

Fitnotes



2010 WALK OF LIFE & HEALTH FAIR SEES RECORD TURNOUT

Our 6th Annual Walk of Life & Health Fair, on October 15, drew a record 375 people, up 40% from last year.

Thank you to all those who registered for the walk and to all those who collected donations. The event raised \$23,000 for the Reh-Fit's cardiac rehabilitation services.

Our top fundraiser, at more than \$1400, was Ted Wright. Ted won a Blackberry and air time from Rogers.

The Health Fair was a huge success, with 28 exhibitors providing our mem-

bers and the community with expert health advice, from proper nutrition to the importance of shoes that fit.

The event would not have been possible without the support of our sponsors. Our thanks to:

- Gold: Zeid's FoodFare
- Walker: The Quark Group
- Food: Cora's Breakfast & Lunch, Subway on Taylor, Minute Maid, and Kellogg's.



DANCING YOUR WAY TO HEALTH

We had a blast on Friday, November 5, as more than 300 of us danced to our favourite Zumba® tunes for two hours at the latest Zumba® Party.

Sharon Delbridge, Lana Maidment, and other Zumba® instructors inspired us with their cardio-dance moves, like salsa, merengue, tango, and cumbria.

Several draw prizes were given out, and after the Zumba® marathon, dancers were treated to Subway sandwiches and Minute Maid juice.

The event, organized by the Reh-Fit Foundation, raised more than \$4,000 in support of the Centre.



WINTER PROGRAM GUIDE NOW AVAILABLE

We have just released the Winter Program Guide, which is available at the Reception Desk for pick-up. (In the interests of going green, we have printed fewer copies of the Guide, and made it available on the website instead of mailing it to members.)

Education programs (except culinary) and workshops are not covered in the Guide because they are one-time events that could be several months away. Instead, we will post them at the Centre to alert you in good time, in case you are planning on signing up.

Check the website at www.reh-fit.com for complete details of the more than 150 programs available this winter.

GIVING THE GIFT OF HEALTH AND WELLNESS



This holiday season, purchase a gift card for a membership,

massage, personal training session, yoga class, or consultation with one of our dietitians.

SEASON'S GREETINGS

The staff and members of both Boards at the Reh-Fit extend our warmest wishes to you and your family for a happy and healthy holiday season. Best wishes for 2011!



REH-FIT CENTRE 2010/11 Board of Directors

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David Horne - Past Chair
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Gordon Greaves - Treasurer
Bill Emslie - Secretary
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The Reh-Fit 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.

REH-FIT FOUNDATION 2010/11 Board of Directors

Brett MacKinnon - Chair
Audrey Vandewater - Vice-Chair
Jim Grant - Treasurer
Virginia Snyder - Secretary
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Sue Boreskie
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The Reh-Fit Foundation provides financial sustainability for the Reh-Fit Centre in the furtherance of its aims, goals, and objectives.



COUNTING THE WAYS

We regularly take inventory of the ways we try to help people in the community reach their health and fitness goals.

Here are the highlights of the latest inventory, to keep you informed and test progress toward our vision of being the best health and fitness centre in Canada:

- helping more than 350,000 visitors to the Centre each year pursue their health and fitness goals
- delivering more than 300 health and fitness programs
- offering professional advice and guidance to those with chronic diseases
- enhancing and saving the lives of more than 500 individuals each year in our 4-month Cardiac Rehabilitation Program
- attracting members and the community at large with more than 800 pieces of the latest exercise equipment
- conducting health and fitness assessments and using the results to shape personal programs of exercise and education that help members reach their health and fitness goals
- employing more than 50 staff in medicine, nursing, kinesiology, physiotherapy, nutrition, psychology, and laboratory services to support, guide, and inspire members and other community users
- keeping our fabulous facility in top-flight shape to make it a pleasure for members and the community to enjoy regular, healthy living
- offering heart healthy snacks and meals at the Heart Rock Café
- encouraging healthy living by providing financial assistance for some members and admitting free of charge support persons for those who need them

