

STAFF PROFILE: JOVI CORTES



1 - How long have you been a Head Lifeguard at the Rady?

I joined the Rady Aquatics team mid January.

2 - What made you want to become a Head Lifeguard?

Prior to working for the Rady, I worked as the Lifeguard coordinator for another organization. I really enjoyed the experience and I saw the position as an opportunity to develop both my skills as a lifeguard and as a supervisor.

3 - Describe your daily routine as a Head Lifeguard here at the Rady?

Having just started, my daily routine has been mostly learning the ins-and-outs of the job as well as the culture of the organization. I supervise swimming lessons at night which keeps me quite busy. I have extensive experience teaching swimming lessons which I hope I can pass on to our instructors, to make your swimming lesson experience as positive as possible.

4 - Work/life balance is so vitally important, what are some things you like to do away from the Rady?

I am a competitive powerlifter and have competed in multiple Provincial meets. I was on track to represent Manitoba for Nationals but was not able to because of the pandemic. I hope to get back in National's shape soon and make Manitoba proud!

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WORKOUT OF THE WEEK

Rady Personal Trainer, Brenley takes you through a lower body workout that combines elements of strength, balance and functional movements.



CLIENT PROFILE: DR. IRA RIPSTEIN

I have been working with personal trainers at the Rady JCC since 2014. Their efforts have resulted in impressive improvements to my strength, flexibility, endurance, and well-being. In a coaching role, they can easily spot where emphasis is needed. They know how to push to my limits, while preventing injuries. They are pleasant, flexible, and accommodating to my complex schedule.



I am aware that exercise, weight training in particular leads to major reductions in cancer, heart disease, Type 2 diabetes, Parkinson's and depression. It is equivalent or superior to medications for all these health problems.

The Rady JCC has the best equipment in the city, ample locker space and taking a "shvitz" after a tough workout is simply the best. I am so grateful to the staff for helping me on my journey.

NEW CLASSES



NEW Bikes and Cycle Classes returning March 7



THE DEEP END



Spring Swimming Lesson Registration:
March 22 Members
March 24 Non-members

BORIS' CORNER



Spiritual Fitness Assessment Guide

Identify where YOU are at and take the actions YOU need to strengthen your spiritual fitness, improve your mood, and build your resilience!

Please seek professional support if you are in the **ORANGE** or **RED** zone. There are many good practices that can nurture your body, mind, spirit, and social fitness, and help you stay in the **GREEN** zone. Practices like deep breathing, stretching, exercise, getting a fresh air, meditate (take a Yoga class at the Rady 😊), create, message a friend, etc are all very helpful! Let's stop worrying, getting stressed out but instead become more mindful, self-aware and treat ourselves/our bodies right.

FIT

- Engaged in life's meaning/purpose
- Hopeful about life/future
- Makes sound moral decisions
- Fully engaged with family, friends and community
- Able to forgive self and others
- Respectful of others
- Engaged in core values/beliefs

STRESSED

- Neglecting life's meaning/purpose
- Less hopeful about life/future
- Makes some poor moral decisions
- Somewhat engaged with family, friends and community
- Difficulty forgiving self or others
- Less respectful of others
- Straying from core values/beliefs

DEPLETED

- Losing a sense of life's meaning/purpose
- Holds very little hope about life/future
- Makes poor moral decisions
- Weekly engaged with family, friends and community
- Not likely to forgive self or others
- Strong disrespect of others
- Disregards core values/beliefs

DRAINED

- Feels like life has no meaning/purpose
- Holds no hope about life/future
- Engaged in extreme immoral behaviour
- Not engaged with family, friends and community
- Forgiveness is not an option
- Complete disrespect for others
- Abandoned core values/beliefs

This quote is by Marcus Aurelius (smart dude LOL): "You always own the option of having no opinion. There is never any need to get worked up or trouble your soul about things you can't control. These things are not asking to be judged by you. Leave them alone".



PETS OF RADY

There is nothing better than coming home and spending time with our furry friends.



Bernie: 6-year-old Yorkshire Terrier
 Owner: Zac



Boris: 2-year-old Domestic Shorthair Grey Tabby
 Owner: Vicki

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

EVERY FEBRUARY IS HEART HEALTH MONTH!



Learn more about eating for heart health, recommended by Heart and Stroke Foundation of Canada



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