



The Katch Life Health & Wellness Quarterly Newsletter

Summer 2003

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The Katch Life

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“What is Core Strength? Why is it important?”

The Katch Life Summer Update

Katch Life Health & Wellness has been busy with the media this summer. We were live on CFUN 1410am Saturday July 26, 2003. We held our *Get Fit, Be Happy, Katch Life* Wellness Seminar at the Hilton Vancouver Metrotown where more than 50 people attended. We were a guest speaker at the SUCCESS Coquitlam Youth Entrepreneur Program Kick Off where the Mayor of Coquitlam Jon Kingsbury, the MP of Coquitlam, James Moore and the CEO of SUCCESS Lilian To were in attendance. We were also featured in the Sunday Money section of The Province Sunday August 10, 2003.

We are very excited this season to offer you, our clients and guests, The Katch Life Health & Wellness Quarterly Newsletter. This new publication will be an opportunity for you to learn how to get fit and be happy as a result of your wise eating and exercise choices. Our mission is to help you experience a better quality of life or in other words... ***Get Fit = Be Happy = Katch Life.***

We would love to hear from you so please write to: Katrina@katchlife.com with your questions and comments on Health & Wellness.

Katch Life *with* Physical Activity

Summer Q & A:

Q: What Is Core Strength? Why Is It Important?

A: The easiest way to understand Core Strength is to think about a wheel on a car. Envision a wheel that has a great design and is made from the strongest materials in the world. The only thing wrong with the wheel is that its hub is weak. In fact, the center hub of this wheel is cracking and is made out of plastic. What's going to happen to this wheel when we put it on a car and start driving? Chances are, as the car goes faster, the hub of the wheel is going to break, the wheel is going to come off, and the car is going to crash.

Your body is just like the wheel. No matter how strong the arms, chest, shoulders and legs look and feel, if the "core" (stomach and lower back) is weak, you won't function properly. As an athlete performs explosive motions like jumping and sprinting, the upper and lower body must move in concert to generate maximum force. It is the muscles in the core that tie the upper and lower body together and help coordinate their motions.

**“Always Stretch
For Strong
Muscles’**

**“Snorkeling in
Belize”**

**“SLOW DOWN...
Spend 15 Minutes
Enjoying Your
Meal”**

Individuals who possess a strong core will be able to better manage their body's motions and will be able to perform better.

Summer Training Tip:

Always Stretch For Strong Muscles



Stretching is important to ensure full range of motion, or full strength, of your muscles. Stretching also decreases muscle tightness and reduces risk of injury. The Hurdlers or hamstring stretch, shown in the picture, is a stretch that is useful for most people. This is the large muscle on the back of your thigh. When this muscle is tight it pulls your lower back out of alignment and may cause back problems. To avoid this it is important to stretch this muscle daily. The best time to stretch is after physical activity. For example, after a walk or workout. Hold your stretch for 30 seconds on each side. Your stretch should feel like a light pull. The term “no pain, no gain” does NOT applied here. The stretch level should feel like a 4 out of 10.

Adventurous Physical Activity: *Snorkeling In Belize*



Do enjoy snorkeling? If you’ve never been, would you like to try it? Snorkeling is an excellent way to enjoy physical activity this summer. Picture this... A hot, summer day, blue sky and bright green crystal clear water. This adventure in Belize was an excellent way for me to be physically active and have fun at the same time. Being active in the water is something we can do at home in Vancouver as well as on vacation. We have plenty of beautiful places to swim both indoors and out. So take the opportunity this summer to get wet and be more active.

This section of the newsletter is reserved to highlight adventurous physical activity. Send us a short write up about your adventure with a picture to: Katrina@katchlife.com and your may be featured in our next newsletter and receive a FREE two-week Health Coaching Package.

Katch Life *with* Healthy Nutrition

Eating For Pleasure:

“SLOW DOWN... Spend 15 Minutes Enjoying Your Meal”

Did you know that it takes 15 minutes for your body to register that it’s full? So often we eat on the run and we don’t take the time to sit down and enjoy our meal. By doing this we miss out on the opportunity to enjoy eating. Eating is a pleasurable activity. It’s therapeutic, a sign of nourishment and

**“Simple, Healthy
Snack Ideas”**

love. I encourage you to take at least 15 minutes at breakfast, lunch and dinner to feed yourself right. Eat slowly. Notice the color, flavor and texture of the food. As the time approaches 15 minutes notice your stomach getting full and the feeling of satisfaction because you’ve eaten the correct amount of food for your body. Do this for one day and then journal on how you feel. After journaling for a week and let Katch Life know how this small change has impacted your life. Do this for a month and your waistline will let you know that you are on the right track.

**Eating For Health:
Simple, Healthy Snack Ideas**

Planning simple, healthy snacks throughout the day is the best way to avoid impulsive eating between meals and overeating during meals. Ideally, we should be eating every 3 hours to maintain our energy level. So, to avoid the 10:00 am slump or the 3:00 pm craving plan your day with a couple snacks to get you through to your next meal. I recommend carrying two ready-made snacks to work with you everyday.

Snack Ideas:

- A piece of fresh fruit such as an apple, peach or a handful of grapes.
- Low-fat yogurt
- Precut vegetables such as carrots, cauliflower, broccoli bagged and ready to go.
- One handful of roasted nuts
- Cereal
- Unbuttered air popped popcorn
- Vegetable or tomato juice
- Rice cakes topped with a little peanut butter
- Pita bread with a light cream cheese spread

Katch Life *with* Inspiration

**Inspirational
Message**

You Are Precious

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this." He proceeded to crumple the dollar bill up.

He then asked, "Who still wants it?" Still the hands were up in the air. "Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. "Now who still wants it?" Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I

did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way.

We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value in God's eyes. To Him, dirty or clean, crumpled or finely creased, you are still priceless to Him.

Katch Life *with* Great Savings

Katch Life Summer Specials

Katch Life Summer 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.

5 Session Punch Card Special

Regular Price \$325

Now Only \$269

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 \$285

Now Only \$185

Offer Expires September 15, 2003

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