

FIT NOTES

THE OFFICIAL REH-FIT NEWSLETTER | AUGUST 2020



REH**FIT**
CENTRE

August Program Schedule

A new month means a new schedule with more of the classes you want (while still following safety protocols to keep everyone safe). Our August schedule now includes Step, Bars & Bells and Row/Ride/Weights. Thank you for your continued patience as we carefully add classes dispersed throughout our hours of operation.

For your August Program Schedule visit:
reh-fit.com/schedule or pick one up at our reception desk.

A Place Where You Can Feel Safe

Our elevated approach includes more than just disinfecting at the Centre. It includes exceeding government regulations and making sure you're taken care of. Every night our staff does a deep clean of the Centre. They use top-grade disinfectant but also our new Clorox® Total 360™ System. This electrostatic disinfectant is used for 2+ hours every night to get in and behind hard to reach surfaces to completely deep clean the fitness area to reduce the risk and help keep everyone safe.

For more information on our commitment to an even higher level of cleanliness visit reh-fit.com/re-opening

COMING SOON EXTENDED HOURS

Starting in September, we're happy to be extending our hours of operation to serve you better:

Monday - Friday: 6:00 am - 9:00 pm
Saturday & Sunday: 7:00 am - 5:00 pm

Extended hours of operation will come into effect September 8.



Message From the CEO

As you have been hearing in the news, it is not expected that the coronavirus will be gone soon. Even though the number of cases are lower in Winnipeg than other locations, they are beginning to climb as the Province reopens and many become less vigilant. We continue to find ways to operate while ensuring you are as safe as possible here. I wanted to take a moment to assure you, we are doing our very best to reduce the risk.

Managing Attendance and Capacity

As you know we are following 50% capacity regulations set by the government.

To help manage numbers, we are:

- Limiting access to members and Restore Your Health participants
- Encouraging members to stick to 90 minutes per visit
- Encouraging members to take only one group fitness class per visit
- Setting cardio machines for 30 minutes to encourage the user to move on

Going Forward

As attendance continues to grow, we continue to spread out programming so we do not have a capacity issue or crowding occurring in areas. We encourage you to come during off peak hours for everyone's safety.

As numbers increase we will consider adding classes during off peak hours, both free group fitness (live instruction and video) and fee programs.

We continue to encourage and exceed the six feet physical distancing protocols. It is our intention to go above and beyond key recommendations to ensure your safety.

Please visit our website for more information. If you have suggestions for us, please feel free to let us know.

Thank you and wishing you well,

Sue Boreskie

MEMBER REMINDERS

➔ Express Lockers

We encourage members who are here for a short appointment or visit to consider using our express lockers. They are located on the Main floor near the Reception desk and on the second floor near the Café. If using the locker room, we ask our members to keep their time to a minimum to avoid congestion.

➔ Wash Your Hands

Washing your hands is easy, and one of the most effective ways to prevent the spread of germs. Please remember to wash your hand for at least 20 seconds with soap and water often to help keep everyone safe.

➔ Virtual Services

Missing some of your favourite Reh-Fit classes? In addition to the Studio A class schedule, you may ask a staff member to put on your favourite virtual class when the studio is unoccupied. Some classes to try include; Bars & Bells, Step, Core Balance, Zumba, and Indo Row. Our Virtual library continues to grow with new content weekly!

➔ Be a Good Member

A friendly reminder, members are responsible for wiping down their equipment after use — including dumbbells, barbells and cardio equipment. With your help we can make Reh-Fit the safest it can be for everyone. Thank you.



"No More Day Ones."

A powerful promise to stop starting over.

'No more day ones' are the words that inspired Miriam, one of our Reh-Fit members, 230 days ago (and counting) to get her body moving every single day.

Miriam overheard David, a fellow Reh-Fit member, tell his story of 'no more day ones' at a Reh-Fit member appreciation event. The meaning behind those words? Every intentional behaviour starts with a day one. Perhaps it's becoming sober or quitting smoking, but in this case — and for Miriam — it meant getting her heart rate up daily.

"I was mesmerized by David's story. I felt his enthusiasm. Something clicked. I was excited to start." - Miriam

'After hearing those words, Miriam started moving her body the very next day. She vowed to herself to never miss a workout — and it's worked. (Although she would add her own "stubbornness" helped keep her going, too.)

There's a catch. If you fall off the wagon so to speak, you have to start at day one all over again. David would be the first to let you know he had four 'day ones' in his first month of trying. He is now on day 315 and counting.

"I was just shooting for 100 days — it took forever to get there. This builds mental toughness that makes everything else easier." - David

Welcome to the Team

Meet Kahlil, our new Physiotherapist



Kahlil Hammond, MPT, B.Kin, CSCS, brings several years of experience working as a strength and conditioning coach in the Sport Performance Centre with Sport Manitoba.

He has worked with athletes of all levels in a wide variety of sports. This background experience has fostered Kahlil's preference for an active-based rehabilitation approach to help clients return to or surpass their previous level of functioning.

Book your next appointment online at reh-fit.com/login

FRIENDS & FAMILY DAYS

Workouts are more fun with friends and family! On Thursday, August 27 from 2 pm to close and Saturday, August 29 from noon until close we invite members to bring their family and friends to the Centre to exercise together (for guests ages 15 and older, while still maintaining safety protocols). We ask that you register your guest at reh-fit.com/guest to help us keep track of attendance. One guest per member.

A friendly reminder, if your family or friend become a member through your referral you'll receive 500 Reh-Ward points!

Thank You & Congratulations



Our thanks to Jason and Sara, two occupational therapy students from The University of Manitoba who completed their final practicum with us at the Centre.

Over the past several weeks, Jason and Sara worked with our health and fitness staff and evaluated our Exercise is Medicine program. We're thrilled to have the opportunity to host student placements, collaborate with post-secondary institutions, and benefit from the expertise in our community to serve our clients better.

Thank you, Sara and Jason!
Congratulations on the successful completion of your programs.