

Featured Member:

Russell is a third generation Calgarian who grew up performing with the Young Canadians of the Calgary Stampede. Several TV appearances with the Young Canadians led Russell to study television, stage and radio production at SAIT. His first TV jobs were at CBC Calgary and CFAC (now Global Calgary). His stage experience performing with the Young Canadians then led him to Las Vegas where he worked as a dancer and singer at the legendary Dunes and Stardust Hotels. Shows at Harrah's in Atlantic City and at Disneyland followed. Russell later embarked on a sailing sojourn entertaining on board seven different ships with Norwegian, Royal Olympic and Princess Cruises. His nightclub work has included the Hollywood Roosevelt Hotel's famous Cinegrill and The Troubadour in Los Angeles. He has appeared in numerous musical theatre productions and in over 70 television shows and feature films. Since Russell's return home to Calgary he has performed as a guest vocalist with the Prime Time Big Band. Russell's current stage endeavor is at the Pumphouse Theatre. He is featured as "Daddy Warbucks" in the musical, "Annie!" Russell has also continued his work in "moving" and "still" pictures. Check out: russellmooreimages.smugmug.com



July's Winner: Trevor Davidson

August Winner: Kim Forgay

1st Place: Samina Khandwala

2nd Place: Bill Forgay

3rd Place: Dick Bradley



Too many golfers link the fall closing of the golf course with the end of their golf related fitness program. To be ideally prepared for the golf season ahead, off season training is critical for golfers to identify and to correct any physical limitations that can be hindering their golf performance. Being physically prepared will allow you to play the most consistent, most enjoyable, injury free golf of your life.

If you are interested in golf performance training please contact Shannon Mantrop at: **P: 403-629-9546, E-mail: Shannon@dynamicmotiongolf.com** or visit www.dynamicmotiongolf.com.

We are conveniently located at the corner of Memorial Drive and Shaganappi Trail NW, along the Bow River Pathway, and just below the new Children's Hospital at:
110 Point McKay Cres NW
Calgary, AB T3B 5B4

(403) 283-3200 www.theriverside.ca

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Your Pathway to Health and Fitness

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Issue # 2

Plan Your Nutrition!

Over the years I have seen many gym goers bust their behinds by following methodical and well thought out resistance training and cardiovascular training programs. These people usually always experience success in increasing fitness and strength levels, yet the overwhelming majority lose little to no bodyweight.

The reason for this is a lack of attention and commitment to one's eating habits. The fact of the matter is if you want to lose a considerable amount of body-fat, you have to plan your eating. I know that is a scary thought at first, but I guarantee that you cannot achieve your weight loss goals through exercise alone. So what should you do? Below are a few tips which you may find helpful in losing unwanted body-fat.

- 1) Plan your meals one or more days in advance. Do not go to the fridge before bed and realize that you don't have any food to bring to work the next day. If you end up buying your breakfast and or lunch from a restaurant/ deli the next day, chances are you have probably already blown your chance to lose body-fat in that given day. Keep your fridge stocked with the healthy foods that you like and be aware of your "inventory".
- 2) Don't buy snack foods that will cause you to gain body-fat. Cookies, chips, muffins, ice cream and all that fun stuff shouldn't be kept in the house. If it ain't there you can't eat it! Try keeping fruits, veggies, nuts, and seeds on hand for snack purposes.
- 3) Read the nutrition labels on all of the foods you eat. You should KNOW whether what you are eating is healthy or not. Thinking that it's healthy or being pretty sure is not good enough.
- 4) Pay particular attention to the carbohydrate and fat values of your meals. If you want to get/stay lean, try to never consume more than 30-35 grams of carbohydrates at any given meal. Also, try to never consume more than 8-10 grams of fat per meal.
- 5) Plan 2-3 cheat meals per week. Make a commitment to yourself to eat healthy and then plan for a few meals each week which allow you to indulge and keep your sanity. A cheat meal can be anything that you desire, but make sure that you have earned it first.
- 6) Be aware that changing your eating habits will not be easy. You have to be prepared to encounter difficult times and moments of weakness and it is your willpower that will get you through it. After just a few committed weeks on an appropriate meal plan you will be amazed at the results!

For more help with your personal eating plan you can contact me to answer any questions that you may have,

Kristian Leach

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