



REH-FIT CENTRE HANDBOOK



reh-fit
centre



MISSION

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

VISION

To be the best health and fitness Centre in Canada in building the health of the community, for optimum quality of life.

REH-FIT CENTRE GOVERNANCE

The Reh-Fit Centre is a charitable organization governed by a Board of Directors. This volunteer group is responsible for the overall direction of the Reh-Fit, advancing the mission of the organization, its fiscal affairs, policies governing the Centre, and representing the Centre to the public.

REH-FIT FOUNDATION

The Reh-Fit Foundation provides financial sustainability for the Reh-Fit Centre in the furtherance of its aims, goals and objectives. It is responsible for raising funds needed for programs, capital, and equipment for the Centre.



TABLE OF CONTENTS

GENERAL INFORMATION

Building Hours	4
Holiday Hours & Closures	4
Phone Number	4
Website	4
Parking	4
Reh-Fit Centre Cards	5
Accessibility	5
Financial Assistance	6
Guests	6
Tours	6
Customer Comments	6
Communications	7
Member Accomplishments	7
Messages	7

MEMBERSHIP/USER INFORMATION

Membership Categories	7-8
Facility User Categories	8
Payment Options	8
Service Charge	8
Renewals	8
Membership Freeze	9
Medical Extension	9
Change in Personal Information	9
Reciprocity	9
Membership Benefits	10-11

FACILITY USAGE

Minimum Age	12
Shoe Tags	12
Attire	12
Lockers	13
Loss of Membership/Facility Usage & Program Privileges	13
Keeping Our Home Away from Home Beautiful	13
Changes in Fees, Programs, Schedules & Hours of Operation	14

Field House Etiquette	14
Track Etiquette	14
Equipment Etiquette: All Areas	15
Equipment Etiquette:	16
Free Weights Areas	
Cardiovascular Equipment	17
Group Fitness Studios	17
Courts	17
Steam Room & Sauna	18

SAFETY

Safety	18
Emergency Buttons	19
Privacy	19
Unplanned Centre Closures	19

COMFORTS & CONVENIENCES

Smoking	20
Telephones	20
Lost & Found	20
Perfumes & Colognes	20

ADDITIONAL SERVICES

Personal Training	21
Massage Therapy	21
Nutritional Counselling	22
Towel Service	22
Equipment	23
Gift Cards	23
Heart Rock Café	23
Background on the Reh-Fit Centre	24
Medical Fitness Facility	25
\$12 Million Expansion and Renovation	25
Successful Capital Campaign	25
Ways to Contribute to the Reh-Fit	26-27
Special Events	28
Volunteer Opportunities	28





WELCOME TO THE REH-FIT CENTRE

This is your opportunity to enjoy a world-class facility and participate in healthy, active living. Whether your goals are to increase energy, lose weight, or manage the effects of illness or injury, the Reh-Fit is dedicated to helping you achieve your personal best.

Here you'll find the support you need to commit to your goals, create a program that works for you and stay motivated. This handbook is a guide to help orient you to the Centre so you can make the most of your time here.

Our beautiful Centre is designed with you in mind. Welcoming and comfortable, the Reh-Fit offers professional staff with specialized University educations, who can help you exercise safely and effectively. With your membership you'll receive a health and fitness assessment that will form the basis of your individualized exercise program. Our vast array of the latest exercise machines and exciting programs will keep your workout routine interesting and challenging.

You can also get the most out of your visits to the Reh-Fit Centre by enjoying our many services such as massage therapy, personal training, and nutrition counselling.

As you begin your workouts at the Reh-Fit, we encourage you to pick something you enjoy so you stay motivated. Set short-term, measureable goals, and try not to do too much, too quickly. As a rule of thumb, we recommend 30 minutes of physical activity at moderate intensity for most days of the week for health related benefits.

We hope you'll take the time to familiarize yourself with the rules and policies of the Centre. If you have any questions about appropriate Centre etiquette, please ask our staff. They are here to help you meet your goals, fully benefit from your workouts and feel great. Welcome to the Centre and enjoy your membership!



GENERAL INFORMATION

BUILDING HOURS

SEPTEMBER TO MAY

Monday to Thursday	6 am - 10 pm
Friday	6 am - 9 pm
Saturday & Sunday	7 am - 5 pm

JUNE TO AUGUST

Monday to Friday	6 am - 9 pm
Saturday & Sunday	7 am - 5 pm

HEART ROCK CAFÉ HOURS

Monday to Friday	7 am - 7 pm
Saturday & Sunday	9 am - 2 pm

**Building hours and café hours are subject to change.*

HOLIDAY HOURS & CLOSURES

The Centre is closed Canada Day, Civic Holiday, Christmas Day, Boxing Day, New Year's Day, Good Friday, and Easter Sunday. We are also closed for approximately five days annually for deep cleaning and maintenance to maintain our high standards. On all other days we will be open for regular building hours or special holiday hours. All holiday hours and closures are reported in our Program Guides and on our website.

