



www.reh-fit.com



CENTRE HOURS

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

Hours are subject to change.
For holiday hours, please visit reh-fit.com.

HOW TO REGISTER

- Register online at reh-fit.com with your credit card on file (Visa or MasterCard)
- Log into your member account by navigating to the 'Login' button on the home page at reh-fit.com

PLEASE NOTE

- Members must have a valid membership throughout the course of the program or at the time of service.
- Participants may join a program late as long as there is space remaining. When registering late, a pro-rated fee may be charged.
- The refund policy can be found on our website under the program section or you can speak to one of our staff at the Reception Desk.
- All prices are subject to GST.

Your health and safety is our priority

THE REH-FIT CENTRE'S CONTINUED RESPONSE TO COVID-19

Reh-Fit was established as a safe and welcoming environment. We are committed to offering the safest and smoothest process for navigating physical distancing and increased cleaning and disinfecting schedules.

Please refer to our website for an overview of our comprehensive approach.

reh-fit.com/re-opening



RECEPTION DESK

204-488-8023

REH-FIT FOUNDATION

204-488-9325

Exercise

is the best medicine.

As Canada's first certified medical fitness facility with over 40 years of experience, we believe exercise is medicine.

Besides building strength, we work to build a sense of community and a culture where active lifestyles are the norm.

Right away, you'll notice a difference from other fitness centres and, before long, a difference in yourself. Let us help you make a lasting positive changes in your life.

TABLE OF CONTENTS

2	General Information
4	Membership
8	Getting Started
10	Group Fitness Classes
12	Yoga and Mindfulness
13	Pilates
16	Recreation
18	Team Training Performance Programs
19	Ancillary Services
21	Nutrition
22	Health Assessments
23	Corporate and Executive Health
24	Restore Your Health Programs
26	Education
27	Reh-Fit Foundation





I have to say that the Reh-Fit is my happy place. It feels like a place to come and see friends.

— GLENDA

Discover

what sets us apart.

You're looking for more than a swipe card and a locker. We get it — that's why we have crafted a membership that delivers on our promise of care, community, and cleanliness.



OUR PROMISE: **CLEANLINESS**

We've always been dedicated to the cleanliness of our facilities and the health and safety of our community. Now, we're taking this commitment to an even higher level with the *Reh-Fit Standard of Elevated Cleanliness and Disinfecting*.

EXCEEDING GOVERNMENT REGULATIONS

As a certified medical fitness facility, our standards have been designed to meet and exceed government regulations in our sector, including screening, waiting room management strategies, and physical distancing measures.

ALL-DAY CLEANING

In addition to dedicated cleaning staff, all staff are responsible for continuous cleaning and disinfecting of touch points during operating hours.

SPACE AND CIRCULATION

Over 81,000 square feet with excellent indoor air quality and circulation.

HEIGHTENED DISINFECTING

Heightened deep-cleaning procedures with top-grade disinfectant and introduction of the Clorox® Total 360™ System, an electrostatic disinfectant used after cleaning.

ENHANCED HAND SANITIZATION

Hand sanitizer is available throughout the facility.

OUR SHARED RESPONSIBILITY

We need your help to keep everyone safe. From proper handwashing to wiping down all equipment after use, we all have a role to play.



OUR PROMISE: **CARE**

We care about you and your health. That's why your Reh-Fit membership includes elements you simply won't see at other centres — including care from our team of degreed health and fitness professionals.

ONE-ON-ONE COACHING

Your journey begins with your one-on-one coaching session. The focus is to discuss what you're hoping to get out of your membership and, from there, how to get started. Follow up coaching sessions are a great opportunity to check in, stay motivated, and keep your fitness routine fresh. A yearly coaching session is included with your membership.

HEALTH & FITNESS ASSESSMENTS

Your first assessment is designed to give a baseline of your current health and fitness level. This will give you insight into your own health — and provide our staff information they need to help make recommendations just for you. In addition, we can send your results directly to your family physician if you wish. A yearly health and fitness assessment to check in on your progress is included with your membership.



OUR PROMISE: **COMMUNITY**

Reh-Fit is known for its welcoming atmosphere and supportive environment. Being connected in the community is more important now than ever.

FOR EVERY BODY

The Reh-Fit is a place where you can feel comfortable and at home. Our members love that the Centre is a place for community, not competition.

A PLACE TO RELAX

Designated social spaces like the Heart Rock Café, members' lounge, steam room, and sauna room offer a place to relax and unwind pre- or post-workout.

NUTRITION COUNSELLING

Good nutrition has a huge impact on health and wellness. That's why we've built in nutrition counselling as a key benefit to Reh-Fit membership. A yearly consultation session with a registered dietitian is included with your membership.

PHYSIOTHERAPY & REHABILITATION

You can think of Reh-Fit as a one-stop shop for your health and wellness. Members enjoy exclusive access to our team of rehabilitation professionals including massage therapists, athletic therapists, physiotherapists, and a foot care nurse.

MEDICAL OVERSIGHT

You're safe here. Our staff are some of the most highly-trained in the industry, meaning you can feel confident in their advice and direction. In addition, Reh-Fit programs and policies are overseen by a medical doctor — not something you will find at most fitness facilities.

ONGOING LEARNING & SUPPORT

Ongoing support is key to long-term success. You'll benefit from guidance on exercise equipment and any programs that interest you. As you're ready to learn more and do more, we can help you expand your knowledge and comfort level.

EDUCATION & EVENTS

Education sessions, challenges, and community gatherings are at the heart of what our members love about the Reh-Fit. Whether you find community in the classroom or meeting others at a special event, you'll find a sense of community and connection.

MEMBER EXCLUSIVES

Enjoy exclusive access to our rehabilitation practitioners, special member pricing, priority registration dates, and access to over 4,500 fitness centres worldwide through the IHRSA Passport Program and Medical Fitness Association.

