



reh-fit
centre

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Fit Notes

OCTOBER/ NOVEMBER 2011

KEEPING THE REH-FIT IN *Shape*

At the Reh-Fit Centre we are taking a proactive approach to strengthening our financial position. By raising additional funds now, the Centre will be able to maintain and expand its programming and renew its facility and equipment on an ongoing basis.

Our goal is to raise \$700,000 annually, with the help of donations, fundraising events, to allocation from the Centre's operating budget.

The funds go towards three priorities:

- > Programs and Research
- > Equipment
- > Our Facility



Here are some of the new projects and initiatives underway this year at the Reh-Fit Centre:

NEW PROGRAMS

Improve Your Balance and Mobility
Stroke Exercise, and Healthy Start Program

COMMUNITY INITIATIVES

Smart for Your Heart Month, Exercise is Medicine Month, and Health and Wellness educational lectures

RESEARCH

- > Participating in research related to enhancing our cardiac rehabilitation program
- > Performing visual tracking tests and determine the relationship to falls in older adults

LATEST EQUIPMENT

- > HydroMassage bed
- > Gravity Training System Machines
- > Arc Trainers
- > Nu-Step Recumbent Cross-Trainers

FACILITY ENHANCEMENTS

- > Adding two new washrooms on the Mezzanine
- > Replacing two aging HVAC systems
- > Introducing energy-efficient ROM lighting to the field house
- > Widening the entrance/exit off Taylor Ave.



Member PROFILE

Monique Everton

For Monique Everton and her family, the hereditary risks of heart disease are all too well known. In August 2009, Monique was rushed to the hospital in distress, only to discover that one of her arteries was 100% blocked. Surgery was the immediate solution.

Two weeks later, Monique's older brother also had a heart attack and passed away. Unfortunately, this was not her family's first introduction to the sometimes tragic consequences of heart disease. In addition to two other siblings having heart attacks, her mother had passed away of a heart attack at the young age of 51.

Despite her grief over the loss of her brother, Monique dedicated herself towards her recovery. "I needed to get well as quickly as possible for my husband and my son. I knew that the staff at the Reh-Fit Centre were highly skilled and could help me navigate through this."

As she began the Cardiac Rehabilitation program, Monique came up with a goal for herself. "I wanted to run the half marathon in my brother's honour and raise money for the Reh-Fit Centre because they helped me so much."

Since that day, she has taken her recovery and her pledge seriously by taking full advantage of the wide range of classes, equipment and guidance that the Reh-Fit offered. Says Monique, "The whole notion of wellness has got to be: Be the best you can be, one step at a time. The people here all espouse and exude that. It's a winning attitude for anyone in their journey towards wellness and being fit!"

As she began training with the Heart Throbs running club, Monique dedicated herself to raising donations. Her goal - raise \$10,000 so that her brother's name could be included on the Donor's Wall at the Reh-Fit Centre.

Not only did she successfully complete the half marathon, but with the help of 110 individual donors, raised the money she needed to honour her brother's memory. Hector's name has been added to the wall and Monique plans to gather family, friends, and coworkers to mark the occasion.

Adds Monique, "I wanted to express my gratitude to the Reh-Fit Centre and I really wanted to do it as a sign of hope to my family. We've been dealt a genetically difficult heart, but I've come to realize there are positive things that you can do."

Join the Legacy Society

Reh-Fit LEGACY SOCIETY

Regular exercise makes you feel and look better, but it also helps prevent and treat almost every imaginable disease and increase your lifespan. As a medically-based fitness centre, the Reh-Fit encourages you to commit to your good health and share your passion for helping others by making a planned gift today.

DONOR *Corner*

Thank you to the following individuals and organizations for investing in the Reh-Fit and the health of our community. These gifts were received by the Reh-Fit Foundation office between July 16 and September 15, 2011

General Donations

David Horne

In Memory of Lorraine Comack

Dennis and Elaine Schultz

In Memory of Maria Cardillo Stagno

Stuart and Jean Styan

In Memory of Elsie Lessard

Darren Leclair

In Memory of Hector Lessard

Donna Abs

Victor Andres

Elizabeth Angell

Victor Bergmann

Ashley Blackman

Tracie Blair O'Driscoll

Estelle Boissonneault

Ken Cassin

Hao Chiang

DataConstruct Inc.

