



Apple Creek Sports Medicine Centre

New Year Newsletter



Apple Creek In The Community



Apple Creek was happy to be a part of Hockey Helps the Homeless this year. The Toronto event raised over \$250,000 to help bring awareness and support to the homeless.



Apple Creek hosted the second annual Kids K at Angus Glen Golf Club. Everyone had a great time and all proceeds went to support Markham-Stouffville Hospital. Hope to see you all there next November!



January Jumpstart

January Jumpstart Is Back At Apple Creek!

Get the New Year off to a good start and come out and exercise with our staff for the month of January. We will be offering a different class Monday thru Friday at convenient times!

**Monday, Wednesday, and Friday: 12:10-12:55pm
Tuesday and Thursday: 6:10pm-6:55pm**

Classes will include: TRX Suspension Training, BOSU Ball Training, Core Strength Conditioning, Circuit Training, and Speed Agility and Quickness.

Check out our website for full details
www.applecreeksportsmedicine.com under the performance lab tab.

*** \$5 per class!**



Personal Training & Naturopathic Package

Let Apple Creek Help You With Your Fitness Goals!

Sign up today to receive 2 one hour personal training sessions with Kristin or Shannon and a 45 minute diet consultation with Dr. Joanne, ND.

Purchase this package for yourself, or as a holiday gift for your friends and family!

This package is only available until January 31st, 2012 for \$120 plus HST – A savings of over 50%!

Staying Healthy this New Years

The holiday season is a time to celebrate with family and friends, a time to undertake your favourite traditions but it is also a time of indulgence for most. So while the holiday season is usually joyful and memorable, it can also have a negative impact on your health. It has been shown that people will put on an **average of 5-10lbs of body fat over the holiday season** and for most, not all of it will be lost afterwards.

Staying healthy during the holiday season is not about giving up all your favorite foods but about **MODERATION**. Here are some tips to help you get through the holiday season

Tip #1 – Make a plan ahead of time.

- As your calendar fills up with various parties and other social events, slot in some time for exercise and good nutrition. Just remember to be realistic in your expectations and 10 minutes of exercise is better than nothing!

Tip #2 – Party the Smart Way.

- Mingle!!! Do not stand by the food table all night or you will just keep eating.
- Don't go to a party hungry – if you are hungry you tend to eat more unhealthy foods so snack before you go
- Healthy food options – if you do not think there will be any then bring your own!

Tip #3 – Moderate the Alcohol Intake

- Alcohol is just empty calories and the average drink contains 100-200 calories, so 3 drinks could be equivalent to an entire meal. Try a wine spritzer to cut down on calorie consumption.

Tip #4 – Exercise

- A great way to burn off all those extra calories from holiday snacking. You need to eat an extra 3500 calories to gain 1lb of fat which seems like a lot but is easier than you think.....
 - Starbucks Tall Pumpkin Spiced Latte (no whip) – 240 calories, 5g saturated fat
 - Second Cup Small Classic Hot Chocolate (no whip) – 290 calories, 7g saturated fat
 - Starbucks Pumpkin Loaf (121g) – 390 calories, 2.5g saturated fat

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Guiltless Guacamole Recipe



Why not bring this to a party or serve it at one of your own

1 15oz can of white kidney beans (cannellini), drained and rinsed
1 tbsp fresh lime juice
1 jalapeno chili, seeded and minced
1-2 cloves of garlic, pressed or grated.
¼ - ½ cup loosely packed fresh cilantro leaves (optional – and add as much or as little as you want)
¼ cup of finely chopped red or Vidalia onion
2 ripe avocados, halved and pitted (for a smaller crowd you can use just 1 avocado)
Sea salt – just a sprinkle over the avocados to get their flavour out.
2 plum tomatoes, chopped
Baked tortilla chips or fresh-cut vegetables.

You can puree everything but the tomatoes in the food processor or if you don't have one then mash the beans first and then the avocados adding the other ingredients and stirring until everything is mixed and you have the consistency that you want.

***To make **Easy Peasy Guacamole** – just substitute 1 can of green sweet peas (thawed if from frozen) for the white kidney beans.

FOOD FACTS: THE GOOD, THE BAD & THE UGLY IS BACK!

Just in time to kick off your New Year's Resolutions about Healthy Eating, please join Naturopaths Joanne Dawe, and Tracey Teasdale as they talk all about food. This in-depth seminar covers a wide variety of topics including: how to read food labels, food additives and artificial sweeteners, the link between nutrition and disease, food allergies and sensitivities, good food choices and so much more.

SNACKS AND LUNCH WILL BE PROVIDED.

Date: Saturday January 21, 2012

Time: 10:45am -2pm

Location: TBA

Cost \$20 per person (cash or cheque)

Contact: Joanne Dawe, ND at joanne.dawend@gmail.com or 905-713-9179

