

# FIT NOTES

THE OFFICIAL REH-FIT NEWSLETTER | MARCH 2021

## Welcome Back

Thank you for your help in a safe and successful return to the Centre. Here are a couple of reminders to help us keep the Centre running safely and smoothly.



**Indoor Shoes Only** are permitted in the fitness area.



**Masks Required** throughout the Centre.



**Locker Rooms** reopen Friday, March 5 with reduced capacity. Sauna and steam room remain closed.



**Track Spacing**  
Please do not walk on closed lanes and continue to keep your distance.



**Lounge Area**  
Please refrain from gathering.

We appreciate your understanding and your support in creating an environment that is both clean and safe for everyone.

*we've missed you!*



## March is **Nutrition Month**

As we continue to steer through the pandemic, here are some simple measures to stay safe, look after our health, and consume a balanced nutritious diet.

Tips for wellness and nutrition:

- Reduce visits to the supermarket, try shopping biweekly instead of weekly or ordering online.
- Set a routine to fit your schedule, eat meals at regular times to avoid cravings, and provide sustained energy. This will also help to improve focus and concentration.
- Plan ahead: make a grocery list, think about meals, snacks, beverages, taste preferences, and time available for food preparation.
- Stock a variety of nutritious foods: include products from the different food groups such as whole grains, fruits, vegetables, and proteins. Incorporate a range of fresh, frozen, canned, and dry produce. Consider buying staple food items in bulk including fresh goods that can be frozen for later use.
- Flavorings make use of fresh and dried herbs, lemons, limes, garlic, ginger, and a variety of spices for natural, low calorie, low salt options to enhance flavor, and gain added benefits of vitamins and minerals.

For further information and guidance book an appointment with our Registered Dietitian visit [reh-fit.com](http://reh-fit.com).

Written by : Amna Sapru; Reviewed by Elahe Askari, RD

Visit [reh-fit.com/safety](http://reh-fit.com/safety) for updates.

# Important COVID-19 Updates

The provincial government is moving forward with the reopening of select activities and services. Important changes for the Reh-Fit include the return of group classes and programming and reopening of locker rooms.

## Capacity:

We continue to operate at 25% capacity.

## Masks:

Members must continue to wear a non-medical face mask while working out and in all other areas of the facility.

## Locker Rooms:

Locker rooms and showers will reopen Friday March 5, following physical distancing guidelines. Please keep in mind only a select number of lockers will available for use.

## Group Classes and Programs:

Group fitness classes will resume at a reduced schedule beginning Monday, March 8. The schedule will be available in the coming days. Registration for group fitness classes is not required at this time, but may be introduced if required.

## Registered Programs:

Select programs (Reformer Pilates, Team Power, Yoga) will resume in person beginning the week of Monday, March 15. The schedule will be available in the coming days with registration opening Monday, March 8.



# WELCOME

# RYAN CIWKO

## Our New Athletic Therapist



Whether you're looking to improve performance, decrease pain, or simply improve your quality of life, athletic therapy is for everyone. Meet Ryan, our new athletic therapist!

Ryan graduated from the University of Winnipeg with a Bachelor of Science Degree in Athletic Therapy. He has over 3 years of experience working in a clinic and with various sports teams (hockey, football, soccer, and volleyball). He specializes in musculoskeletal injuries and can help you to return to your daily activities and sports.

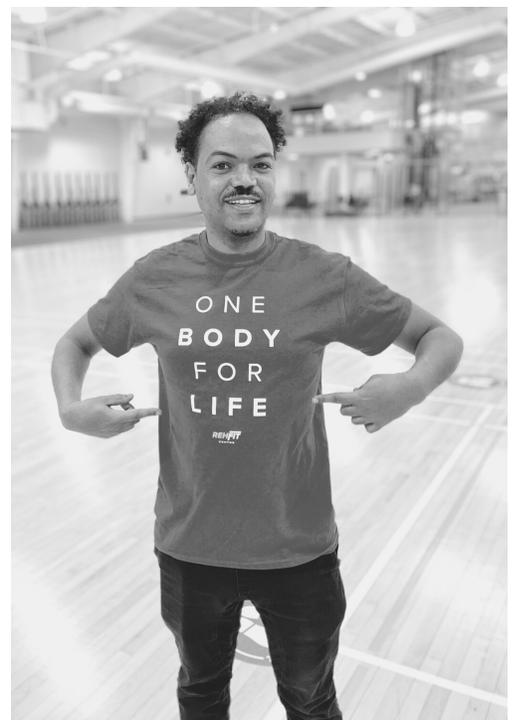
Ryan is available Tuesdays 9am-12pm and Wednesdays 11am-7pm. Visit [reh-fit.com](http://reh-fit.com) to book your appointment today!



