

June 2011

R&D NEWSLETTER

Visualize your victory, realize your goals, believe in yourself. And make sure to drink a beer or two along the way.



Welcome to your R&D newsletter for June! This month we have a great follow-up to a fantastic event that recently happened in our store. Jennifer Broxterman, Registered Dietician and Sports Nutritionist gave an in-store talk on some great ways to improve your diet and your health. We already know how important nutrition can be to your overall health, so we will go a little further than the in-store talk. Our R&D team is full of healthy active individuals, so Jen has put together some tips on how to increase your energy levels so you can keep up with your busy schedules.

- 1) Eat breakfast, everyday!
- 2) Have a complex carbohydrates at each meal, which are digested slowly and provide a steady supply of energy for the body and brain. Try having whole-grain breads and cereals, lentils, beans and legumes, and other starchy vegetables.
- 3) Include more iron-rich foods in your diet to beat fatigue. Examples include: red meats, organ meats, iron-fortified cereal products, whole-grain or enriched breads, dried fruits, leafy green vegetables, beans, nuts and seeds, and blackstrap molasses.
- 4) Make time for a midday meal, as well as some healthy snacks to help keep blood sugars steady and keep hunger pains at bay.
- 5) Stay hydrated. Fatigue is one of the first symptoms of mild dehydration, so drink up.

what else is going on?

Sunday Morning Group Run

Every Sunday morning at **8am**, meet at the Milestone's Entrance. Also, every Wednesday at **6pm** in Gibbons park, meet at the Grosvenor entrance

Mom and Baby Yoga, every

Wednesday morning, **9-9:45**, in our store. Fun for mom and baby! Just bring a blanket for your baby to lie on and join other new moms for an hour of "social stretching"

Sunday Morning Yoga, every

Sunday morning **10:30 - 11:30**, in our store

Park Yoga, every Thursday, **12-1pm**, in Victoria Park, behind the bandstand

All our events are complimentary!

R&D Member of the Month—Jennifer Broxterman

I love being physically active and have played competitive sports my entire life. As a little kid, I started out with swimming, gymnastics, and danced in tap, jazz, and ballet until I was ten. In true Canadian form I grew up with a backyard hockey rink, and decided to trade in my tutu for a hockey stick to play ice hockey with the boys from 10 years old until I turned 18. Each summer I also played competitive soccer to stay in shape. When I went to Queen's University, I switched over from men's to women's hockey, and played on the Queen's varsity women's ice hockey team for my first two years. I then challenged myself to try a new sport and jumped into novice rowing, which launched my career as a varsity rower at both Queen's University and the University of Western Ontario. I've also done a lot of running in my life, and loved the 800m and 1500m in track, ran a number of cross-country races, and I've also competed in a few triathlons.



About three years ago, I started dating Lululemon Ambassador Dave Henry, and fell in love with him and the sport of CrossFit. I now "CrossFit" six days/week, and have represented CrossFit London at various provincial and national competitions, with a career highlight placing 3rd in Ontario last year. What you might not know about me is that I'm also a Registered Dietitian and Sports Nutritionist, as well as an empowered female entrepreneur who owns a nutrition consulting company here in London called NutritionRx (www.nutritionrx.ca). I absolutely love my job, which is 100% centered on helping

others incorporate simple nutrition strategies into their lives to help them achieve their health, nutrition, and sports performance goals!