

# FIT NOTES

THE OFFICIAL REH-FIT NEWSLETTER | MAY 2021

## FACILITY UPDATE

In accordance with the latest provincial health orders, indoor exercise at the Centre is not permitted.

The good news? As with the last temporary closure, we are ready to continue providing support via Reh-Fit Anywhere.

- The Centre will remain open for on-site services such as athletic therapy, massage therapy, and foot care.
- Fitness classes will continue online.
- Registered programs will continue online and outdoors.
- One-on-one coaching will continue online and over the phone.
- Personal training will continue online, over the phone or outdoors.
- & more!

Thank you for your continued support. We are still in this together – we look forward to moving with you anywhere you are.



## Exercise is Medicine Month

Exercise is Medicine is a global health initiative and Reh-Fit program that encourages health care providers to prescribe exercise in the prevention and treatment of many medical conditions. We've been committed to this belief since the very beginning.

Now, new research suggests regular exercise may help protect you against the severe effects of COVID-19. Simply put, we know exercise is medicine and there is increasing evidence to support this.

Exercise isn't just good for immune health. Regular physical activity is associated with improved sleep, lower symptoms of stress, mental health, and overall improved quality of life. In fact, many experts believe sedentary behaviour is a critical factor for many illnesses.

Short breaks in sedentary behaviour can have a greater impact than you might think. Even 'exercise snacks', bursts of activity 10 minutes or less, go a long way in getting to the recommended 150 minutes of physical activity per week.

If you need extra one-on-one support to get to that 150 minutes, you might benefit from the guidance of a Reh-Fit personal trainer. Visit [reh-fit.com/personal-training](https://reh-fit.com/personal-training) to get started today.

For more information visit [reh-fit.com](https://reh-fit.com)

# Welcome to the Team!

## Meet Kaitlin, our new Fitness Professional

If Kaitlin looks familiar, it's because she is! This month we welcome Kaitlin to the team, who previously completed her student placement at Reh-Fit. We're thrilled to have her back.



Kaitlin has her Bachelor of Kinesiology from the University of Manitoba and is currently working on her Master's. She is a Certified Personal Trainer (CSEP-CPT) and is completing her training as a Clinical Exercise Physiologist (CSEP-CEP).

Be sure to watch for Kaitlin online and give her a warm welcome when we're back on site!

## Meet Svetlana, our new Foot Care Nurse



Svetlana has been a foot care Provider in the community for over eight years. She is a Registered Cardiovascular Nurse with a specialty in wound skin management. With her combination of experience in homecare and expertise, she'll certainly help you put your best foot forward.

To experience the benefits of Foot Care visit your member profile at [reh-fit.com](http://reh-fit.com) and book your appointment today.

## Repairing Equipment

The Reh-Fit Centre offers a wide variety of high-quality equipment to its members. In time, the constant wear and tear causes these machines to break down. We want you to know we do regular preventative maintenance.

When you find a piece of equipment that is not functioning properly, we kindly ask you to let one of our fitness staff know right away. They are the first to trouble shoot and try to fix the problem. If they are not able to solve it, it then gets reported and our weekly repair person comes in to have a look at it. We house basic back-up parts for our exercise equipment but sometimes parts need to be ordered and this can cause extended delays.

We hope this provides some insight into our equipment management. Please continue to share with our fitness staff when something is not working so we can have it repaired as soon as possible. Thank you!

## Meet Caitlin, our new Personal Trainer



Caitlin has been a Personal Trainer and Athletic Therapist for two years. She has her Bachelor of Kinesiology, specializing in Athletic Therapy from the University of Manitoba. She enjoys working with all age groups with a main focus on the fundamentals of proper form to ensure workouts are completed safely and effectively.

She looks forward to working with the Reh-Fit community. To book your next session with Caitlin visit [reh-fit.com/training](http://reh-fit.com/training) and get started today.



brought to you by



A Virtual Seminar Series

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 general public.**



### **Heart Attack!**

Dr. John Ducas

**Tuesday, May 18**

7 – 7:45 pm

What exactly is a heart attack? Are women different than men? What are the treatments and how effective are they? How do I know I am having a heart attack? What do I do if I think I am having a heart attack? Dr. Ducas will answer these questions and more during this presentation.



