

**MEMBER PROFILE:
THERESA CIANFLONE**



1 - How long have you been a member at the Rady? And what made you join our facility?

I initially joined the Rady in 2018. I joined the Rady Centre to regain strength following a bone marrow transplant.

2 - How does your training program help you in everyday life? My training program has helped me become stronger each day. It has helped reduce fatigue, improve endurance, and regain muscle.

3 - What is it about the Rady personal trainers that has kept you training for this long? The trainers at Rady are skilled and professional. The facility is consistently clean and well run and there is such a wide variety of machines and free weights. I always have a sense that there is an opportunity to learn, or improve on, all areas of my fitness. The trainers help with both facilitating my fitness growth and reaching my goals.

4) How does your trainer motivate you and what is your trainer's best trait? Max is the ultimate professional and a master of his profession. He understands his client's fitness needs and abilities. Max has a desire for his clients to reach their own level of excellence and this is one of his greatest traits. When I come to my training sessions, Max is ready and prepared to challenge me towards a healthier life. His guidance and preparation allow me to reach my potential.

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TRAINER VIDEO



Rady Personal Trainer Max takes you through a pull up modification to assist you in your upper body strength progression and help you accomplish your pull up goals!

BORIS' CORNER



21st Century Work-Life Balance

The pressure of an increasingly demanding work culture (especially with changes created by the ongoing pandemic) is one of the biggest challenges to society's mental health.

A healthy work-life balance will mean different things to all of us. Mine is – meeting my deadlines at work while still having time for friends and hobbies, having enough time to sleep and eat properly ... and not worrying about work when I get home (super tough one!).

It all can be challenging if for example we also have caring responsibilities, a demanding boss (his name is Rob Berkowits 😊) or any health difficulties.

I will share with you my strategy for creating good balance ...

"Do not pray for an easy life, pray for the strength to endure a difficult one" – Bruce Lee



SPECIALTY CLASS

ZUMBA/STRONG
Team Teach with
Caroline and Tracy
Sunday, Feb 20
10:15-11:30 am

[Register](#)

BRING A FRIEND!



**New Member receives:
One Free Month Plus a
Special Welcome Gift**

**Member receives:
One Free Month**

Promo valid til March 7, 2022

TRAINER TALKS

Squat: The King of Exercises

Learn correct techniques to perform exercises that activate your target muscles efficiently and avoid unnecessary stress on your joints.



Feb 21, 10:30 am | Feb 22, 6 pm | Feb 26, 2 pm

> REGISTRATION NOW OPEN

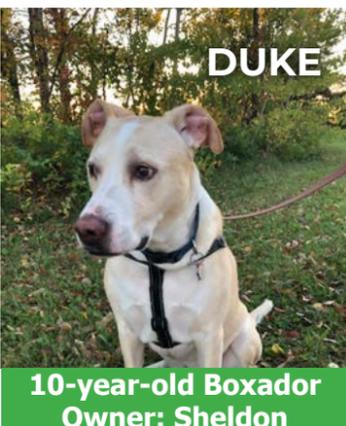
PETS OF RADY

After a long, grueling day at work, there is nothing better than coming home and spending time with our furry friends. Enjoy our NEWEST feature and get to know the Pets of Rady:



QUINN

**11-month-old Golden Doodle
Owner: Morrissa**



DUKE

**10-year-old Boxador
Owner: Sheldon**

[Active Older Adults Schedule](#)

[Lap Pool Schedule](#)



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