

Pulse Talk

April
Covid 19 Ed.

the new
normal

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normal

First of all, thank you to everyone at Alberta Health Services for the incredible job that you are doing to help us all manage and navigate our new normal here in Alberta and in Canada. It is your relentless effort, care and transparency that helps us all to stay safe, healthy and informed.

We truly appreciate you.

Here at the Pulse Generator, we are also redefining normal as our ability to offer our services and programs has been significantly challenged. It is very hard for us to not have our facilities available to you but we also know that you, more than others, know the reasons why. We are committed to continuing to offer insight and experiences in fitness, activity, yoga, meditation and social support through all of our communication networks; Facebook, our website, our Blog and email newsletter. We encourage you to join in and try things out and stay in touch through our Facebook, Blog or email with your questions and comments.

Currently we are not making any membership fee adjustments. As everyone else is doing right now, we will monitor the situation and make adjustments in relation to expiry dates/extensions accordingly when we have better idea of what the big picture looks like. We would like to emphasize that we sustain our operation on our membership fees and will need to have revenue to reopen up and operate at full capacity for our membership. We support an active community of over 4000 members and want to be able to sustain that operation fully when we reopen our doors. We appreciate your patience and promise to communicate when we have more information. We are also working on developing a special "thank you" for those members who stay with us through this time. Please feel free to check our website or join our Facebook page as we will be posting update when we have them.

Again, we thank you for the job that you do and have complete faith in you getting us through. Please enjoy this newsletter and let us know if there is anything that we can include in any of our offerings that will help you out.

With inspiration and gratitude:

Joan, Mary, Matt, Kevin, Kelsey, Lenore , Breanne and Regan

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Spring Into Fitness

Due to the Covid 19 pandemic we have cancelled all Pulse Generator classes for the Spring Session. We appreciate your patience as we work through this situation. We do not have a time line regarding for classes resuming, but we look forward to having you just as soon as it is safe. Please check our webpage at www.pulsegenerator.ca or join our Facebook page to stay up to date with information, training, yoga and meditation tips. Thank You for supporting Pulse Generator programming. Our wish to you and your family is for strength and good health.

Kelsey & Lenore
PG Programming Team
PGPrograms@ahs.ca



Have a suggestion for future PG Classes? We would love to hear from you!

<https://forms.gle/A7MxCdEmrQjxDzTW8>



During this down time we will be reviving our Blog 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/>



*PG Cookbook
Vol. 3*



The PG Cookbook Vol. 3 has been put on hold for the time being. In its place the PG team will be using our social interactions to guide you through some educational opportunities while in the kitchen. Stay tuned to our Facebook and Blog content to see what we have cooked up for you. If you have been exploring some new recipes in your off time as well, let us know about them as we would love to try them out.



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Pulse Generator Weekly Update

April 1 - 8, 2020

If you are a member and do not currently receive our emails or newsletter and would like to, please go to your Mind Body profile and change your preferences.

Activity	Description	Day/Time	How to Access
Fitness Fun	Join in for any or all of the Fitness Fun this week		
Yoga Break with Kelsey	This week – DIY Yoga. Creating props from around the house.	Monday April 6	Facebook – pre recorded . Accessed any time.
Wild Card Wednesday with Regan	Use everyday items to spice up your regular workout routine	April 8 @ 12:00pm Live!	https://albertahealthservices.zoom.us/j/522486619 This will be live at 12:00pm and recorded on Facebook.
Friday Fitness Fun With Lenore	Small Space Workout – no equipment, no problem	Friday, April 3rd	Workout Video & printable document will be posted to Facebook by 7am. Not a FB person? You can also find this workout in the PG Blog at https://pulsegeneratorfitness.blogspot.com/
Let's Get Social	Take some time to connect with us and other PG members		
Coffee Chat with Breanne	Let's Catch Up: What do You need from the Pulse Generator right now?	Tuesday, April 7th at 9:30am	https://zoom.us/j/395081628
Happy Hour with Matt	Join Matt and the PG Team for some Friday night FUN!	Friday, April 3rd, at 6:00pm	https://albertahealthservices.zoom.us/j/370501328



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Training Reaction & Agility for the Outdoors

With spring and summer soon approaching, we are all anticipating being outdoors more frequently and indulging in our given sports and hobby's. We have been spending time indoors working on the "off season training" and focused on maintenance fitness, some rehab, and resistance training for the new season. Has agility training become a part of your routine though? If not, now is the perfect time to start working on a few drills that will help with your reaction time, your balance, as well as your strength for twisting and single sided activities. These skills will help you with various types of movements in activities such as trail running, field sports, racquet sports and activities where unexpected reactions happen.

