November 2026

The Pulse Beat...

NOVEMBER IS "EVERYTHING COUNTS" MONTH



THIS MONTH...

EVERYTHING COUNTS
IN MEMORY
SUNSHINE SUPERCARD DISCOUNT
SLEIGH THE SEASON FITNESS
FREE PERSONAL TRAINING
LEAVE US A REVIEW!

FUN FITNESS FACT

The day you show up tired counts more than the day you show up motivated.

That's the workout that builds something worth more than motivation.

DR. RYAN LOWERY

Everything Counts - You can fit fitness in!

We all have responsibilities: work, family, appointments, bills. Fitting our fitness routine into this environment can be tricky. Other life commitments, and past injuries/pain may also be obstacles preventing us from getting some exercise. Easing in slowly or jumping right in are both valid approaches, what matters is choosing the path that feels right for you.

Ask yourself: What time of day and which days work best for you to exercise? How much time can you realistically protect each week? What activities do you enjoy or feel comfortable doing? Is pain, past injury, or fear of movement affecting your choices? Your answers are uniquely yours and there is no single correct structure. Try looking at the week ahead, and schedule in "exercise appointments". Go ahead, do it now and make these priorities that cannot be changed, even if it's just for 10 mins.

Here are examples of plans that many people find sustainable:

Walking, jogging, running or dancing (aerobic activities): 10 minutes 3-7 days per week.

Designated workout days/times: Start with 1 session and add more as time allows.

Home workouts: Using bodyweight, bands, dumbbells and/or online video.

Gym or Outdoors: Find a convenient location where you like the variety of equipment and/or classes; visit parks that allow you to roam free for awhile and use your body.

Buddy approach: Get active with a friend to add accountability and enjoyment.

Solo style: Headphones on, your own pace, no pressure.

If discomfort or uncertainty is stopping you from moving, a health or fitness professional can be an important ally. They can assess what is contributing to your pain, clarify which movements are safe for your body, and create a gradual, confidence-building plan that avoids flare-ups.

If you miss a day, simply return the next time you can. Remember: short sessions still count!

Fitness is not about forcing your life to change. It is about building a routine that fits into the life you already have. Know the PG Team is here to support you at every stage in your fitness journey!

Adapted from: https://promotionphysiotherapy.com/how-to-make-fitness-fit-your-life/





In Memory:



Last week the Pulse Generator at UAH and all Pulse Generators lost a wonderful friend and supporter. A longtime member and past board member, Chuck Neill passed away. His passing has left a hole in all of our team members hearts. Chuck touched us all with his commitment and enthusiasm to health and fitness. He supported not only the PG team but the other members with his welcoming and supportive personality. We are grateful to have known him and know that he will be missed by many.

Sunshine Super Card Discount

As a perk to PG members, we are happy to offer a partner discount on this season's Sunshine Super Card. You can use this card at Sunshine, Marmot and Revelstoke. Your 1st, 4th and 7th days are free and you get discounts each day you use the card over the season. The card offers great value whether you use it 1 time or 7 times. Only $122 + Tax per card. Limited quantities available. Nov 5th - Dec 15.

Purchase Card Here



Sleigh the Season Fitness Classes



Fall fitness sessions will soon be coming to an end. Don't worry! We have a few extra classes to fill the gap until the holidays. Click HERE to see what's on offer starting late November and into December.

Free Personal Training and Group Training

Available until November 13, 2026 only, some members of our Personal Training team are offering free 30-min consultations. Please reach out to our team members below to schedule your session.

Tiana Leonty - Tiana.Leonty@albertahealthservices.ca
Nick Sun - Menghao.Sun@albertahealthservices.ca
Regan Hesjedal - Regan.Hesjedal@albertahealthservices.ca

How are we doing?

The PG prides itself on providing value driven fitness centres, as well as great staff support from day one. Have you had a good interaction with onboarding or using the facility? Help others find the Pulse Generator by sharing your experience. Your words can help someone else have a positive onboarding experience. Use the QR code below to leave a review and tell us how we are doing.



pulsegenerator.ca