THE ESSENTIALS

Your membership is made complete with a full list of member benefits you would expect from a premier fitness centre, like free parking, Wi-Fi, and more.

| [Head to reh-fit.com/join](https://reh-fit.com/join) to learn more.

Your well-being is an investment, not an expense.

We're here to help you choose a membership that works for you at a price that works for you.

MEMBERSHIP CATEGORIES



INDIVIDUAL

Our flagship membership that our community knows and loves. For any and all individuals 18 years of age or older.

INVESTMENT
\$68.53/MONTH



STUDENT

For full-time students 15 years or older, with proof of student status.

INVESTMENT
\$37.68/MONTH



HOUSEHOLD ADD-ON

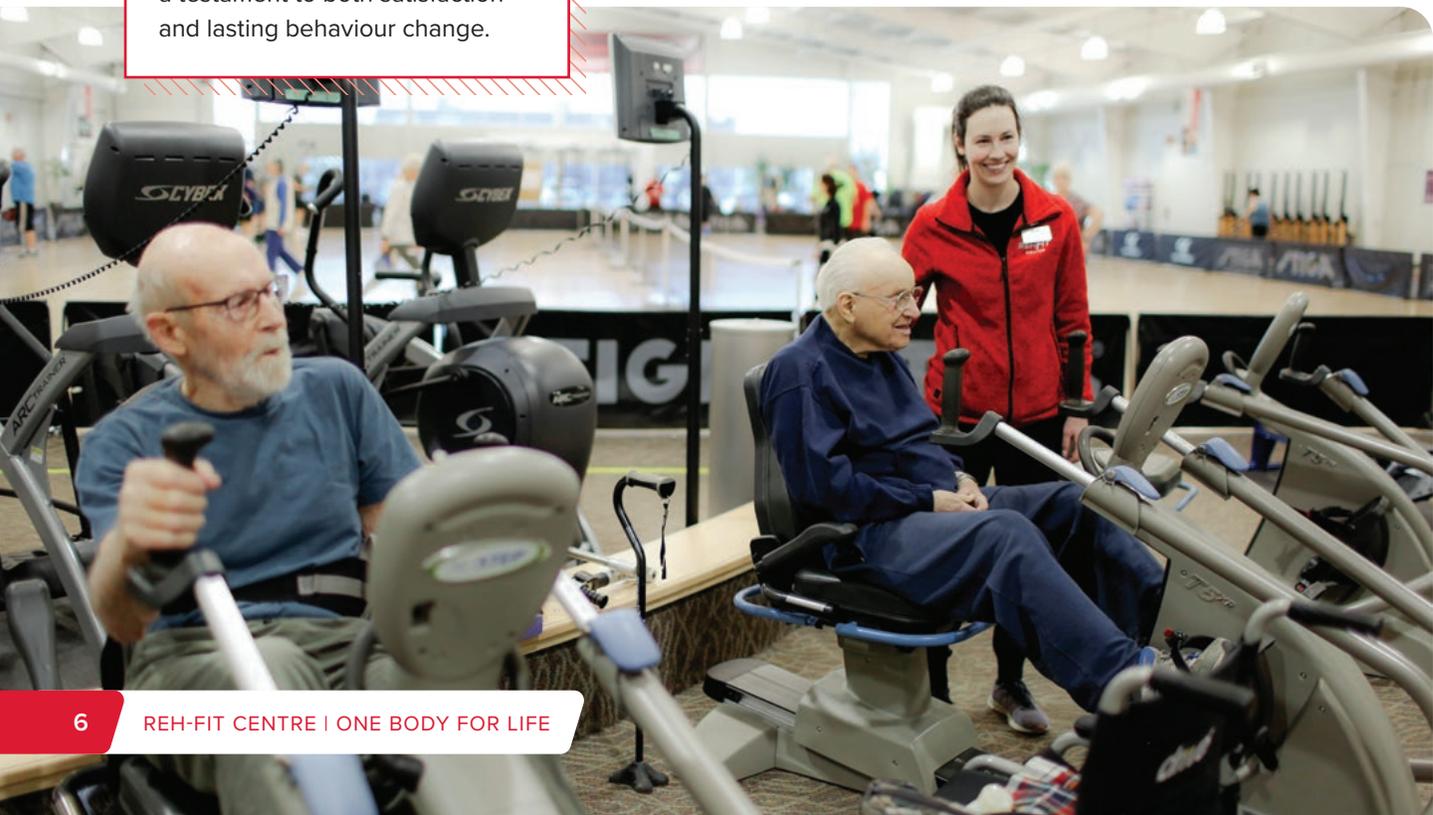
For children of Individual members and residing in the same household. Conditions apply.

INVESTMENT
\$23.88/MONTH

DID YOU KNOW?

Reh-Fit members stay longer than the average fitness centre, a testament to both satisfaction and lasting behaviour change.

Memberships are for a 12-month period from the enrollment date. Our enrollment fee of \$100 is a non-refundable one-time fee, payable upon registration by all new members and all former members whose membership has lapsed.





I can definitely exercise better. I'm sleeping better, eating properly — it's a total lifestyle change. Even if you don't have any kind of medical challenges, start coming to Reh-Fit before you have that.

— LAURY



Reap the rewards of a healthy lifestyle.

REH-WARDS

Earn points for doing what you love. Redeem points for perks you'll love. It's that easy.

Join the Reh-Wards program online and start earning points right away — you'll earn points simply for signing up.



| Head to reh-fit.com/rewards to get started



Starting a new fitness routine can be overwhelming. We get it. We're here to help you map out your first few months to get you started with ease.

We're here to help.

