



reh-fit
centre

reh-fit.com

Fit Notes

AUGUST/ SEPTEMBER 2011

NEW WAYS TO STAY **MOTIVATED!**

For many people, coming to the Centre and working out is an individual activity. The cardio machines allow you to catch up on the news or watch your favorite shows, and the weight machines and free weights are a great place to listen to the latest music on your ipod.

This might sound like your ideal day at the gym, but for many it can, over time, lead to a lapse in motivation and even a lapse in workouts. Studies have shown that having friends at the gym is the best predictor of regular exercise and satisfaction. Participating in a program is an ideal way to meet like-minded people, feel a sense of accountability, and add variety to your routine.

So how do you decide which program is right for you and how do you get involved? Check out our programs online, pick up a Program Guide at the Centre, or speak to one of our staff. The Reh-Fit offers a wide variety for all ages and abilities.

When TRX® Training was introduced in the fall, we heard a few members express concern that it was just for the younger members. At 67 years old, Agnes Cusack couldn't disagree more. Agnes has been taking TRX® since it began: "It's a great core workout and I like that I can control the intensity. Plus it's fun!"

If TRX® still doesn't speak to you, why not try a boot camp? You'll have the support and encouragement of the group and an instructor who can ensure that all exercises are tailored to your specific fitness level.

Perhaps Yoga and Pilates are more your speed? Mind/Body programs are a great way to improve your overall fitness level and mental state with a low impact form of exercise that can drastically improve your strength and flexibility. With a variety of classes and times, there really is something for everyone.

When people are counting on you, aren't you more likely to be there? Why not bring that same sense of accountability to your health and fitness!

WHAT WORKS BEST FOR **YOU?**

Are you motivated by the energy of a group fitness class or do you prefer more one-on-one attention? The Reh-Fit offers several types of options to help you achieve your goals. Here are a few:

Ask us about:

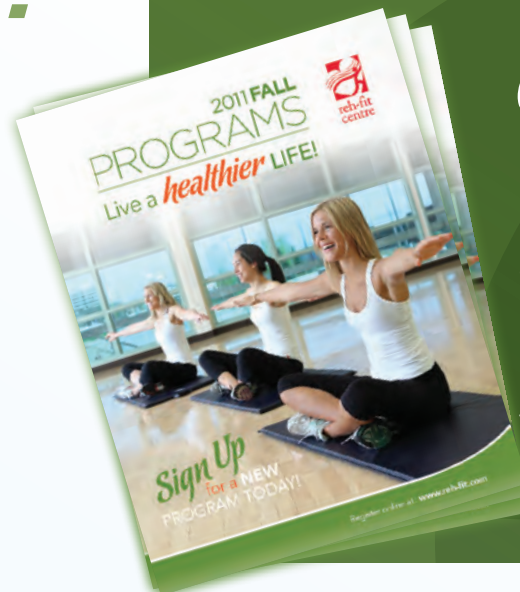
- > Personal Training
- > Small Group Workouts including TRX® and Gravity® **NEW!**
- > Group Fitness Classes with 70 free options every week

Pick Up A Fall Program Guide

Today!

Register for a program before August 31st and you could

win your Program Fee!



YOGA *is for* EVERYONE

There is much research to support the claim that "Exercise is Medicine™", and that concept comes as no surprise to those who practice yoga.

Narda Singh, a certified Yoga instructor at the Reh-Fit Centre with a Masters degree in Counselling Psychology, has practiced with master teachers in India, California, and Mexico and has seen the impact that yoga can have.

Says Singh, "Yoga is unique in that it combines the mental, physical, and emotional elements to help people find the balance that they are looking for. Often the people who are drawn to yoga are interested in slowing down or their bodies have let them know that they need to slow down."

For those who think that you need to be as flexible as a Cirque du Soleil performer to enjoy yoga, it's time to take another look.

Singh notes, "Yoga is for everyone at every level. For athletes who have had injuries and had to slow

the body down, yoga has been amazing in restoring joint, ligament, and tendon health and increasing range of motion. For others who have had fibromyalgia, sciatica, carpal tunnel, or bulging disks, they are now feeling wellness and learning self-care. And, on an emotional level, we've seen huge increases in well-being for those who suffer from medically-diagnosed anxiety or depression. Yoga is partly about getting in touch with your body and learning how to self-regulate emotions – abilities that we lose sight of in our busy worlds."

So, if you've never practiced yoga, where do you start? Singh has some advice: "My personal belief is that you should find a class that balances out your natural tendency or personality. For instance, if you're a Type A and want to learn to slow down, then start with Hatha or Restorative Yoga. And if you're more passive, you might want to try a more physically active class like Hatha Flow, Power, or Ashtanga.

