



The Katch Life Health & Wellness Quarterly Newsletter

Winter 2004

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“How do I estimate my target heart rate?”

The Katch Life Winter Update

This winter has been great for **KATCH LIFE** Health & Wellness! We were busy with our Wellness Workshops. This included speaking at a Dr. Phil Weight Loss group in Delta and the Burnaby One to One Burnaby Business Women’s Networking Group. We’ve been on CFUN radio 1410am weekly and it’s been wonderful having the opportunity to share our dream of world health and our passion for fitness with thousands of listeners. This year we started writing for the Balanced Life Magazine. Our monthly articles address the major questions and concerns around fitness and are another great way to stay up to date with the latest fitness and nutrition information.

Katch Life *with* Physical Activity

Q: How do I estimate my target heart rate?

A: Target heart rate training involves monitoring the pulse during aerobic conditioning to ensure it is in a safe and effective training range for achieving cardiovascular benefits. This range has a lower and upper limit based on a percentage of the individual's maximum heart rate and is measured in beats per minute (bpm). We recommend all healthy adults train within 65% - 85% of maximum heart rate. Use the formula below to determine your upper and lower limit.

Maximal Heart Rate X % Intensity = Target Heart Rate	
Women	Men
$(226 - \text{Age}) \times 65\% = \text{lower limit}$	$(220 - \text{Age}) \times 65\% = \text{lower limit}$
$(226 - \text{Age}) \times 85\% = \text{upper limit}$	$(220 - \text{Age}) \times 85\% = \text{upper limit}$

***“Fast, Effective
Back Pain Relief”***

***“Feel Full On Less
Calories”***

Winter Training Tip



Fast, Effective Back Pain Relief

Do you suffer from low back pain? Then this stretch is perfect for you. Find a comfortable area such as your living room floor, a wide couch or the comfort of your own bed. Lay down on your back facing up. Bend your knees and bring them up towards your chest. Gently hold and feel the relief move through your body. For better stability reach behind your knees and hold the back of the thighs for increased support. You may rock in a side-to-side motion to give yourself a mini back massage. ENJOY!

Katch Life *with* Healthy Nutrition

Eating For Pleasure: “Feel Full On Less Calories”

All food has a certain amount of calories and volume. Some foods have a high amount of calories for their volume and some foods have less. Choosing foods that are higher in volume and lower in calories will allow you to eat more for less.

For example, a half a cup of mixed nuts has 438 calories but is unlikely to leave you feeling full. On the other hand, foods such as fruit, vegetables and whole grains have more volume but fewer calories. Fruits and vegetables contain water that provides volume but not calories. High-fiber foods also provide volume and they take longer to digest, making you feel full longer.

**“Three Simple
Breakfast Ideas”**

**Eating For Health:
“Three Simple Breakfast Ideas”**

In the morning it's important to eat breakfast to maintain a steady energy flow throughout the day. Many studies on weight control show that breakfast eaters have fewer cravings and hunger pangs later in the day and that they are better able to control their appetites at other meals.

1. **Oatmeal Supreme.** A minute in the microwave is all it takes to produce a steaming bowl of oatmeal. This high-fiber, nutritious choice is great with raisins, dried or fresh fruit and nuts.
2. **Low-Fat Creamy Yogurt.** A quick breakfast and a great choice is low-fat creamy yogurt. Add a high-fiber cereal or fresh fruit to spice things up.
3. **Orange-Banana Smoothie.** Orange juice, low-fat yogurt and a banana are all you need to blend up a delicious treat with protein, vitamins, minerals and calcium.

Katch Life *with* Inspiration

**Inspirational
Message**

To realize the value of One Year,
Ask a student who failed his or her exam.
To realize the value of One Month,
Ask a mother who gave birth to a premature baby,
To realize the value of One Week,
As an editor of a weekly magazine.
To realize the value of One Day,
Ask a daily wage laborer who has six kids to feed.
To realize the value of One Minute,
Ask a person who missed a train.
To realize the value of One Second,
Ask a person who survived an accident.
To realize the value of One Millisecond,
Ask the person who won a silver medal in the Olympics.

~Unknown

Katch Life *with* Great Savings

**Katch Life
Winter Specials**

Katch Life Winter Specials:

Mobile Personal Training: (All training equipment is supplied during each session)

Your program will include a: cardiovascular warm up, total body fitness program, cool down, personalized stretching and exercise technique training. Ideal for weight management, stress reduction and injury rehabilitation.

***Diamond Package Special
Purchase 1 Full Package and Receive 2 Health Coach
Session absolutely FREE!!!***

Polar M52 Heart Rate Monitor:

This heart rate monitor is the best way for you to know you are training in your target zone during your workout session. If your goal is to lose weight, decrease stress or improve your aerobic capacity then look no further. The M52 Heart Rate Monitor is the tool to get you there.

Heart Rate Monitor M52 Model

Regular Price \$299

Now Only \$199

Offer Expires March 31, 2004

KATCH LIFE
Health & Wellness

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get fit + be happy = KATCH LIFE

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