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Chase Movement Not Fitness When Getting Back to the Gym

When getting back to the gym it can be easy to chase fitness, what does that mean? Chasing fitness is chasing a good sweat and being sore next day. Instead you should focus on quality movement, the reason being is that quality movement helps you stay healthy and less injury prone. People who move better will have better range of movement, the ability to absorb more forces and these things help you stay in better positions that may hurt you. This creates a greater capacity of doing activities with more weight, more speed or over bigger ranges of movement.

So what movements should you be working on? To me there are 4 main movements that you want to work on. They are the squat pattern, hinge pattern, pulling pattern, and push pattern. These are the 4 main patterns that most movements require. Let us look at each pattern a little closer.

The Squat Pattern



This pattern is just like it sounds the ability to squat, are you able to drop your hips

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Upcoming Changes to the Pulse Gym Usage When We Open

Towards the ground in a controlled manner. With this movement you want to avoid pushing your knees past your toes too much as well as avoid collapsing your knees inward. The ability to control the knees are often affected by 2 things, the first is tight ankles, and the second thing that would affect it would be weak or tight hips.

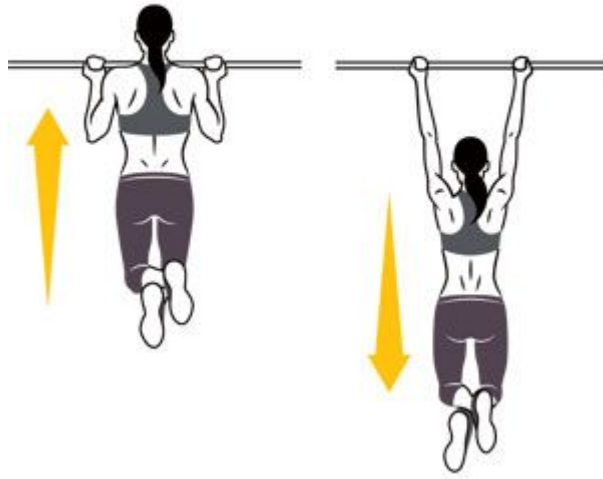
The Hinge Pattern



Here is the ability to bend at the hips, just like a bow you want to bend at the hips and keep your torso straight. This movement engages the hamstrings and the lower back. Often I find most people have difficulty with this movement, largely people have tight hips and weak cores from sitting all day at work, which makes this exercise more difficult. For people who have weak core they may feel it in the lower back as well the hamstring may feel tight because the core is weak so the hamstrings will not let

Go as to avoid injuring the lower back. Strengthening the core can help you to improve this movement.

The Upper Pull



This movement is any type of movement where the arm are pulling towards the body. They can be done in up to down ranges like the chin up or forward to back ranges like a row. This movement is important for those who sit at a desk all day, this is because the shoulders round and we want to pull the shoulders back. Often when sitting in that rounded position it is easy for the shoulder blades to become locked in place and people will lose scapular control. When it comes to the pulling movements do not overload at the beginning but focus on good quality movement.



The Upper Push



This movement is just the opposite of the Upper Pull so things like bench press, push-ups and shoulder presses. These movements are important for lots of activities and sports. The important thing to remember is that you should have good shoulder mobility and scapular control before doing loaded pushing exercise like bench press and shoulder presses. Many people try to load up heavy weights when lacking the prerequisite mobility and control in the shoulders. Which can lead to injury if you overload the shoulders.



When it comes to training, master these movements before chasing strength or fitness. Getting quality movements will help you get stronger and faster. As well as be less sore from your workouts and day to day life because you have added more capacity to your body. The key is to remember more is not always better, better is always better.

July 2020

Pulse Talk

Pulse Generator Membership Resolution

As we move forward in our new normal, we understand the ongoing frustration with the delay in our reopening. As was communicated last week, it was not our decision to remain closed and is a decision that is not within our control.

For those members who wish to receive a refund on their July 29 pay for the 3 months of our closure, please complete the cancellation form at

<https://forms.gle/erYFzPmNj45rNLQb6>

Your membership will be cancelled and your refund provided to you. When our doors reopen you will need to reactivate a new membership. Please be aware that there may be a delay in processing new memberships once we do reopen due to volume, however we will do our best to process new memberships as quickly as possible. For those members who do not wish to cancel, deductions will continue and your refunds will still be processed upon our reopening.

Please note, in order to meet the payroll cut offs and allow time for processing, cancellation forms **must** be completed by July 10.

As always, we appreciate your patience and support. We will continue to provide our virtual content on our website and Facebook and remain ready and prepared to open our doors when it is considered safe for us to do so.



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Here is what we have been working on and important protocol that you will need to know when our doors open.



Fitness Centre Redesign...

In order to comply with physical distancing guidelines, the PG has had to make a few changes to the overall layout of the our facilities.

Fans have been removed to discourage the dispersement of airborne particulates.

Water fountains have also been disabled at this time, so a full water bottle is recommended.

