

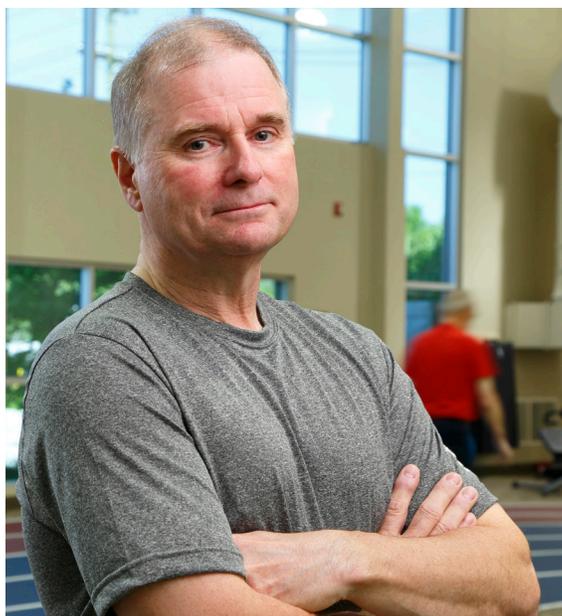
FIT NOTES

What's Happening at Reh-Fit?

Holiday Hours

Thanksgiving – Monday, October 14

Open 8:00 am to 4:00 pm



Changing Lives By Supporting the Reh-Fit

The Reh-Fit has been providing innovative fitness, well-being, and education services to our community for 40 years. Over the decades, we have helped thousands of our friends and neighbours learn about the lasting physical, mental, and emotional benefits of exercise, prevent or manage chronic health issues, and find a new lease on life.

Darrell Trask is one neighbour who has benefitted from the services at the Reh-Fit. His journey at the Centre began in 2016, after retiring from a stressful 24-hours-a-day career. Darrell had been diagnosed with type 2 diabetes years prior and was having trouble managing his condition. In the seven years since his diagnosis, the longest he had been able to keep his blood sugar numbers in the normal range was four days. He knew that exercise needed to play a bigger role in his life and that Reh-Fit was the best place to help him do that.

With Reh-Fit's guided fitness and nutrition program, and the support and encouragement of our staff and fellow Reh-Fit members, Darrell was able to keep his blood sugars in check for 45 days in a row and drop one of his medications. Over the last three years at the Centre, he has lowered his blood glucose by 33% and it's been sustained.

Darrell knows his journey could have been very different if he hadn't joined the Reh-Fit. "I wouldn't have been able to do it on my own," says Darrell. Now, at 57 years old, he says he's never felt better. "I'm doing exercises now that make me say 'whee' again."

The Reh-Fit is Canada's first certified medical fitness facility, and we are making a profound difference in the lives of so many Manitobans just like Darrell, but we need your help.

Membership dues and user fees do not cover all of the Centre's costs. Giving a gift today will help ensure Reh-Fit can build healthier individuals and stronger communities for generations to come.

Join us in our commitment to building community health. You can donate online under the 'Foundation' section of our website, pick up a gift form from the Reception Desk, or contact the Foundation Office at 204-488-9325 or by email at foundation@reh-fit.com. We thank you for helping the Centre build a healthier Manitoba.

Remember, we all have One Body For Life.



We are making changes to Reh-Wards by Perikville. To keep up with trends, we plan to update our Reh-Wards program more frequently. Our goal is to keep it exciting by offering a variety of earning activities, perks, and bonuses.

Usage Bonus

Come by the Centre to exercise weekdays from 6:00 to 10:00 pm and earn two points every check in from now until December 31!



Giving Thanks for You

October means chilly weather and Thanksgiving, which for most of us includes turkey and quality time spent with family.

Thanksgiving is the perfect time to express our deepest gratitude to all who have chosen Reh-Fit to help them reach their health and fitness goals and to those who generously give their time, talent, and resources to the Centre. We know there are a lot of options when it comes to health and fitness, and we are grateful that you have chosen us. We value your membership and look forward to continue helping you reach your health and wellness goals. Thank you!

