

myFitness NEWS

For all myFitness Waterloo Member & Sun Life Employees



Weekly Recap

We have over 90 people signed up for the Sugar Free challenge that starts on Monday, August 17, 2020. This is going to be a great challenge for us all! We also have tons of participation on the stretch breaks - we all can benefit from stretching mid day - 11:30am EST.

Why Counting Calories Might Not Work

How easy people like to say that to lose weight you need to count calories. What are calories? A calorie is a unit of energy used by the body. In the past fitness and nutrition information would say that the body is in a daily calorie balance equation - Calories IN VS Calories OUT. The theory is that if you burn more calories than you eat, you would lose weight. While this is a great easy picture to say, there are several challenges to counting calories AND how it leads to weight loss.

1. Accuracy

In order to have a nice simple math equation, we would need to be able to find the numbers (of calories burned OR consumed) and use them in the equation. The problem is that there is no way to accurately get either of these values without having scientists follow you around with a lot of special (and expensive!) equipment. Studies show that while wrist trackers and machines can give you an idea of how many calories you're burning, they have many flaws and a percentage of error.

In addition to the difficulty of tracking calories burned - there is a misconception that the calories listed on foods (or somewhere online!) are accurate. They are actually allowed to be off by as much as 20% and there are no companies following up on the accuracy of calories on foods.

2. It's not always calories that count the most

When it comes to calories in vs. calories out, you notice that there is no information on where those calories should come from! Is it calories burned from running or strength training that is most important? Well it depends on your goals! What about if you ate 1500 calories of chocolate cake, would that matter if you never ate any protein?

3. Cooking changes everything

It's one thing to know about the calories going into cooking, but once you start cooking, the count falls apart! Most of the calories on food products are based on the product RAW. So we can't be sure if that changes things once cooked.

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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 >> 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](https://www.zoom.us/j/4439733096)).
 - 12:15pm >> Bootcamp- Facebook Live ONLY
 - 5:00pm >> Abs Express - Facebook Live & Zoom ([ID: 443 973 3096](https://www.zoom.us/j/4439733096))
- 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](https://www.zoom.us/j/652854349) / Password: 999999)
- Thursday**
- 8:00am >> Rock Bottom - Instagram Live
 - 9:30am >> Instagram Challenge
 - 11:30am >> Stretch Break - Zoom ([ID: 443 973 3096](https://www.zoom.us/j/4439733096))
 - 12:15pm >> HARD CORE workout - Facebook Live ONLY
 - 5:00pm >> Zumba - Zoom ([ID: 158 546 089](https://www.zoom.us/j/158546089) / Password: 625245)
- Friday**
- 8:00am >> Abs Express - Facebook live & Zoom ([ID: 443 973 3096](https://www.zoom.us/j/4439733096))
 - 9:30am >> Instagram Challenge
 - 11:30am >> Stretch Break - Zoom ([ID: 443 973 3096](https://www.zoom.us/j/4439733096)).
 - 12:15pm >> Tabata - Facebook Live & Zoom ([ID: 443 973 3096](https://www.zoom.us/j/4439733096))

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WEEKLY CHALLENGE

Do a workout in a park