

# Pulse Talk

December  
Edition

## Just Relax and Find Your Fun!

It is that time of year; less daylight, colder temperatures and competing demands on time with the holidays. If you find it challenging to keep up your regular routine of working out, try to embrace the challenges and learn how to find some fun in it all! Here is our list of strategies to help you relax and find some fun!



Take time for you – Allow some time for yourself each day, even if it is only 15 minutes. Use the time for whatever **you** need that day. You may need time for quiet and meditation, you might need to stretch or you might need to get a quick, fast paced workout in.

Make the social commitments count – this time of year can become super busy with lots of social engagements. It's okay to say no to some or all them and be selective about what you choose to commit to. Instead, maybe focus on catch up time with your regular social circle and then resolve to keep it up throughout the year, not just during the holiday season.



Feeling stressed? Research shows a link between exposure to nature and stress reduction. Stress is relieved within minutes of exposure to nature as measured by muscle tension, blood pressure, and brain activity. Time in nature can reduce your cortisol and also boost endorphin levels and dopamine production, which promotes happiness. There are lots of outdoor winter activities you can take part in, such as snow shoeing or skiing, or just get out for a walk! While you're out in the snow, tap into your inner child and make a snow angel!



Make time to laugh! Laughing has all kinds of health benefits. One of the best ways to laugh is to find humor in the everyday moments! Laughter can be an important tool for keeping our troubles in proportion and realizing that things aren't always as bad as we think they are. But even when things are as bad as we think they are, laughter helps create positive emotions and helps us find a frame of mind to help us cope with the struggles of life. Laughter eases tension and sharpens our ability to concentrate.



Keep everything in perspective. Make a list of all the things you have to be grateful for and focus on daily gratitude.



[www.pulsegenerator.ca](http://www.pulsegenerator.ca)





*Holiday Treats  
&  
Season Greetings*

*Please join us in your Pulse Generator  
the week of December 16 - 20  
(staffed hours)  
for some Holiday Cheer.*

*RAH—Dec. 16*

*EMS Edmonton— Dec. 16*

*Misericordia—Dec. 16*

*Grey Nuns—Dec. 19*

*UAH—Dec.20 –8:30am—11:00am*

**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**



invites you to a special event for  
**Pulse Generator  
Members and Staff**



**25% off** regular priced footwear,  
apparel and accessories\*

**10% off** regular priced electronics, nutrition  
and previously marked down items\*

December 07, 2019  
All Edmonton and Calgary Area  
Running Room Stores

We will have staff available to offer gait analyses for proper footwear fittings and our knowledgeable staff will be able to answer all questions on apparel, accessories and electronics.

\*Valid only on December 07, 2019. Further restrictions apply.

[www.pulsegenerator.ca](http://www.pulsegenerator.ca)

# EARLY BIRD

MEMBER REGISTRATION

**DEC 5 & 6th**

# WINTER

## FITNESS CLASSES

**JAN 13 - MAR 20**

No classes Mon Feb 17th

Two days - members

**SAVE \$5**

Promo Code:  
**EdmWin2020**



• [WWW.PULSEGENERATOR.CA](http://WWW.PULSEGENERATOR.CA) •

• NON-MEMBER REGISTRATION •

• **Begins: Dec 9th** •

# EDMONTON

[www.pulsegenerator.ca](http://www.pulsegenerator.ca)

# PG Holiday Fundraiser



The Pulse Generator will once again raise funds to for our annual initiative of supporting those at the Hope Mission this holiday season with a Holiday Meal.

Our Karma classes, taught for free by our instructors ( we accept a donation), our Loonie per workout jars on all Pulse Generator desks and online donations will all support this initiative.

We hope that you will join us again this year in support of the Hope Mission Holiday Meal program.

# New York Marathon Recap

On November 3, 2019 a group of 11 from the Pulse Generator toed the line at one of the most iconic marathon races – the New York Marathon! With 55,000 participants, 1,000,000 spectators on route, bands on every corner and a route that takes you through the five boroughs of New York, this race lives up to its expectations!



We began our training in June, after ensuring everyone had a solid 10 km base. This gave us 5 months to build our training distance up to 32 km in preparation for the 42 km marathon. Our group was diverse; we had one participant walk, a participant who had never run in a race making New York her first ever race, 3 personal best times and a whole lot of fun! 2020 is the 50<sup>th</sup> Anniversary of the New York Marathon and we are going back! If you would like to join us, contact [joan.radford@ahs.ca](mailto:joan.radford@ahs.ca) and have the experience of a lifetime.

[www.pulsegenerator.ca](http://www.pulsegenerator.ca)

# DON'T KEEP US A SECRET



**SHARE US WITH YOUR COWORKERS!**

**PICK UP YOUR BUDDY PASS TODAY!**



Restrictions Apply  
Ask us for more details!