Reh-Fit Training

Whether you are looking to lose weight, gain strength, manage a chronic condition, improve your sports performance, or simply live a healthier life, our accredited personal trainers will lead you to success. Trainers can help you reach your goals by making your workouts more productive, motivational, safe, and time-efficient.

Personal Training

Get some help setting up your fitness plan. Your personal trainer can help you find credible information and provide direction on your fitness journey. Having a trainer by your side can provide the encouragement, energy, and motivation you need to jumpstart your routine. Personal trainers help with accountability and, in addition, could be a good way for people who have been sedentary for years to regain confidence. A trainer can also help you set goals, create a plan to accomplish them, and celebrate the day you reach them.

Partner Training

According to studies, 94% of people who exercise with a partner/friend stick to their fitness routines when they do it together. Instead of going to the gym alone, plan training time that fits your partner's or friend's schedule. It's a great way to spend quality time and share health goals with your partner or friend. Physical exercise on a regular basis helps reduce stress, anxiety, and depression. When you exercise together, you'll both walk away feeling awesome.

Small Group Training

By working with a knowledgeable fitness professional, your workouts will change/evolve as you progress, preventing hitting a plateau and boredom. Having people exercising right beside you can push you a little harder than you might do on your own. When you stick with a program, you will get results.

Don't let intimidation hold you back! The benefits of personal, partner, and small group training outweigh your fears by a long shot and can really help you achieve your goals. At Reh-Fit, we want to help you maximize the benefits of exercise and get the results you want. You can sign up for personal training sessions at the Reception Desk.



Save the Date!

Make a difference... and laugh while you do it!

Cocktails and Comedy will be held on **April 1, 2020!**

This year's event will be better than ever! Join us!

PROCEEDS TO SUPPORT REH-FIT PROGRAMS AND SERVICES

116 Years of Life Club

The 116 Years of Life Club met in August to celebrate all July – September birthdays, as well as Lou Billinkoff's achievement of being #1 in the world as a 50 meter dash sprinter for his age group, and also #1 in the 50 meter sprint (indoor) set in November. Meetings will be held throughout the year so that members can get to know each other, provide support, and celebrate birthdays.



What's Happening At Reh-Fit in October?

Community Open House - October 1 - 7

Invite your family and friends to attend our Community Open House. Admission is free all week from 3 pm to close. Your guests can try our classes, take a tour, or enjoy a workout with you.



Active Aging Week - October 1 - 7

Encourage your family members and friends to make lasting, positive changes in their lives through active living and invite them to join you for Active Aging Week. At Reh-Fit, we have the facilities, the classes, the coaching, and the expertise to help your friends and family live healthier, more active lives.

HealthTalks is a series of interactive lectures on timely health and wellness issues by acclaimed physicians from the University of Manitoba, Max Rady College of Medicine.

Thursday, October 10
Free – open to everyone

7:00 – 9:00 pm
Register to events@reh-fit.com

I Think I'm Having A Heart Attack

o Professor Kieran Daly - Consultant Cardiologist Galway University Hospital and Clinical Professor Department of Medicine, National University of Ireland, Galway, Ireland

Topics will include:

- Prevention strategies for acute coronary events
- Gender differences in heart disease
- Knowing the symptoms and what to do
- What does Cardiology Services do?



The Holistic Approach to Treating Diabetes and Heart Disease

Presented by Leanne Florence, ND from the Centre for Natural Medicine

Monday, October 21 6:30 – 8:00 pm Reh-Fit Centre
Included with Membership Non-members: \$10 Register Online

Don't miss this informative review of functional lab testing which can provide a comprehensive assessment of your cardiovascular health. We will also discuss natural and effective drug-free solutions to help lower your cholesterol, stabilize your blood sugar and decrease your risk for heart disease.

Planned Giving Lecture Series - Maximizing After-Tax Returns in Retirement

Learn how to reduce tax and decrease investment risk with David Christianson.

Tuesday, October 22
Members Only

7:00 – 8:30 pm
Register by email: events@reh-fit.com



David is a Certified Financial Planner, a registered Portfolio Manager and a Trust & Estate Practitioner. In 2013, he was named an FP Canada Fellow (FCFP) and was twice named Financial Advisor of the Year by STEP, a worldwide organization. He has also been named a Top 50 Advisor in Canada in 2014, 2015, and 2018.

