

Happy  
New Year  
2012

# AT THE GYM...



JANUARY 2012

**HAPPY NEW YEAR EVERYONE !!**



## **OLYMPIAN BEAR** **27 FEB-02 MAR 2012**



This year Exercise Olympian Bear is shaping up to be full of great competition by both Major and Minor units of 2CMBG and Petawawa Garrison. The aim of this exercise is to foster competitiveness and team spirit through sports. Regular annual events include Basketball, Indoor Soccer, Ice Hockey, Ball Hockey, a Crossfit Challenge, and a Ski & Shoot. Planned new for this year is a water event at DDH Pool and a Pugil Stick Competition. Whether you are participating or supporting as a spectator, this year's Olympian Bear will be an exciting event. Good luck to all competitors!



### **Military Fitness Classes**

All fitness classes & tests be booked through Unit Ops & Training and forwarded to Neole Miller Ext 7113 or [Neole.miller@forces.gc.ca](mailto:Neole.miller@forces.gc.ca)

**Spin, Functional Training, Pool Classes, Circuit Training, Yoga**  
**Core Class, Cardio & Agility, Sandbags, Step/Box Boot camp,**  
**Kettlebell, Weight Circuits, Body Bar.**

## **REGIONAL WINTER SPORTS** **IN PETAWAWA 2012**



**Old-Timers Hockey—22-27 Jan**

**Mens Basketball –4-8 March**

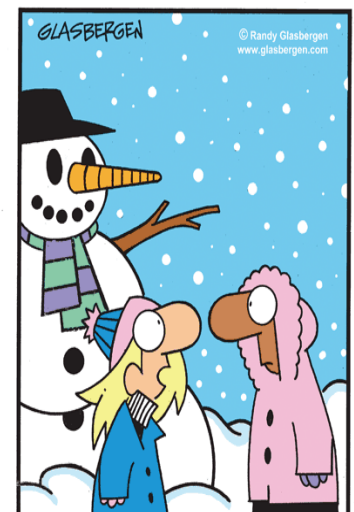


**Men and Women Volleyball - March, dates TBD**

**Come on out and support the teams!**



INTERUNIT WINTER SPORTS SCHEDULES  
AND UP TO DATE RESULTS  
VISIT [forums.pspetawawa.com](http://forums.pspetawawa.com)



"If snow is made from water and water has no calories, how come snowmen are fat?"

## WINTER; NO EXCUSE TO HIBERNATE

*"Ugh...I've got the winter blues and just can't get my butt to the gym..."*

With colder temperatures during the winter months, and less daylight hours, most of us want to crawl under the covers and stay there until spring. Some people take an annual trip somewhere tropical to beat the winter blues, and the idea of getting into a bikini or a swim suit keeps people on their best behaviour. To keep your training on track, consider committing to a race, or train for your first triathlon this spring. Pay your entrance fee now; this will give you reason to train during the winter months. Whenever you need an extra push, try buying new exercise shoes or clothes-- feeling good about the way you look at the gym can give you an incentive to go. Keep active in the snow with winter activities such as skiing, skating, snowshoeing, and snowboarding. Switching up your workout routine, trying new classes, or uploading a new playlist to your iPod can be motivating. Get a personal trainer to change up your program or go out in the snow and play: did you know that making a snowman can burn 285 cal/hr?



### Military Stroke Correction

Improve your swimming techniques for next year's triathlon or upcoming swim testing, with a qualified water instructor. Learn and practice how to swim more efficiently in the water.



Tuesdays and Thursdays  
1100 - 1200

By appointment only  
Register or  
for more information contact  
KELLY POIRIER at:  
Local 7064

[kelly.poirier@forces.gc.ca](mailto:kelly.poirier@forces.gc.ca)

### Beginner Military Swim Lessons

To register, or for more information on the next session of military basic swimming skills please contact Travis at Loc 7178

Military Lane Swim  
Monday–Friday  
0615-0700hrs and  
1200-1300hrs  
Fitness lane available



### Featured Instructor WOROUT:

### THE "JESSICA"



### Battle Rope (BR) & Kettlebells (KB)

1 min ea, 1 min rest btw rounds

#### Round 1

KB deadlift, KB P-up w/ hip touch, BR lunge & slam, KB clean L, KB clean R

#### Round 2

KB lunge to plank, KB golf swing, BR plank/whip, KB alt arm high pull, KB lunge

#### Round 3

KB Pendulum, KB Ribbon, BR upper cut, KB double racked squat, KB Burpee

If you have any questions on any of the above exercises, or would like modifications to suit your fitness level, contact Jessica at Loc 4806



### JANUARY IS NO SMOKING MONTH

