



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

JULY 15 | 2022

THIS MONTHS NUTRITION TIP FROM YOUR DIETISTA JOAN MARKS

Pediatric Nutrition Tip: If a child asks for the same food (ie. macaroni and cheese) repeatedly this is commonly referred to as a "food jag". Food jags can last anywhere from a few weeks to months (www.pennutrition.com). One way to manage a food jag is to boost the nutritional value of the meal. Offering a fruit or a vegetable with milk alongside the macaroni and cheese helps balance the meal while providing exposure to a variety of foods.

For more information or to book an appointment with Joan: 204.807.2945 www.dietista.ca



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WATER SMART TIPS

National Drowning Prevention Week: July 17-23

Over 450 Canadians die in preventable water-related incidents annually. Even one drowning is one too many. In Manitoba, on average, there are 22 fatal drownings every year.

If you're not within arms' reach, you've gone too far. Always supervise children. Never leave children alone near water and always keep them in your sight. If children are at the water's edge, a responsible guardian needs to be with them. If you turn your back to answer the phone or respond to a text message your child could be gone forever. Whether at the beach or in a pool or hot tub children can get into trouble very quickly and can slip under the water very quietly without shouting and waving. Lack of adult supervision is a major contributing factor to child drowning deaths in Manitoba. In 100% of such cases an adult supervisor was found to be either absent (not present at all) or distracted (present but not watching the child).

Boat sober. Alcohol consumption is a factor in 35% of boating-related fatalities. In Manitoba, alcohol consumption is a factor in 35% of boating-related fatalities, higher than in other provinces. The consequences in Manitoba for impaired boating and impaired driving are identical. Leave the booze at home; it can lead to disastrous consequences on the water.

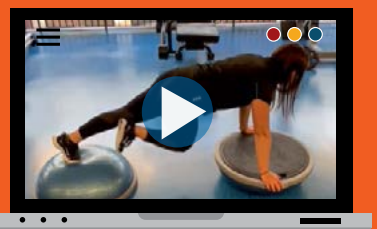
Choose it. Use it. Wear a lifejacket! Not wearing a lifejacket or PFD was a factor in 53% of boating deaths in Manitoba. Lifejackets must fit properly and be in good working conditions. Buckles and zippers should be functioning and intact. Everyone should wear lifejackets while boating and anyone who cannot swim – especially young children – should wear a lifejacket while swimming. Lifejackets don't work if you don't wear them.

> **Learn More about Lifejackets HERE**

Source: <https://lifesaving.mb.ca/lifesaving-society/ndpw/>



TRAINER VIDEO



Rady JCC Manager of Fitness and Health **Morrissa** takes you through two of her favourite core exercises using the Kinesis and Bosu ball.



Introducing our Newest Personal Trainer Vanessa Yap

Vanessa is available to take clients weekday evenings & on weekends

> **Learn more about Vanessa here**

SUMMER HOURS

Suzanne Millar
Massage Therapist

July: Tues & Thur
10:00 am-2:30 pm

Wed 1:00-6:00 pm

August: Away Aug 2-18

Book appointment:
inquiry@radyjcc.com
204.477.7535

LIFESAVING INSTRUCTOR COURSE:

August 8-13 OR August 15-20

Mon-Thu: 12-8:30 pm

Fri: 12:00-7:00 pm

Sat: 9:00 am-1:00 pm

\$505 M | \$550 NM

Love the water? Love empowering people to be safe while leading a healthy & happy lifestyle? Why not pursue a career as a Lifesaving Instructor. Successful completion of the course will provide you the ability to teach all ages of swimming lessons with the Lifesaving Society (includes the Swim for Life Program, Patrol Program, Bronze Program, First Aid and much more!)

Register



GROUP FITNESS

Expanded Fall Schedule begins September 6

INFO COMING SOON!

Group Fitness Schedule

Rady JCC Digital Program E-Guide



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