GETTING STARTED

We're not like other gyms that want you to sign up and never return. It's our mission to do everything we can so you get the most out of your membership.

Ask a staff member for a tour of the facility, guidance for how to use equipment, or for technique on your exercises.



1

ONE-ON-ONE COACHING APPOINTMENT

The very first thing we recommend you do is book your one-on-one coaching appointment. In this 30-minute session, one of our trained staff will work with you to set realistic goals and come up with strategies to make you feel comfortable and confident.

In addition, your coach will:

- Talk with you about what you hope to get out of your membership
- Help you decide how often to visit
- Make recommendations for programs, exercises, or equipment to try.
- Help you register for programs and book appointments, like your first Health and Fitness Assessment

Take it slow. Sustainability is the key to success. There's no need to do it alone. We're here to help.

2

HEALTH AND FITNESS ASSESSMENT

Your first assessment is designed to give a baseline of your current health and fitness level. This will give you insight into your own health — and provide our staff information they need to help make recommendations just for you. In addition, we can send your results directly to your family physician if you wish.

3

NUTRITION COUNSELLING

Proper nutrition has a huge impact on health and wellness. That's why we've built in nutrition counselling as a key benefit to Reh-Fit memberships.



Annual assessments are not just for new members. Now is a great time to book your annual appointments to get started — or restarted — today.



+ There's strength in numbers.

Studies show that exercise in a group setting leads to improved motivation, attendance, and better mood. Simply put, group fitness classes are a fun way to move and can have a big impact on our well-being, too.

Our signature approach to group exercise gives you the tools you need in a welcoming setting. We believe there is a class for everyone. For beginners to seasoned athletes alike, our group fitness classes provide a wide variety in class type, style, and intensity. If you're worried about joining a class that is too difficult or challenging, don't be. We empower each person to modify and adjust as needed—and will show you how to do so. We're here to help.

Many group fitness classes are included with Reh-Fit membership.

LEVEL 1 ● ○ ○

Dedicated to new exercisers and those who prefer a slower paced class with basic exercises.

CORE BALANCE

A class that will challenge and enhance your abdominal strength and postural awareness to help with balance.

GENTLE FIT

This adapted class is perfect for all who prefer to do stretching and strengthening exercises from a chair.

SIMPLY STRETCH

A class designed to help release your muscles leaving your body feeling refreshed and rejuvenated.

STRETCH & STRENGTH (S&S)

A complete body workout focused on strengthening and lengthening the major muscles of the body.

LEVEL 2 ●●○

Classes with modifications and intensity options to match your fitness level.

20/20

A great combination of cardio fitness and strength training for a well-rounded workout.

CARDIO-FIT

A focus on your cardiovascular system while moving at a slower pace to great music.

CSY (CARDIO/ STRENGTH/YOGA)

Cardio drills, strength training, and yoga make this the perfect workout.

CORE BOOT CAMP

A fun and challenging cardio, strength, and core workout.

ROW

Cardio training on the rower with the sound and feel of being on the water.

RIDE

Indoor cycling — or spinning — on a stationary exercise bike for a cardiovascular workout.

ROW CORE

25 minutes of cardio drills focusing on the fundamentals of a row class, complemented by 15 minutes of core training and a stretch.

STEP

A fun throwback to this classic cardio workout.

TOTAL BODY CONDITIONING (TBC)

Total body muscular conditioning workout that promotes muscle endurance, core stability and strength, balance, and flexibility.

ZUMBA

Dance-inspired movements and awesome music to enhance your cardiovascular system.

LEVEL 3 ●●●

Classes designed for participants who are ready to take their fitness to the next level.

BARS AND BELLS

A 45-minute strength training workout.

HIIT

High intensity intervals of cardio, strength, power, and agility.

KICK

An intense blend of martial arts for improving your cardiovascular system, strength, balance, and dynamic flexibility.

REH-FIT AT HOME



Reh-Fit at Home started as a way to bring you your favourite Reh-Fit classes right into your living room during the Centre closure. Reh-Fit at Home has amassed over 100,000 views since it launched earlier this spring, and attracted views from people in the UK, Brazil, and Egypt.

All Reh-Fit at Home videos are still available, exclusive to Reh-Fit Members.

We are stronger together, even when we're apart. Stay tuned for what's to come.



Strengthening mind, body, and spirit.

Our signature approach to yoga and mindfulness gives you the rewards of a mind-body practice in a welcoming atmosphere.

YOGA AND MINDFULNESS

Some are surprised to learn there are specialized yoga and mindfulness programs at the Reh-Fit Centre. Our signature classes include those designed for those facing limitations or health conditions. Wherever you are at, there is a class for you. We empower each person to modify postures and develop body awareness for lasting results.

GENTLE YOGA

A focus on body awareness, proper posture, correct breathing, improving balance, flexibility and range of motion.

SOFT FLOW

A sweet and simple flow. Explore breath and movement at a slower pace with an emphasis on long stretching and whole body opening.

CLASSIC YOGA

A balanced yoga class with an emphasis on detail, precision, and proper alignment. There is an emphasis on standing poses and the development of strength, mobility, and stability. Props will be utilized – be sure to bring your own.

MINDFULNESS MEDITATION

A guided meditation practice to reduce stress and calm the mind.

TAI CHI

Calm the mind and body with the art of Tai Chi. This class is a mix of low to moderate intensity exercise with relaxation and focused intention at the root of all activities.



Take your strength, balance, and flexibility to new heights.

Discover the magic of this world-famous approach to exercise.

Pilates is a low-impact workout that emphasizes core strength, flexibility, and alignment.

REFORMER PILATES 1

Appropriate for any fitness level, Reformer Pilates 1 is the natural option if you are just starting out. Reformer Pilates 1 is also appropriate if you have taken the following sessions with us over the past year: Reformer 1, 1/2 Mat 1/2 Reformer, Reformer with Release, and Pilates Hip and Knee.

