

Pulse Talk

February
Edition

Congratulations, you made it through your January resolutions to work out and eat healthy. We all know that it isn't easy and the interest and commitment wains near the end of the month. So we propose a slight adjustment to that initiative for February, still honoring your work outs and healthy eating but including some complimentary activities.

Complimentary initiatives simply add to your goal to take care of yourself and might include massage therapy. Help relieve some muscle soreness, increase blood flow and generally take a break that will help you relax, clear your mind and feel rewarded and rejuvenated. Maybe check in with a personal trainer to adjust or change up your work outs, to enhance the effectiveness of your workouts, or even try a drop in class for a different type of session. It is time to add self-care into your training programs and February is the month to do it.



www.pulsegenerator.ca



The Pulse Generator is a MEMBER ONLY Facility.

This is just a reminder that the Pulse Generator Fitness Centres across Alberta are MEMBER ONLY facilities. It is NOT OK that you pay a membership fee to cover the operation and maintenance of your facility and equipment and someone else comes in and uses the facility for free. As a not for profit society, we operate on a cost recovery basis with no outside assistance from grants or donations. Free usage of our facilities compromises our ability to do our jobs.

Please do not let non-members into your facility.

If you notice a non-member being let into the facility, please email us with dates and times. We will access our data to confirm those involved. Letting a non-member into the facility results in a suspension of the member's membership for a period of 3 months. This is a serious infraction of the Board Approved Rules and Regulations .

Notice to ALL PG Members



Positions Open for Pulse Generator Board of Directors

The Pulse Generator Board of Directors is a volunteer board made up of Pulse Generator members. The Board of Directors represent the PG membership and directs the operation of the Pulse Generator on behalf of the membership. Volunteer Board positions are held for a maximum of 4 years. Board members are required to attend regular meetings approximately every 2 months over a noon hour, except over the summer and the Annual General Meeting.

If you are interested in applying for a position on the Pulse Generator Board of Directors, please send an email to Joan.Radford@ahs.ca explaining why you would like to be a member of the Board and the contribution that you believe you would make to this position. Deadline for applications is **February 29, 2020.**

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Wear Red to raise awareness
about women's heart health

**Join the Pulse Generator on Feb 13th and wear
RED in support of Women's Heart Health !**



#HERHEARTMATTERS

For more information and resources, visit:

WEARREDCANADA.CA



CANADIAN WOMEN'S
HEART HEALTH CENTRE

NATIONAL
ALLIANCE

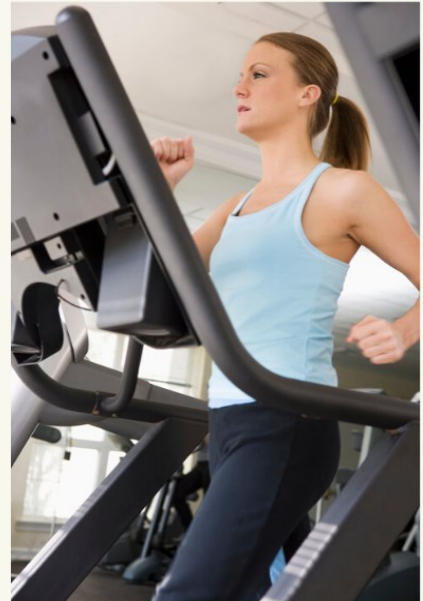
www.pulsegenerator.ca

SELF ASSESSMENT REMINDER

In September we initiated a self-assessment tool for our members and now it is time to check in and reassess your fitness. Also, if you missed out when we started... this is a great time to jump on board and keep that January momentum going! Assessment is an important step of your health and wellness journey as it allows you to track your progress and observe functional results. Over the past few months we have posted some great exercises to improve your scores and this month we will be keeping that going with exercises specific to the self-assessment. So, make sure to join or keep an eye out on our Facebook group for more great exercises and information.



