

## Would you ever sit in a dentist's chair and tell her to start filling your teeth **WITHOUT A CHECK-UP?**

Would you ever pull your car into the mechanic's garage and instruct him to replace parts without first assessing the problem? I'm guessing your answer is no. And I'm guessing you've never thought about your fitness in those terms either.

While starting and maintaining an exercise program leads to improved fitness and health, there is a way to maximize your results. Every year members are invited to participate in a personal health and fitness assessment, included with membership. Much more than just stepping on a scale and walking on the treadmill, our comprehensive assessment will give you a thorough understanding of your body and how best to achieve your goals based on your individual health and fitness.

You will work with our certified professionals to establish baseline measurements, develop realistic goals, and find an activity program designed to meet your needs.

### YOUR ASSESSMENT INCLUDES:

- > Blood analysis
- > Body composition
- > Test for:
  - Cardio-respiratory fitness
  - Muscular strength and endurance
  - Flexibility
  - Functional movement
- > Framingham 10 year risk assessment

The Reh-Fit Centre's health and fitness assessment is included with your membership. We want you to get the most out of the Reh-Fit and we believe that starts with a check-up! Stop at the Reception Desk today and make your appointment.



The Reh-Fit Centre

## HEALTHY LIVING AWARDS

## May 2, 2012

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

**NOMINATE SOMEONE AND/OR YOUR GROUP TODAY!**

Get a nomination form at [reh-fit.com](http://reh-fit.com) or call 488-9325



# Effective ways to **MELT AWAY** the *pounds!*

## WEIGHT MANAGEMENT

Establish and reinforce your weight goals for a lifetime! Programs offer you hands-on education, physical activity, wellness coaching, and nutritional consultation. Come experience the important elements of weight management and feel supported on your journey.

## WEEKLY WEIGH-IN

**INCLUDED  
W/ MEMBERSHIP**

Are you looking for ongoing support and accountability in your weight loss journey?

Bring your weight log and get a weekly tip from our professional staff:

Wednesdays 12:30 – 1:00 pm

Thursdays 6:30 – 7:00 pm

## NUTRITION EDUCATION SESSION

Are you looking for information to help keep you motivated as you make lifestyle changes? A series of rotating topics will be delivered by our professional staff including dietitians, fitness, and lifestyle coaches.

## UPCOMING SESSIONS:

- > **Portion Distortion** – Wednesday February 8 at 1:00 pm or Thursday, February 16 at 7:00 pm
- > **Plan, Shop, Cook** – Meal Planning and Grocery Shopping – Wednesday, March 7 at 1:00 pm or Thursday, March 15 at 7:00 pm
- > **Get the Facts on Salt, Cholesterol, and Fibre** – Wednesday, April 4 at 1:00 pm or Thursday, April 12 at 7:00 pm

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Friday, February 24, 2012

## SPORTS MEDICINE PHYSICIAN at the **REH-FIT**

DR. MAUREEN KENNEDY is a Sport Medicine physician from the Sport for Life Centre. She will have clinic days at The Reh-Fit Centre starting Tuesday from 1:00 to 5:00 pm. All are welcome.

To book an appointment call 925-5944.

# New to Group Fitness

MEMBERS ONLY

INCLUDED W/ MEMBERSHIP

**INDO-ROW** – A rowing class that's easy to learn, full of energy, and puts life into your fitness routine.

**WALK & TALK** – Join other members for an instructor-led warm-up, walk around the Reh-Fit indoor track, and a stretch. This is a great opportunity to meet other walkers!

**GROUP FITNESS 101** – This six-week program is designed to introduce Reh-Fit members to some of our most popular fitness classes such as: Total Body Conditioning/Interval, The Ride, Yoga, Pilates, TRX, and Gravity. Members will experience the fun and energy of working out in a group setting while learning the basics of these modalities. No prior group fitness experience is necessary. All classes will be taught at an introductory level.

**Wednesday February 8 – March 14 5:30 – 6:30 pm**

**Sunday March 4 – April 8 1:30 – 2:30 pm**

## Working on **THE JETS** CHANNEL

For those who would love to watch the Jets games while working out, stay tuned. We're waiting for Shaw to find a way to address their current technology restrictions.

