

**STAFF PROFILE – DAN SAVARD**



**Rady JCC Badminton & Pickleball Coach**

**1 - How long have you been a badminton coach at the Rady?**

I have been coaching badminton at the Rady for just over 4 years now and have just started coaching pickleball this year.

**2 - Why do you love teaching Badminton at the Rady JCC?**

Easy question! The people. Every student has been eager to learn and have fun, but always bring their own individuality to the lessons. This makes every class its own engaging challenge. The staff at the Rady always brighten the day and make it feel like home, every time.

**3 - What is your teaching philosophy and how do you motivate and challenge your students?**

Sports are to have fun, exercise, and explore new limits of skill and strategy. At the heart of it all is a person or group, with each person having their own limitations. No matter what that barrier may be, technical, tactical, mental, physical, we adapt and overcome as effectively as possible. Whether they have one breakthrough in a week, or ten in an hour, we try to figure out exactly where we need to go to make the biggest improvements. Students quickly discover how much fun it is to use new skills and improve every session. It is incredibly rewarding to work together, no matter the student's goals.

**4 - Work/life balance is so vitally important, what are some things you like to do when you are not teaching?**

When I am not teaching, I am usually working with my hands on some home projects, spending time with my lovely wife, Brenlee, and running HECS Ball Inc. We often have our family on video calls, too, so there is always something going on. I am grateful for it all, and I am trying not to blink as time flies by!

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**FIT TOGETHER PRE & POST NATAL FITNESS**

Spring Session Starts April 4

[Register](#)

**RADY JCC PICKLEBALL ACADEMY**



Saturdays  
9:30-11:30 am  
Feb 26-May 21  
\$216 M | \$259 NM

[Schedule](#)

**MEMBER PROFILE: BERNIE BARGEN**

It took my wife and myself nearly a year to decide to join the Rady centre. This turned out to be a very good decision! The delay was because, even though we are both very outdoors minded and do a lot of outdoor activity, we were intimidated by the gym. So, we went in for a consultation and met Michelle. This was the best decision of the year! Michelle really understood us! The fact that she is not only a Personal Trainer but also an Athletic Therapist made all the difference in the world for us, one reason being, my wife just had a significant back surgery.



The Athletic Therapy side of Michelle's training came into full affect! My wife is working on improving her overall strength but not damaging anything around the surgery. For myself I feel as though I am confident in the gym and understanding the gym and Michelle's ongoing creative training has been most helpful. Something that I am learning is to use my own bodyweight, TRX, free weights, in a balanced fashion I would have never been able to accomplish on my own.

One of the other things about the Rady centre is it is so clean and inviting. I would have no hesitation in recommending the Rady as well as Michelle to anyone, it is a great formula to accomplish goals, and improving your general health and wellness.

**THE DEEP END**



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

[Schedule](#)

**NUTRITION TIP**

Spice up you morning oats with just a few simple ingredients!

To one serving of cooked oats, add 1 mashed banana, 1-2 tablespoons unsweetened apple sauce, 1 teaspoon cinnamon and top it off with a scoop of pecan or walnuts to add some protein!



**BORIS' CORNER**



Let's talk science and muscular system in particular. We all come to the Rady JCC gym to "work our muscles," yes you too, my dear reader! 😊

**What is the muscular system anyway?** The muscular system delivers the forces that enable the human body to do work and perform physical activity. There are 3 types of muscle tissue:



**Cardiac muscle**, which composes the walls of the heart, is involuntary muscle and therefore is not subject to conscious control.



**Smooth muscle**, which lines the internal organs such as the intestines and stomach, is also involuntary.



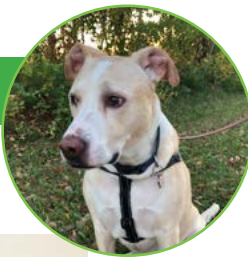
**Skeletal muscle** is muscle that attaches to the skeleton via tendons to produce bodily movement.

Although we are somehow in control of our skeletal muscles let's not forget about neural control &/or neural adaptation (yes, please approach exercise calmly LOL), by which brain learns to produce more force from a given amount of muscle tissue.

Please exercise your skeletal muscles right! Ask our great trainers if not sure how...and don't forget to exercise your CARDIAC MUSCLE! – the most important one in my mind. 😊

**PETS OF RADY**

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



**Zoey:** 8-year-old Border Collie/Shepard mix  
Owner: Cathy



**Farfel:** 8-year-old Mini Labradoodle  
Owner: Lisa

**Rady Fitness**  
MONTHLY TRAINER **MARCH**  
**talks**  
March 21 | 7:00 pm  
March 27 | 10:00 am  
[Register](#)

[Group Fitness Schedule](#)

[Active Older Adults Schedule](#)



**NEXT ISSUE APRIL 1**