PHONE NUMBER

Reception Desk 488-8023

WEBSITE

Visit our website at www.reh-fit.com to find out about the Reh-Fit Centre, current program offerings, on-line program registration, services, and special events.

PARKING

Parking is available on the east and west sides of the building. Our handicapped stalls are located in front and on the east side of the building. The parking lot is video monitored. The Reh-Fit Centre is not responsible for lost or stolen belongings left in vehicles or theft or vandalism of your vehicle.

REH-FIT CENTRE MEMBERSHIP AND USER CARDS

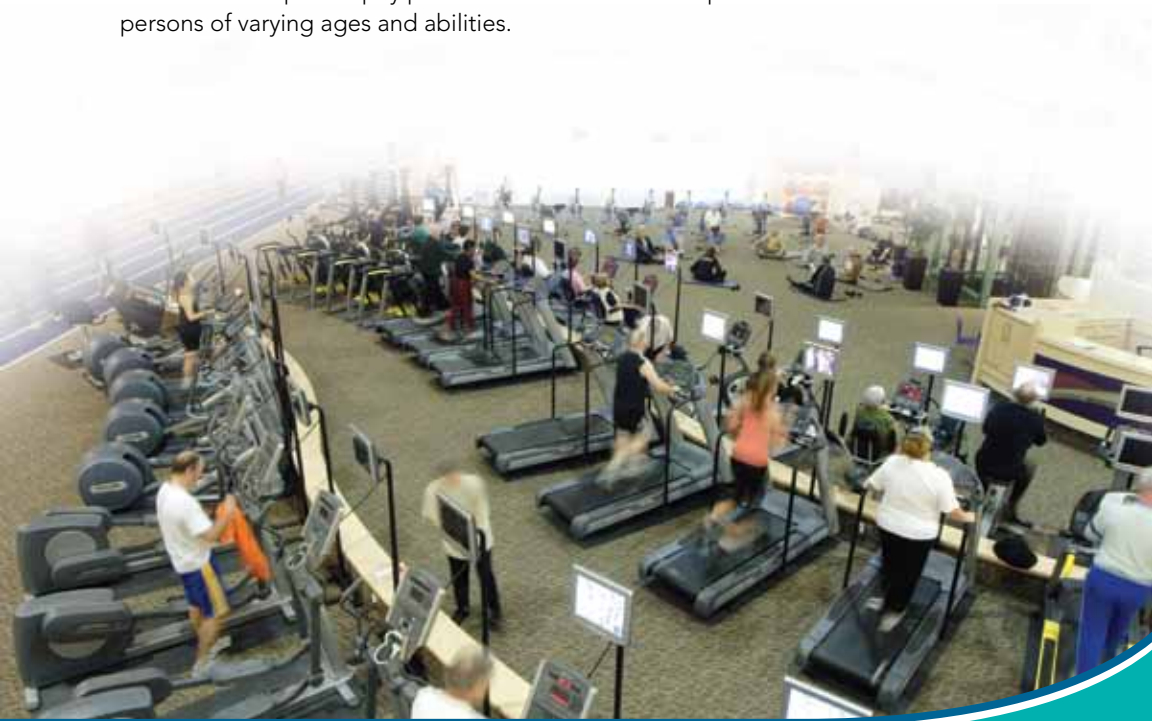
All members and users must scan their card through the bar code reader at the Reception Desk to allow access to the facility. When the light is green please scan your card. When the light is red, please wait until the light turns green before scanning our card. The scan machine will not register your card if you scan immediately after someone else, as it does not allow enough time to register. Swiping your card provides the Centre with crucial usage patterns to allow for adequate staffing, equipment purchases, and cleaning schedules.

Reh-Fit Centre membership and user cards are not transferable. Please contact the Reception Desk immediately if your card is damaged, lost, or stolen. There is a fee for replacement cards.

Your membership and user card is also your key to either our full-length or half-length lockers.

ACCESSIBILITY

The Reh-Fit Centre won the 2006 City of Winnipeg Accessibility Award. The Access Advisory Committee from the City was impressed with the effort and detail that went into the renovation and expansion of our facility, making it accessible and inclusive. Accessible equipment, professional staff, and our medical fitness philosophy position us to offer the best possible service to persons of varying ages and abilities.



FINANCIAL ASSISTANCE

The Reh-Fit strives to make membership accessible to all. Financial assistance will be provided based upon individual need and the availability of funds. A confidential interview may be arranged once the financial assistance forms are completed. To receive forms, call the Reception Desk at 488-8023 or visit our website at www.reh-fit.com.

GUESTS

Guests 12 years of age and older are welcome at the Reh-Fit Centre. Children between the ages of 12 and 15 need to be accompanied by an adult. Use of the facility is subject to the Health and Lifestyle Questionnaire. Guests that come with a member receive a reduced guest fee. Our current fees are available in our latest Program Guide or on our website. A guest may come to the Centre a maximum of three times in one calendar year. All guests are required to show photo identification. Lockers are available for a refundable \$2.00.

