



August 2026

The Pulse Beat...

AUGUST CONTINUES THE “STAY ACTIVE OVER SUMMER” THEME



THIS MONTH...

STAY ACTIVE OVER SUMMER CONTINUES
LAST CHANCE FOR PRO BASKETBALL
RESPECT YOUR EQUIPMENT
MEMBER TATTOO CONTEST WINNERS
WALK ACROSS CANADA RESULTS
PARTICIPATION WINNERS
FALL CLASSES COMING SOON
MORE...

FUN FITNESS FACT

OVER 20 MILLION PEOPLE ATTEND FESTIVALS
IN CANADA EACH YEAR

Continue Staying Active Over Summer

Summer is officially here with another month of sun, fun, travel, events, festivals and good times ahead. What's on your agenda? Here are a few suggestions to make plans for and just do it.

Do an Event - Maybe this is the year to run your first 5km or even take on 50km. Whatever the distance or sport, look for an event to challenge yourself and meet some like-minded people.

Holidays/Camping - Seek a beautiful destination with some friends to enjoy the outdoors. Climb a peak, swim in a lake, or hike to a waterfall. Don't forget your sunscreen and sunglasses.

Festivals - These can be a great place to catch up with busy friends and families. Enjoy the music and entertainment. Get up and dance and try not to eat too much! Park farther away and walk to the festival.

Tournaments - Golf, Baseball, Volleyball...name your sport and there is probably a fun tournament for you to take part in at a local park or course. Work on teamwork and camaraderie while burning some calories and moving your body.

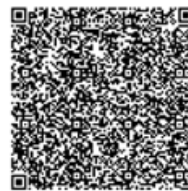
Road Trips - Pick somewhere you haven't been to yet or in a while. Pack the food and drinks, a blanket and maybe a pop-up tent and hit the road to a local lake or park.

Berry Picking / Gardening - Fruits and vegetables will soon be in full harvest mode. Make a day of things by visiting a local U-pick or doing a solid day of yard or garden work to reap the rewards.

Whatever your choice, have fun and enjoy your time with others or a break by yourself to recharge.

Last Chance for Alberta Pro Basketball Discounts

The Edmonton Stingers and the Calgary Surge have played through the majority of their season and have only ONE game left for the regular season in August. Final games are on Aug 2 for the Stingers and Aug 3 for the Surge. We are happy to work with both teams to offer discounted tickets to all PG members as well as all health care employees. These games are great family-friendly sporting events to attend at a very reasonable price. To claim your discount, follow the QR code below.



Respecting PG Equipment is a Mandatory Part of Your MEMBERSHIP

RESPECTING EQUIPMENT IS MANDATORY. Abuse causes broken equipment, which then causes fewer equipment options for you as members and more costs for equipment replacement. Please do NOT drop equipment on the floor. Please care for your fans and wipe equipment after sweating on it. We are in this together. Let us know if you see flagrant abuse of fitness equipment by speaking to your PG staff member.

PG Member Tattoo Contest Winners

And the winner is...Well actually there are several winners since we had multiple categories. Thanks again for those who took the time and effort to submit your art. They all look great.

Most Intricate: Siberian Forest Cat 79% of Votes

Most Gym Tattoo: Weight Lifting lady 82% of Votes

Most Creative: Icarus Falling 38% of votes

Favorite Tattoo: Siberian Forest Cat 74% of Votes



Walk Across Canada Results

One of our summer initiatives involved our “all sites” Walk Across Canada Challenge. Your exercise efforts counted toward distance walked across the country as we all worked together to get from end to end and cover over 5000 km's. Everyone crushed this number in June alone, so we also added the return trip. We officially made it back on July 29th. Our final distance walked as 11,035km's. Well done to all who took part in this summer challenge.



ParticipACTION at the Pulse Final Results

June was ParticipACTION month at the PG. All you had to do to be involved was to continue visiting your PG site for the month of June and we looked after the rest. Although we did not win any of the weekly prizes it was great to see many of our members take part by continuing with their weekly routines and site visits. The PG had over 12,000 members taking part moving over all our 13 sites. The winning location including the grand prize of \$100K was Quebec city. Airdrie was also awarded a provincial prize as the most active community in Alberta.

Fall Fitness Classes Coming Soon

Summer is coming to a close quickly, but don't worry, we have you covered for fall fitness. Class registration will open soon and classes will begin about mid September. Watch for a variety of classes to suit most needs and keep you moving as the cooler weather approaches.

FITNESS CLASSES

Random Card Checks at all Sites

It has come to our attention that some sites are having some challenges with non members accessing and using equipment. This is not permitted and also places all facilities at risk. Expect random card checks to happen at all sites through the month of June. PG sites are members only facilities and all members must carry their hospital ID with them at all times while in the sites. If you do not have this with you during these checks, you will be asked to politely leave. Thanks for helping us keep all users honest and not devaluing all paid memberships.

Booking PG Equipment using



A reminder to all PG members that you do have the ability to "Reserve" some of our equipment for your sessions if you choose to do so. A select number of cardio pieces at every site can be booked in 30 minute increments up to 30 mins before use and up to 3 days into the future. Alternatively, equipment can be used on a first come first served basis. Visit the PG website and follow the buttons on the "Space & Equipment Booking" page to reserve your equipment.

Quick Reminders for ALL PG Sites

- GYM Etiquette keeps everyone happy. Please be sure to unload your plates after using equipment.
- PG equipment is for everyone to use. Plan your sessions to share equipment at all times during your visit, as some sites have a limited numbers of duplicate equipment.
- Indoor shoes only in the facilities please. Let's leave those rocks and muddy shoes outdoors to keep the facility tidy and equipment in proper working condition.
- Reminder that all PG sites are "member only facilities". Please do not bring non-members into the facility. This is considered a serious offense and will result in memberships being revoked.
- Please remember that harassment, bullying and disrespectful behavior is not acceptable when speaking to our staff members. We expect that Alberta Health Services and Covenant Health protocol will be extended towards all of our team.