Datum Builders

Silvia de Sousa

Lucien and Barbara Debreuil

Design For All Inc.

Michelle Du

John Ducas

Sara Dunton

Moira and George Evan

Monique and Brian Everton

Paul Everton

Patrick Falconer

Leanne Fenez

Rene and Marguerite Fillion

Kathy and Dave Fisher

Mandy Ferreira

Lorraine Fredette

Paul Gagne

Jenny Garbutt

Don and Bonnie Gordon

Marcella Gregoire

Michelle Gregoire

Richard and Irene Gregoire

Joy Gunn

Celine Huberdeau

Intergroup Consultants

Investors Group

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Albert and Susan Krahn

Norm Larson and Linda Perry

Denis and Carole Laurin

Francine Laurin

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Heather Leslie

Adam and Martine Lessard

Anna and Roland Lessard

Brittney Lessard

Jacqueline Lessard

Jacques Lessard and Sherryl

Mashinter

Jean Lessard and Cindy

Lapusniak

Jenique Lessard

Jenna Lessard

Jennelle Lessard

Joel Lessard

Justin and Stephanie Lessard

Marc Lessard

Nicole Lessard

Odilas and Sirkka Lessard

Phillipe Lessard

Real Lessard and Diane

Bergeron

Taylor Lessard

Rachelle Lessard-Jameson

Lorraine Lessard-Lesk

Garth Loeppky

Wendy Lourenco

Jack MacNeill

Cindy Mallin

Manitoba Millwrights Union

Laurie Marcella

Ralph Masi

Angéle Meilleur

Wayne and Irene Mellick

Mike's Tailors

Rob Miln

Mike and Mimi Mirius

Jocelyn Mitchell

Marlene Morris

Muys Construction

Irene Neustaedter

Mireille and Jean-Pierre Noel

ORG Canada

Lina Perrin

Yvonne Peters and Howard Miller

Dolores and Sam Prairie

Marcel Prairie

Raymond Prairie

Brigitte and Paul Reimer

Debbie and Albert Saltel

Dan and Bonnie Siemens

Fernande Siemens

Kelly Stephens

Keith and Laney Stewart

Milton Sussman and Helen Quinn

Wendy Sutton

Andrea and Russell Sward

Helene and Dave Sward

Vincent and Christine Sward

Karen Thomas and Michael

Holroyd

Edmond Timmerman

Lina Trudeau

Eleanor Van Delden

Jeremy Warnick

Brandy Watson

Linda Weaver

Chrissy Wellman

Lisa Wendehorst

Dave Wright and Gail Wylie

REGISTER *today*

for the following programs:

MIND/BODY

Discover Yoga

Begins the week of November 17

Restorative Yoga

Begins the week of November 17

FITNESS

Cross Training with Rowing

November 19

Golf Fitness

November 29

WEIGHT MANAGEMENT

Lunch Time Losers

Starts November 9

CULINARY

Sushi Night

November 7

Holiday Baking

November 24

RESTORE YOUR HEALTH

Yoga for Low Back Pain

Begins November 1

EDUCATIONAL WORKSHOPS

Breathe Easy with Asthma

November 2

What's the Hype with Hypertension?

November 8

Mindful Eating

November 14

First Line of Defence Against Type 2 Diabetes is Your Grocery Cart

November 15

To Exercise or Not?

Understanding Motivation

November 22

Hip and Knee Replacements

December 1

Progressing Your Program: Make the Right Steps

December 6

For more information visit our website at www.reh-fit.com or stop by the Reception Desk.

Massage THERAPY

Experience the Healing Power of Touch! Whether you need to relax and unwind or seek relief from pain, our registered massage therapists can help. They offer relaxation and remedial massage in the tranquil, comfortable atmosphere of the massage therapy rooms at the Centre. Most extended health care/ insurance plans accept massage therapy. Look into your personal plan for the details of your coverage.

BOOK YOUR APPOINTMENT *today!*

Our registered massage therapists:

Jayne Evans CAT (C), Adv. RMT

Jeff Garfinkel, RMT

Jessica Hedge, RMT



MEMBERSURVEY

Thank you for completing our biannual member survey and providing us with your feedback. Stay tuned for the results in the next Fitnotes.