

NEW YEAR'S NEWSLETTER

Everyone here at SXS Fitness wishes you and your family the best of health and fitness for 2013. We hope you had a relaxing holiday break and you are excited for the new year.

One thing I noticed during my break was that EVERYONE around me was getting sick. It inspired me to make the focus of this newsletter on Nadine the Naturopath's top three tips for STAYING HEALTHY THIS WINTER.

AVOID EXCESS SUGAR
why?
DECREASES IMMUNITY



Sugar actually decreases your body's ability to fight colds! For 5 hours after eating the sweet stuff phagocytes (cells that eat the bad guys) have decreased function making you more susceptible to viruses and bacteria.

Watch out for sugar in all it's wonderful disguises:

- **Straight up:** maple syrup, honey, white/brown/all natural/coconut/unrefined SUGAR
 - yup, its all sugar no matter how healthy marketers try to make it seem
 - the more natural the better it is for the body, but at the end of the day **sugar is sugar is sugar!**
- **Shaken or stirred:** ALCOHOL, sorry, it's full of sugar

- try to alternate between one glass of alcohol with one glass of water (make it look fancy with carbonated water in a wine glass with a slice of lime or cucumber)
- **Baked or fried:** all white breads, muffins, cakes, waffles, beaver tails and donuts
 - all of these are just sugar too, with some extra flour, cinnamon and fat to make it taste better (soo yummy I know so try to earn your treats and take smaller portions!)

Try these healthy alternatives to sugary treats:

Power Balls: A family favourite!

6 dates

Handful of walnuts

2 tbsp of flaxseed

1 – 2 tbsp of raw cacao powder

- Blend together in a food processor or magic bullet – roll into balls and roll into unsweetened coconut flakes

Sweet and Healthy Nori Treats (seaweed):

- 3 sheets of nori cut into squares
- Spread on a cookie tray
- Mix ¼ cup of olive oil, ¼ cup of brown rice syrup and 1 – 2 tbsp of maple syrup
- Brush the spread on the nori
- Sprinkle with sesame seeds and cinnamon
- Bake at 350 for 8 – 10 minutes; flip, brush and cook 8 minutes on the other side – enjoy!

VITAMIN C and ZINC
why?
FIGHTS THE COMMON COLD



A 2012 Journal of International Medicine Research study concluded that vitamin C paired with Zinc can be effective for fighting colds and decreasing how long they last.

- Full article at:
<http://www.jimronline.net/content/full/2012/107/1842.pdf>
- Start taking these when you feel like you might get a cold:
 - Traveling by plane
 - Change of season
 - Caring for people with colds
 - Times of increased stress
- Here is a link to Health Canada's guide to recommended daily intakes:
 - http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_vitam_tbl-eng.php
 - http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php
 - Please note these are very conservative doses

STAY ACTIVE
why?
LESS COLDS that are
LESS SEVERE



A 2012 study in the Annals of Family Medicine concluded that meditation and exercise decreased the frequency of colds and reduced the severity of cold symptoms experienced.

Great ways to stay active:

- Family outdoor activities: skiing, snowshoeing, sledding,

- skating, hiking
 - Schedule these activities into the evenings and weekends
- Family workouts
 - Start your day with a quick warm up routine
 - Try some tuck jumps, burpees, push ups, sit ups and downward dogs before you head out the door
- Fitness classes
 - Attend a fitness class (as a family or alone)
 - Check out www.sxsfitness.com for fitness classes offered throughout the week
- Personal Training
 - By working with personal trainer you are more likely to stick to your plan and get the results you want

About the author:



Nadine Jackson is a fourth year student at the Canadian College of Naturopathic Medicine (CCNM) and is a Naturopathic Doctor candidate expecting to graduate in May 2013. Nadine has extensive experience in the world of fitness growing up as a competitive gymnast, then focusing on dance, yoga and Pilates. She is certified as a Pilates, spin and cross fit instructor as well as a personal trainer, a health & wellness specialist and a level two CAC gymnastics coach. In her final year at CCNM she is working on the sports medicine shift focusing on sports nutrition and pre/rehabilitation for sport injuries. She has also gained experience treating a variety of other health concerns from insomnia to digestive complaints. Nadine is passionate about health and fitness and hopes to share her knowledge with everyone in the SXS Fitness community.