

ASSESS YOUR HEALTH

A Unique Opportunity for Members

Our skilled team is here to help you achieve success! Whether you have been a member for a week, a month, or a year, we encourage you to take advantage of our free, annual health and fitness assessment. Much more than tests offered at other centres, our health and fitness assessment is unique in the city. This is your opportunity to work with our team of certified professionals to establish baseline measurements, develop realistic goals, and recommend an activity program designed to meet your needs, as well as screen for health risks.

Your assessment includes:

- health history questionnaire
- blood analysis
- body composition
- tests of cardio-respiratory fitness, muscular strength and endurance, flexibility, and functional movement.

"It was like something I'd expect to get at the Mayo Clinic – didn't realize it would be so comprehensive."

– *Jeanie Jordan*

Make the most of your membership and book your assessment today! It's a great way to inspire and motivate you to continue on your journey to wellness and healthy living.



*To book an assessment, stop by the Reception Desk or call **488-8023**.*

Refer a Friend, Get **ONE-MONTH** *free!*

Bring a friend to join the Centre in June or July and if they purchase a one-year membership you'll receive one-month free on your membership!

Working out with a friend is a great way to stay motivated!

- > There is no limit to the number of friends you can recruit!
- > Memberships must be purchased by July 31, 2011
- > Referrals extend to anyone who has never been a member, or has not been a member since January 2006.
- > Length of your membership will be extended one-month for each friend referred.

Make sure your friends mention your name when they register so you get the credit you deserve!



Member PROFILE

When Kelly Kluger decided to join the Reh-Fit Centre a year ago, she was out of shape and overweight. Says Kelly, "For all of the years I was a stay-at-home Mom, I never took care of myself. But now that my kids are older, I decided I was ready for some "me time" and I joined the Reh-Fit.

As part of her membership, Kelly took advantage of the free health assessment that included an analysis of her blood. The results surprised everyone. "The Reh-Fit Centre called and told me my hemoglobin was extremely low and that I should go to the hospital. A regular person's level is at 150 and mine was at 62 which is when they would normally do a transfusion. Everyone was surprised I was even walking around."

After a battery of tests and procedures, the hospital also discovered a lump on Kelly's salivary gland that was benign and ultimately removed. "I feel like my joining the Reh-Fit Centre happened for a reason. It makes me very grateful that I landed here."

Now, months later, she's feeling stronger and is on her way to achieving a new level of wellness.

"At first I came to the Reh-Fit Centre three times a week and then I started coming every day. It's kind of like my safe place to be and everyone is very accepting. Some days I'll join a group fitness class or do some weights. The staff also provided me with program suggestions that I use as a guideline," adds Kelly.



Her dedication to fitness has paid off in many ways. "I've lost 30 pounds and I've got way more energy – I feel better now than I've felt in 25 years. Before, my BMI was much higher than it should have been. Now it's within the normal range!" With her new-found energy, Kelly is working part-time and still dealing with the daily stresses of life – including kids, an aging parent with health issues, house, job, dog, and more. "I don't think we realize just how much stress we're dealing with. Getting more fit doesn't make the stresses go away, it just makes me better equipped to deal with it."

She says the hardest thing now is not preaching to people. "I want everyone to join my lifestyle and everyone in my life to be healthy. If I bring one person as a guest and they fall in love and they get addicted like I did, it's like paying it forward."

JUNE BBQ

Join us for the Reh-Fit Member
& Friends Barbecue lunch on:

Monday, June 27

11:00 – 1:30 pm

Rain or shine!

Tickets are \$10 and are available at Reception

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 March 31 and May 15.

GENERAL DONATIONS

Paul Albrechtsen
Foundation

Rudy & Phyllis Boivin

William Gray

Gordon & Lynda Greaves

Ken Lee

Richard Prince

Phil Shaff

In Memory of Lorraine Comack

Steve Kiz

In Memory of Maria Cardillo Stagno

Susan & Ron Barsky

In Honour of

Frank Trunzo

Nutrition tip SUMMER FOOD SAFETY

Why are we at a greater risk in the summer?

As the summer months approach, many of us are spending more time outdoors and are more likely to be cooking outside at picnics, barbecues, or on camping trips. The risk of food borne illness or food poisoning increases due to warmer temperatures and the lack of access to refrigeration and washing facilities.

What are the symptoms?

The most common symptoms include: stomach cramps, nausea, vomiting, diarrhea, headache, and fever. These symptoms can begin a few hours after eating contaminated food or can be delayed by several days, or even weeks depending on the type of bacteria, virus or parasite. Most people affected by food borne illnesses recover completely; some, however, suffer more serious health effects, including such conditions as brain infections and blood poisoning, which in rare cases could be fatal.

How can we reduce the risk?

Separate: Make sure to always separate your raw foods, such as meats and eggs from cooked foods, fruits, and vegetables to avoid cross-contamination. Keep raw meat, poultry, and seafood and their juices separate from one another and from other foods.

Clean: Wash your hands, preparing surfaces, utensils, and reusable shopping bags with warm, soapy water to eliminate bacteria and reduce your risk of food borne illness. Don't use tools or dishes that touched raw meat or cooked meat or other ready-to eat foods without thoroughly washing first.

Chill: Always refrigerate food and leftovers promptly at 4°C (40°F) or below. Keep foods as cold as possible for as long as possible. Put food out just before sitting down to eat (i.e. Potato salad, pasta salad, etc.)

Cook: Always cook food to safe internal temperatures. Use a thermometer.