## 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 November 16, 2011 and January 10, 2012.

### DIRECT MAIL

George Allan  
Brian and Susan Andree  
Terrance Barber  
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Harvey Zimberg  
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### GENERAL GIFTS

Kavita Bajaj  
Beryl Bingham  
Ray and Donna Cadieux  
Betty Cinq-Mars  
R.A. Sam and Marie Fabro  
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The Winnipeg Foundation  
Saul Feldman  
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Bruce Roe  
W.D. Valve Boxes Ltd.

Wawanesa Insurance  
Marianne Wawrykow  
and Chris Kowal  
Anonymous (5)

### TRIBUTE GIFTS

**In Memory of Marie Garneau**  
- Dennis and Elaine Schultz

**In Loving Memory  
of her Husband, Ted**  
- Janet Handel

**In Memory of Harry Held Sr.**  
- Dennis and Elaine Schultz

**In Memory of Franca Kiz**  
- Steve Kiz  
- Dennis and Elaine Schultz

**In Memory of Karen Sands**  
- Marsha and Jule Dashefshy

**In Memory of  
Eunice O'Donovan**  
- Steve Kiz

**In Memory of  
Roberta Howden's Sister**  
- Susan Barsky

*Reh-Fit*  
**LEGACY  
SOCIETY**

If you would like information about the Legacy Society, please call the Reh-Fit Foundation at **488-9325**.



# Join us for our Smart for your Heart!

## PROGRAMS

Programs included with membership unless otherwise noted.

### Invite your FRIENDS & FAMILY! THE SMART FOR YOUR HEART OPEN HOUSE

Friday Feb 10 8:00 am – 8:00 pm  
Saturday Feb 11 9:00 am – 6:00 pm

#### HOW YOUR MIND AFFECTS YOUR HEART AND WHAT YOU CAN DO ABOUT IT

Tuesday Feb 7 7:00 – 8:30 pm

#### UNDERSTANDING YOUR CARDIAC MEDICATIONS

Thursday Feb 9 3:00 – 4:00 pm  
Non-members: \$5

#### CARDIOVASCULAR PREVENTION: FROM THE DOCTOR'S OFFICE TO HOME.

Friday Feb 10 2:00 – 3:00 pm  
Members: \$5 Non-members: \$10

#### BLOOD PRESSURE AND BMI CLINIC

Friday Feb 10 8:00 am – 8:00 pm  
Saturday Feb 11 9:00 am – 6:00 pm

#### PERIPHERAL ARTERIAL DISEASE – KNOW YOUR RISKS

Tuesday Feb 14 9:30 – 10:30 am  
Non-members: \$5

#### THE HEART HEALTH BENEFITS OF LAUGHTER

Wednesday Feb 15 1:00 – 2:00 pm  
Non-members: \$5

Pre-register at the Reception Desk or call **488-8023**

#### KEEPING YOUR HEART HEALTHY: A NATURAL APPROACH TO PREVENTING CARDIOVASCULAR DISEASE

Thursday Feb 16 1:00 – 2:00 pm  
Members: \$5 Non-members: \$10

#### PERIPHERAL ARTERIAL DISEASE SCREENING CLINIC

Saturday Feb 18 8:30 am – 3:30 pm  
Members: \$10 Non-members: \$20

#### HEART FAILURE AWARENESS

Tuesday Feb 21 1:00 – 4:00 pm

#### MAKING AND SUSTAINING LIFESTYLE CHANGES

Wednesday Feb 22 1:00 – 2:00 pm  
Thursday Mar 1 7:00 – 8:00 pm  
Non-members: \$5

#### ASK THE PHARMACIST!

Thursday Feb 23 3:00 – 4:00 pm  
Non-members: \$5

#### HEALTHY EATING TO PREVENT CARDIOVASCULAR DISEASE

Monday Feb 27 3:00 – 4:00 pm  
Non-members: \$5

#### WHAT IS YOUR RISK OF DEVELOPING HEART DISEASE?

Tuesday Feb 28 3:00 – 4:00 pm  
Non-members: \$5

#### WOMEN AND HEART HEALTH: AN AMAZING RACE

Wednesday Feb 29 6:30 – 7:30 pm  
Members: \$5 Non-members: \$10