TOURS

Reh-Fit staff and volunteers are available to provide tours for guests and prospective members. Please see the staff at the Reception Desk.

CUSTOMER COMMENTS

Feedback from our members and users is very important to us. Please speak to any of our staff if you have a comment, question or concern. They will be happy to assist you, or find the person that can. If you prefer to make your comment in writing, Customer Comment Cards are located throughout the facility. We encourage you to leave your name and phone number so that we may respond to you personally.

COMMUNICATIONS

We want to keep you informed about what is happening at the Reh-Fit Centre throughout the year. Plasma screens on both floors keep you posted on day-to-day activities and upcoming events. Fitnotes, our member newsletter is distributed six times a year, and e-bulletins are sent out monthly. Program Guides are published three times a year, and all members are encouraged to attend our Annual General Meeting.

MEMBER ACCOMPLISHMENTS

Throughout the year we will be acknowledging members' special achievements in our member newsletter. Members are encouraged to let us know if they or another member they know have an achievement that deserves recognition. Achievements include fitness milestones, major life goals, and community service awards. Forms are available at the Reception and Track Desks.

MESSAGES

We do not take messages for members or users. In the event of an emergency we will attempt to locate you.

MEMBERSHIP/USER INFORMATION

Membership at the Reh-Fit Centre is open to the community-at-large. Memberships are for a 12-month period from the enrollment date. Dues are not refundable or transferable. GST applies to all membership fees, user fees, services and programs.

Our enrollment fee is a non-refundable fee, payable upon registration by all new members and all former members whose membership has lapsed.

MEMBERSHIP CATEGORIES

INDIVIDUAL

An individual 18 years of age or older.

HOUSEHOLD ADD-ON

Children of individual members 12-18 years of age or children who are full-time students 25 years of age and younger, (subject to proof of student status) residing at the same address as the INDIVIDUAL member. Children under the age of 15 need to be accompanied by an adult. **Household Add-On's** do not receive the health and lifestyle assessment.



STUDENT

An individual 15 – 25 years of age, who is a full-time student (subject to proof of student status). **Students** do not receive the health and lifestyle assessment.

SENIOR SELECT

Individuals 65 years of age or older. Use of the facility is restricted to Monday to Friday from 11:00 am to 3:00 pm, and Sunday from 1:00 to 5:00 pm (September - May), 1:00 to 3:00 pm (June - August).

FACILITY USER CATEGORIES

THREE-MONTH TRIAL

Trial For those who want to try the Centre. A three-month period is available for any individual that has not been a member of the Reh-Fit Centre in the past. The three-month trial is subject to the Health and Lifestyle Questionnaire.

SUMMER USAGE

An individual 15 years of age and older. Use of the facility is restricted to June, July, and August. The summer usage pass is subject to the Health and Lifestyle Questionnaire.

PAYMENT OPTIONS

Membership fees may be paid annually or monthly. Fees paid monthly are subject to an administration fee. Fees for facility user passes must be paid in full at the time of purchase. Options for paying your membership dues include VISA, MasterCard, debit, cash, cheque, electronic funds transfer or gift cards.

SERVICE CHARGE

NSF cheques and declined credit cards are subject to an administration fee.

RENEWALS

All Reh-Fit members will receive notification prior to their annual renewal date. Once membership has been renewed, the membership card will be updated to allow access past the Reception Desk. Reh-Fit members will be required to complete a Health and Lifestyle Questionnaire if there has been a change in their health over the past year. Members who have not renewed by their renewal date will become inactive and their membership cards will be cancelled.

MEMBERSHIP FREEZE

Members may “freeze” their membership for 30, 60 or 90 days once during a calendar year for a non-refundable nominal fee per month. This feature is most often used when a member is going away for an extended period.

MEDICAL EXTENSION

Members may put their membership on hold for significant medical reasons at no charge for a minimum of two weeks and up to 16 weeks. Written notification from your physician, with a completed medical extension form, must be submitted to the Reception Desk when you are ready to return to the Centre.

CHANGE IN PERSONAL INFORMATION

Please contact our Reception Desk staff if you have a new address, phone number or email address, new Manitoba Health number, have changed your name, and would like to change your method of payment or have new banking or credit card information.

RECIPROCIITY

The Reh-Fit Centre is a member of the International Health, Racquet and Sports-club Association (IHRSA) and the Medical Fitness Association (MFA). If you travel outside of Winnipeg, most other IHRSA and MFA associations in North America will honour your Reh-Fit membership for a period of time. Our members have guest fee access to over 4500 clubs worldwide through the IHRSA Passport Program (www.healthclubs.com). Don't forget to carry your membership card with you when visiting other cities! For more information, please see our Reception Desk.