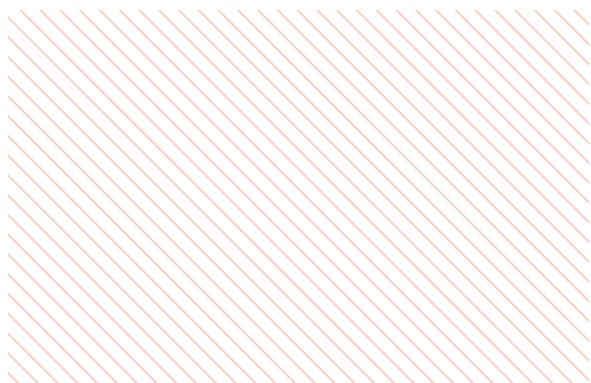
INVESTMENT

\$105 FOR 7-WEEK SESSION



NEW REFORMERS

We're thrilled to introduce you to our brand new V2 Max™ Reformers. The new reformers open up a whole new level of ease and enjoyment to improve member experience in all classes.



We specialize in smaller sessions to prioritize personalized instruction.

Reformer Pilates: Pilates Reformers look similar to a single bed frame but with a sliding carriage and adjustable springs to regulate tension and resistance. The cables, bars, straps, and pulleys allow exercises to be done from a variety of positions and focusing on specific muscle groups.

REFORMER PILATES 2

Reformer Pilates 2 will be appropriate for you if you have taken the following sessions with us over the past year: Reformer 2, Reformer 3, Pilates for Men, Reformer - Core, Barre - Reformer, and Gravity Pilates.

INVESTMENT

\$105 FOR 7-WEEK SESSION

PRIVATE PILATES TRAINING

If you're looking for specific modification on postural correction, Private Pilates is the perfect way to learn the principles of Pilates. Our Pilates instructors can create a plan that goes from gentle and supportive for beginners, to intense and rigorous for people wanting a challenging workout.

INVESTMENT

5 SESSIONS

\$325
(\$65 PER SESSION)

10 SESSIONS

\$600
(\$60 PER SESSION)

PROFESSIONAL STAFF

Together, we are committed to delivering on our promise of care, community, and cleanliness.

ATHLETIC THERAPIST

NURSES

Our nurses play an integral role in the cardiac rehabilitation program.

REGISTERED MASSAGE THERAPISTS

HEALTH & FITNESS PROFESSIONALS

60%

OF OUR HEALTH AND FITNESS STAFF ARE CLINICAL EXERCISE PHYSIOLOGISTS (CEPS)



In addition, Reh-Fit staff have experience working with clients that may be recovering from or managing chronic health conditions.

Extensive training is required to become a CSEP Clinical Exercise Physiologist™ (CSEP-CEP)

1 BACHELOR'S DEGREE

2 CERTIFICATION EXAMS

350

HOURS OF PRACTICAL EXPERIENCE

56+

UNIVERSITY DEGREES & CERTIFICATIONS

REGISTERED DIETITIANS

FOOT CARE NURSE

PHYSIOTHERAPISTS

CSEP-CERTIFIED PERSONAL TRAINERS (CPTs)

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY (CSEP)

The recognized authority in exercise science and prescription, integrating research into best practice.

CSEP-CPTs and CEPs use an evidence-informed approach acquired through post-secondary education.

Another key difference between a medical fitness centre like Reh-Fit and other fitness facilities is our team is made up of professionals with the highest credentials.

Our staff are some of the most highly-trained in the industry, meaning you can feel confident in their advice and direction. In addition, Reh-Fit programs and policies are overseen by a medical doctor — not something you will find at most fitness facilities.

OUR TEAM

15

PHYSICIANS OVERSEEING OUR PROGRAMS AND PROCEDURES

MEDICAL ADVISORY COMMITTEE

The Reh-Fit Centre has medical oversight by a Medical Advisory Board, consisting of 14 physicians from a range of specialties.

MEDICAL ADVISOR

Dr. Thang Nguyen oversees the Cardiac Rehabilitation program and emergency policies and procedures at the Centre

MEDICAL OVERSIGHT

1st

CERTIFIED MEDICAL FITNESS CENTRE IN CANADA

Reh-Fit was recognized as Canada's first certified medical fitness facility by the Medical Fitness Association. The designation assures members and the community at large that the Reh-Fit meets the highest global standards for programs, staff, safety, and community service.



WHAT IS MEDICAL FITNESS?

A medical fitness centre has either a medical director or a physician advisory board that provides oversight and management. In our case, we have both.

Supporting you and your well-being.

RESEARCH

We believe research is fundamental to building community health. Research at the Reh-Fit also informs evidence-based results of our exercise programs.

UNIVERSITY OF MANITOBA

UNIVERSITY OF WINNIPEG

OTHER RESEARCH ASSOCIATIONS AND HOSPITALS

OUR COMMUNITY

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and wellbeing of its members and the community. As charitable organization, support from our community makes it all possible.

COMMUNITY EDUCATION

At Reh-Fit we want to help you exercise not only your body but also your mind. We offer a large variety of educational sessions in health, fitness and nutrition. We offer great sessions delivered by reputable presenters to address today's newsworthy topics.

16+

EDUCATIONAL PROGRAMS ARE FREE FOR MEMBERS

COMMUNITY PARTNERS

As a medically-integrated fitness facility, we collaborate with our partners to serve you better.