- forming partnerships with more than a dozen local organizations to offer specialized healthy living services we could not otherwise offer as effectively on our own
- presenting free community health education seminars, and reporting inspiring success stories through our newsletter and on our web site
- maintaining our partnership with St. Boniface Hospital to improve the quality of health care in the province
- supporting health and wellness research projects on-site
- maintaining the highest standards of service and programming through our affiliations with standards-setting health and fitness organizations, such as the Medical Fitness Association
- going green at the Centre and making our operations as efficient as possible
- acting on the findings of member surveys to do an even better job of helping members develop new behaviours
- ensuring a safe haven at the Centre by regularly training our staff to deliver timely and appropriate responses if incidents happen
- holding the Walk of Life & Health Fair, the Healthy Living Awards, and Zumba® dance parties to encourage members and the community to pursue healthy, active living.

As I look over these accomplishments, I gratefully acknowledge that they are the result of a team effort on the part of our two Boards, our staff and volunteers, our donors, and our members. Thank you for helping the Reh-Fit fulfill its mission and mandate to the community in so many ways.

Sue Boreskie
Chief Executive Officer



GETTING THE CARIBBEAN FEELING AT THE REH-FIT

Michael Malabre, 65, was diagnosed with pneumonia in June 2008.

Michael Malabre

"I was tired all the time," he said. "There were some mornings when I couldn't get out of bed, and others when I wasn't sure if I could drag myself to work."

Tests proved inconclusive, but a second CT scan showed a different problem: hardening of the carotid arteries, a strong indicator of the potential for clogged blood vessels. He had the beginnings of heart disease.

At his doctor's suggestion, Michael took the results of the scan to the Reh-Fit and showed them to one of the staffers in the Cardiac Rehabilitation Program. The staffer immediately consulted with Dr. Lerner, the Centre's Medical Advisor, who suggested that Michael join the program as a preventive measure.

"Reducing stress, getting enough exercise, and understanding your diet are the key elements of the program," he said.

"I wasn't under stress, because I have a great job, and I've always exercised. For me, the most valuable part had to do with diet.

"I learned some dirty words, like "salt," and some good words, like "fibre." I now eat breakfast, something I didn't do regularly, and I learned that moderation does not mean deprivation.

I still eat ice cream, but not as frequently. As for peanut butter, I settle for a tablespoon, not half a cup!"

By the end of the program his blood pressure was down and his cardiovascular fitness level was up.

"Best of all, I now have far more energy to fight the lung infection, and the doctors have localized the source of the problem."

He said the other men and women in his session were there for serious coronary problems that had landed them in Emergency, then Surgery. "It was a privilege to share their medical stories with them."

He attributes much of the success of the session to "our instructor, who made each of us feel that he was there for us, our best buddy in our journey back to heart health."

He continues to get his strength back. "This is going to turn out well," he said. "It has to, because my plans require it! I'm set to retire in early 2012.

"My wife and I visit the Centre regularly to exercise. We enjoy the staff, the members, and the venue, particularly in the depths of winter.

"Add a bit of imagination and you can find as much atmosphere in the field house, in the middle of February, as you might in the Caribbean, minus the white sands and coral reef.

"Who needs the white sands and coral reef when you're working out?"



NOMINATE SOMEONE FOR A HEALTHY LIVING AWARD!

Do you know a person or organization that dedicates time and energy towards helping others enjoy healthy, active living?

Recognize their contribution (or your own!) by nominating them for a Healthy Living Award in any of the following categories: individual, business or corporation, organization (not-for-profit with paid staff), or group (volunteers).

Contact the Reh-Fit Foundation at 488-9325, or visit www.reh-fit.com for nomination packages and tickets. The deadline for nominations is February 25, 2011. The Healthy Living Awards dinner will be held at the Winnipeg Convention Centre, April 14, 2011.

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 on or before November 8, 2010.