MEMBERSHIP BENEFITS

	INDIVIDUAL	HOUSEHOLD ADD-ON	STUDENT	SENIOR SELECT	3-MONTH TRIAL	SUMMER USAGE
Health and fitness assessment	●			●		
Smart Start Orientation	●	●	●	●	●	●
Free Fitness Clinics	●	●	●	●	●	●
Annual nutrition counselling session with our Registered Dietitian	●	●	●	●		
Free participation in over 75 group fitness classes per week, including Group Power and Cycling	●	●	●	●	●	●
Access to our degreed health and fitness professionals for consultations or program updates	●	●	●	●		
Priority registration for fee-based programs	●	●	●	●	●	●
Member rate on fee-based programs	●	●	●	●	●	●
Access to member exclusive programs - some popular programs are restricted to members	●	●	●	●	●	●
Exclusive access to our personal trainers at a competitive price	●	●	●	●	●	●
Annual or daily towel service for a fee	●	●	●	●	●	●
Member Buddies – members may bring in a support person/buddy if physical assistance is required (subject to approval from the Membership Services Manager).	●	●	●	●	●	●
Guest fee access to over 4500 clubs worldwide through IHRSA Passport program (www.healthclubs.com) and to 90 medical fitness centers through the Medical Fitness Associations (MFA).	●	●	●	●	●	●
Bring in guests at a reduced rate.	●	●	●	●	●	●

HERE'S WHAT YOU WILL FIND AT THE REH-FIT CENTRE

	INDIVIDUAL	HOUSEHOLD ADD-ON	STUDENT	SENIOR SELECT	3-MONTH TRIAL	SUMMER USAGE
State-of-the-art cardiovascular and weight training equipment	●	●	●	●	●	●
Cushioned track offering roomy colour-coded lanes for walkers and runners	●	●	●	●	●	●
Personal entertainment systems on most cardiovascular training equipment – active wellness televisions with entertainment options including TV/Radio and iPod capabilities	●	●	●	●	●	●
Three unique group fitness studios for programs	●	●	●	●	●	●
Relaxing steam room and sauna in both the men's and women's locker rooms	●	●	●	●	●	●
Heart Rock Café serving healthy meals	●	●	●	●	●	●
Massage Therapy Services	●	●	●	●	●	●
Nutrition Counselling	●	●	●	●	●	●
Personal Training	●	●	●	●	●	●
Ample free parking.	●	●	●	●	●	●

NOTE: Hours of use of the facility by Senior Select members are restricted.
Use of the Centre by Summer Usage users is restricted to June, July and August.



FACILITY USAGE

MINIMUM AGE

The Reh-Fit Centre is open to individuals 12 years of age or older.

SHOE TAGS

All members and users are required to wear Reh-Fit shoe tags at all times when in the building. Tags allow our staff to ensure that only our members and users are gaining access to the facility. They also show each individual's usage privileges. Shoe tags are given to all members and users by the Reception Desk staff when they join the Centre. Shoe tags can be used to identify a member in an emergency situation if they are unable to speak for themselves.

ATTIRE

We require appropriate attire in all areas of the facility. Shirts and shoes are to be worn in all areas of the Centre except for the locker rooms and specific programs. We reserve the right to determine what defines generally accepted, appropriate attire. If you are not sure, please ask one of our staff. For your safety, you need proper footwear in the physical activity spaces. All shoes worn in the field house must be non-marking and for inside purposes only. Do not wear open-toed shoes or sandals in any of the activity areas. The field house is kept at a cooler temperature so layering of clothes is advised.



LOCKERS

Full and half-length lockers are available for daily use at no charge. Your Reh-Fit Centre card will act as your key to the lockers. Remember to take all of your belongings with you when you leave the building each day. Our lockers are for day use only. A charge applies for lost locker keys.

LOSS OF MEMBERSHIP/ FACILITY USAGE AND PROGRAM PRIVILEGES

The Reh-Fit Centre reserves the right to cancel memberships and facility user passes and/or terminate program participation without refund for any reason including, but not limited to, the following:

- Intentional misuse of the Reh-Fit Centre's equipment or property.
- Damage or destruction of the Reh-Fit Centre's equipment or property.
- Theft.
- Failure to follow proper safety practices and precautions.
- Fighting.
- Harassment of other participants, members or staff.
- Physical or verbal abuse, or use of profanity.
- Failure to pay fees.
- Failure to follow policies set by the Reh-Fit Centre.

KEEPING OUR HOME AWAY FROM HOME BEAUTIFUL

We are proud of our locker rooms, and want to keep them looking shiny and new for the membership. There are several ways you can help, such as rinsing out sinks after shaving, wiping off counters, and putting your towels in bins left for that purpose.

Please help us keep the grounds around the Centre clean by not disposing of garbage such as chewing gum and cigarette butts on the property.



CHANGES IN FEES, PROGRAMS, SCHEDULES AND HOURS OF OPERATION

Fees, programs, schedules and hours of operation are subject to change without prior notice. Thirty days notice will be given in the event of a change in membership or facility user fees.

To ensure that we provide our members and guests with the best possible health and fitness environment, we ask that you use common courtesy when using the equipment and facilities. Please welcome new members and guests.