Max Number of PG users...

As you walk around the facility, you will notice signage with large numbers in clear view. These numbers represent the maximum occupancy that can be in a certain zone or facility at one time. If the centre is at its maximum occupancy, please respect this number and wait outside the facility until a spot becomes available for use.

Onsite staff use only...

The PG will open with its intended use to be that of onsite employees only. If you are at work on site and choose to come down immediately before or after your shift or during your shift we welcome you back. We encourage staff to refrain from coming to the PG from home just for a workout when not working onsite.

Non members and guests will not be permitted at any PG site.



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Facility Cleaning...

All facilities will be cleaned and disinfected every morning 5 days per week, including all equipment.

PG Locker Rooms (where appropriate)...

We encourage everyone who visits the PG to come to the facility already changed and ready to use the fitness centre. Locker rooms will be available for using the washrooms and showers etc however at a reduced capacity. We ask members to do their best to limit the amount of time spent using these areas.

Online Equipment sign up is coming soon...

For now, equipment will be on a first come first served basis with a maximum 30 min time limit. Please respect this time limit so all members are able to use the facility equipment. Bookings for cardio pieces (treadmills, crosstrainers, bikes, stairmill and rowers) will soon be done electronically. Time slots of one time per day will be able to be reserved using the Mind Body Online booking system, the same system you now use for your membership.

Once you have booked a slot, you will have an electronic record of this booking. It is recommended that you bring your smart device with you to the PG in case of a dispute on equipment bookings. Reservations are only valid for 5 minutes after the designated start time.

Classes & Studios...

We will be developing and trying out a system for the offering of classes at UAH in preparation for a fall program at all sites. Please note that at this time, only low impact classes such as Yoga and Pilates. Please note that portable equipment will not be allowed to be brought into any facility except a personal mat, which will need to be disinfected upon entering a class.

Water bottles will be permitted as well.



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Other PG Notes...

All members using the facility must be screened at hospital site entrances and approved “fit for work”.

It is expected that all members will strictly adhere to the same standards for behavior and hygiene in the fitness facility as in their work site.

All PG members are required to wear clean and specific work out gear while in the gym. **Scrubs and uniforms are not permitted.**

All members must adhere with the AHS physical distancing public health order and maintain 2 meters (weight and stretching) and 3 meters (cardiovascular) distance between themselves and any other user.

All members must wash their hands or use hand sanitizer before entering the facility and upon leaving the facility.

There is a time restriction of 1 hour /workout. A 30 minute time limit is on cardiovascular equipment.

When a member enters the facility they are required to obtain an equipment cleaning product bottle and a clean rag. They are to use this one bottle throughout their workout cleaning the equipment before and after use.

Members are not permitted to bring any outside items into the gym. Coats, clothing, bags and food are not permitted. Water bottles and personal audio or media items are permitted in the gym.

Members are also reminded that although gyms have previously been a social gathering place, individuals are to work out on their own and not in groups and to not congregate in the gym after a workout socializing.

Members are to be respectful of others and not spend too much time on a piece of equipment as “working in” is not permitted.



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If you missed out on any of our virtual content the PG Blog is going strong as one of the many ways for us to provide insight and experiences in fitness, activities, yoga, meditation and social support for all of our members. You can find us at <https://pulsegeneratorfitness.blogspot.com/>



**CALGARY
TO
EDMONTON**

YYC TO YEG STRAVA CHALLENGE

- Step 1: Login into Strava
- Step 2: Find the PG club and request to join
- Step 3: Have a blast with your colleagues across the province and join in on our June club challenge to virtually make it from Calgary to Edmonton (~300km)

We really hope that you are enjoying and checking in with our new programs and offerings that are posted on our Facebook page and on our blog.

Please know that we are working hard behind the scenes to continue to offer flexible, interesting and supportive activities, programs and information that will support our AHS community.

If you have any ideas for us, please let us know.



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200 virtual kms

SIMULATING: 5 DAY CYCLING TRIP



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5 week program

TRIP ITINERARY

Coombs - Port Alberni	39.6km	July 8
Port Alberni - Sproat Lake	33.8km	July 15
Sproat Lake - Kennedy Lake	46.6km	July 22
Kennedy Lake - Ucluelet	39.4km	July 29
Ucluelet - Tofino	40.4km	Aug 5

INCLUDED IN YOUR PACKAGE:

5 VIDEOS - 40 MIN IN LENGTH

ONE VIDEO WILL BE DELIVERED TO YOUR INBOX EACH WEEK.

ZOOM: ENJOY THE OPTION TO COMPLETE EACH OF THE 5 LEGS OF THIS JOURNEY WITH A CHEERFUL GROUP LEADER EVERY WEDS AT 6AM

For more info: Lenore.Torre@ahs.ca



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Are You Needing Some Personalized Guidance to Reach Your Goals? The Pulse Generator Team Can Help you with a Personalized Online Training Program and Coaching!



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