

STAFF PROFILE: ANDREA ROBIN, YOGA INSTRUCTOR



How long have you been a Yoga Instructor and what is the best part about teaching at the Rady?

I've been leading yoga since 2011, so ten years. And one of my first regular classes was with the Rady, so I have a long history at this place. I love the sense of community at the Rady, people develop relationships working out together or at other community events.

Where does your passion for Yoga come from? Do you have a favourite style or class you like to teach?

I fell in love with yoga after a difficult time in my life, it helped me to heal myself. So then I decided to help other people heal themselves by becoming an instructor. One of my favourite classes to teach is Couples Yoga and I haven't been able to teach it since before the pandemic started-so I'm super excited it's being offered by the Rady this spring!

What are some of your greatest strengths?

One of my greatest strengths is being willing to try something new or think of something in a new way. Being open to new things keeps you engaged in the present and prevents you from feeling stagnant. I also try my best to be positive but tempered with pragmatism.

Walk us through how you typically plan a session.

If I haven't already been inspired for that week's intention/theme, I'll look back at some of my prior lessons and find something I haven't done in a while and change it up to reflect new teachings or asanas I've learned since then. I know some lessons are always a hit because they're fun (and that's important) but sometimes you must do the harder stuff to keep it balanced.

What do you like to do when you are not teaching Yoga?

When I'm not teaching, I try to take yoga classes whenever I can- always a student first and teacher second. I enjoy spending time outdoors and can't wait to walk the dog without 3 layers of clothing, going cycling and spending as much time as I can on my porch reading. I've always loved baking and during the pandemic started baking breads and I love sharing them with friends and family. Baking is my Love Language.

Stay tuned for details about Couples Yoga coming soon to the Rady.

TIPS FROM YOUR DIETISTA: JOAN MARKS, Registered Dietitian



Fueling less than 1-1.5 hours before a workout? To help minimize stomach upset, try snacks that contain easy to digest carbohydrates that are lower in fat and fibre (source www.pennutrition.com).

Some options may include:

- yogurt with berries
- 1/2 bagel **or** english muffin **or** slice of toast with small amounts of nut butter **or** small piece of low-fat cheese
- fruit smoothie made with low-fat milk **or** soy beverage
- fruit (apple, orange, banana)

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.

FIT FEST: MAY 29-JUNE 3, 2022



Rady Fit Fest is a week-long event for both members and non-members. Our goal is to showcase not only fitness, but how the various dimensions of health and wellness work together to optimize health and quality of life. Fit fest will be comprised of specialty fitness classes, wellness lectures and interactive trainer talks. Topics include nutrition, active aging, mindfulness and some team-teach classes! **More information coming soon!**

PETS OF RADY

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



Mollie Mae, 1-year-old border collie (Owner: Shelly)



Clay, 6-year-old "unknown breed gray cat" and **Dakota**, 6-year-old golden lab/retriever cross (Owner: Barry)

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WORKOUT OF THE MONTH



Rady Personal Trainer, Max Kretskiy takes you through his top 5 core exercises

Workout



Mental Health Resiliency Through Physical Activity

Thursday
May 12
7 pm
FREE



Register



TAG TEAM TEACH TUESDAYS

WITH MORRISA & BORIS
8:30-9:40 am
Until May 10

Register



OUTDOOR FITNESS CLASSES

COMING SOON!!!



Group Fitness Schedule



Active Older Adults Schedule



Rady JCC Digital Program E-Guide



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