**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**

# Massage Therapy at the Pulse Generator UAH

*We offer Massage Therapy Services On Site - 5 days per week. Our Treatment Room is located within the Pulse Generator UAH (PJ2.00 WMC) in Studio #1.  
Contact RMT directly to book an appointment.*



**SANTA KNOWS  
YOU HAVE  
BEEN KNOTTY!**



**USE YOUR BENEFITS  
BEFORE 2019  
EXPIRES!**

**Pulse Generator Member Rate \$80 for a 60 Minute Table Massage  
Gift Certificates Available By Request from Breanne & Odette.**

*Book your appointment with Odette  
on Tues / Thurs by contacting her at  
[odettey@gmail.com](mailto:odettey@gmail.com)  
or [780-407-7751](tel:780-407-7751)*

*Book your appointment with Breanne on  
Mon/Wed/Fri by contacting her at  
[Breanne.martiniuk@ahs.ca](mailto:Breanne.martiniuk@ahs.ca)*



# RIDE THE ROCKIES



May 29 - June 1, 2020

- Fully supported tour
- 3 Nights / 4 Days Riding
- 16 week program
- Great for Beginners to Advanced Riders
- Open to PG members and AHS employees

Tour Program Starts at \$1647  
Contact [kevin.vachon@ahs.ca](mailto:kevin.vachon@ahs.ca)  
to secure your spot!

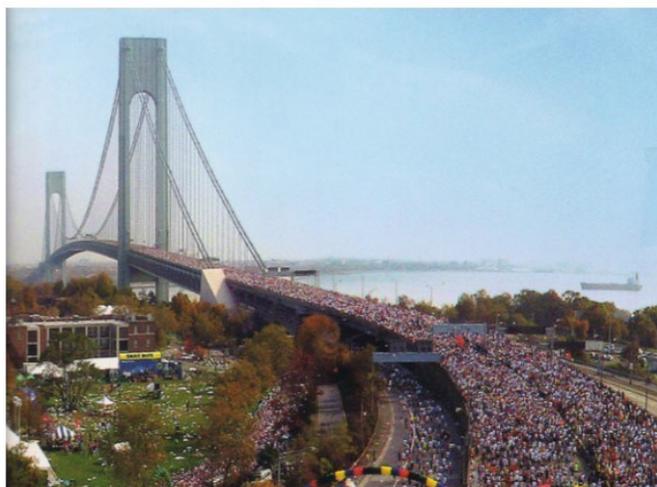


# **Join the PARTY !**

## **The 50th**

# **New York Marathon**

## **November 1, 2020**



**5 boroughs**

**WALK or RUN**

**55,000 participants**

**DON'T MISS OUT!**

**1,000,000 spectators**

**Space is very limited !**

**Contact:** [joan.radford@ahs.ca](mailto:joan.radford@ahs.ca) to reserve your spot today!

**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**

# 2019

## PULSE PEOPLE

THANKS TO ALL OF YOU FOR  
YOUR COMMITMENT TO  
PROMOTING AN ACTIVE &  
HEALTHY LIFESTYLE

Manny PG—UAH



Chelsey PG—GNCH



Sarah PG—RGH



Don PG—Royal Alex



Laurie PG—MCH



Michelle PG—Calgary



Adam PG—EMS



Brittany PG—UAH



Chad PG—UAH



Jocelyn PG—Southport



Oana, Marita &  
Ing Swie PG—UAH





# PULSE TEAM MEMBERS DO GREAT THINGS!

Joan, PG Managing Director has been invited to teach yoga at the Anamaya Yoga Retreat (March 7 – 14, 2020) that AHS employees have been going to for the last 3 years. If you are interested in joining her in Costa Rica for that week, please feel free contact her at [joan.radford@ahs.ca](mailto:joan.radford@ahs.ca)

## AGM Recap winners:

- Iron Kreek 1/4 of Beef...Angela Torry
- Gift Basket...Brita Danielson
- 1 Hour Massage...Hanjin Zhang
- 1 Hour Massage...Alicia Chow
- 15 Min Chair Massage...Mike Bentley
- The Greenhouse GC...Yemia Naidu
- The Greenhouse GC...Sandra Shokoples
- The Greenhouse GC...Nim Herian

Thanks to all who attended to make the  
AGM a success !



Edmonton **FITNESS**  
**ORIENTATION**



Are you new to the Pulse Generator or thinking of joining? Register for a free orientation with the PG. This 20 min orientation will include a tour of the facility, types of equipment available, equipment bookings, class registration and other PG services.

Register online!



[www.pulsegenerator.ca](http://www.pulsegenerator.ca)



***Thank you for being a part of an amazing year at the Pulse Generator. It is because of you, our membership that we continue to grow in size, are able to build our programs and offerings and are proud of your dedication to your personal wellbeing. The Pulse Generator Team are passionate about health and fitness and what we do here at the Pulse Generator. We are grateful to you for the opportunity to do what we love. From all of us, we wish you all a very Happy Holiday Season. Joan, Mary, Kevin, Matt, Kelsey, Lenore, Regan, Breanne***

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