

Rady JCC BENCH PRESS

Fitness Tips, News & More!

January 20, 2023

HEART HEALTH MONTH

February is Heart Health Month, and the Rady JCC will be the place to call home! To help promote the importance of heart health, the Rady will be offering special events and fitness classes throughout the month of February.

Keep an eye on our website and social media channels for all the upcoming events.



IN THIS ISSUE

Heart Health Month
Personal Trainers
Dietitista
Sano Clinic
Trainer Video
In the Deep End

GET TO KNOW OUR PERSONAL TRAINERS

How long have you been at the Rady?

ERIC: August 2022.

DANIEL: November 2022.

Why do you love training/teaching at the Rady?

ERIC: The Rady is a recreational home to me and so many other people. This space gives all of us the proper tools and equipment to grow and better our physical health.

DANIEL: I love the friendly atmosphere of the Rady. Every time I come to work, I feel like I am home.

What is your favourite class/workout?

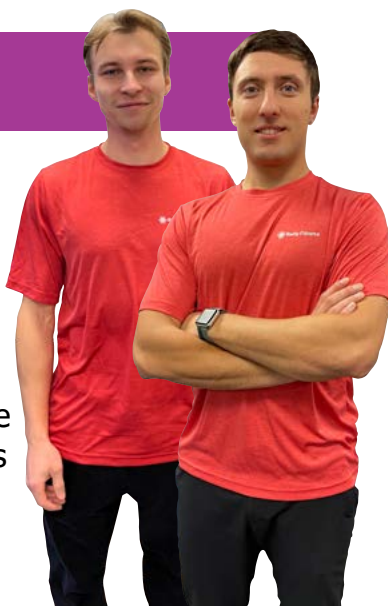
ERIC: A nice relaxing Yin Yoga.

DANIEL: The versatility and adaptability of the TRX makes it my favourite class!

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

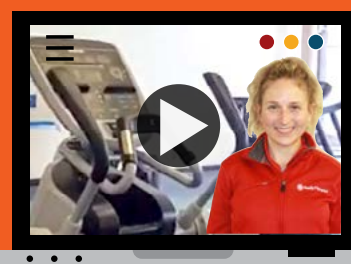
ERIC: Quality family time is always a priority when not teaching. I also have always believed in exercising in other places than the gym. I spend the summer Cycling, Skateboarding, and Swimming and in the winter, Snowboarding and playing Hockey.

DANIEL: Being with family and playing volleyball are two of the most important things I like to do in my spare time.



Eric Yaeger Daniel Padafa

TRAINER VIDEO: Let's Talk Cardio!



We're often asked what is the best cardio machine in the fitness facility? While there is no single, one size fits all answer to this, our personal trainer Lindsey shows you two of her favourite cardio machines we have at the Rady JCC.

JOAN MARKS – YOUR DIETISTA

If you have ever tried to lose weight, you probably have come to realize that the process is not linear, but rather a series of ups, downs, and plateaus.

This is in part due to a set of internal mechanisms that respond to weight loss signals to restore balance. So, if you lose weight too quickly the body may respond by resisting the weight loss. Slow and steady weight reduction, under the guidance of a dietitian, together with regular physical activity is a more sustainable way to ensure long term success.

Dietista offers one-on-one nutrition counselling to residents of Manitoba requiring assistance with weight management. Services are covered by most private insurance plans.

Visit www.dietista.ca for more information.



SANO THERAPY CLINIC IS NOW OPEN

Neck pain? Back pain? Old or new injury?

Visit Michelle or Carlo for a **FREE** 15 Minute Athletic Therapy Consult (Mondays & Wednesdays). Keep an eye out for Michelle and Carlo throughout the day across from the Sports Desk. Leave your name and number if you would prefer a consult over the phone. www.sanotherapy.ca



IN THE DEEP END



Updated Lap and Leisure Pool schedules now available!

[Pool Schedule](#)

FOLLOW US!

For more tips from our personal trainers, checkout our Instagram page

[Rady Instagram](#)

[Group Fitness Schedule](#)

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



NEXT ISSUE FEB 1