FIELD HOUSE ETIQUETTE

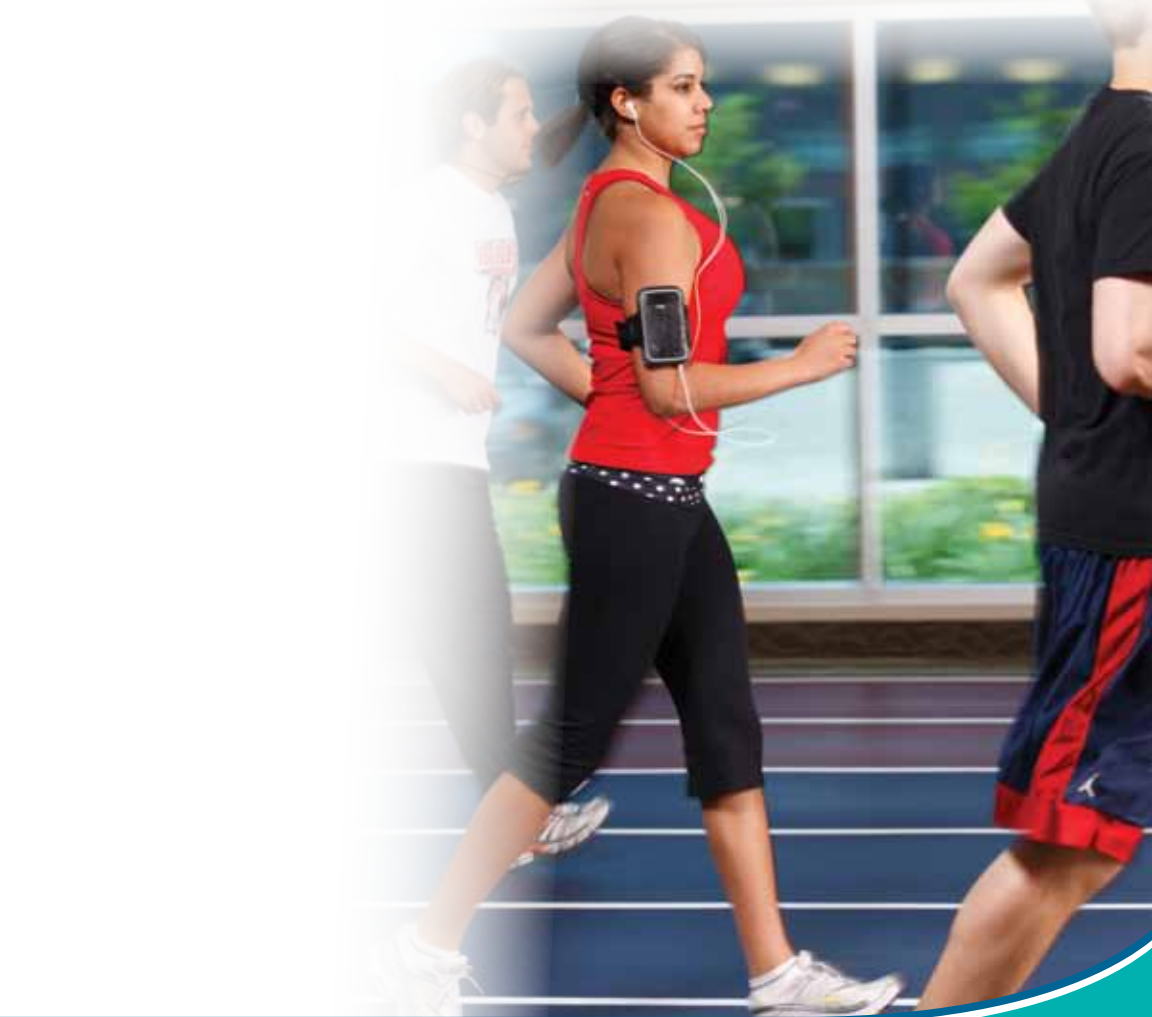
- Gym bags, outdoor jackets and change of clothing are not permitted.
- Food or beverages are not allowed (only plastic/steel water bottles are permitted).
- Report any injuries or facility/equipment deficiencies to staff on duty.
- Proper training attire (shirts, shorts/sweat outfits, closed toe and non-skid shoes) are required.
- Shoes that have been worn outdoors are not permitted.

TRACK ETIQUETTE

- The outside two lanes are designated as running lanes, the inside lanes for walkers, and the middle lanes as transitional lanes for fast walkers/slower joggers and for passing.
- Please be mindful of other users.
- If you are changing lanes, please check first to see if anyone is coming up behind you, so that you do not cut that person off.
- To avoid collisions, call "pass" when passing someone on the track.
- Those walking/jogging in groups cannot exceed two lanes.
- Check track direction arrow before stepping onto the track. Direction is changed on a regular basis.
- The track is designed for walking and jogging. Racing is not permitted unless it is part of a specialty program.
- Please do not stand on the track.
- Always watch for walkers and runners before you cross the track.
- Dumbbells or weight plates are not allowed on the track.

