

myFitness NEWS

For all myFitness Waterloo Member & Sun Life Employees



Weekly Recap

NUTRITION challenge is starting up in a couple weeks & as the summer comes to an end, let's not let our goals, motivation, and dedication fade!

Problems with consuming too much sugar

SUGAR is tasty and addictive, but too much of a good thing is a bad thing! With the 14 day ADDED SUGAR FREE challenge starting up in 2 weeks, I wanted to highlight some problems with consuming too much sugar, and if you identify with any of these, consider hopping over to www.myFitnessWaterloo.ca/healthy-eating to join our challenge!

- > can cause weight gain
- > can increase your risk of heart disease
- > potential link to acne
- > increases your risk of type 2 diabetes
- > might increase your risk of cancer
- > may increase your risk of depression
- > could accelerate the skin aging process
- > drains your energy
- > causes mood swings
- > linked to many other health risks as well



FREE PROGRAM includes program outline, grocery shopping tips, 14 day added sugar free menu plan & recipes. The menu plan is completely optional to follow!

Let's reset our bodies before September!

Group program starts on Monday August 17, but program can be followed any time on own. Emails with tips and motivation throughout the program. Suitable for all dietary needs.

--Email **Amanda Browning, RHN, CPTN-CPTN/CGFL** with questions --
abrowning@myfitnesswaterloo.ca

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The myFitness 14 Day Added Sugar Free Challenge

August 17 - 30, 2020

Open to all Sun Life employees & myFitness Members
 Registration will be open August 7 - 13

www.myFitnessWaterloo.ca/healthy-eating

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 >> Stretch Break - Zoom (ID: 443 973 3096)
 - 12:15pm >> HIIT - Facebook Live & Zoom (ID: 443 973 3096)
- 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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www.myfitnesswaterloo.ca



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WEEKLY CHALLENGE

Dance like nobody's watching