24+

PARTNERS

- ACCESS Centres
- Alzheimer Society of Manitoba
- CancerCare Manitoba
- Cerebra Health
- Exercise is Medicine™
- International Health, Racquet & Sportsclub Association
- Manitoba Renal Program
- Medical Fitness Association
- My Health Team
- Shared Health Manitoba
- Cardiac Sciences Program at St. Boniface Hospital
- Winnipeg Regional Health Authority

REH-FIT CENTRE & FOUNDATION

REH-FIT CENTRE BOARD OF DIRECTORS

REH-FIT FOUNDATION BOARD OF DIRECTORS

65+

COMMUNITY SPONSORS

126+

ANNUAL DONORS

9

LEGACY DONORS

Legacy Society members are donors who have made a commitment to the Reh-Fit's future as part of their own legacy, by including the Reh-Fit in their estate plans.

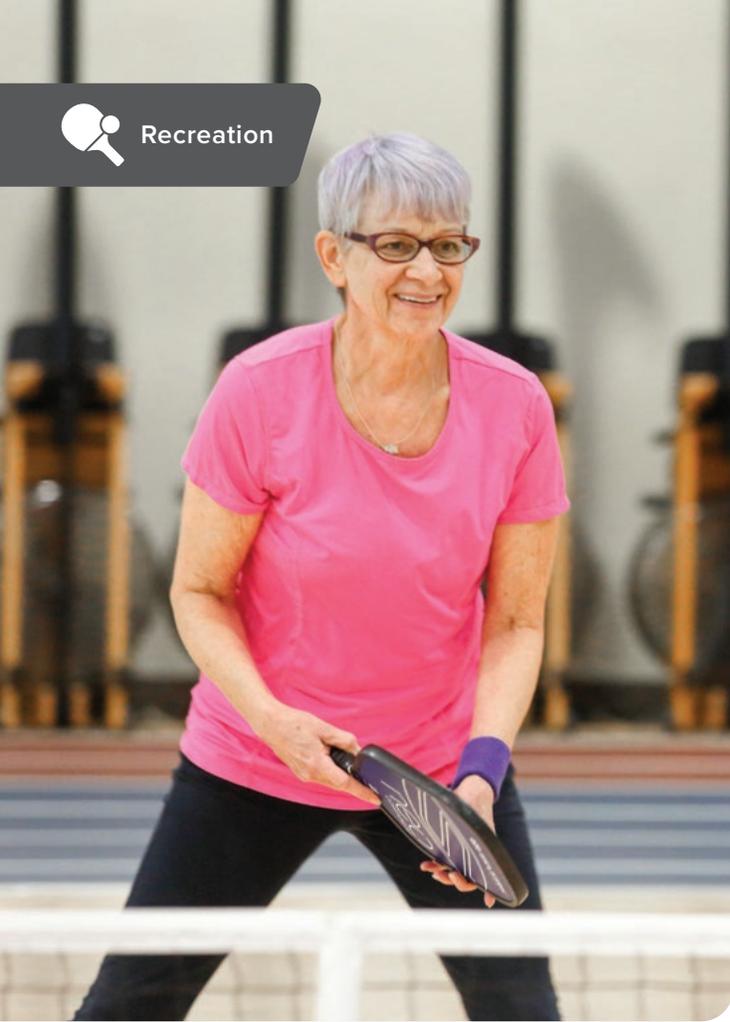
77+

VOLUNTEERS



A CHARITY YOU CAN TRUST

The Reh-Fit Centre and Foundation have achieved Imagine Canada Standards for strong certifying demonstrated excellence in five key areas: financial accountability and transparency, fundraising, staff management, board governance, and volunteer involvement.



Having fun can be the key to lasting lifestyle changes.

One of the best ways to get active and stay active is to have fun while you're doing it. Discover a new skill, sport, and meet others while staying active.

BADMINTON

Racquets and birdies are available or bring your own. Bring a partner and have a great game. Courts open when the floor is available.

PICKLEBALL

A popular racquet sport that combines the speed of tennis with the skills of badminton. Courts open when the floor is available.

SHUFFLEBOARD

Floor shuffleboard is a game in which players use a pole — called a cue — to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. Courts open when the floor is available.

WALKING CLUB

Walk with other members on our cushioned indoor track. Getting support from others, by walking together, can help you stick with your health and fitness goals and meet others in the community.

HEART THROBS RUNNING CLUB

Enjoy the camaraderie of fellow runners and benefit from weekly workouts, cross-country training opportunities, and professional coaching and support.

If you want results, you call in the experts.

Having a trainer on your side can make all the difference.

Our trainers are here to provide the encouragement, knowledge, and motivation you need to start or maintain your routine.



*Virtual Personal Training Now Available

Personal training can help you reach your goals by making your workouts more productive, motivational, safe, and time efficient.

For Everyone: One of the most common misconceptions about personal training is it is just for advanced exercisers or elite athletes. It's quite the opposite. In fact:

- Many of our members are simply looking for an **accountability partner**, or want to ensure they are keeping proper form.
- Others require a **personalized approach** due to chronic conditions.
- Still, if you are looking to **challenge yourself**, we can find the right personal trainer for you.

INVESTMENT

5 SESSIONS

\$325
(\$65 PER SESSION)

10 SESSIONS

\$600
(\$60 PER SESSION)





Teamwork makes all the difference.

Team Training is a group training program that focuses on a teamwork approach to reaching a higher level of fitness. By connecting you with others who share similar goals, you will experience support, belonging, and challenge in a dynamic, motivating environment — and have a great time while doing it.

Over the years we have developed and refined our approach to group training. The result is Team Training, which is presented in four unique classes following the same format:

1 TEAM MOVE

Get moving, motivated, and push yourself to reach new goals through guided moderate-intensity functional fitness workouts.

3 TEAM CORE

Strengthen your core, build muscle, and add some variety to your fitness routine through core-focused functional fitness workouts.

2 TEAM RESET

Focus on corrective exercise, undo bad habits, activate and lengthen the correct muscles, and learn to move properly. Must be able to get down to, and up from the floor.