EQUIPMENT ETIQUETTE: ALL AREAS

- Equipment is available on a first-come, first-served basis. You will need to sign up for some cardiovascular equipment.
- Read instructions for equipment before use; ask staff for guidance if unfamiliar with its operation.
- When using weight resistance equipment, raise and lower plates carefully.
- When finished your workout, using the pre-moistened wipes provided, please wipe off controls, seats, mats, and railings.
- Please be courteous. Let others use the equipment while you rest between sets.



EQUIPMENT ETIQUETTE: FREE WEIGHTS AREAS

- Do not use chalk.
- Do not drop weights.
- Use spotters when necessary.
- Use collars when working with plate-loaded equipment.
- When finished, replace dumbbells and plates on appropriate racks.
- Do not sit, lean or stand on bars.
- Do not place weight plates, dumbbells or bars on covered benches/seats.



CARDIOVASCULAR EQUIPMENT

- If you are unfamiliar with the use of the cardiovascular equipment, please ask staff for assistance.
- You need to sign up for some cardiovascular equipment. Please sign up for the next available time slot when you start your workout in the field house. Pre-signing up for equipment is not permitted, i.e. no booking ahead and leaving gaps between sessions.
- Each member is to sign up in person. Do not sign up for someone else.
- If you do not use the cardiovascular equipment within five minutes of the scheduled time, your spot may be assigned to another member.
- For safety reasons, if you need to leave your cardiovascular equipment, do not leave the machine running.
- As there are other members waiting, please begin and end your workout at the scheduled times.
- Dumbbells or weight plates are not allowed on the track.

GROUP FITNESS STUDIOS

- Only non-marking court/gym shoes are to be worn.
- Food or beverages other than water are not allowed. Use only plastic/steel water bottles with plastic caps.
- When finished your workout, use the pre-moistened wipes provided to clean the mat.
- Gym bags and outdoor jackets are not permitted.
- For classes that require bare feet, please wear shoes or slippers from the locker room to the studio.

COURTS

- Only non-marking court/gym shoes are to be worn.
- Ask the program staff for assistance in setting up nets.
- Please be courteous to other members using the courts as there may be several different activities taking place at one time.
- No balls are to be thrown on the hardwood floor and in the field house.
- Please note that the court availability is subject to change.



STEAM ROOM AND SAUNA

- Out of respect for others, please avoid using the steam room or sauna if you have a cold or flu.
- Please shower before entering.
- Allow yourself at least 10 minutes after exercising to cool down before entering.
- Maximum length of time per use should not exceed 10 minutes.
- Due to high temperature and humidity, individuals with certain medical conditions (high blood pressure, heart disease or respiratory problems) are advised not to use the sauna or steam room unless authorized by a physician. People with cardiac disease should check with program staff before use.
- During pregnancy, women are advised not to use the steam room or sauna.
- No food or drink allowed.
- Do not use the steam room or sauna immediately after eating as it will divert the blood flow to the stomach that is necessary for digestion.
- You must either wear a bathing suit or be covered in a towel at all times in the steam room or sauna.
- For hygienic reasons, please sit on a towel.
- Shaving is not permitted in the steam room or sauna.
- Children under the age of 16 are not allowed in the steam room or sauna.
- Drink plenty of water before and after using either of these rooms.

SAFETY

Safety is a priority underlying all programs and services at the Reh-Fit Centre and is vital for people with medical conditions. All Reh-Fit members, users and guests are required to complete a Health and Lifestyle Questionnaire prior to participating in any type of physical activity at our Centre. Any changes to your health status should be reported to the staff to ensure that we provide you with appropriate counselling and modifications to your exercise routine. Please do not hesitate to review with our staff any concerns you may have about your health, our programs, or the use of our equipment. Ask for help at any time.

EMERGENCY BUTTONS

Emergency buttons are located throughout the Centre for members/users to use when there is a medical emergency. Instructions are located by each button. Please familiarize yourself with their locations and instructions for use. The locations of the eight buttons are as follows: entrance to the men's and women's locker rooms, members' lounge, track desk in the field house, east and west walls of the field house, outside wall of the Group Fitness Studio and Classroom D on the mezzanine. Intercoms for emergency use are also available in the private washrooms in the lab area, field house and family washroom.

PRIVACY

The Reh-Fit Centre values and respects the privacy of information that we retain on all members, users and guests. If you have any questions about our procedures, please call our privacy officer at 488-5858.

UNPLANNED CENTRE CLOSURES

Due to unforeseen circumstances, such as extreme weather, the Centre may need to close. All unexpected Centre closures will be announced on our general Centre voicemail and on CJOB.



COMFORTS AND CONVENIENCES

SMOKING

For everyone's comfort and health, the Reh-Fit Centre is designated as a smoke-free environment.

TELEPHONES

For your convenience, house phones are located throughout the building. We ask that phone calls be limited to three minutes as a courtesy to others. Out of respect for others, please do not use your cell phones in the field house or locker rooms.

LOST & FOUND

Lost & found is located at the Reception Desk. The Reh-Fit Centre is not responsible for lost, damaged or stolen goods. Please do not store valuables in the lockers or leave valuables unattended.

