



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

February 17, 2023

HEART HEALTH MONTH



February is Heart Health Month, and the Rady JCC is the place to call home! Check out the upcoming special events and fitness classes taking place:

SUNDAY
19



Advance TRX Workshop

10:00 am
Daniel | Small Gym

MONDAY
20

Trainer Talks

10:00 am
Davis | Fitness area

Zumba

1:00 pm
Viktoriia | Group Fitness Studio

Pranayama Breath Workshop

2:00 pm
Evan | Group Fitness Studio

Open to Non-members for \$15



THURSDAY
23

Heart Rate Ride

9:15 am
Morrisa
Cycle Studio

FRIDAY
24

Heart Rate Ride

5:00 pm
Bryann
Cycle Studio

MONDAY
27

Trainer Talks

7:00 pm
Davis
Fitness area



All events FREE for Rady JCC Members
Registration required

Register Here

HEART HEALTH TIPS BY JOAN MARKS



February is Heart Month. Diet can play an important role in the prevention and management of heart disease. Here are 3 strategies that may benefit your heart health:

1. Maintain a healthy body weight.
2. Opt for cholesterol friendly fats found in olive and canola oils, fatty fish like salmon, and avocados.
3. Boost fibre intake by incorporating whole grains such as oatmeal, brown rice, and whole wheat pasta into your meals.

Dietista offers 1:1 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.

IN THE DEEP END

Lap & Leisure Pool Schedules are online!

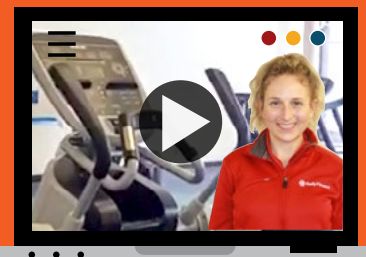
Pool Schedule



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TRAINER VIDEO: Get Your Cardio On!



In support of "Heart Health Month", Rady JCC Personal Trainer, Lindsey discusses Canada's exercise guidelines for aerobic activity and how to integrate this into your workouts.

SPRING Swimming Lesson Registration:

Thurs, March 30, 9 am:
Rady JCC Members

Tues, April 4, 9 am:
Non-members

FOLLOW US!



Check out tips from our personal trainers on Instagram!

Rady Instagram

Group Fitness Schedule

Rady JCC Digital Program E-Guide



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