DIRECT MAIL

Laurie Allen
Jean C. Brewer
Betty Cinq-Mars
George & Laura Clark
Douglas Cobb
Denis Dupuis
Saul Feldman
Elsa Gaunt
Lorraine Gibbs
Elizabeth Giesbrecht
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Marianne Wawrykow & Chris Kowal
D. Witwicki
Amanda Younka
Alvin and Libby Zivot
Anonymous (19)

GENERAL GIFTS

Bupendra Bhatt
Sue & Mark Boreskie
Jerome & Janet Cranston
John & Lillian Ficek
Dave & Judy Holden
David A. Horne

SUGAR SUBSTITUTES—WHICH ONES ARE SAFE?

Sugar substitutes, which include artificial sweeteners and intense sweeteners obtained from natural sources, are strictly monitored and tested under Health Canada's Food and Drugs Act and Regulations.

APPROVED for Use in Canada:

Aspartame is a low-calorie artificial sweetener, common in soft drinks, desserts, breakfast cereals, and chewing gum. Aspartame is not stable under heat, and therefore should not be used for baking or cooking. Research by Canadian scientists has found no link between Aspartame and cancer, brain tumors, seizures, or allergic reactions; and that Aspartame will not affect blood sugar control in people with diabetes.

Sucralose is a zero-calorie artificial sweetener 600 times sweeter than table sugar. It is safe for use in baking or cooking. Splenda is an example of a sweetener containing sucralose.

Acesulfame-Potassium (Ace K) is a zero-calorie artificial sweetener 200 times sweeter than table sugar. Marketed under Sunett and Sweet One, it is safe for use in baking or

cooking and has a slightly bitter aftertaste.

Sugar Alcohols (Polyols) are sweetening agents manufactured from common sugars, which also occur naturally in small amounts in fruits and vegetables. Examples are sorbitol, isomalt, lactitol, maltitol, mannitol, and xylitol.

NOT APPROVED for Use in Canada:

Saccharin is a man-made sweetener, previously thought to be cancer-causing. Recent studies contradict this, indicating that it is not cancer-causing in humans. Health Canada is taking steps to make saccharin an approved sweetener in Canada.

Stevia is a natural sweetener extracted from stevia leaves. Stevia leaves (fresh, dried, or powdered) are approved for use in Canada, not as a sweetener but as a food item. However, foods containing stevia leaves have not been approved for sale in Canada.

Talk to one of the Reh-Fit Centre's dietitians if you have questions about sugar or sugar substitutes.

CHALLENGING YOUR MUSCLES

If you do the same routine over and over, your muscles will simply adapt. You will likely hit a plateau because each exercise will stimulate only a limited number of muscle fibres.

Challenge your muscles by adding or alternating moves periodically. You'll get more fibres involved, and develop more tone and strength.

For each muscle group, learn another two or three exercises, trying new angles and equipment. Ask staff for ideas. Expand your repertoire so you can change your routine every 6 to 8 weeks.

Here are some exercises that target the same general area but bring different elements into the picture. If you are not familiar with them, please ask staff for a demonstration!

Chest: Switching from the chest press machine to the dumbbell bench press improves shoulder stabilization and works your deltoid muscles harder.

Back: Switching from the seated row machine to standing bent over row with dumbbells works the core muscles.

Legs: A common problem with the leg press machine is that you do not use a proper range of motion. Switching to the one leg step-up onto bench solves the problem and improves balance.

DONOR CORNER

Cont'd

Ken Lee
Richard Prince
Karyn and Rob Sinopoli
Virginia Snyder

TRIBUTE GIFTS

In memory of Henry Schultz
• Steve Kiz

In memory of James A. Grant
• Agnes Comack

In honour of Ronald Pereira
• Susan Barsky

MEMBERSHIP REMINDERS

Yearly Consultations

Members are encouraged to meet once a year with one of our fitness staff to go over their fitness goals and get expert advice and guidance on their journey toward health and wellness. Book your appointment today at the Reception Desk for a personal consultation.

Group Fitness Classes

Group fitness classes are a great way to add variety to your exercise routine and meet other members. We offer 70 group fitness classes each week as part of membership. Classes vary in intensity, time of the day, and day of the week, with something for everyone. Check out our schedule online, or pick up a copy at the Reception Desk.



reh-fit
centre

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