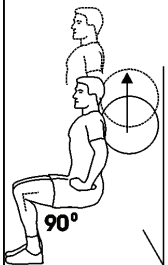


Fitness Tip of the Month-Swiss Ball (Stability Ball) Exercises

By Bobby Bonner ISSA Certified Fitness Trainer and Specialist in Sports Nutrition for Variety Village and Weight 2 Go Health And Wellness Inc.

One of the most inexpensive and versatile pieces of fitness equipment available is the inflatable swiss ball (also commonly referred to as a stability ball). These can be purchased from many different outlets for less than \$10 and can be used in hundreds of different exercises. Here are some basic exercises that you can do in the comfort of your own home...Please confirm with your physician if you have any concerns about your physical health and exercise.

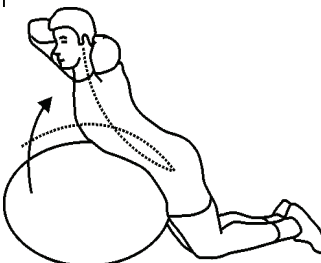
Squat— Standing on a slight angle with your feet flat on the floor and the stability ball between your bum and the wall, squat down keeping your back straight and allow the ball to roll up to between your shoulderblades and bring your knees to a 90 degree angle. Stand up and repeat. For added difficulty you can do this exercise with dumbbells in your hands



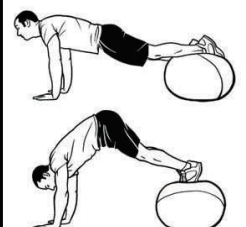
Crunch— With your knees at a 90 degree angle lay down with the ball under your lower back. Place your hands beside your ears (NOT BEHIND YOUR HEAD). Tighten your abdominal muscles and perform a crunch until your mid-back is raised off of the stability ball. Remember to keep your neck straight and never pull from the back of the head.



Reverse Crunch— This motion works the opposite muscle group as the crunch motion and focuses on the erector spinae muscles. Kneeling on the ground with the stability ball supporting your stomach, tighten your lower back and arch backwards with your hands behind your head or neck.



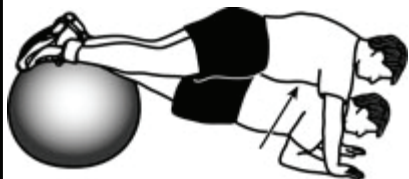
Pike— Beginning in a “plank” position with the ball under your shins, begin pulling your feet in and extending your bum upward to create an upside down “V” with your body. When you have reached the apex, gently lower your bum and roll the ball along your shins and back to the starting position.



Crunch, Reach, Pass— This exercise is one of my personal favorites because it works both ends of the abdominal wall. Laying on your back, hold the stability ball in your hand and lift your hands and feet at the same time. Pass the ball to your feet and return to the flat position. Repeat this process, passing the ball back to the hands.



Push Ups— If you're a fan of push-ups, you'll love this. Basically the same as a regular push-up but your feet up on the stability ball. This exercise is great for working on the core muscles. While doing the push-up exercise.



Oblique Crunch— Focusing on the ever popular obliques (sometimes called the “love handles”) this exercise is a multi muscle stabilizer exercise and will strengthen the oblique muscles. To perform this exercise, bend your inner leg and lay the other one straight with the stability ball supporting the gap between your pelvis and ribcage. Place one hand at your side and the other on the side of your head making a fist and supporting the head. Perform the motion by contracting the obliques and crunching upward.



Hamstring Curl— This is a great exercise for strengthening the stability of the hamstring muscles using the stability at home. To perform this exercise, simply begin laying on the floor with your back on the floor with your legs straight, bum off of the ground and your heels on the stability ball. Begin the exercise by using your hamstring muscles to bend your knees and pull the ball inward while extending your pelvis and mid-back upward. When you have finished the pull, gently roll the ball back down into the starting position.



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Your comments, story ideas and questions are welcome.

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Vision
Opportunities for people with disabilities.

Mission
Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training and skills development.