### **How Stress Affects Your Health and What You Can Do About It.**

Dr. George Kaoukis

**Thursday, May 20**

7 – 7:45 pm

This presentation discusses the triggers and warning signs of stress and its impact on your health and functioning. It will also briefly touch on how COVID-19 has magnified the problem. Several evidence-based techniques to help you manage stress or life challenges more effectively will be provided.



### **Nutrition and Cardiovascular Health: What is a Heart Healthy Diet Anyway?**

Dr. Justin Cloutier

**Wednesday, May 26th**

7 – 7:45 pm

In this talk, we will explore the scientific evidence for what is, and what isn't likely heart-healthy. We will review some of the more popular "diet trends" and how they may affect heart health. Finally, based on the above, we will try to construct an approach to healthier nutrition to boost and preserve cardiovascular health.



## **Commit to moving your body with us for 150 minutes**

To celebrate Medical Fitness Week, Reh-Fit is participating in the MOVE150 challenge! MOVE150 focuses on getting our community moving, regardless of their abilities. The Canadian Physical Activity Guidelines recommend 150 minutes of activity per week. Take the pledge to move at least 150 minutes from May 10 - 16 and enter to win an Anywhere Fit Kit!

To make the commitment and enter, head to our social media pages (Facebook, Instagram, and Twitter) to find out how you can participate virtually!

**Tune in to our Fit Talks by visiting [reh-fit.com/events](https://reh-fit.com/events)**



# May is Legacy Month

The Reh-Fit Legacy Society, established in 2009, recognizes and honors those individuals whose estate gifts will provide support for the Reh-Fit's mission and vision. Estate gifts are received after a donor's lifetime while membership in the Legacy Society ensures that gifts will be appropriately recognized while donors are living. The Legacy Society gives committed individuals an opportunity to demonstrate their support of the Centre through planned giving.

Planned gifts are a powerful way of giving. Regardless of their means, almost anyone can plan a legacy gift that will support an organization they care about, such as the Reh-Fit. No planned gift is too small. A gift can take several forms, such as:

- Bequest
- Publicly Traded Securities
- Enduring Funds
- Life Insurance

We invite you to join the Reh-Fit Legacy Society. For more information on the Legacy Society and to make a gift, please visit [reh-fit.com/donate](http://reh-fit.com/donate).

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## “Plain and simple. This place saved my life.”

**- MICHELLE BERGEN**

In August 2019, Reh-Fit member Michelle Bergen was diagnosed with type 2 diabetes. As a leading business woman, mother, wife and caregiver, Michelle knew she needed a change, a big one, especially if she wanted to keep showing up for others.

“It hit me like a ton of bricks. It was the wakeup call that I needed”

By moving more and making healthy food choices, Michelle lost 50 pounds in six months. The best part? She reversed her diabetes diagnosis - although she still monitors her sugars to make sure she's on track. For Michelle, this milestone was only the beginning. Her world had just started to change and she wanted to inspire others to do the same.

To read Michelle's full story visit [reh-fit.com/blog](http://reh-fit.com/blog).



## Reh-Fit LEGACY SOCIETY

### Thank you to our current Legacy Society members:

Margaret Barbour  
Susan Boulter  
Barry and Lynda Brown  
Tom Dooley  
Dennis Dueck  
Irene Hamilton  
David Holt  
Deepak Joshi  
Ken Magarrell  
Harold Neufeld  
David Newman  
Diane Pollard  
Gail Singer  
Joanna Knowlton  
and Jim Tokarchuk  
Dan Torbiak  
Neil Trenholm  
Eleanor Wiebe

## National Nursing Week May 10-16, 2021

The Reh-Fit Centre would like to take an opportunity to thank our nurses for their continued support.

The theme for this year's National Nursing Week is #WeAnswerTheCall, developed by the Canadian Nurses Association to showcase the many roles that nurses play in a patient's health care journey.

We appreciate everything our nurses do for our Reh-Fit community. Thank you!

**To make a gift visit [reh-fit.com/donate](http://reh-fit.com/donate).**