

**INSIDE
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NATURAL HIGHLIGHTS

www.naturalhigh.ca

NOVEMBER / DECEMBER 2007

We're One Year!!!

Natural High Fitness & Athletics Inc. has enjoyed serving you for our first year in the Okotoks Recreation Centre. Thank you to all our members, facility users and staff for your energy and excitement, and for being active participants in your own health and wellness journey.

Winter Programs

WINTER PROGRAM REGISTRATION BEGINS NOVEMBER 28th

Registered Programs Offered During Winter Session:

- **CrossFit—NEW FOR WINTER 2008**
- **TRX Suspension Training**
- **Yamuna Body Rolling**
- **Yoga**
- **Pilates**
- **Trim and Tone**
- **Cardio Kick Boxing**
- **Advanced Cycle and Circuit**
- **After Hours Club**
- **Indoor Cycling**

*Try Something New
This January*

For more information about classes, come in to Natural High or visit our website at www.naturalhigh.ca.



CROSSFIT

Natural High Fitness and Athletics will soon become a Certified CrossFit Centre. CrossFit is a core strength and conditioning program that is designed to elicit as broad a physical response as possible. CrossFit is not a specialized fitness program, rather it focuses on competency in each of the ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. Athletes are trained to successfully perform multiple, diverse and randomized physical challenges. Instead of training for a specific sport, CrossFit trains you to become a fantastic athlete, able to perform well in any domain. Andrew and Dan will be certified CrossFit Instructors and they will challenge you in ways never imagined!

INDOOR CYCLING

What better way to train for outdoor cycling season in our cold winter months than on your own bike. Our Indoor Cycle Class, instructed by Dan, uses a unique system called Computrainers which allow you to almost imitate your outdoor rides, while you train indoors. The Computrainer Classes are assessment based so you always ride in your prescribed 'training zones'. Dan will use the system to provide you a 'spin scan' analysis, designed to evaluate your peddling mechanics. This alone can provide massive cycling improvements. All intensities are prescribed in Watts and heart rates, rather than heart rates alone, which tends to be much too responsive to your internal and external environment. All of this is done while we project various routes on our 8 foot screen, allowing you to ride sanctioned bike routes, such as the Tour De France or the Canadian Ironman.

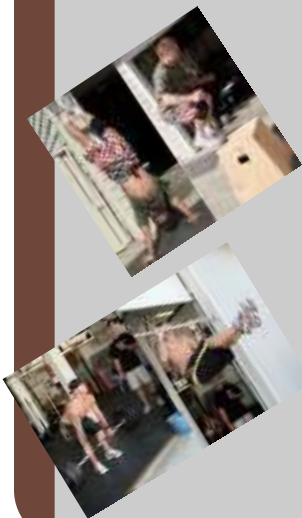
**CHRISTMAS
GIFT IDEAS**



NHFA Gift Certificates are an excellent idea for the holidays! Gift certificates are available for personal training, registered programs, supplements, merchandise and memberships. They are available at our front desk!

Personal Training

Why wait until the New Year? This time why not start early with your fitness goals? Get a head start on the Christmas season and the January rush. Our personal trainers are educated, certified, professional, and results oriented. We can help you with an exercise plan, a food plan, or a lifestyle plan, all of which can lead you to the health and fitness outcomes you've wanted for so long. Our packages are diverse and designed to cater to your individual needs and desires. Come in to chat with a trainer today or visit www.naturalhigh.ca for more info.



FORGED IN FIRE FITNESS

Wellness Wisdom



“optimal health results from harmony and balance in the physical, environmental, emotional, spiritual and social aspects of our lives”

What Is Holistic Health?

In our society it is common to think of wellness as the absence of illness. Holistic health emphasizes the need to care for the whole person – body, mind and spirit. The basic principal of holism is that optimal health results from harmony and balance in the physical, environmental, emotional, spiritual and social aspects of our lives.

HOW HEALTHY ARE YOU?

