

# fitness trends

## WHAT'S HOT FOR 2014

by Amanda Munro & Helen Peterson

Over the holiday season, fitness priorities are typically the first to be replaced by indulgent foods and beverages. Like many of us, January marks the time of the year when we pull on the workout clothes that have been lying around unworn and resume healthy eating habits.

There's no time like the present to set new health and fitness goals and work off those unwanted added pounds, says Dai Manuel, resident expert at local store **Fitness Town** (located on S.E. Marine Drive and in Kitsilano - fitnessstown.ca). He shares the top fitness trends you need to know about for 2014:

### Strength training:

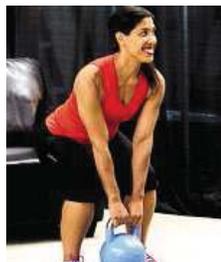
**What it is:** Building muscle by strength training is necessary for effective weight loss. Having more muscle will help burn more body fat at rest, so whether you want to build bulk or just tone up, strength training is the way to go.

**How you do it:** Free weights, dumbbells, barbells, kettlebells, body weight exercises, suspension training and functional trainers are the equipment needed for a good strength training program which should be 35-45 minutes, two to three times a week.

### Interval training:

**What it is:** Quick bursts of intense energy followed by short periods of recovery will burn fat and build muscle. A 20 minute workout of alternating high and low intensity will yield better results than 20 minutes of running at a constant pace.

**How you do it:** Plan workouts with intervals of high intensity periods interspersed with a recovery period. There are many different methods to follow (tabata protocol, for example, is 20 seconds of high intensity followed by 10 of rest), but the general idea is to switch between high intensity and low intensity, and then repeat.



### Suspension training (TRX)

**What it is:** TRX suspension training uses body-weight exercises to develop strength, balance, flexibility and core stability simultaneously – ramping up your training regimen and getting better results, quicker.

Even better, it's versatile and transportable.

**How you do it:** A TRX suspension strap is hung from a stable overhead structure and you use your body weight to perform hundreds of exercises. The intensity of the exercise can be adjusted by moving your body position to add or decrease resistance.

### Fitness technology

Many home fitness bikes and treadmills now have interactive touch-screen consoles with virtual tours (run in Paris perhaps?), digital watches that measure distance, calories and speed and there over 20,000 fitness apps are available to download with workout plans. Technology is only going to continue to advance our fitness possibilities; it's time to hop on the bandwagon.

No matter what your fitness goals may be, it's important to find a fitness regimen that will work best for you. Grab a friend and try out one of these hot fitness trends.



## Seniors need to be cyber safe

*Earl Bergen, General Manager  
Cedar Springs Retirement Residence*

Computer literacy is a great skillset, no matter your age or stage in life. And while using the Internet is an invaluable tool, it can also be a slower and more involved process for older people just familiarizing themselves with all the nuances of online communication. This makes them relatively easy targets for automated online scams.

Being isolated at home without computer support or knowing who to ask for help can be daunting.

Common scams come from 'pop-up' windows simulating virus-scanning software that can trick the untrained viewer into downloading a fake anti-virus program (at a substantial cost). Email messages can be equally as sly, appearing to come from a legitimate company or institution, asking the recipient to "update" or "verify" their personal information. They may ask for passwords, account numbers, billing history or other personal details.

A less savvy computer user may not know they should never submit personal information when it comes from a source that is initiating the contact. No one should have to provide personal information online.

Having assistance and training on hand can make a dramatic difference in your level of safety. For seniors at some retirement residences, onsite workshops, lessons or one-on-one consultations can be very valuable in getting seniors up to speed on their computer skills and email. They can be taught easy tips and basic protocol for staying safe online, so they can feel confident and secure in their online experiences.

*Need a question answered about independent living? Contact Earl Bergen, GM, Cedar Springs Retirement Residence a Pacific Arbour Community  
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pacificarbour.ca*

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