

STAFF PROFILE: KEVIN SAUNDERS



1 - How long have you been at the Rady?

Fifteen + years.

2 - Why do you love training/teaching at the Rady?

I like working for an organization that focuses on health/wellness rather than simply trying to sell personal training-- though in many cases training might still be the best option. This focus on wellness has allowed me to offer the member or client different options/classes to help them with their goals.

3- What is your favorite class/workout?

The "Cancer Management Exercise Program" that has been running here for many years. Another long-standing program is "Fitness Walking" which has a dedicated group of members who know & support one another which is inspiring.

4 - What motivates you to keep fit and active?

Even if I am "over the hill" (at least that is what my knees tell me), I do not need to pick up speed. I have also met members who have trained in the face of some pretty significant challenges. I hope I could do the same if I were in their shoes.

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WELCOME!
Our newest Registered Massage Therapist: Suzanne Miller

Suzanne brings over 20 years experience as a Massage Therapist to the Rady JCC.

She works with a wide range of people from infants to the elderly, helping them maintain a healthy lifestyle and maximize their quality of life.

Suzanne's first day at the Rady will be on June 15.

Call to book an appointment with Suzanne: 204.477.7535

MEMBER PROFILE: BARRY GREENBERG

Early in 1996, I joined the Rady JCC. On Day one, I circled the parking lot several times until I found a parking spot closest to the front door. (No sense overexerting myself). I picked a locker right near the exit in the men's change room with the same mindset.

With the help of my first Rady trainer, Mark S., I completed the Manitoba Marathon the following year and proudly received my "finisher" medallion and t-shirt. Over the next decade, my focus shifted to selling condominiums here in Manitoba. When I retired in January 2022, my company had exceeded its goal of 5,000 condominium sales, including those on the Rady Campus.

In 2018, I had returned to the Rady and contacted Boris and explained to him that I wanted to attempt the Laras Trek in Peru (a 4 day hike up to 16,000 feet) and needed help. He paired me with Alex (Personal Trainer). Alex studied up on oxygen deprivation and set up a training program specifically designed for my journey. I completed the trek to the summit in the Fall of 2018 despite the freezing cold and very thin air.

In 2019, I trained with a different Alex. I had been diagnosed with Atrial Fibrillation and needed to adjust my workouts accordingly. New Alex had a high energy cross-fit mentality. His innovative training methods encouraged me to do the best I could given my new heart condition.

My goal this year is to complete the Camino Trail (100 KM walk over 10 days from Porto, Portugal to Santiago, Spain). Thanks to my current trainer, Scott and his circuit sculpt class, I know I will succeed.

The Rady has taught me that the journey is as important as the destination, and I am thankful for those who have helped me along the way.

NUTRITION TIP

Adding canned beans (that have been drained and rinsed) to a meal is a quick and inexpensive way to boost its nutritional value.



A 1/2 cup of chickpeas or red kidney beans or black beans added to a salad adds a minimum of 5 grams of protein and 5 grams of fibre!

(Source: Canadian Nutrient File)

IN THE DEEP END - LIFEGUARD COURSES

Love the water? Love empowering people to be safe while leading a healthy & happy lifestyle? Why not become a lifeguard? All levels are being offered at the Rady JCC this summer!

Bronze Star: July 11-15

Bronze Medallion: July 11-15

Bronze Cross: July 4-8

Lifesaving Instructor:

August 8-13 or August 15-20

National Lifeguard:

July 25-30 or August 22-27



[Register](#)

[Group Fitness Schedule](#)

[Rady JCC Digital Program E-Guide](#)

PETS OF RADY

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




FLOKI
5 years old
Lhasa apso/
American Eskimo
Owner:
Lindsay



BELLA
3 years old
Maltese/
Poodle mix
Owner:
Max



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