One Leg Balance Drills

One Leg balance drills are great for all ages and help with stability in the hip, knee and ankle areas and how they all work together when making movement happen on 1 leg. Try the "balance to toe touch", the "Stork Reach" as well as some 1 leg balance and target touches.



Leg & Core Strength

The longer you sustain your activity, the more prone you are to injury because of fatigue and loss of mental alertness. These exercise will help you get used to what your body will automatically do when having to react to an awkward movement. Working on these will develop leg and core strength to help mitigate the potential for injury.

Try the 1 Leg suspended lunges, the Windmill, and the 180 jump.



Reaction Time & Agility Drills

With a solid feeling of balance and leg and core strength in your arsenal, the final segment will be putting these together with drills based around reaction time and agility.

Ladder drills are excellent at testing the mind body connection to footwork drills. Check out some great ideas at this link: <https://www.youtube.com/watch?v=67XP-AekUoA>

Although having an agility ladder will help with the drill, it is not a mandatory item. Feel free to use a painted line or a string as an imaginary middle and work with your set up.

Reaction time is also an important element to taking your performance to a higher level. Many times these are done with a partner but feel free to try these solo as well. A few of these may be even drills you can do with your kids as the “coach” and you can react to their commands. Have them make some color coded “cones” for you to use and make sure you clear away potential hazards if you are working in a smaller space.

<https://www.youtube.com/watch?v=nzV3JzcxHHs>

Working on balance, leg strength, core strength, agility and reaction time are not age specific or “athlete” specific drills and can be beneficial to everyone. Using these drills at the right time of a training program will help set you up for a successful season and simply enhance your current routine with new ideas to keep things fresh while you keep moving.



We Truly Appreciate You!

Thanks for your continued support. Stay Safe Everyone.



Joan



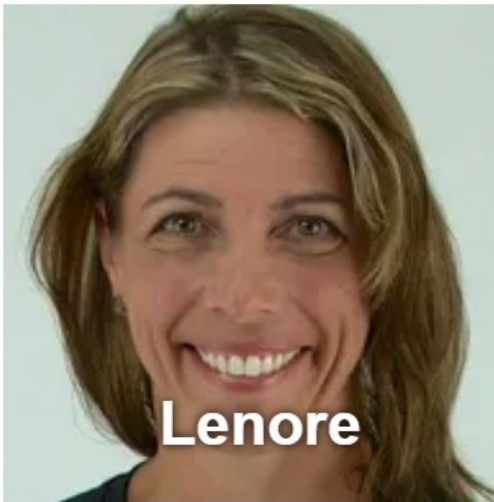
Kevin



Mary



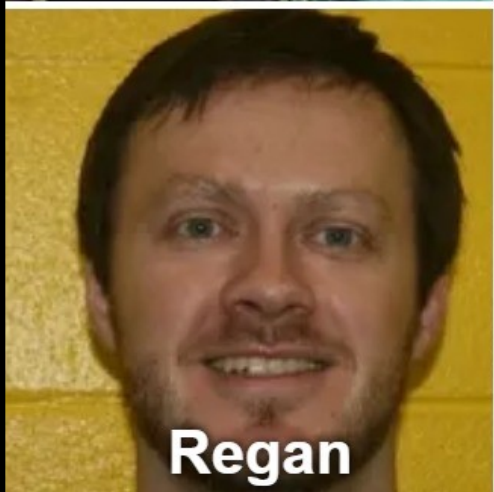
Kelsey



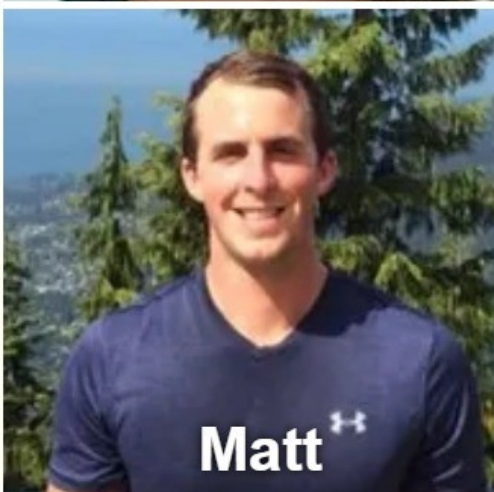
Lenore



Breanne



Regan



Matt



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