

# January Staff Spotlight: Kim Hamilton



Certified as a Personal Trainer in 2005, I've had the good fortune of working for Courtenay Recreation since 2010!

After teaching a variety of classes, from Chair Fit to TRX and Spin, I continued my education to include Third Age, Training for the Adult Over 50 and Osteofit - working with individuals diagnosed with Osteoporosis. In 2014, I dedicated a year to become certified as a Fall-Proof Balance and Mobility Instructor.

Today I work 100% as a Personal Trainer, taking all the knowledge gained from TRX, Fall-Proof and OsteoFit and applying it as needed.

I love working with all age groups and walking into "work" every day!



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# A Few of the Many Benefits of Good Posture:

## Reduced Low Back Pain

Sitting or standing in a slouched position stresses the lower back, putting pressure on the posterior structures of the spine including discs, ligaments and muscles.

## Increased Energy Levels

When our bones and joints are in correct alignment, it allows the muscles to be used in the way they're intended, resulting in less fatigue!

## Decreased Risk of Abnormal Wearing of the Joint Surfaces

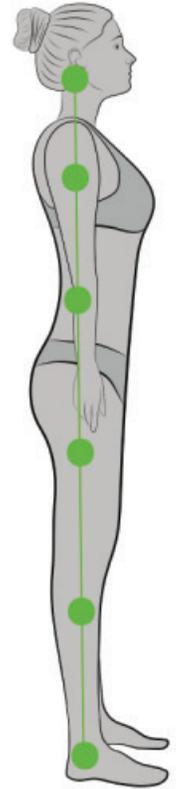
Crooked sitting and standing, such as resting on one leg or side of your body leads to hip strain.

## Increased Lung Capacity

If we are slouching we are compressing our lungs. Sitting or Standing tall gives our lungs more space to expand, improving our breathing!



incorrect posture



correct posture



# TRY A CIRCUIT CLASS!



Our terrific Circuit Classes provide a balanced full body workout using a variety of equipment. Ask for a program geared to improve your posture. The environment is fun, social and time-efficient. To keep things interesting, you can switch up the exercise sequence, swap out different exercises or change the workout focus. With all the options available you are sure to beat any possibility of gym boredom!



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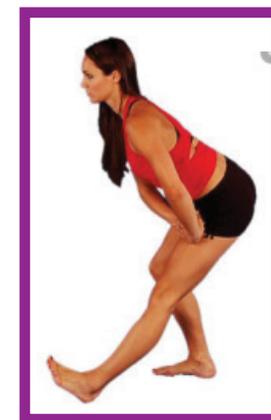
# Lifetime Warrior Workout!

As we age, some muscles get tighter (Stretch These!) which can pull us out of alignment, thus affecting our posture. Work each stretch up to 30 Seconds each.



**Upper Trapezius** Start standing or sitting tall, and place one hand on your lower back, the other hand on the opposite side of your head. Pull your head toward your shoulder, looking straight ahead, until you feel a stretch in your neck.

**Hamstring** Extend one leg, push the hips behind with a soft knee on the non-stretching side. Keep your back flat and chest high.



**Chest** Stand at end of a wall or in a doorway – place inside of the bent arm on wall with the bent elbow at shoulder height – turning the torso away from the positioned area – Hold – Experiment with a higher or lower elbow position.

**Calf** Stand near a chair or wall with one foot in front, and that knee slightly bent. The back leg is straight with that heel on the ground – leaning gently toward the support.



# Muscles that Get Weak Over Time

The back side of our bodies tend to lose strength as we age. Include these exercises in your Circuit Class workout to help keep these postural muscles strong:



Rear Delt Fly Machine  
Deltoids (Shoulders)



Rear Delt Fly Machine  
Deltoids (Shoulders)



Dumbbell Triceps Kickback  
for the back of the arms



Single Leg Sit to Stand to  
activate the Gluteus Maximus



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Looking for something warm and comforting on a cold winter day....that is different than turkey?

## **Yam and Black Bean Chili fits the bill!**

This Tex-Mex pleaser is easy to prepare, and it's a vegetarian option that is sure to please meat-eaters too! At 199 calories per serving, it has 33.2 grams of carbohydrates, provides over 6 grams of protein, 8.2 grams of dietary fiber and only 5.1 grams of fat...the good kind!