4 TEAM POWER

Get faster, stronger, and achieve a higher level of fitness through guided high-intensity functional fitness workouts.

INVESTMENT

\$105 FOR 7-WEEK SESSION



Unlock your hidden potential.

Reh-Fit Performance Programs provide a systematic approach to maximizing your health and fitness.

PHASE 1

You will be introduced to the Performance Program fitness and nutrition regimen.

INVESTMENT

\$200 FOR 10 WEEKS

PHASE 3

The final phase of the program focuses on sustaining your new habits and relies heavily on self-motivation and commitment.

INVESTMENT

\$125 FOR 10 WEEKS

PHASE 2

Build on the self-knowledge you gained in the first phase of the program and continue to take your fitness to new levels.

INVESTMENT

\$200 FOR 10 WEEKS



Supporting your whole-body wellness

You can think of Reh-Fit as a one-stop shop for your health and wellness. Members enjoy exclusive access to our team of rehabilitation professionals including massage therapists, athletic therapists, and physiotherapists.

MASSAGE THERAPY

Exercise is better with massage. Many of our members have discovered the difference regular massage therapy has made for their overall health and wellness. Plus, Reh-Fit members love taking advantage of flexibility and convenience of booking appointments at a place they already frequent regularly. It's our goal to make regular massage therapy as convenient and accessible as possible. You can book your appointment online through your Reh-Fit member account, or in person at the Reception Desk.

TREATMENT-BASED MASSAGE

Treatment-based massage finds and treats conditions to bring about the process of healing. A treatment-based massage requires an assessment to determine the correct course of treatment.

THERAPEUTIC RELAXATION MASSAGE

Relaxation massage promotes a feeling of vitality and well-being while helping to reduce everyday stress.

Our massage therapy clinic is nestled in a quiet corner on the second floor, adjacent to our Mind/Body Studio.

INVESTMENT

60-MINUTE MASSAGE

\$82

90-MINUTE MASSAGE

\$112

Massage therapy may be claimed through third party insurance.

PHYSIOTHERAPY

Discover the art and science of physiotherapy. Our physiotherapists are here to help you manage and recover from injury, surgery, or chronic pain — and support your overall health and wellness.

PRIVATE PHYSIOTHERAPY

Our highly skilled and registered staff provide one-on-one care for rehabilitation and injury management through assessment, diagnosis, and treatment of musculoskeletal concerns. They also provide hands-on exercise-based treatment incorporating our state-of-the-art equipment to enhance your rehab program.

INVESTMENT

INITIAL ASSESSMENT	FOLLOW-UP TREATMENT
\$94	\$75

Physiotherapy may be claimed through third party insurance.

ATHLETIC THERAPY

Discover the benefits of an athletic approach to recovery. Whether you're looking to improve performance, decrease pain, or simply improve your quality of life, athletic therapy is for everyone.

Athletic therapy specializes in the prevention, assessment, and treatment of all types of musculoskeletal issues. If you've injured a muscle, bone, or joint — or want to take the proactive approach of injury prevention — athletic therapy may be a great option for you.

INVESTMENT

INITIAL ASSESSMENT	FOLLOW-UP TREATMENT
\$94	\$75

Athletic therapy may be claimed through third party insurance.

HYDROMASSAGE

After your workout, relax and recover with a full-body massage in a HydroMassage lounger.

INVESTMENT

\$9.99/MONTH
12-MONTH COMMITMENT

\$14.99/MONTH

FOOT CARE

Helping you put your best foot forward.

With a specialization in foot care, our foot care nurse can help you or a loved one experience the benefits of happy, healthy feet.

INVESTMENT

FOOT CARE ASSESSMENT

\$70 INITIAL
\$65 FOLLOW-UP

Foot care services may be claimed through third party insurance.

You can book your appointment online through your Reh-Fit member account.



Let food be thy medicine.

Proper nutrition is essential to achieving and maintaining a healthy lifestyle. That's why we have been sure to integrate nutrition education and counselling into Reh-Fit membership.

A nutrition plan developed by a registered dietitian can help you increase energy levels, manage chronic disease, improve athletic performance, and achieve your fitness goals. Our registered dietitians provide one-on-one counselling tailored to your needs.

NUTRITION CONSULTATION

This half-hour session is a great way to meet our registered dietitians to discuss your personal goals and how you might benefit from nutrition counselling.

A yearly consultation session with a registered dietitian is included with Reh-Fit membership.

NUTRITION COUNSELLING

These half-hour or one-hour sessions with one of our registered dietitians is where you will discuss your personal goals, review your food habits and lifestyle, and devise personalized strategies for healthier eating.

MEAL PLANNING

Our meal planning service will provide you with access to weekly meal plans, including recipes and grocery lists for three months.

INVESTMENT

NUTRITION COUNSELLING

\$70

FOLLOW-UP COUNSELLING

\$45 PER SESSION

MEAL PLANNING SERVICE

\$200

DID YOU KNOW?

Nutrition counselling, including meal planning, from a registered dietitian may be covered under third-party insurance.



*Virtual Nutrition
Counselling
Now Available





A proactive approach to your well-being

Discover why our comprehensive health and fitness assessments can be key in prevention, recovery, and overall better health.

We offer a variety of assessments for those seeking to improve their health. Considered as a baseline of your current state of health, assessments provide you an improved awareness and understanding of the many factors that have an impact on your health — and how to manage them.



HEALTH & FITNESS ASSESSMENT

The health and fitness assessment provides you with a comprehensive look at your overall health status. The results of your assessment serve as the basis for developing your fitness program. Track your progress and document your achievements through an annual assessment.

