

**STAFF PROFILE:
DAVIS KOS-WHICHER**



1 - How long have you been at the Rady?

I started at the Rady in November 2021.

2 - Why do you love training/teaching at the Rady?

Even though I have only been here a brief time I have really enjoyed the feeling of community. The staff and members are often well acquainted which you do not usually see at other gyms. This paired with the great equipment and exercise space makes the Rady an amazing environment.

3- What is your favorite class/workout? I like following a well-structured resistance training workout. Often taking principles from both powerlifters, and bodybuilders and combining them. I also love using mobility work to support my training and to keep my joints in good health. I have not tried any of the classes yet but imagine any of the HIIT or Yoga classes would be something I enjoy.

4 -During these challenging times, what motivates you to keep fit and active? Maintaining an active lifestyle has always been a priority of mine. However, these past few months I have noticed how profound exercise has been at keeping my mental health in check. Everything feels more clear and movement is a huge source of stress relief in my life.

BORIS' CORNER



Check out the newly renovated Small Gym!

New flooring, equipment and a better overall feel to the space

Register for these classes in the Small Gym:

- > **Sculpt** with Scott - Mondays and Wednesdays at 10 am
- > **TRX Interval** with Rachelle - Tuesdays at 10 am **NEW!**

Stay tuned for more exciting classes and programs taking place in the small gym in the near future.

THE DEEP END



Dr. Vid Persaud, a long-time member here at the Rady suffers from Spinal Stenosis. He relies on the Rady JCC's swimming pool as a way of both helping to cope with his condition and staying in shape. We sat down with Vid to find out more about his condition and the benefits that swimming has to offer.

1 - What is spinal Stenosis? It is a narrowing of the spaces in your spine and can compress your spinal cord and nerve roots exiting each vertebra. This caused me excruciating pain in my lower back severely restricting my ability to have a full range of motion.

2 - How did using the pool help your condition? Using swimming as my daily physical activity along with pain medication and physiotherapy I was able to gain back strength and movement. When I started using aquatic exercise to aid in my recovery my range of motion was very limited, and I found it nearly impossible to walk independently. I have now gained back so much of my mobility that I am able to walk on my own without the assistance of a wheelchair.

3 - What exercises do you perform during your swim? To begin my journey of recovery I started with simply treading water in one spot to gain back my muscular strength. Once I had felt comfortable enough with this one exercise, I progressed to treading water while traveling back and forth. Aquasize belts can help keep you floating so you can focus your movement on a specific part of the body.

4 -Do you believe it is important to swim regularly? Swimming regularly is very important for many reasons. Aquatic exercise is beneficial as it relieves pressure of joints and allows for easier movement. I try to frequent the pool 3 – 4 times per week for about 30 – 45 min of physical exercise. Not only does this exercise help my physical health but has also helped my mental wellbeing.

5 - Do you have to be a great swimmer to benefit from aquatic exercise? No. The beauty of swimming is that you do not have to be an expert to benefit from the exercise. Simple movements in the water or swimming laps back and forth can be enough to make a difference in your health.

FIT TOGETHER PRE & POSTNATAL FITNESS

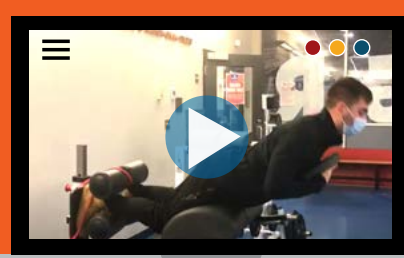


Aileen Hunt is the owner of **Fit Together Pre & Postnatal Fitness**, which provides prenatal and postnatal Aquafit programs at the Rady JCC. With a bachelor's degree in modern dance and many Manitoba Fitness Council certifications, Aileen has had a lifelong passion for movement. She has been teaching fitness for 15 years, and at the Rady for 12 years. Her love of aqua fitness, and personal experience of the benefits of exercise during her twin pregnancy inspired her to bring specialized prenatal and postnatal classes to our community. Her Parent & Baby Aquafit, and Prenatal Aquafit classes focus on the joy of movement and creating connections. She would love to help you stay active through your pregnancy and with your baby by your side.

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TRAINER VIDEO



Rady Personal Trainer, Tim takes you through the Glute/Hamstring Machine (back extension). He demonstrates the benefits, technique and modifications to this posterior chain exercise!

FREE!!

Rady@Home

During these difficult times it is important to maintain your physical and mental health.

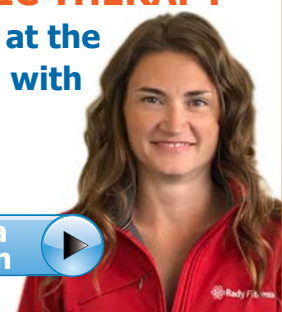
For the remainder of January, join our own Rady personal Trainers and Instructors as they lead you through a variety of classes for you to enjoy in the comfort of your own home.

Rady@Home will keep you active, energized and feeling good.

Videos

Password - Radyfitness

ATHLETIC THERAPY available at the Rady JCC with Michelle



Book a session

VIRTUAL PERSONAL TRAINING



60 and 30 minute sessions with a Rady JCC Personal Trainer of choice

Book your sessions

Group Fitness Schedule

Active Older Adults

Lap Pool Schedule



NEXT ISSUE JAN 28