

## Fad Diets and Why to Avoid Them

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

The nutrition and health industry is flooded with various fad diets and programs that promise to create unbelievable results in a very short time period. Often, the desired results are seen. But are these wonder-losses in fat permanent? No they are not.

The first and probably most popular fat loss program in use today is the "Atkins Diet". This popular diet program involves the restriction of carbohydrates over a 3 phase period. The most infamous stage of this diet is the "induction phase" where the dieter can only consume 20g of net carbs per day. This is theorized to trigger ketosis and burn fat cells rapidly. This goes against everything that we know about proper homeostasis of the body. We need glucose to live, to function. If we rob the body of its essential fuel, it will not run optimally. One of the biggest users of glycogen is the central nervous system. Depriving the body of glycogen will have very serious detrimental effects. Ketosis can also potentially cause liver damage and kidney stones.

A second popular diet is "The Zone" diet. Again this diet relies on the limiting of carbohydrate intake in the diet. Unlike Atkins, The Zone allows a more significant carbohydrate intake. The diet calls for a ratio of 40% carbohydrates, 30% protein and 30% fats. Although a more balanced diet than Atkins, this diet is still not optimal for the healthy maintenance of the body's various systems. Moderate weight loss is seen during the first stages of this diet but the results are not lasting as most of the weight lost is attributed to water loss.

Another diet that has become the rage is through the "Bernstein Clinics". This involves medically supervised weight loss using a combination of a severe calorie deficit and injecting the patient with intramuscular b12. Although the use of intramuscular b12 is not uncommon and relatively low impact, the extreme diet that patients are put on is. The clients are virtually starved in a "medically supervised" setting. This process is again meant to generate a state of ketosis. In my opinion, it is unsafe and a dangerous way to lose weight. In addition, the results will not be lasting results. Once the person goes off of their modified diet, they will gain weight back without careful eating and consistent exercise.

There is no magic weight loss program that will give immediate and lasting results. Weight loss should be done carefully and gradually through consistent exercise, healthy eating and resistance training to increase basal metabolic rate. There is a saying in powerlifting, "slow gains are permanent gains". The same could be said for losses when speaking of proper weight loss.

\*The opinions expressed above do not reflect those of Variety Village, Variety the Children's Charity and all associated parties

## Scarborough South West Provincial Invitational Candidates Meeting at Variety Village

**Confirmed:** Lorenzo Berardinetti (LIB), Robin McKim (Green Party)

**Invited:** Mike Chopowick (PC), Bruce Budd (NDP)

The theme of the meeting is exclusively: **Where do people with disabilities and special needs fit into the Province of Ontario??**

Date: **Tuesday, September 13, 2011**

Time: **7:00 pm**

Where: **Court One, Field House**

**\*Pre-meeting social from 5:00 pm\***

Please refrain from wearing perfumes and fragrances. If you require specific accommodation, please contact Chris Murdoch.

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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.

# Variety Village News

A Newsletter from the Village to Our Members

Issue 64 September 2011

## Fall Registration Dates



Once again it's registration time at Variety Village. We are happy to offer an amazing variety of new and exciting programs. Visit [www.varietyvillage.ca](http://www.varietyvillage.ca) to view a full list of what's happening this fall. You may also pick up a print copy of our program guide in the Variety Village reception area. Here are the dates and times for this session.

**September 7**-Registration for children with special needs.  
8:00am-7:00pm (in person, by phone 416-699-7167, or fax 416-699-3926)

**September 10**-General registration 7:30am-11:00am (in person only)

**September 19-December 3**- Fall Session

## B-Day Parties at Variety Village!

The best party in town!



Variety Village's legendary birthday parties give you a much needed break from stressful birthday planning.

Our birthday party package includes a full hour of exciting activities in either our Pool or Fieldhouse areas for up to 20 children, as well as an hour in our Lounge to have the cake, food and presents (food not included in package).