INVESTMENT

~~\$200~~ *Included annually with Reh-Fit membership*

INBODY ANALYSIS

Understanding your muscle and body fat analysis and measurements will get your fitness program off to a good start. With the InBody assessment, you will receive a thorough report and explanation of your results, including lean body mass, body fat mass, body weight, blood pressure, and basal metabolic rate. The InBody machine will suggest how much muscle and fat you should gain or lose to achieve your ideal body composition.

INVESTMENT

INBODY WITH INITIAL CONSULTATION	INBODY ONLY (FOLLOW-UP)
\$40	\$15.50



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

— JEANIE



DID YOU KNOW?

We can send your assessment results directly to your family physician if you wish.

FUNCTIONAL MOVEMENT SCREENING (FMS)

The FMS is a graded system that documents movement patterns that are key to normal function. The FMS identifies functional limitations and asymmetries by taking you through a series of movements. Based on your results, you will be provided with specific corrective exercises to restore your body's natural balance.

INVESTMENT

\$90

SLEEP ASSESSMENT

Understand your sleep like never before. Identify issues and gain unique insights into your sleep health with in-depth results in days. Delivered through our partnership with Cerebra Health, this comprehensive at-home sleep study provides the answers you need to get a better night's sleep.

INVESTMENT

\$299

POSTURAL ANALYSIS

Posture is the foundation to all movements. An ideal neutral posture is perfectly aligned and balanced. Age, poor posture, stress, and bad habits can cause you to lose this ideal alignment which may cause headaches, joint pain, muscle pain, and unnecessary stress. This one hour postural analysis includes a patient history, assessment, education, and corrective exercises.

INVESTMENT

\$90

Investing in the health of your team can make all the difference.

Empower your team to be proactive about their health with annual preventative health assessments, corporate memberships, and more.

Research shows that organizations who invest in the health of their employees see benefits such as reduced health care-related costs, increased productivity and morale, decreased absenteeism and turnover, and improved employee satisfaction.

REH-FIT EXECUTIVE HEALTH PROGRAM

The Reh-Fit Executive Health Program was designed with your goals in mind. Our program makes the most of your time through a customized full or half-day of assessments and services tailored to your needs.

PREVENTATIVE HEALTH ASSESSMENTS

These preventive services assessments — such as our popular Health and Fitness Assessment — are available on an à la carte basis to serve you or your employees.

CUSTOM PROGRAMS

We love creating custom programs to support health in wellness in organizations. This could be a fitness class at your workplace or a custom program to support your employees at home.

MEETINGS & RETREATS

Reh-Fit is an ideal space for holding team meetings, strategic planning sessions, and retreats.



Helping you restore your health

From disease prevention to management programs, we're here to support your health with a variety of programs to help you self-manage your condition.

ACTIVE FOR LIFE

This guided exercise program is targeted toward those individuals who require a little extra supervision to exercise safely and effectively. Exercise will be prescribed based on current activity level, exercise experience, and previous assessment scores.

INVESTMENT

\$115 FOR 8 WEEKS

EXERCISE IS MEDICINE™

Health care providers can refer patients to this one-time, eight-week program designed to help participants get started with exercise.

INVESTMENT

\$100 (FOR MEMBERS) FOR 8 WEEKS

PATHWAY TO FITNESS: EXERCISE FOR STROKE OR OTHER NEUROLOGICAL CONDITIONS

The goal of this program is to improve quality of life through an exercise program designed to work with the challenges of neurological conditions.

INVESTMENT

\$140 (FOR MEMBERS) FOR 8 WEEKS

POST-OP HIP AND KNEE REHABILITATION PROGRAM

A program combining physiotherapy and exercise to improve recovery after hip or knee replacement surgery.

INVESTMENT

INITIAL ASSESSMENT

\$75

INDIVIDUAL FOLLOW-UP TREATMENT

\$72

STRONGER HIP AND KNEE PROGRAM

Designed for individuals who are looking to manage their hip or knee pain, are pre or post hip or knee replacement, or looking for lower extremity strengthening.

INVESTMENT

\$150 (FOR MEMBERS) FOR 6 WEEKS



I had a heart attack, so they referred me to the cardiac program. And I've been here ever since.

— DONNA



COMMUNITY PARTNER PROGRAMS

CARDIAC REHABILITATION

An education and exercise program designed to support people with a diagnosed heart disease, who have had heart surgery, or have had a heart attack.

This program is offered in partnership with the Winnipeg Regional Health Authority.

INVESTMENT

\$265 FOR 16 WEEKS

▶ CARDIAC REHAB: HEALTHY PARTNERS

Designed for those supporting a cardiac rehabilitation participant to learn more about the rehabilitation process and exercise to build a healthier lifestyle together.

INVESTMENT

\$265 FOR 16 WEEKS

MINDS IN MOTION®

This program combines physical activity, socialization, and mental stimulation for people living with early to mid-stage Alzheimer's disease, or other dementias, to enjoy with a family member or community care partner. This program is offered in partnership with the Alzheimer Society of Manitoba.

INVESTMENT

\$65 PER PAIR FOR 8 WEEKS

MOVING FORWARD AFTER CANCER

Participants will learn ways to address common post-treatment stressors and health concerns, as well as how to foster an exercise lifestyle to transition back to life beyond cancer. This program is offered in partnership with CancerCare Manitoba.

INVESTMENT

COMPLIMENTARY FOR 10 WEEKS

FIT 4 U

This eight-week series is designed to build confidence and skills for activities participants can do at home for chronic disease management. This program is offered in partnership with My Health Team and University of Manitoba Kinesiology Department with the support of the WRHA.

