

myFitness NEWS

For all myFitness Waterloo Member & Sun Life Employees



Weekly Recap

Such a fun last week of JULY but now we are ready to go full speed in August and totally crush our health and fitness goals while keeping our mental health and motivation a priority!

End of summer produce

With August already here (where does the time go?!) there is a short amount of time to get your hands on fresh local and seasonal produce. Seasonal produce is great, especially if it's local, because it has loads of nutrients and it is at peak ripeness (and therefore tastiness!). There are several fruits and vegetables that are still available so get out to your local markets and make sure you're checking where your produce is coming from at the store so that you're able to enjoy and support Canadian produce. Check out your friends and family for some of these foods too they might bbe overwhelmed with from their gardens!

Apricots
Blueberries
Cantaloupe
Cherries
Currants
Grapes
Nectarines
Peaches
Pears
Plums
Raspberries
Watermelon
Strawberries
Artichokes
Beans

Beets
Bok Choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Corn
Chard
Cucumber
Kale
Lettuce
Onions
Peas
Peppers

Radishes
Zucchini
Turnips
Sweet Potatoes



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Upcoming Challenges

You can now sign up for the 14 day NO ADDED SUGAR challenge -- www.myFitnessWaterloo.ca/healthy-eating which will begin on Monday, August 17, 2020. This program is open to all members, and all Sun Life employees. It is FREE.

NOW LIVE is our 30 day Tricep dip Challenge! This is similar to our other challenges but now for Triceps! Check it out here: <http://www.myfitnesswaterloo.ca/dip-challenge/>

Finally, in September we will be adjusting the schedule for more classes with more variety! Let me know requests!

Weekly Group Fitness Schedule

Check out all the links to the Zoom Rooms below for easier access!

- Monday** - 11:30am CLASSES NOT RUNNING DUE TO HOLIDAY
- 12:15pm
- Tuesday** - 8:00am >> TABATA - Instagram Live
- 9:30am >> Instagram Challenge
- 11:30am >> Stretch Break - Zoom (ID: [443 973 3096](#))
- 12:15pm >> Bootcamp- Facebook Live ONLY
- 5:00pm >> Abs Express - Facebook Live & Zoom (ID: [443 973 3096](#))
- Wednesday** - 11:30am >> Stretch Break - Zoom (ID: [443 973 3096](#))
- 12:15pm >> Cardio Boxing - Facebook Live & Zoom (ID: [443 973 3096](#))
- 4:30pm >> Yoga - Zoom (ID: [652 854 349](#) / Password: [999999](#))
- Thursday** - 8:00am >> Rock Bottom - Instagram Live
- 9:30am >> Instagram Challenge
- 11:30am >> Stretch Break - Zoom (ID: [443 973 3096](#))
- 12:15pm >> HARD CORE workout - Facebook Live ONLY
- 5:00pm >> Zumba - Zoom (ID: [158 546 089](#) / Password: [625245](#))
- Friday** - 8:00am >> Abs Express - Facebook live & Zoom (ID: [443 973 3096](#))
- 9:30am >> Instagram Challenge
- 11:30am >> Stretch Break - Zoom (ID: [443 973 3096](#))
- 12:15pm >> Tabata - Facebook Live & Zoom (ID: [443 973 3096](#))



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WEEKLY CHALLENGE

Buy LOCAL and SEASONAL produce for your dinners