Still not sure which Yoga might be right for you? Check out the descriptions of the seven types of Yoga classes at www.reh-fit.com, pick up a copy of the Fall Program Guide, or talk to one of the Reh-Fit staff.

*Remember to sign up soon,
as Yoga classes fill up quickly!*

LONG-TERM SERVICE EMPLOYEE

Recognition

Congratulations to the following employees on their Reh-Fit Service anniversaries! Each received a Reh-Fit Centre pin with a ruby for every five years of service.

Shauna Watt 5 years
Patti Berube 25 years

MEMBERSHIP

Rates There will be a modest increase to membership rates on September 1.

Fall BUILDING HOURS

September is right around the corner and with it comes our fall hours.

September to May

Monday to Friday	6:00 am – 10:00 pm
Saturday	7:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

Field house closes 15 minutes prior to building closing.

Fitness TIP

When you're done sweating through your cardio session, your instinct is likely to stop and catch your breath or stretch. Surprisingly, this is not what is best for you. It's called an inactive recovery and can slow the recovery process.

During high-intensity activity, your muscles accumulate lactic acid faster than they can dispose of it. What does this mean in layman's terms? It causes that burning sensation in your muscles. To avoid this and give your body the best chance for recovery, follow these guidelines:

- Ensure your warm-up is thorough and includes activity at a less intense pace. For example, walk on the treadmill or track for five minutes.
- Always allow yourself a cool down; exercise at a perceived exertion rate of 1-2 for at least five minutes after an intense workout. (If you have any questions about the Perceived Exertion chart in the field house, just ask the fitness staff).
- Remain upright. We would all love to collapse after a job well done, but keeping upright will help clear that lactic acid.



And the good news? Not only does active recovery increase muscular power and decrease muscular soreness, but as you increase the regularity of your cardio workouts, your body will respond by improving its capacity to clear acid. Yet another benefit to regular physical activity!

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 May 16 and July 15.

GENERAL DONATIONS

All Charities Campaign
Manitoba Hydro
Margaret Barbour
Hao Chiang
Jenny Garbutt
Robert Gladding
Frank and Donna Hruska
Darrin Keats
James Kennedy
Patricia Kloepfer

Michel Monnin
Shirley Richardson

In memory of Elsie LeClair
Health Science Association
of Alberta

In memory of Ada Melnyk
Steve Kiz

After taking care of family and friends we hope you would consider leaving a bequest to the Reh-Fit Foundation. For more information please call **488-9325**.

TELL US WHAT *You Think!*

Watch for our bi-annual member survey in September. **We want to hear from you!**

REPORT ON *Golf Tournament*

The weather cooperated on June 21 for our annual golf tournament. 127 golfers enjoyed 18 holes, a delicious dinner, and great prizes at Bel Acres Golf and Country Club.

Thank you to all the members and friends who participated in the tournament. Special thanks to our major sponsors Paul Albrechtsen and Bel Acres Country Club.

We couldn't do it without our volunteers – a big thank you to Bill Sutherland, Graham Penny, Ray Frost, Tom Wilson, and Marj Robson for the countless hours that they put in to deliver an outstanding tournament.

Invite your Friends and Family!

COME TO THE **REH-FIT COMMUNITY**

Open House! FREE ADMISSION

FRIDAY

September 9, 8 am – 8 pm

SATURDAY & SUNDAY

September 10 & 11, 8 am – 5 pm

> **Try fitness programs**

Sept 9 from 4 pm – 7 pm

Sept 10 from 10 am – 2 pm

- TRX®
- Zumba®
- Yoga
- Tai Chi
- **NEW! GRAVITY™**
- Boot Camps
- Pilates

- > Tour the Centre and discover more about our programs and services
- > Try the cardio and weight-training equipment
- > Find out your blood pressure and body mass index (BMI)
- > Sample food from our Heart Rock Café
- > Enjoy a free shoulder massage
- > **WIN PRIZES**



Introducing **HYDROMASSAGE THERAPY**

Need a quick way to reduce stress, relieve pain, and feel better? Try our new Hydromassage Therapy!

**MEMBERS ONLY
SPECIAL OFFER**

GET 1 YEAR OF
HYDROMASSAGE
for just

10 MINUTES /DAY

\$9.99/Month
(Reg. price \$14.99)

PLUS

**FIRST 50
MEMBERS ONLY**

Members who register for any multi-week fee program before August 31, 2011 will receive

free
**HYDROMASSAGE THERAPY
FOR ONE MONTH**

