

**STAFF PROFILE:
DIETITIAN JOAN MARKS**



1 - What made you want to partner with the Rady?

I have personal connections to the Rady. Our family has a long-standing history with the Rady, my son is part of the Aquatics' team, my daughter uses the facility to play basketball and I have been an active member since 2012.

2 - Can you tell us about your career thus far?

My career as a dietitian began over 25 years ago. While I have an extensive background in pediatric nutrition, I have broadened my scope of practice to counsel adults living with Type 2 diabetes, hypertension, high cholesterol and other chronic conditions. I also have special interests in weight management and general health and wellness.

3 - A proper diet is so vitally important to everyone, what advice can you give to someone who is looking to start eating better?

Establishing a healthy relationship with food is key to improving one's diet. There are no "good" or "bad" foods. We need to abandon language that contributes to diet culture and embrace the notion that food is fuel and that all foods can fit.

4 - What hobbies or interests do you have that help you achieve a healthy work/life balance?

I have been a runner for over 20 years and enjoy training for races. I also love to cook and attribute this to my Italian heritage.

5 - What do you hope to achieve in your collaboration with the Rady?

I hope to be able to meet the nutrition needs of a variety of age groups. So, whether you are a parent struggling with a picky eater, an adult needing guidance with a special medical diet, or an active individual seeking ways to fuel properly before and after a workout, I can help.

6 - What is your favourite part of being a Registered Dietitian?

My favourite part of being a dietitian is watching the joy my clients and patients experience when they meet their short and long term nutrition goals as they strive to achieve their wellness.

For more information or to book an appointment with Joan, call Dietista at 204.807.2945 or visit www.dietista.ca

Dietista is a fee-for-service nutrition consulting practice; most private insurance providers in Manitoba cover dietitian services.

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TRAINER VIDEO



Rady Personal Trainer, Brenley shows you how you can incorporate some balance and stability into your chest press exercises.

DID YOU KNOW . . .



The Rady has a new strength training studio? Our former cycle room is now home to our high intensity strength programs including circuit and TRX classes!

> Check it out here!

Schedule



MEMBER PROFILE: JULIA TODD



The Cancer Management Exercise Program been a wonderful experience for me for which I am extremely grateful.

Recovering from the trauma of a breast cancer diagnosis and its harsh treatments can be a challenging and difficult journey. This program, however, at the Rady JCC, has been a weekly highlight for me and crucial in my healing process. From the initial physical assessment by Kevin and his constant and attentive care during the 24 sessions of personalised exercise programming, I have felt complete respect and care.

Through the cardio and strength training exercises I progressively increased in energy and feel physically so much better. I sense now that I will not only recover but become fitter and stronger than I was before. I have also had a lot of fun and made some new friends amongst the other participants along the way.

I am very thankful for the Rady Centre for providing this program and creating this opportunity of recovery.

THE DEEP END

**Adult Swim Proficiency Training
Tuesdays 6:10-7:10 am | April 12-June 14**

Get prepared for all those triathlons! Develop proficiency in all four strokes and individual medley swimming. **\$122 M | \$147 NM**



Register

PETS OF RADY

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



Murphy: 2-year-old Labradoodle
Owner: Robyn



Quinn: 2-year-old mix breed (unknown origin)
Owner: Joanna

TAG TEAM TEACH TUESDAYS
WITH MORRISA & BORIS
8:30-9:40 am
April 19-May 10

Register

SPRING BADMINTON BEGINS APRIL 6

Wednesdays
Adult: 7:15-8:45 pm
Junior: 5:00-6:00 pm

Register

MONTHLY TRAINER APRIL talks

April 12 | 6:30 pm
April 23 | 11:00 am

Register

Group Fitness Schedule

Active Older Adults Schedule



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