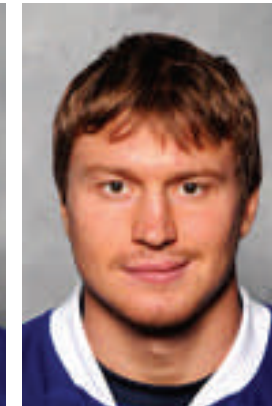
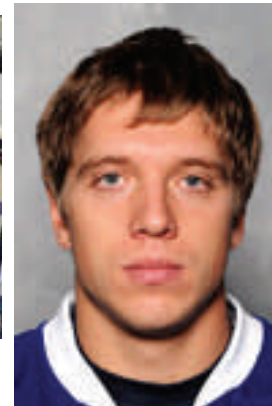


Village News

A Newsletter from the Village to Our Members

Maple Leafs Surprise Variety's Kids

Issue 69 February 2012



Toronto Maple Leaf players, Nikolai Kulemin and Mikhail Grabovski presented a 42 seat suite to their game against the New York Islanders on Monday, January 23! The suite was filled with 30 very happy kids and their chaperones, who cheered the Leafs on to win their game 3-0! Variety Village is grateful to Nikolai and Mikhail, along with the Toronto Maples Leafs and MLSE for this amazing opportunity.

Zumba Fitness Party!



ZUMBA® Fitness is a dance-fitness class inspired by Latin and International Rhythms. If you have ever ventured into a class with Val, you have come to realize that it is an hour of fun, sweat and cheers.

On March 3rd, Variety Village will be hosting a ZUMBA® Fitness Party from 6pm-8pm. These two hours will be filled with great music, different instructors

and will prove to be the best two hours of your life. This event is open to all members and non-members, so if you have friends who would like to join in on the fun please feel free to bring them along. No dance experience necessary.

All funds raised at this party will go towards Variety Village programs. “Make Every Move Count”. You’ve definitely never experienced anything like this before.

Details:
Saturday, March 3rd, 2012
6pm-8pm; Doors open @ 5:30pm
\$15 in Advance; \$20 at the Door
Contact Val; 416-699-7167 ext. 303
vvargas@varietyvillage.on.ca

March Break Camp!

Variety Village is pleased to once again host March Break Camp for children of all ages and abilities. This year March Break is from March 12th – 16th. Price for camp is \$200 for members and \$250 for non members. Camp includes a range of traditional and adapted sports and activities as well as swimming everyday. Be sure to sign up early as spaces fill up quickly. For more information please contact Ben Scholes at 416-699-7167 ext 254 or bscholes@varietyvillage.on.ca

Motivation for your Resolution... Achilles 2012!

Spaces are still available for the Variety Village 2012 Achilles Team. Each year thousands of runners kick off the racing season with this flat and fast 5k run out of Steam Whistle Brewery. Proceeds go to a great cause, Achilles Canada, along with additional pledges which are collected in support of Variety Village. This year it will take place on Sunday March 18 at 10:15am. This race always sells out so don't delay. If you are interested in joining the team, pledging a runner or would like more information please contact Ben Scholes at 416-699-7167 ext 254 or bscholes@varietyvillage.on.ca

Lifesaving Training at Variety Village

Standard First Aid, CPR C and AED

This course provides comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR Level A, prevention of disease transmission to more severe sudden medical conditions and injuries to the head and spine. This certification is valid for 2 years. Recertification candidates must alternate between full course & recertification in order to renew their certifications
Age: 13+

Full Course: \$ 100 (member) \$ 125 (non-member)
11285 March 24-25 -> 9am-5pm

Recertification: \$ 70 (member) \$ 90 (non-member)
11286 March 25 -> 12-5pm

Bronze Medallion, Emergency First Aid & CPR B

Bronze Medallion teaches lifesaving principles. Rescuers learn tows and carries, and defense and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim (500m in 15min).

Age: 13+ or Bronze Star Award.

Cost: \$ 150 (members) \$180 (non-member)

Materials: *Canadian Lifesaving Manual* Cost:\$40.00

10794 March Break (March 12-16, 2012) Monday-Thursday 12-6pm, Friday 12-8pm

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision of aquatic facilities. It includes a timed swim (600m in 18min).

Prerequisite: Bronze Medallion and Emergency First Aid + CPR B.

Age: 14+.

Cost: \$155 (members) \$185 (non-member)

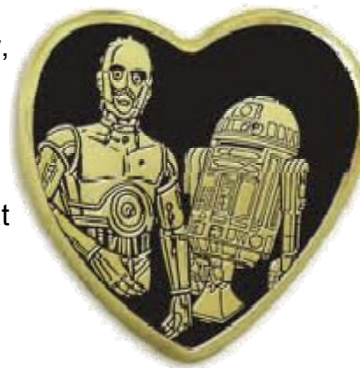
10796 March Break (March 12-16, 2012) Monday-Thursday 12-6pm, Friday 12-8pm

Show your Gold Heart this February

February is Heart Month so get ready for our Light Your Heart Campaign Day on Saturday, February 4. There will be lots of exciting activities taking place all day at the Village. We are going to light up the Village by lighting up your heart!