Topics:

Tax & Strategy

- Ages & stages
- To CPP or not to CPP?
- Minimizing OAS clawback
- Give yourself credit(s)
- Dividends vs. Interest

Investing – Sleep Tight Money

- Enjoying consistent returns is not rocket science (or is it?)
- Discretion may be the better part of valour
- Diversification: what does it really mean?
- Choices, choices where to invest?
- How to never sell low

Yoga For Balance

Saturday, October 26 1:30 – 4:30 pm Members: \$40 Non-members: \$58
Instructors: Holly Allegro and Tracy Sandmoen

Balancing strengthens both the muscular-skeletal body and cognitive function. This workshop will focus on what body systems are involved in balancing, how to stay safe while balancing and how to incorporate this practical work into everyday life. Beginners welcome!

Getting your yearly flu vaccination is the best way to protect yourself against influenza (flu), a serious disease that sickens millions of people each year. Don't forget to get yours! Public Health flu clinics are available in October.

We will be hosting two flu shot clinics at the Centre.

Monday, October 21 from 9:00 - 11:00 am AND

Thursday, October 24 from 1:00 - 3:00 pm

- First come first serve
- Bring your Manitoba Health Card
- Wear a shirt that can be easily rolled up

Some tips to help you avoid getting bogged down by the flu this fall include:

- Washing your hands often with soap and water (or using hand sanitizer when soap isn't available)
- Coughing or sneezing into your elbow (not your hands)
- Avoid touching your nose, mouth or eyes with your hands

Exercise may not always be good for you when sick. If you are feeling under the weather, it may be best to rest up at home for a few days and then return to the Centre when you're feeling better.



Reminders

- Pre-Moistened Wipes – The pre-moistened wipes are to be used only for wiping off all equipment including controls, seats, dumbbells, tubes, mats, and railings. Please do not take them with you when you leave the fitness area.
- Keeping Our Home Away From Home Beautiful - We are proud of our state-of-the-art facility, and we all want to keep our space clean and beautiful. There are several ways clients can help achieve this, such as rinsing out sinks, wiping down counters, and placing used towels in bins located at the exits of the locker rooms. Please help us keep the grounds around the Centre clean by not disposing of garbage, such as chewing gum, on the property. There is no smoking on the Reh-Fit property. This includes electronic and other forms of cigarettes.
- Track Etiquette - Please be mindful of all track users. If you are changing lanes, please check first to see if anyone is coming up behind you, so that you do not cut that person off. To avoid collisions, call "pass" when passing someone on the track. Those walking/jogging in groups should not exceed two lanes.



Meet Our Employees

Jen McLaren graduated from the University of Manitoba with a Bachelor of Kinesiology. She is also a Certified Exercise Physiologist through the Canadian Society for Exercise Physiology and a Balance and Mobility Specialist certified through Fallproof. Jen has worked at the Reh-Fit for almost 10 years.

She really enjoys working with different chronic disease groups, including cancer and stroke. Jen also likes teaching group fitness classes and meeting new members.

In her spare time, she enjoys hiking and camping in the summer with her husband who is a teacher, skiing, playing soccer, and spending time outside.



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 at the Reh-Fit between August 1 and 31, 2019. For more information about how to donate, please visit our website. In the event that your name has been omitted, misspelled, or presented other than in the way you wish, please accept our sincere apologies and advise us at 204-488-9325.

Individuals

- Anonymous (1)
- Charlie and Judy Albiani
- Garth and Abigail Grieder
- Joanna Knowlton and Jim Tokarchuk
- Peter Miller
- Dirpaul and Angeline Ramkissoon

Tribute Gifts

- In Memory Of...**
- Paul Albrechtsen
 - Louis M. Lenz
 - Neil Taylor
 - David and Laurie Thompson

Dr. Patricia Kaufert

- Anonymous
- Susan and Ron Barsky
- Wayne Robert Robson
- Steve Kiz