PERFUMES & COLOGNES

Some individuals have allergic reactions to perfumes, colognes and other scents. In consideration of these individuals, we ask that you not wear heavily scented perfume, cologne or lotion when you come to exercise or apply it in the locker room before or after your workout.

ADDITIONAL SERVICES

PERSONAL TRAINING

Personal Training provides an individualized approach for individuals seeking more personal attention in their exercise program for educational, motivational or safety reasons. We now have partner training and group training available.

On a fee-for-services basis, for members only, the Reh-Fit Centre's personal trainers will provide activity counselling and direct one-on-one exercise training. Please contact the Reception Desk or speak to one of our fitness professionals to take advantage of this service.

Personal training/instruction is provided only by our own professional staff. To ensure consistency and safety, independent personal trainers/instructors who are not Reh-Fit Centre staff are not permitted to utilize our facilities for professional purposes.

MASSAGE THERAPY

Whether you need to relax and unwind or seek relief from pain, our registered massage therapists can help. Enjoy a relaxation or therapeutic massage in the tranquil, comfortable atmosphere of the massage therapy rooms at the Centre. The service is available to anyone. Members receive preferred rates. Many insurance plans accept massage therapy as a form of treatment for injury and stress-related conditions. Look into your personal insurance to see if your plan is extended for coverage.



NUTRITIONAL COUNSELLING

Individual consultation sessions provide a unique opportunity for you to meet with our registered dietitians to discuss your specific nutrition or weight loss needs or goals. Reh-Fit members receive a one-hour complimentary session as a benefit of their annual membership. A-fee-for-service is charged to non-members. Many insurance plans cover nutrition counselling services. Some plans may require a physician referral.

TOWEL SERVICE

Annual towel service may be purchased with your membership and is non-refundable. Each time you enter the building, you are entitled up to two towels.

Daily towel service is also available for a small fee.



EQUIPMENT

Badminton racquets and birdies, boxing gloves, skipping ropes, ankle weights, thera-bands, foam rollers, pylons, and an agility ladder are all available at the Track Desk. Please ask our staff for assistance with this equipment.

GIFT CARDS

Purchase a gift card for a friend or family member. Reh-Fit gift cards may be used towards any of our services or programs with the exception of the Heart Rock Café. You may purchase gift cards at the Reception Desk.

HEART ROCK CAFÉ

Further your understanding of good nutrition at the Heart Rock Café in the Centre. The Café delights the palate with healthy meals and snacks that you can savour at tables spread under an arched glass roof – the ideal setting for enjoying practical samples of healthy eating. Please note that outside food and beverages (other than water) are not to be consumed in the Café. Need healthy, nutritional meals for a busy lifestyle? Pre-order and your meal will be ready to take home after your workout!

Please refer to our current Program Guide or website for the latest program offerings.



BACKGROUND ON THE REH-FIT CENTRE

The Reh-Fit Centre had its origins in a cardiology test laboratory that operated in the early 1970's at St. Boniface General Hospital. The laboratory was equipped with a treadmill for running the stress tests used to diagnose heart problems.

Following their heart attacks, patients began turning up for workouts on the treadmill. In 1975, the University of Manitoba offered the use of the underground track known as the Gritty Grotto, in the basement of the School of Physical education. For the next several years, those who had suffered heart attacks ran and walked there, along with athletes and students. They completed their cardiac rehabilitation under the supervision of medical and physical education staff.

The group became the founding members of the Reh-Fit when it opened in 1979, as one of Canada's leading community fitness and cardiac rehabilitation centres.

In 1997, the Reh-Fit took responsibility for delivering St. Boniface General Hospital's post bypass cardiac rehabilitation program. With the inception of the Winnipeg Regional Health Authority (WRHA) in 1999, a one-program, two-site model was set up in Manitoba, with the Reh-Fit Centre and the Wellness Institute.

Through four months of exercise and education, the program prevents, stabilizes, and in some cases reduces or eliminates risk factors for heart disease, for those who are recovering from a heart attack or are at high risk.

The Centre now offers one of the foremost cardiac rehabilitation programs in Canada, where heart disease is the leading cause of death. The program has been saving and enhancing lives for nearly 30 years. Thousands of Manitobans have reaped the benefits by taking part in the 4-month program, which is taught by specialists in cardiac rehabilitation.



MEDICAL FITNESS FACILITY

The Reh-Fit operates as a medically based fitness centre, for optimum delivery of its cardiac rehabilitation and community health and fitness programs. In contrast to commercial fitness centres, it offers expert guidance and education on exercise, nutrition, and other aspects of healthy living from qualified and credentialed staff, including physicians, nurses, laboratory staff, dietitians, and physical educators.

All members are offered a personalized health and fitness assessment that measures their fitness level and identifies risk factors for health concerns. The assessment forms the basis of an individualized exercise prescription to improve fitness and reduce overall health risk.

Other significant aspects of our medically based operation are programs for managing and preventing chronic disease as well as improving community health.

