

# Jazzercise Nambour/Cooroy

## November Newsletter

### 2020



## *Welcome to November!*

*A BIG thank you to everyone who supported the "Breast Cancer fundraiser"*

*We raised \$830.00!!*

*Awesome Effort!*

**This month lets have some fun with colour, check out the calendar, the day/date and wear that colour to class!!!!**

## THE POWER OF 3 – EXERCISE, SLEEP AND VITAMIN D

Are you getting enough beauty sleep? And more importantly, is its quality sleep? Health experts tell us it's super important to put away the electronic devices well before going to bed, so read a book for half an hour while you sip your chamomile, instead of scrolling through Facebook. Hot tip? A few drops of lavender on your pillow will help you relax even more.

During daylight hours, get moving. Staying active and committing to just 30 minutes of exercise daily, preferably in the great outdoors, releases endorphins, which make you feel better about yourself instantly. Burpies and

## **NOVEMBER MOOOOOOOVE MONTH!!!**

If you've never done a challenge, never fear, because we will help and encourage you all the way! A health and fitness challenge can be a great way to kickstart your motivation, create a fitness routine to improve accountability and feel fabulous!!

Participating in a challenge has many advantages, but here are a few of the key benefits:

- Commitment to your health and fitness
- New music and dance move to keep you accountable.
- Improve confidence by trying new exercises you hadn't done before
- Stay focused ready for 2021
- Make time for your YOU!
- Have fun and be inspired to move!

*How it works, an Instructor will invite you to a group, each week they will encourage you to come to class, challenge you and keep you inspired to staying motivated.*

*Let's face it, 2020 has been SH.....T year, so let's finish it with*

## **MOTIVATION**

*and stay strong, ready for 2021*

# CHALLENGE YOURSELF



## Peanut Butter Cookies

*From the President Shanna Missett-Nelson*

1 cup peanut butter  
1/2 cup coconut sugar  
1 egg  
1/2 tsp baking soda

Combine ingredients and scoop a tablespoon of dough into your cookie sheet and then press the cookies with a fork (I added a smudge of sugar on my fork for fun)

Cook at 350 degrees for 10-12 mins. Let them cool and then I like to place mine in the freezer and eat from there for a little extra crunch.

Enjoy



## What's happening at the Cooroy Classes!



Mel and Racquel are the faces of the Cooroy Classes!

Thanks, Cooroy Krew for supporting Saturday Classes! Please if you have any ideas or suggestions for Jazzy Cooroy please let us know.

## Cooroy Customer of the Month!

Lucy Crossland- White

## Encouragement Award

Stella Jackson

Have a great November!!

## Happy Birthday for November!

Helen Bishop 4<sup>th</sup>, Michalie Steel 11<sup>th</sup>, Phillip Kenna 13<sup>th</sup> Leesa Vacher 19<sup>th</sup> Trudie Best 24<sup>th</sup> and Charlene Read 28<sup>th</sup>

## Customers of the Month

Danica Wolfert

&

Jodi Contini

## OUR FAVOURITE SNAPS FROM LAST MONTH:





## Guide to Boosting Your Metabolism

**WHAT DOES IT TAKE TO** keep the lights on in the human body? How does the body power everything from blinking and cell repair to washing dishes and running a marathon? In the simplest terms, all of these activities are powered by calories, which come from the food we eat.

“Metabolism is the process by which our bodies convert what we eat and drink into energy,” says Melissa Perry, a registered dietitian with Orlando Health in Florida. “Our bodies use that energy converted from food and drink to power everything from breathing to moving and thinking.” This process runs continually inside the body to keep your organs functioning properly for survival and everything else you do every day.

“However, when most people hear the word ‘metabolism,’ they usually think about weight and calories,” says Kacie Vavrek, a sports dietitian at the Ohio State University Wexner Medical Centre in Columbus.

“Your resting metabolic rate is the rate at which your body burns energy when it’s at complete rest. Even at rest, you’re burning a lot of calories for bodily functions like breathing, digesting, adjusting hormone levels and growing and repairing cells.”

These maintenance functions in the body are actually what burns the vast majority of the calories you ingest, not that walk you took after lunch. As such, “when someone talks about their metabolism, they’re often referring to their resting calorie burn,”

## Health Benefits of Drinking Enough Water

The human body comprises around 60% water. It’s commonly recommended that you drink eight 8-ounce (237-mL) glasses of water per day (the 8x8 rule). Although there’s little science behind this specific rule, staying hydrated is important.

**Helps maximize physical performance:** If you don’t stay hydrated, your physical performance can suffer. This is particularly important during intense exercise or high heat. Dehydration can have a noticeable effect if you lose as little as 2% of your body’s water content. However, it isn’t uncommon for athletes to lose as much as 6–10% of their water weight via sweat

**May help prevent and treat headaches:** Dehydration can trigger headaches and migraine in some individuals (Research has shown that a headache is one of the most common symptoms of dehydration. For example, a study in 393 people found that 40% of the participants experienced a headache as a result of dehydration. What’s more, some studies have shown that drinking water can help relieve headaches in those who experience frequent headaches.

**May help relieve constipation:** Constipation is a common problem that’s characterized by infrequent bowel movements and difficulty passing stool. Increasing fluid intake is often recommended as a part of the treatment protocol, and there’s some evidence to back this up. Low water consumption appears to be a risk factor for constipation in both younger and older individuals

**May help treat kidney stones:** Urinary stones are painful clumps of mineral crystal that form in the urinary system. Higher fluid intake increases the volume of urine passing through the kidneys. This dilutes the concentration of minerals, so they’re less likely to crystallize and form clumps.

**Can aid weight loss:** Drinking plenty of water can help you weight. This is because water can increase satiety and boost your metabolic rate. Some evidence suggests that increasing water intake can promote weight loss by slightly increasing your metabolism, which can increase the number of calories you burn on a daily basis. The timing is important too. Drinking water half an hour before meals is the most effective. It can make you feel more full so that you eat fewer calories