## New One Body for Life Collection!

**The best part about our new One Body For Life collection? You can now shop the collection in person! We can't wait to see you.**

Susan is wearing a black One Body For Life crewneck and Tesfaye is wearing the red One Body for Life tee. Available in sizes S - XXL. Get 'em before they're gone — while supplies last. Visit our Reception Desk to purchase yours.



**Fit Talks bring together experts from the fields of health and fitness to educate, inspire, and support your overall well-being. All Fit Talks listed below are virtual, free, and open to the public.**



**COVID-19 Vaccines -  
Your Questions Answered**

Cheryl Shaver BScPharm,  
CTE

**Wednesday, March 10**  
7 – 7:45 pm

A year into the COVID-19 pandemic, we finally have some hope: vaccine options. How do they work? What is the difference between each product? Why should I consider getting the vaccine? This session will review some basic information around the COVID vaccine options (currently approved for use and those that may become available soon), as well as address common questions and concerns.

*Cheryl Shaver, BScPharm, CTE is a Winnipeg-based pharmacist with the River Heights-Fort Garry MyHealth Team, with previous experience in Pediatric ICU and Adult Renal Health and Dialysis.*



**Get Busy Living  
or Get Busy Dying**

Jeff Leiter, PhD

**Tuesday, March 16**  
7 – 7:45 pm

In this crazy busy world, does it often feel like you do not have enough time to exercise? “It can wait until tomorrow or I just do not have the time”. Well, if you want to optimize your performance at work and at home, you do not have the time not to exercise. This presentation will cover all the non-physical benefits of exercise such as increasing productivity, reducing depression, treating anxiety, and enhancing neuroplasticity.

*Jeff Leiter, PhD is the former Albrechtsen Research Chair of the Pan Am Clinic Foundation and is currently the Director of Sport Science and Performance at RINK Training Centre. Jeff has always had a passion for sport and exercise, and the positive effects of exercise on physical, mental, and emotional health.*



**Don't Forget  
Your Balance**

Sandra Webber, PhD

**Tuesday, March 23**  
7 – 7:45 pm

Aerobic exercise and strength training are important, but so is working on your balance. Dr. Webber will review the body systems involved in balance and discuss strategies to ensure that your exercise program includes “the right stuff” to maintain and improve balance.

*Sandra Webber, PhD is a physiotherapist and an Associate Professor at the University of Manitoba in the College of Rehabilitation Sciences. Her research focuses on maintaining mobility in older adults.*

# New Workout Resources

We have been hard at work finding new resources to help ease you back into the gym and set you up for success!

## Workout of the Week

Not sure how to restart? Our new Workout of the Week is a great way to get back into an individual routine. The Workout of the Week is posted in the Centre near the Functional Training Zone.

## "How-to" QR Codes

We have added new how-to videos to our resistance training equipment with QR Codes. To help you get familiar with the equipment, simply use your camera phone to scan the QR code and watch a quick instructional video so you can get started with confidence. Feel free to ask a staff member for additional support, we are happy to help!

## Freemotion Genesis Dual Cable Cross Functional Trainer

This exciting new piece of equipment enhances strength by allowing you to perform movements that mimic activities in everyday life. Give it a try! Every muscle and plane of motion can be worked and challenged on this unique machine. The open design makes it wheelchair accessible and welcoming for all fitness levels.

*This purchase was made possible thanks to the support of our donors and community funding received through the Province of Manitoba's Building Sustainable Communities Program. Thank you!*



# THANKS TO YOU

As a not-for-profit organization, we rely on donors like you who make our work possible. Thank you to those who made a gift to the Reh-Fit Foundation between January 1 and February 28, 2021.

## Individuals

Anonymous (1)  
Paul Peters Derry  
Henry Fast  
Irene Hamilton and  
Tim Killeen  
Janet Handel  
Roderick McLean

## Companies

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## Tribute Gifts

*In Memory of...*

*Maria Anania*

Susan and Ron Barsky

For more information about how to donate, please visit our website at:

**[Reh-fit.com/donate](https://reh-fit.com/donate)**

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