\$12 MILLION EXPANSION AND RENOVATION

In 2005-2006, the Reh-Fit Centre underwent a \$12-million expansion and renovation, led with a major gift from local businessman, Paul Albrechtsen.

In addition to being our main benefactor, Mr. Albrechtsen took part in developing the vision for the new Reh-Fit Centre. He provided leadership and direction to the designers and construction consultants, to make the vision a reality.

The Canada-Manitoba Infrastructure Program supported the expansion and renovation with a contribution of \$2.6 million, equally shared by the federal and provincial governments. The City of Winnipeg also generously extended the term of the Centre's land lease to December 31, 2102.

The expansion and renovation left only one floor and the rear wall of the field house unchanged. It added 36,000 square feet to the footprint of the Centre, bringing the total to 86,000 square feet.

SUCCESSFUL CAPITAL CAMPAIGN

Following Mr. Albrechtsen's generous lead, many other donors supported the \$12-million expansion and renovation by contributing to "Building Community Wellness," the Reh-Fit's successful Capital Campaign.

The campaign, which ran from 2004 to 2006, raised more than \$1.7 million. Campaign contributors included 941 individuals and 77 corporations, foundations, and organizations.

More than 100 volunteers lent their support to the Capital Campaign, which was a joint effort of the Boards of Directors of the Reh-Fit Centre and the Reh-Fit Foundation.



WAYS TO CONTRIBUTE TO THE REH-FIT

The Reh-Fit Centre's goal is to become the best health and fitness Centre in Canada, building the health of the community, for optimum quality of life. To promote community health and fitness at a world class level, we need your help. Sustaining both our facility and high calibre of service requires more support than is afforded through membership dues and user fees alone.

There are many ways that you can contribute and help us protect our investment:

- Make a gift in memory of a loved one, friend or colleague
- Make an annual donation
- Include the Reh-Fit Centre in your estate plan
- Participate in our two annual events, Healthy Living Awards and Walk of Life & Health Fair.
- Matching Gifts program

Funds raised will go towards:

PROGRAMS

- Adding leading-edge health and fitness programs for members and the community-at-large. More education, training and assistance is required for the growing number of people within the community challenged with obesity, diabetes, heart disease, fatty liver disease and other health concerns.
- Supporting research to assess the effectiveness of our health and fitness programs in building community health. We want to ensure that dollars are well spent and deliver the best possible outcomes for the community.

EQUIPMENT

- Adding equipment to keep pace with the latest developments in health and fitness technology.

Repairing and replacing medical and exercise equipment as it ages.

The average life span of our equipment is between three and five years and the cost of equipment is significant. For example, the cost of replacing a treadmill is \$10,000 and a medical testing treadmill and monitor \$48,000.

OUR FACILITY

- Our facility is at the core of our ability to deliver programs and services. We are committed to maintaining the quality of the building by following optimal maintenance and replacement schedules.

DONATE ON-LINE

You can make a secure donation on-line by visiting our website at www.reh-fit.com.

Tax receipts will be issued for donations of \$20 or more.



SPECIAL EVENTS

There are currently two major annual events held to raise awareness and funds for the Centre:

1. In the spring we hold the Healthy Living Awards, a celebration for those in our community who promote and encourage healthy, active living.
2. In the fall we hold the Walk of Life & Health Fair, to foster awareness of cardiac disease and raise funds needed to support the cardiac rehabilitation programs and services the Centre provides to the community.

Support from sponsors, donors, participants and volunteers are essential to the success of these events!

VOLUNTEER OPPORTUNITIES

We are a volunteer organization – from the Boards of Directors through to committees with volunteers dedicated to member special events, mailings, and funds development. We are dependent on our members sharing their time, enthusiasm, and expertise to enhance the services of the Centre.

If you are interested in becoming involved, please call the Director of Support Services at 488-5855.



Reh-Vitalize!

ENHANCING AND SUSTAINING THE REH-FIT CENTRE

In 2006, the Reh-Fit Centre experienced a renewal with the opening of a new world-class facility. But, with a growing demand for preventive and rehabilitative services and increased outreach into the community, the Centre needs additional funds beyond membership fees to ensure it continues at this world-class level.

That is why we are taking a proactive approach to strengthening our financial position. Our goal is to raise **\$700,000** annually with the funds going towards:

EQUIPMENT

- Adding equipment to keep pace with the latest developments in health and fitness technology.

PROGRAMS

- Adding leading edge health and fitness programs and providing more education and training for those with health-related issues.

OUR FACILITY

- Ensuring our facility is maintained to the highest possible standards.

Please lend your support by making a donation. Your contribution will directly support the health and wellness of Manitobans for years to come.



Send your donation to:
Reh-Fit Foundation
1390 Taylor Avenue, R3M 3V8
or www.rehfit.com
Or for more information call:
(204) 488-9325





reh-fit
centre

1390 Taylor Avenue
Winnipeg, Manitoba, R3M 3V8

Phone: (204) 488-8023

Fax: (204) 488-4819

www.reh-fit.com