INVESTMENT

COMPLIMENTARY FOR 10 WEEKS

WELL 4 U

This 6-week health and wellness program combines learning and physical activity for the chance to focus on health behaviour changes for overall improved health and well-being. Learn strategies for success such as journaling, relaxation techniques, goal setting and skills for stress management, smoking and alcohol reduction, all while we move. This program is offered in partnership with My Health Team and University of Manitoba Kinesiology Department with the support of the WRHA.

INVESTMENT

COMPLIMENTARY FOR 10 WEEKS

KIDNEY FIT

Designed for those "new to exercise", this physical activity and lifestyle awareness program offers exercise and education for people with all stages of chronic kidney disease. This program is offered in partnership with the Manitoba Renal Program.

INVESTMENT

COMPLIMENTARY FOR 12 WEEKS



All Restore Your Health programs are now available virtually

| [Learn more at reh-fit.com/health](https://reh-fit.com/health)

Please note some programs available by referral only.



Education is key to lasting change.

That's why education is at the heart of our mission. Discover why our community events are a great way to get connected, learn from experts in our community, and empower yourself to learn more about your own health and wellness.

How an odd thought became common wisdom.

It was over four decades ago that the Reh-Fit Centre first opened its doors when a few bold doctors wondered if exercise might be good for their patients. It turns out those forward-thinking doctors were right.

Go to reh-fit.com/story to learn more about our history.

SIGNATURE EVENTS



ACTIVE AGING WEEK

A celebration of life long health and wellness, and how to get there.

COMMUNITY HEALTH FAIR

Our Community Health Fair, open to everyone, is a great opportunity to learn about health resources in the community and meet with representatives from various community health organizations.

COMMUNITY OPEN HOUSE

One or two times per year, the Reh-Fit offers free admission to the Centre to encourage members of the community to come and experience everything the exercise has to offer. People can try classes, take a tour, or workout with their friends.

EXERCISE IS MEDICINE™ MONTH

Promoting the finding that physical activity, in the right doses, is unparalleled in its ability to prevent and treat chronic disease, the Reh-Fit offers special programming and public presentations throughout the month.

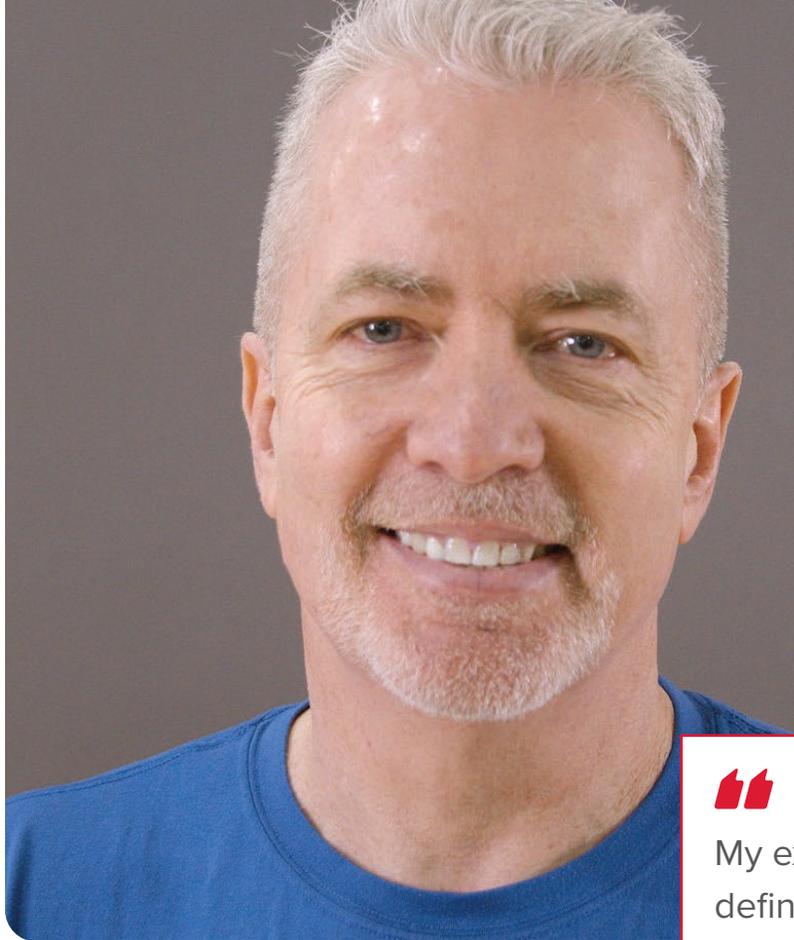
LIVE HEALTHY SPEAKER SERIES

Two or three times during the year, the Reh-Fit hosts a high profile speaker from the health and wellness industry, who provide information about a range of chronic disease prevention and management topics. These presentations are free and open to the public.

SMART FOR YOUR HEART MONTH

Throughout the month of February we offer several smart heart programs, screening clinics, and educational workshops to help improve your heart health.

Go to reh-fit.com/events for the latest education sessions



REH-FIT
FOUNDATION

Inspiring stories made possible by you.

There are countless stories of health and changed lives at Reh-Fit. As a not-for-profit organization, we rely on donors like you who make it all possible.

Mark started coming to the Reh-Fit shortly after his Chronic obstructive pulmonary disease (COPD) diagnosis. With regular exercise, he lost 42 pounds, improved his lung function, and discovered the benefits of exercising in community. His story reminds us of the transformative effect exercise has on our health — and happiness.



My experience at Reh-Fit has definitely been life changing. I look forward to coming here. I'm so much happier, less stressed. If I had known how beneficial Reh-Fit could be, I would have joined years and years ago.

— MARK

**A gift to the Reh-Fit
Foundation is an investment
in our community's health.**

Make a gift today.
reh-fit.com/donate



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@rehfitcentre

Connect with us on Facebook, Twitter, and Instagram for the latest news and happenings.

VISION

To be the leader in building community health.

MISSION

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