*Booking equipment
=
Good Workouts*



*Don't miss your
workout because you
forgot to book your
cardio equipment.
Booking systems are
in place at all
locations.*

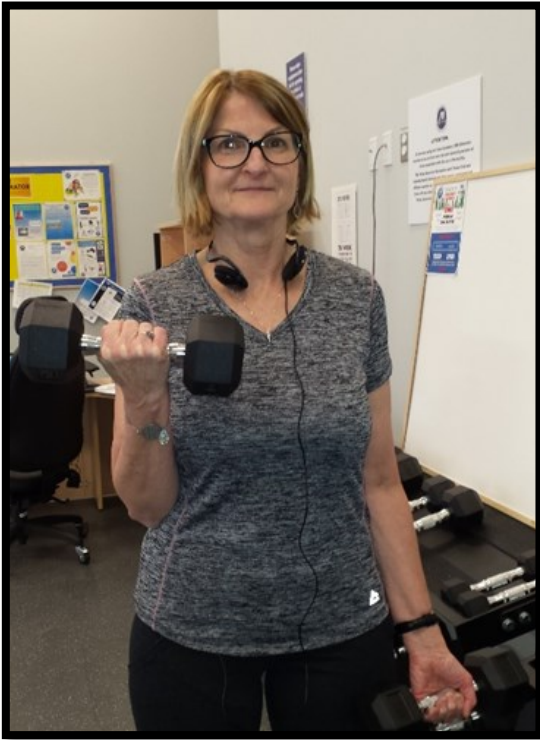


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MEMBER PROFILE

February

Susanne Matthon...PG-EMS YEG



For approximately 5 years I have accessed the PG at the UAH and now at the new EMS Northwest Station. What makes the PG so great to me is the staff, programs, atmosphere and accessibility. I remember when Joan trialed a few different workouts for a 50 and up group. It was great and I could hardly wait for what was next. The PG is a great place to go on my lunch break - from stretching to lifting a few weights to the row machine, all while listening to your favorite tunes, is not only a good physical release but mental as well. I find what I do in the PG adds a good balance to the other activities I enjoy such as swimming, skating, bike riding.

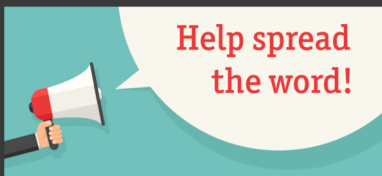
What motivates me? To be able to do all the physical activities I did with my children with my grandchildren; the other people in the gym; and oh a challenge ... when EMS Calgary challenged EMS Edmonton in push-ups through the PG gym I was all in.

Don't keep us a secret! Ask us for a buddy pass.
Tell your co-workers how awesome onsite fitness is and let them try it out. Conditions apply. Ask us for more details.

Calgary FITNESS
ORIENTATION



BE A BUDDY!



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

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!

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PULSE GENERATOR DESTINATION FITNESS

The Pulse Generator has been building great destination travel opportunities for 10 years. These programs are centered around unique destinations and fitness events, giving you the opportunity to take part in a completely different experience than what is traditionally offered inside of a fitness centre.



WWW.PULSEGENERATOR.CA

VIETNAM'S CYCLE BACK ROADS

Program NOW FULL
Contact the PG to be
added to
the wait list.

2021

JAN 24 - FEB 4

The programs prepare you for the event/activity and travel, and in the process you become a member of the PG destination community. As the group prepares for the adventure, we pride ourselves on challenging you with new life experiences and new fitness endeavors.

RIDE THE ROCKIES

MAY 29 - JUNE 1

2020



Join us for our 5th Annual

SPRING INTO THE MOUNTAINS

June 5 - 7th, 2020
Pomeroy Kananaskis Mountain Lodge

Your weekend includes:

- Accommodations for 2 nights at the Pomeroy Mountain Lodge
- A \$50 food and beverage credit
- 3 Yoga Classes
- Hiking
- Friday social with a craft beer exchange

Swim, fishing, additional costs for lift tickets, Pomeroy Kananaskis Nordic Spa

SOLD OUT

JUNE 5-7, 2020

• A great time with great people!

NEW YORK MARATHON

**Join the
party for
the 50th
Anniversary**

NOVEMBER 1, 2020



www.pulsegenerator.ca

The poster features a vibrant background with overlapping circles in shades of pink, purple, and blue. Two yellow zigzag lines are positioned at the top right and bottom left corners. The text is centered and uses a mix of bold, sans-serif fonts in white and yellow.

SPRING INTO FITNESS

SAVE THE DATE

Calgary Spring Classes 2020
April 6 - June 19

Early Bird Registration March 5-10, 2020
Save \$5 with promo code SPRINGCAL2020

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