your club name below to see what's offered.

PARKWAY/EAST CLUB

LAKESHORE CLUB

WEST CLUB

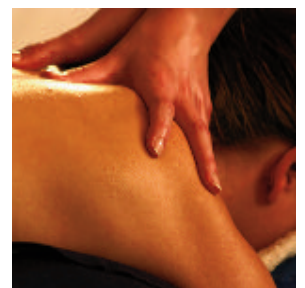
VISIT THE SPORTS MEDICINE & WELLNESS CENTRE FOR HEART-HEALTHY ADVICE!

Did you know that you have a wellness team available to you right in the club? We believe in the prevention of illness and injury through physical activity and lifestyle counseling, and can help you get to the "heart" of the matter. You are welcome to stop by or call to book an appointment for an assessment or to address a specific concern.

Our Wellness team includes the following healthcare professionals and services:

- Sports Medicine Physician
- Naturopathic Doctor
- Custom Orthotics
- Physiotherapist
- Nutritionist
- ...and so much more!
- Chiropractor
- Registered Massage Therapist

There is a Sports Medicine & Wellness Centre at the Parkway, West and Lakeshore Clubs. All Mayfair members and the general public are welcome to use our services. Go to www.mayfairclubs.com and click on Health & Wellness for more information.



MAYFAIR GROUP PERSONAL TRAINING

Group Personal Training improves your fitness and health as you workout with others who are as motivated as you to reach fitness goals. Enjoy a non-intimidating, friendly and supportive method of getting fit by working in a group with a personal trainer. You can join an established group training session or start your own! Each group session includes a maximum of 6 people. You will receive personal attention and motivation from one of Mayfair's certified personal trainers, but at a fraction of the cost. Group Personal Training makes fitness affordable and fun!

HEART HEALTH FITNESS TIPS

- Change your fitness routine every 4 – 6 weeks to avoid a workout plateau.
- Reduce the risk of heart disease 30 – 40 % by walking 3 hours or more per week.
- Eat your beans including navy pintos, kidney and black beans. Nutrients called "flavonoids" have been found to be an effective antioxidant that helps protect against heart disease and cancer.
- Reducing abdominal fat will lower your chance of suffering from heart disease. Choosing whole grain bread, pasta and rice will help reduce overall body fat, especially fat around the belly.
- For a total workout include 'Body, Mind & Spirit'. Consider some alternatives to your regular exercise routine. Try yoga, Pilates or tai chi, all of which engage your mind, body and spirit resulting in overall health benefits.



THIS VALENTINE'S DAY SAY IT WITH SPA

Avoid the cliché of flowers and chocolates this year and give the gift that will go straight to the heart. Relax, unwind and spoil your special someone with the gift of Mayfair Spa. What better way to show how much you care?

5 LOVING WAYS TO PAMPER YOUR SPECIAL SOMEONES' THIS VALENTINE'S DAY

- 1 My-Eyes-Adore You: FACIAL for Anti-aging**
Book a Swissline or Phytomer Facial, add an eye treatment with the service, receive either a retail-size Phytomer Lift Contour or Swissline Corrective Eye Moisturize care product.
- 2 Light-Up-My-Life: Body Polish for Radiant Skin**
Book a Body Polish treatment, receive a complimentary Phytomer Sun Kiss application.
- 3 My-Precious-Tresses: Wash, Cut and Blow Dry for Silky Smooth Hair**
Receive a complimentary hydrating hair mask with a wash, cut and blow dry.
- 4 Sole-Mates: SpaRitual Pedicure for Uplifting**
Book a Sparitual pedicure, receive a complimentary European manicure.
- 5 Mr.-Right-Stuff: Package for Him**
Book an Executive package for men; which includes a deep cleansing facial, gent's haircut and stone pedicure, receive a complimentary sports manicure.

Gift Certificates are available for Esthetics, Salon and Massage services.

Why not warm up with a Hot Stones Massage this winter?