

**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.

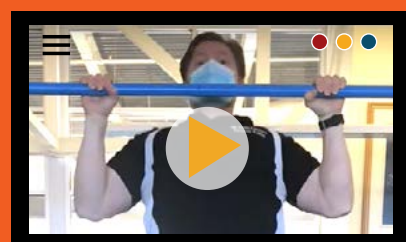
**3 - What is it about the Rady personal trainers that has kept you training for this long?** The trainers at Rady are skilled and professional. The facility is consistently clean and well run and there is such a wide variety of machines and free weights. I always have a sense that there is an opportunity 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:



[Active Older Adults Schedule](#)

[Lap Pool Schedule](#)



**NEXT ISSUE FEB 25**