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**PAUL'S
BACK!**

**JOIN THE TEAM FOR BREAKFAST
SATURDAY & SUNDAY 10 - 2**

528 2 AVENUE SE. AIRDRIE - 948-9888

OPEN 7 DAYS A WEEK!

Penny's Tip of the Week

For starters, I just wanted to say, "Way to go Big Bear's Simply Extreme Team!" It's great to see your big smiles when you come through the door, happy with the way you're feeling and looking. Keep working hard - the results are noticeable.

How do I know when to move the weights up?

Submitted by: Kim

For the guys, it's not usually a problem, they generally do as much weight as they can anyway. Girls - 80% of you could do more. Do not stay at the same weight for weeks on end. Once you can do it (all your sets and reps) with that weight, next time move the weights up, even if it is just for your first set. Maybe you will only get 12 instead of 15 for example, but you lifted more and that's an improvement. Challenge yourself each time you come to the gym. Ladies, you will surprise yourself! And you won't get bulky just shapelier.

Email your question for Penny to:

Heresthescoop@shaw.ca

For your complete fitness centre check out Big Bear's. Call Penny at 912-9300 for a consultation.

Health Tip:

Ten Steps To Positive Body Image

One list cannot automatically tell you how to turn negative body thoughts into positive body image, but it can help you think about new ways of looking more healthfully and happily at yourself and your body. The more you do that, the more likely you are to feel good about who you are and the body you naturally have.

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you --running, dancing, breathing, laughing, dreaming, etc.

2. Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.

(Continued next week)

Reprinted with permission from the National Eating Disorders Association. For more information visit www.NationalEatingDisorders.org or call NEDA's Helpline: 1-800-931-2237.



**Boys & Girls Club
of Airdrie**

1003 Allen Street, Airdrie, Alberta T4B 1B3
Phone: (403) 948-3331 Fax: (403) 948-5132
Email: abgc@telusplanet.net Website: bgcairdrie.com

AFTER SCHOOL PROGRAMS

Ages 6-12 years

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SKI OR RIDE NAKISKA

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MATCHSTICKS

Ages 10-11 yrs. Mondays, 6:30-8:00pm; \$20/member

Youth will be involved in planning their own activities while learning leadership skills. Activities could include outdoor adventure trips, as well as Club and city based nights.

DRAMA

Ages 9-12 yrs.; Tuesdays, 6:30-8:00pm; \$15/member

No experience is required. Youth will learn and practice a play to perform at the end of the program.

MEMBERSHIPS

Youth (6-12 yrs.) \$20; Teen (13+) \$8; Family (3 or more children) \$40

Memberships can be purchased anytime until April 30, 5pm. No memberships will be sold between May 1 & Aug. 31 each year. All memberships expire August 31 regardless of when they were purchased.

Our newsletter is on our website www.bgcairdrie.com or call 948-3331

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**For more information:
airjonz@shaw.ca**



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WEIGHT WATCHING

Having lost weight over the past few years, a lady was discarding things from her wardrobe that no longer fit.

Her seven-year-old niece was watching as she held up a huge pair of slacks.

"Wow," the lady said, "I must have worn these when I was 183."

Her niece looked puzzled, then asked, "How old are you now?"

REPETITION

A boss was educating an employee on effective sales technique.

"The main thing to remember is that repetition, repetition, repetition is the keynote!" he advised. "If you have a product to sell, keep harping on it in every possible way, cram it down people's throats and beat them over the head with it! Above all, don't ever forget to repeat and repeat and repeat! It's the only way to get results!"

"Yes, sir!" the employee answered.

"And now, what was it you came in to see me about?" the boss asked.

The employee replied, "A Raise! A Raise!"

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