This year's gold heart commemorates the February 10th, 25th anniversary re-release of Star Wars Episode 1 - The Phantom Menace in 3D. Star Wars pins will also be available at the reception desk for a suggested donation of \$3 in support of Variety Village.

Start saving your loonies and toonies and stay tuned for more information.



Village Person of the Month Avi Sudama



Avi has been a part of Variety Village for the past seven years. During that time he has been involved in nearly every aspect of service that Variety Village provides. He has been an attendant for the fieldhouse, cardio room, and weightroom, he has been an instructor for many of our programs, he has been a head counselor for our summer camp program and even worked security for some of our events.

Avi certainly knows how to use all 24 hours of the day to their fullest. In addition to the many hours that he spends at the Village, he finds time to complete his studies. Avi is currently in school for Criminology. This is building upon his previous diploma in Community and Justice from Centennial College.

Avi is a huge fitness enthusiast. He enjoys challenging his body and mind in a variety of different activities. He loves to run 5K races and spends a lot of time working out at Variety Village.

Everyone has to have a hobby and Avi does not disappoint. He has a rather unique hobby of fashioning clothing and other materials out of duct tape. Those of you that had attended our famous haunted house would've seen his complete duct tape grim reaper cloak complete with duct tape scythe. His piece de resistance has to be a complete head-to-toe duct tape suit which was featured at one of our many camp wacky days.

Facility Access Notices

February 11– No court space until 2:00pm

February 20-Variety Village open from 7:00am-2:00pm for Family Day

February 25-Fieldhouse closed from 1:00pm-4:00pm



The Sports Page

Canadian Junior National Weightlifting Championships at Variety Village

Variety Village hosted the Canadian Junior National Weightlifting Championships on January 21. This competition featured the best of Canada's junior weightlifting talent. Variety Village's top junior athletes didn't disappoint and brought home some pretty impressive results.

Taylor Findlay finished 3rd in the 53kg category with a 120kg total.

Aaron Rose finished 3rd in the 69kg category with a 213kg total.

Khalil Sabayle finished 4th place in the 77kg category with a 233kg total.



"Athletes' Corner" Sarah Reeves

Sarah Reeves is an eloquent example of the personality traits that great athletes need: persistent drive, dedication, commitment and the pursuit of excellence.

In 1990 Ms Reeves registered as a white belt in the Variety Village Taekwondo Club. At that moment she embarked on a distinguished quest for her Black Belt. Not only did she earn her First Black Belt, she persevered and in December 2011 earned her Second Degree Black Belt and continues to train as one of the few original intrepid students since the clubs formation in 1990.

Ms. Reeves respectfully and sincerely wants to thank Variety Village and its staff for their encouragement and friendship and reminds us all about the importance of Variety Village, and that "without the Village there would be nowhere to go."

Ms Reeves would like to mention her particular gratitude to one of her coaches- Ms Emily Proctor, who Sarah states has been "her mentor over the last few years".

The Cardio Room Is Getting a Facelift

Beginning Thursday, February 9 the cardio room will be closed for renovations.

The cardio room facelift includes: a new ceiling, new walls, and a new floor

As of Monday, February 13, the cardio machines will be available to members in areas of the fieldhouse for the duration of the renovations. We hope our cardio facelift will be completed very soon. If you have any questions, please speak with the coordinator on duty or the staff in the membership services office. Thank YOU!

Meet Our New Katimavik Volunteer



Torrey Protz is our resident Katimavik Volunteer. She is so excited to be working with everyone at Variety Village. Torrey graduated high school last June in her home town of Peace River, Alberta. This is her first time away from home and so far she's really loving living in the big city of Toronto and

working at the Village. Torrey would like to thank everybody for all their hospitality. For the next three months you'll be seeing Torrey all around the Village helping with Special Events, Volunteer Co-ordinating, Membership and the Wicked Wednesdays program, please don't hesitate to stop and introduce yourself if you haven't met already.

Squared Circle Wrestling raises \$2100 for Variety Village

The Squared Circle Golden Hearts Wrestling event on Saturday, January 28 successfully delivered great entertainment and raised \$2100



for Variety Village. We are grateful to all of the wrestlers who donated their time to come and put on a fantastic show for the Village and all its wrestling fans.

