

THE CORE

www.pulsegenerator.ca



The exact definition of what the core is has been inconsistent in both scientific journals and contemporary fitness writings. Often when we think of core strength we imagine six pack abs. Abdominal muscles often are given all of the credit for core strength and transverse abdominal muscles have been the focus of the core family for the last decade. Did you know that your core is actually comprised of muscles that cross the spine, pelvis and/or hips? Having a strong and stable core enables us to move better, increase our ability to load and unload joints, increase fluency in dynamic balance and help with injury prevention. There are real world benefits to strengthening your core from tying your shoes to fixing things around the house.

Your core is your foundation – it is instrumental to the stability of your trunk. Your core influences both your upper and lower body and is incorporated into every movement that the body makes. No muscle is an island and your core muscles co-activate, stabilizing your body, allowing you to move in a variety of ways and in a variety of directions.

Tune in to facebook this month for weekly core exercises to add spice to your fitness routine.



**JOIN US ON FACEBOOK
SEARCH**

**PULSE GENERATOR
EMPLOYEE FITNESS CENTRE**



PULSE GENERATOR

BLACK FRIDAY DEAL

1 YEAR PREPAID MEMBERSHIP FOR ONLY \$150

NEW MEMBERS ONLY

ONE DAY ONLY - SALE ENDS FRIDAY AT 11:59PM

**NOVEMBER
29TH**

DONT MISS OUT!

USE PROMO CODE: BLACKFRIDAY2019



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Need some ideas for a short, efficient workout?

EQUIPMENT IN THE GYM

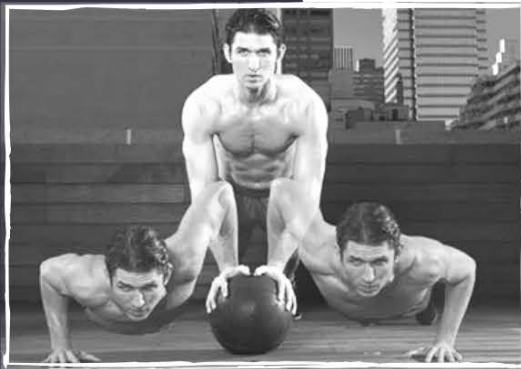
MEDICINE BALL

A medicine ball is a weighted ball roughly the diameter of the shoulders used for strength training. The medicine ball serves an important role in the field of sports medicine to improve strength and neuromuscular coordination.



One ball...

ARMS & BACK



WHEN LIFE HAS YOU JUGGLING...

It's even more important to create an efficient workout.

step up your

CARDIO



challenge your

CORE



add a twist

REVERSE LUNGE



find your

BALANCE



You are invited to attend...

Pulse Generator

A_{NNUAL} **G**_{ENERAL} **M**_{EETING}

Wed., Nov. 27, 2019

4:30 - 6:00pm

Edmonton– Shaw 3I Auditorium. OA8.60

Maz Basement level

Calgary - Southport -SPTA-RM 1016(24)

Refreshments—4:30—5:00pm

Meeting—5:00—6:00pm

Great Draw prizes



**BECOME A
MEMBER**

The Pulse Generator is a not-for-profit organization that provides all AHS employees in the Edmonton and Calgary zones with an opportunity to develop and maintain a healthy lifestyle. Our 24hr onsite fitness and recreation facilities, programs and services are offered to our members at a reasonable cost.

OUR GOAL

To operate and deliver affordable fitness and health opportunities to our Health Care Community:

Employees and the Corporation - Alberta Health Services.

To help employees and the corporation understand why health and fitness opportunities are and should be a priority in the

WHAT WE OFFER

- Access to all Pulse Generator facilities 24/7 - 365 days per year. (get in touch with us to set this up if you would like to use other facilities in Edmonton or Calgary)
- Our fitness centers include free weight, cable, suspension, functional & cardio equipment.
- Qualified staff provide assistance during staff hours (varies)
- Personal training services.
- Options for small group training, group fitness classes.
- Special member pricing & access to all Pulse Generator program opportunities.



Don't let the grass grow under your feet.

Sign up today!



\$14.25 /month

Monthly fee based on a one year membership.
Payroll deductions are offered for permanent full or part time AHS employees.

MEMBERSHIPS prepaid



MEMBERSHIP OPTIONS	PRICE
One Month	\$27.50
Three Month	\$66.00
Six Month	\$93.50
Eight Month	\$121.00
One Year	\$170.50

The Pulse Generator continues to take groups for fitness and health adventures around the world.

DESTINATION FITNESS

Be sure to stay tuned for more wellness travel opportunities through the Pulse Generator! Some of the trips to date:



New York
Kilimanjaro
The Great Wall of China

Machu Pichu
Iceland
Ride the Rockies
And many more...

BE A BUDDY!



Don't keep us a secret
Ask for a Buddy Pass!

TELL YOUR COWORKERS HOW
AWESOME WE ARE AND THEN
LET THEM TRY US!

Conditions apply.
Ask us for more details!



GET YOUR BUDDY PASS TODAY!

You say.

We listen.

We act.

FITNESS CLASSES **EMS**

COMING SOON!



YOGA



**CIRCUIT
TRAINING**



**STRENGTH
TRAINING**



MEDITATION



MOBILITY



**Welcome Iron Kreek
Ranch as our newest
“Friend of the PG”**



We are always excited to welcome a new member to our “Friends of the Pulse” Family. We welcome Alberta based businesses, who approach us, with the opportunity to promote their business to our membership through promotional offerings. We are pleased to introduce our new “Friend”, Iron Kreek Ranch. They currently offer 100% grass fed beef and lamb. Their products are hormones and antibiotic free. They are passionate about their job and their land and treat them both with the utmost respect! They truly believe that their product is among the best and healthiest meat in the world! They are just west of Red Deer and this is a third generation Ranch. They comment about their operations:

“We have always loved nature, and our land is suited more for livestock and supports a healthy wildlife population, so we don’t use sprays. We use alternative methods to control weeds like timing of seeding or grazing, cover crops as an example. We have noticed when you work with nature while trying to make a living instead of smashing it to pieces while making a living, she will help you grow plants and control weeds and bugs. As an example we are now seeing bugs that are helping to control our weeds and good bugs that attack the bad bugs that want to eat the plants. They say that if you have a healthy ecosystem for every bad bug that wants to eat that plant there are sixteen hundred good bugs that want to destroy it! A lady bug will fight to the death to protect her plant!”

They sell quarters, halves and wholes for beef and halves and wholes for lamb.

The best way to contact Iron Kreek Ranch at this time is either thru Facebook or email or phone.

Kevin Ziola (403) 352-0662

Roxy Ziola (403) 391-8502

kev-rox@hotmail.com



Enter online by **Nov 26th** at www.pulsegenerator.ca; one entry per Pulse Generator Member for the month of October and November. Any member who enters who is also a member of the Pulse Generator Facebook Group will receive an additional entry to this draw. Join our Facebook Group to stay up to date on all Pulse Generator happenings.