PHYSICAL HEALTH

High energy and vitality

How to improve physical health:

- **Exercise regularly**
- **Eat a balanced diet** including lots of fruits and vegetables, avoid foods with chemical additives, and reduce your intake of sugar, unhealthy fats, caffeine, refined salt, refined carbohydrates and alcohol.
- **Drink lots of water.** Most people are chronically dehydrated. Drink half your body weight in oz. of water a day to replace water lost through regular metabolic processes.
- **Practice abdominal breathing.** Breathing through the abdomen instead of the chest improves energy, increases oxygen flow, relieves stomach pain and diminishes stress.

ENVIRONMENTAL HEALTH

Harmony with your environment (neither harming nor being harmed)

How to improve your environmental health:

- **Go outside.** Indoor air can be as much as 100 times more polluted than outdoor air.
- **Sleep with your bedroom window open** to let in fresh air.
- **Keep indoor plants.**
- **Take frequent breaks** away from your computer.
- **Clean carpets and rugs regularly** with non-toxic cleaners to prevent build up of mold and bacteria.
- Ensure both your home and workplace are well ventilated.

SPIRITUAL HEALTH

Experience of unconditional love/absence of fear

How to improve your spiritual health:

- **Pray.** Prayer helps connect you to Spirit.
- **Meditate.** In the East meditation has been used for thousands of years to contact Spirit.
- **Be Grateful.** By becoming more aware of our blessings we strengthen our connection with Spirit.
- **Regularly take part in spiritual practices.** Make spirituality part of your routine.
- **Find Spirit in Nature.** Outdoors is an ideal setting to connect with your spirituality.

MENTAL HEALTH

Peace of mind and contentment

How to improve your mental health:

- **Seek psychotherapy or counseling** to help address deep-rooted emotional problems
- **Become aware of your beliefs.**
- **Replace negative beliefs with positive ones through affirmations** - positive thoughts that you repeat to yourself each day.
- **Practice guided imagery and visualization** - a way of using mental images much like those we have when daydreaming. Studies show that visualization can increase immune responses. Find guided visualization CDs and DVDs at your local bookstore or library.
- **Breathe.** Consciously taking full breaths will help you deal with emotional pain more effectively.
- **Meditate.** Meditation can improve immune function, reduce stress, increase oxygen intake, and relieve chronic pain and headache. Many communities provide training in meditation techniques.
- **Pay attention to your dreams.** Dreams are symbolic expressions of our inner emotional life. Write down your dreams immediately after you wake so you will not forget them. You will notice certain symbols or events tend to recur. Pay attention to these themes; usually they contain the most important messages your dreams have for you.
- **Keep a journal.** Writing out your daily experiences and feelings usually results in increased self-knowledge.
- **Have a job you find fulfilling.**
- **Play.** Regularly do something you enjoy.
- **Laugh.** Laughter improves our emotional state. Studies show that laughing can strengthen the immune system.

SOCIAL HEALTH

Strong positive connection to family and others in the community, and intimacy with one or more people.

How to improve your social health:

- **Forgive.** Intimate relationships and unconditional love cannot exist without forgiveness. Learn to forgive yourself and others.
- **Make and keep friends.** Most adults have many acquaintances, but few still have a best friend in whom they can confide. If you find yourself in need of a good friend, remember it is never too late to rekindle old friendships or make new friends.
- **Volunteer.** Helping others through donations of your time and resources produces feelings of connection, a sense of unity and the recognition that in giving to others you are ultimately giving to yourself.
- **Foster committed relationships.** Your role as a lover, spouse, parent or friend provides you with the most powerful opportunities for spiritual growth on a daily basis. Make a commitment to become more conscious of all your relationships, especially those with whom you are most intimate.

Special thanks given to Lisa Pridmore, Consultant, Family Service Canada.

List two different types of meal replacement bars available for purchase at Natural High Fitness and leave your answer at our front desk for your chance to win.

1. _____

2. _____

Name: _____

Phone: _____

E-mail: _____