Cooked foods are safe to eat when internal temperatures are:

- 71°C (160°F) for ground meat (beef, veal, lamb and pork)
- 74°C (165°F) for leftover food and boned and deboned poultry parts
- 85°C (185°F) for whole poultry.



CLOSURE FOR DEEP CLEANING

From **July 29** to **August 2** the building will be closed for our annual deep cleaning and maintenance. This is an opportunity for us to touch up paint, clean glasswork, service the elevators, clean high ductwork, and move all equipment in the field house to give the area a thorough cleaning.

HEALTHIER WEIGH *Award*

We are pleased to announce that our Healthier Weigh program is the Regional Winner of the Speaking of Food and Healthy Living Award presented by the Dietitians of Canada and Kraft Canada.

AGM

The Reh-Fit Centre Annual General Meeting will take place on **June 20 @ 7:00 pm**. All members are invited to attend.

SUMMER PROGRAMS

YOGA

Summer Yoga

Jul 5 – Aug 30 Tues 1:30 – 3:00 pm
Jul 7 – Aug 25 Thur 6:30 – 8:00 pm

Duration: 8 weeks (no class August 2)

Members: \$75 Non-members: \$100

Gentle Yoga/Chair Yoga

Jul 6 – Aug 24 Wed 9:45 – 10:45 am

Duration: 8 weeks

Members: \$55 Non-members: \$75

Yoga for Athletes

Jul 6 – Aug 24 Wed 6:00 – 7:15 pm
Jul 7 – Aug 25 Thur 8:15 – 9:30 pm

Duration: 8 weeks

Members: \$65 Non-members: \$85

Vibrant Flow Yoga

Jul 7 – Aug 25 Thurs 10:30 – 11:55 am

Duration: 8 weeks

Members: \$75 Non-members: \$100

Saturday Afternoon Yoga

Jul 9 – Aug 27 Sat 2:45 – 4:15 pm

Duration: 7 weeks (no class July 30)

Members: \$60 Non-members: \$80

PILATES

Pilates Basic Mat

July 6 – Aug 24 Wed 7:30 – 8:30 pm
July 8 – Sept 2 Fri 9:30 – 10:30 am

Duration: 8 weeks (no class July 29)

Members: \$65 Non-members: \$85

Pilates Continuing Mat

Jul 4 – Aug 29 Mon 5:15 – 6:15 pm
July 9 – Aug 27 Sat 11:30 am – 12:30 pm

Duration: 7 weeks (no class July 30 & August 1)

Members: \$56 Non-members: \$75

Pilates ½ Mat ½ Reformer

Jul 5 – Aug 30 Tues 5:30 – 6:30 pm
Jul 6 – Aug 24 Wed 10:45 – 11:45 am
Jul 7 – Aug 25 Thur 6:45 – 7:45 pm

Duration: 8 weeks (no class August 2)

Members: \$105 Non-members: \$135

Pilates Essential Reformer Beginner

Jul 4 – Aug 29 Mon 10:00 – 11:00 am
Jul 8 – Sept 2 Fri 10:45 – 11:45 am
July 9 – Aug 27 Sat 12:30 – 1:30 pm

Duration: 7 weeks (no class July 29 & 30, August 1)

Members: \$90 Non-members: \$120

Pilates Continuing Reformer Level 1

Jul 4 – Aug 29 Mon 11:00 am – Noon
Jul 5 – Aug 30 Tues 4:30 – 5:30 pm
Jul 6 – Aug 24 Wed 5:15 – 6:15 pm
Jul 7 – Aug 25 Thur 5:45 – 6:45 pm
Jul 9 – Aug 27 Sat 10:15 – 11:15 am

Duration: 8 weeks (no classes July 30, August 1 & 2)

Members: \$105 Non-members: \$135

Pilates Continuing Reformer Level 2

Jul 4 – Aug 29 Mon 6:30 – 7:30 pm
Jul 5 – Aug 30 Tues 6:30 – 7:30 pm
Jul 6 – Aug 24 Wed 6:30 – 7:30 pm
Jul 9 – Aug 27 Sat 9:00 – 10:00 am

Duration: 8 weeks (no classes July 30, August 1 & 2)

Members: \$105 Non-members: \$135

BOOT CAMPS

Pilates Boot Camp

Jul 10 – Aug 28 Sun 11:00 am – 12:30 pm

Duration: 7 weeks

Members: \$65 Non-members: \$80

Pilates Boot Camp

Jul 13 – Aug 31 Wed Noon – 12:45 pm

Duration: 8 weeks

Members: \$40 Non-members: \$55

Summer Boot Camp

June 8 – July 24 MWF 6:00 – 7:00 am

Members: \$95 Non-members: \$120

TRX

TRX Training

Jul 4 – Jul 25 Mon Noon – 12:45 pm
Jul 4 – Jul 25 Mon 7:00 – 7:45 pm
Aug 3 – 24 Wed 7:00 – 7:45 pm
Aug 8 – 29 Mon Noon – 12:45 pm
Aug 8 – 29 Mon 7:00 – 7:45 pm

Duration: 4 weeks

Members Only: \$36

PARTY IN BLACK & WHITE!

Kick your summer off in style! Burn off extra calories with Zumba Dance Fitness, refresh and relax with Vibrant Flow Yoga and wrap it up with munchies and a glass of wine. Please wear black and white exercise clothing. Everyone welcome!

June 24 Fri 6:30 – 8:30 pm

Members: \$15 Non-members: \$20