Members-\$200  
Non-Members- \$250

## VARIETY VILLAGE PRESENTS THE 5<sup>TH</sup> ANNUAL WALK ROLL RUN & FUN FALL FAIR REGISTER ONLINE TODAY AT WALKROLLRUN.CA



**WALK RUN OR ROLL IN YOUR BEST HALLOWEEN COSTUME FOR A CHANCE TO WIN GREAT PRIZES!!**  
**ENTER YOUR BEST PIE IN THE PIE BAKING CONTEST!!**  
**GET READY TO BE SPOOKED BY THE HAUNTED HOUSE!!**  
**PUT YOUR TEAM TOGETHER FOR MAXIMUM FUNDRAISING!**  
**DON'T MISS THIS HOWLING GOOD TIME!!**



## A Weight 2 Go Success Story

I have had a bit of a weight battle since my cancer, hip replacements, and a hip revision. As I age, even though I am fairly mindful of what goes in, it all 'stays on' ... and I wanted to put effort and wisdom into being lighter. So I am. I'm working with a marvelous and wise nutritionist from Weight 2 Go, Corinna. She is located at Variety Village and she also does home visits. Excellent for any of you who aren't Variety Village members. If you think you need guidance and assistance with nutrition ... Corinna is your gal! I've just had my first weigh in ... two pounds plus ... off the body! I'm feeling so much better ... lighter ... my clothes just slightly looser. Funny thing though, I'm so happy for my efforts. I'm eating by food groups ... 3 proteins, 2 carbs ... that kind of thing. It's not the points counting as in weight watchers (been there, done that) or attending meetings. My time is so valuable ... I just don't want to go to another meeting for anything! I food journal and make sure I eat from my groups and all that I'm allowed. So easy! Why I'm so happy is we've just tweaked what I was doing, she made me mindful of a few important areas to watch, and we measured all my parts. Even if I lost just a little weight (and I know it'll be more than that as I continue), I'd be extremely happy with less inches. And, I really feel that is happening. I can't wait to measure again!

It's amazing what's been happening once I've been focused (and committed) on my choices. I am seeing her -- after my initial consult about my diet, her suggested sample menu from that consult and things to be mindful of, and discussing my very broad goals - every two weeks, for a time. I HIGHLY recommend Corinna and I feel blessed I found her. I just didn't want to be an old fat woman. And I won't be! I'm striving for younger and more energetic! It goes without saying I'm doing my work -- swimming three times a week, long walks three times a week, and walking daily.

So there you go ... Weight 2 Go! and Corinna. We are what we eat, and drink ... and I would like to add - we are what we think. If you have weight issues or not, energy issues or not, health issues or not ... check your status with Corinna.

Charlene

### Important Dates

- September 5**-Labour Day- Variety Village Closed
- September 17-18**-Court 3 in use for Eastern National Raw Powerlifting Championship
- September 20**-Walk Roll Run Launch 6-7pm
- October 21**-Lieutenant Governor's Games

## Village Person of the Month Donna Richardson



This month's Village Person is a brand new addition to Variety Village. Although she is a new staff member, she has been a fitness member for almost seven years. Donna began her time at Variety Village like many members do, looking for a safe and positive sport and fitness facility for her and her family. She found what she was looking

for. Her sons Spencer and Neal swim with Corrine Walker and the Flames Swim Team. Donna recently joined Variety Village in the role of Director of Development for Variety Village. But what is "development"? When I asked this question I was given an answer I didn't expect. "Development is a combination of FUNDraising and FRIENDraising". Donna enjoys skiing, sailing and spending time with her family. She also has a passion for cooking and enjoys preparing meals for her family. Please be sure to welcome Donna to the Variety Village team when you see her around the Village!

## A Walk Roll Run Champion-Raising Funds and Awareness!



On Sunday, October 30, Suzanne Cuff will be walking in the 5<sup>th</sup> Annual Variety Village Walk Roll Run event. Suzanne, a Senior Project Officer with the Women Offender Sector for Corrections Canada in Ottawa, has completed the 5km walk four times and has been one of the top 10 fundraisers. In 2009 and 2010

Suzanne raised over \$3700.00 and already this year she is leading the pack with almost \$600 in pledges.

