



Rady JCC

# BENCH PRESS

Fitness Tips, News & More!

May 19, 2023

## NEW FUNCTION AREA AT THE RADY

The Rady has added a new functional training space where you can integrate a variety of circuit training options using weights, medicine balls, TRX's and more! This opens up additional floor space for members to work on the mat and focus on mobility, core work and small group workouts.



## IN THIS ISSUE

- New Functional Area
- Dietista Tips
- Trainer Talks
- Fitness Equipment for sale
- Trainer Video
- Summer Swim Registration
- Baby Massage

## DIETISTA TIPS BY JOAN MARKS



**ENJOY AN APPLE!** The expression "an apple a day keeps the doctor away" dates all the way back to 1866 and today the apple continues to be a symbol for wellness. Here are 3 reasons that may help explain why. Apples:

- contain both insoluble fibres (bulk up stool and alleviate constipation) and soluble fibers (cholesterol-lowering properties)
- have a healthy dose of Vitamin C (may help with immune function and wound healing)
- provide quercetin (an antioxidant that may prevent certain cancers or gout, and/or improve lung function) (Sources: NIH, Today's Dietitian)

So, whether you like apples whole, sliced and topped with cheese or nut butter, chopped and added to cereal or salads, baked, puréed, or dried, the health benefits of this fruit may very well help keep the doctor away. 🍏💡 Tip: juicing removes fibre and decreases the nutrient profile so opt for whole fruit instead.

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](http://www.dietista.ca) for more information.

## TRAINER VIDEO: Glute Drive!



**Rady Personal Trainer Lindsey walks you through a demo on Rady's newest machine, the glute drive!**

## MONTHLY TRAINER TALKS

### 15 Minute Fitness!

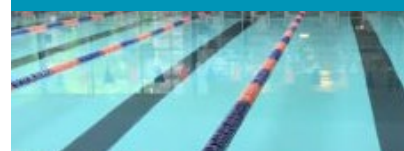
Learn how to implement quick and effective workouts, and how to utilize the outdoors as a tool to improve all aspects of your fitness.

**Tuesday, May 23 @ 11:00 am**  
**Wednesday, May 31 @ 7:00 pm**



Register

## IN THE DEEP END



**Summer Swimming Lessons take place July 10 - Sept 2**

**Registration begins:**  
**June 26** Members  
**June 29** Non-members

## FITNESS EQUIPMENT ITEMS FOR SALE

Our Technogym Treadmills and Cybex Arc Trainers will be replaced this summer.

If you are interested in purchasing one of these, email Boris Bursak, Director of Fitness and Health. Equipment will be available on a first come, first serve basis.



**ARC TRAINERS**  
**\$750**



**TREADMILLS**  
**\$1200**

Boris Bursak

## TENDER TOUCH: BABY MASSAGE



**Learn baby massage techniques:**  
**Mondays | 1-2 pm**  
**June 5 | 12 | 19**

Group Fitness Schedule

Rady JCC Digital Program E-Guide