- 2 Tbsp. Olive Oil**
- 1 Medium Onion, Chopped**
- 1 Red Pepper Seeded and Chopped**
- 1 Green Pepper Seeded and Chopped**
- 2 Garlic Cloves, minced**
- 1 Tsp. each Chilli Powder, ground cumin, ground oregano**
- Pinch of Crushed Chili Flakes**
- 3 Cups peeled and cubed yams**
- 1 Can Black Beans, well rinsed and drained**
- 1 - 14 oz. can of diced tomatoes**
- 2 Tbsp. Tomato Paste**
- 2 Cups Vegetable Stock**
- Salt & Pepper**

Heat the oil in a pot over medium heat. Add the onion and peppers, cooking for 3 - 4 minutes. Add the garlic, chili powder, cumin, oregano, and chili flakes, cooking an additional 2 minutes. Add the remaining ingredients and bring to a gentle simmer. Simmer 15 minutes, stirring occasionally, until the yams are just tender. Add salt and pepper to taste.

**Enjoy!**



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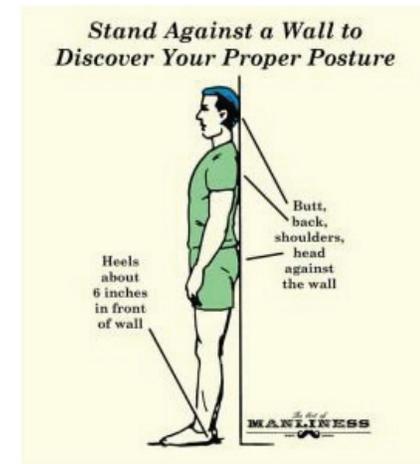
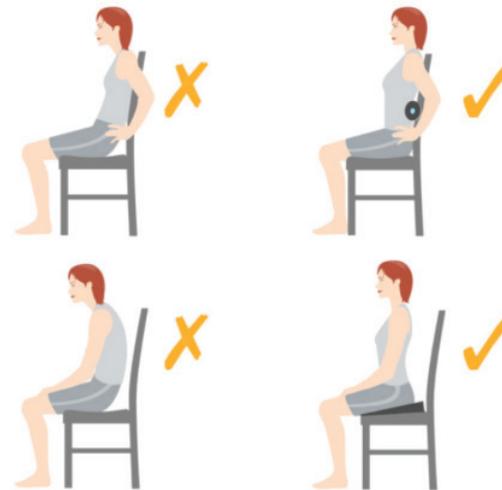
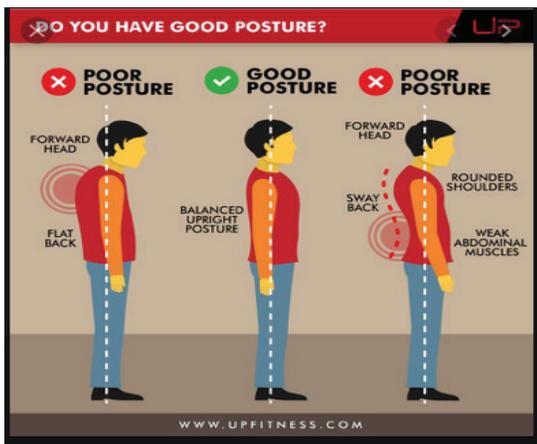
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# Exercise for Better Posture

Putting in the effort to improve your posture has huge payoffs!

But what is good posture? Good posture is also known as neutral spine. When we have good posture, the muscles surrounding the spine are balanced and supporting the body equally.

Here's a quick posture check-in:



**When Standing:** The legs should have a slight bend in the knee. Think about "Standing Tall!"

**When Sitting:** Your feet should rest flat on the floor, with even weight on both hips. Your back should be mostly straight (we all have natural curves in the lumbar, thoracic and cervical areas). Your shoulders are back but relaxed and your ears line up over your collarbone.

Try this posture! Check to See AND Feel what we are trying to achieve!



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