And there are still two months to go! Suzanne, who has Spina Bifida and Scoliosis, first became involved with Variety Village when she attended summer camp as a child. She later became a member of Variety Village's track and field team, an assistant coach for the team, and a camp counsellor. More recently, Suzanne volunteers and participates at Variety Village events whenever she has the opportunity to travel from Ottawa.

"Variety Village is a worthy cause that has helped me and can continue to help many," says Suzanne. "Overall, with all of its great staff, programs, and activities, it is a fun place to be for people of all ages and abilities." Variety Village is honoured to have supporters like



# The Sports Page

## Flames Swim Team Competes at Para CAN AM Games!

Four swimmers represented the Variety Village Flames at the Para CAN AM Games in Gatineau from July 15-17. Swimmers came from as far away as Australia to participate in this exciting and challenging event. Our swimmers did not disappoint! Eleven year old Megan Sherwin, who was attending her first ever international level event, swam 75% best times, taking an amazing 11 seconds off her 100 breaststroke. She approached this new experience with determination and enthusiasm. Even after being injured on day one of the meet she continued to push herself. She told me "I am going to just kick extra hard and burn the pain away". Her future is bright in the world of Para Competitive Swimming! Our senior female swimmer Nydia Langill had an awesome weekend. Nydia placed first in the 200 backstroke and swam 60% best times. Most impressively she shaved 16 seconds off her 400 free. Nydia hopes to be selected to team Canada for the Para Pan Am Games in Guadalajara in November. Robert Hampson had a tough start to the weekend, but powered through and finished first in two of his events. He had an amazing swim on the last day of the meet making a best time in the 50 backstroke. Malcolm Fairweather saved his best meet for the last of the season making 4 best times and he is now looking forward to representing Canada at the Global Games in Italy in September. Great work Flames!



The summer issue of *Play to Podium magazine* for Special Needs Families is now available for free pickup here at the Village. The cover story features teen John Frias, an organ transplant recipient and friend for donor awareness at the Transplant Games. Another feature article - Drama Teens - shows how theater is being used to teach real-life skills. "Drama gives kids the freedom to explore what they may not have a chance to explore in real life," says the

program director. Other articles explore the high cost of haphazard vehicle installations, travel planning for special needs, and seven steps for parents to keep kids with disabilities active. You can read the issue online at the Play to Podium channel on the Disability Today Network. Go to [www.disabilitytodaynetwork.com](http://www.disabilitytodaynetwork.com) and click on the Publications category and check out Variety Village's channel at [www.disabilitynetwork.com/variety-village](http://www.disabilitynetwork.com/variety-village).



## 2011 Eastern National Championship

Variety Village's Powerlifting Team will be hosting the 2011 Eastern National Championship on September 17 and 18 from 9am- 5pm. Canada's best athletes will go head to head to take home the gold and set new National and World Records.

Admission is **FREE** so come out and cheer on our athletes!

## New Exhibit at the Royal Ontario Museum



Opening **August 20, 2011**, *Who's Drawing the Lines: The Journey of Judith Snow* is an intimate exhibition exploring paintings by Snow, a quadriplegic artist and world leader on inclusion issues for people labeled as disabled. The exhibition reveals how, through her unique way of

creating art, Snow overcame a lifetime of perceived limitations to express "all that is in [her] heart". Featuring over 20 works by Snow and several by another artist in her Toronto guild, *Who's Drawing the Lines* confronts common perceptions of disability and illustrates the artist's emancipation from these stereotypes to honour her physical, intellectual and emotional diversity. *Who's Drawing the Lines: The Journey of Judith Snow* is on display in the Hilary and Galen Weston Wing, Level 2 until January 20, 2012.

