

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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MASSAGE THERAPY & A HEALTHY HEART

*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.*

How Massage Can Help?

If you are a regular gym goer or just starting out, the incorporation of massage therapy may be beneficial to you to maximize your training & recovery. A 2012 study through the Buck Institute for Research on Aging and McMaster University in Hamilton, Ontario, indicates that massage therapy reduces inflammation of skeletal muscle acutely damaged through exercise (similar to anti-inflammatory medications).

Stress at work and home (or, any other form) can have a lot of negative effects on the body. A 2012 study published in Complementary Therapies in Clinical Practice shows that massage for nurses during work hours can help to reduce stress and other related symptoms like: headaches, shoulder tension, insomnia, fatigue and muscle/joint pain.

The effects of regular massage therapy treatments are cumulative. If your goal is health maintenance, a massage treatment every 4 to 6 weeks can help reduce stress levels and decrease muscle tension.

FEBRUARY MASSAGE SPECIAL

15min CHAIR MASSAGE Gift Certificate

for \$20 (reg. \$25)

Available at the Pulse Generator UAH
or through Breanne & Odette

Cash Only. Limit 2 per person.



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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.



Pulse Generator - WINTER 2020
Drop In Classes (UAH)

YOGA

Monday

KARMA YOGA

12:05PM

Tuesday

YOGA MIX

4:30PM

Weds

SHIFT INTO YOGA

12:05PM

Thurs

PM RESTORATIVE YOGA

4:30PM

STRENGTH

Tuesday

S2: STRENGTH & STAMINA

4:05PM

\$10 PER CLASS

DROP IN PASSES:

4 classes for \$36

8 classes for \$64

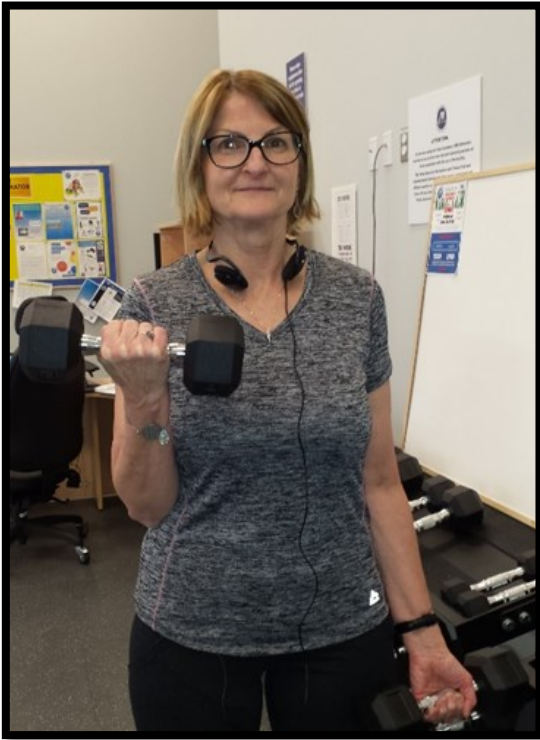
Why Not Drop In?

www.pulsegenerator.ca

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.

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!

Edmonton **FITNESS**
ORIENTATION



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*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.



BE A BUDDY!



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

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.

Energy Exchange Project

The Pulse Generator Energy Exchange Project needs volunteers at the University location in Edmonton! In exchange for your Energy in helping us to keep the PG equipment clean, we will give you your PG membership for free.

Project Requirements:

1—2 cleanings /week (approx. 45 mins total), wiping down equipment with product provided, checking and noticing any concerns or problems and recording equipment cleanings in log provided.

Contact kevin.vachon@ahs.ca for more information. Volunteers will be accepted on a first come first serve basis.

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Individual Yoga Instruction

Looking to:

Learn the basics?

Develop a personal practice?

Advance your practice?

Bring yourself back to balance with yoga?

Yoga is not a one size fits all and Individual sessions ensure you are doing poses and modifications most appropriate for your needs. Similar to Personal Training, Individual instruction offers the ability to focus on personal interests, concerns or goals.

For more information contact Kelsey at
kelsey.wilson2@ahs.ca



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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.



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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
- Fitness testing (additional cost)
- Access to the Pomeroy Kananaskis Nordic Spa
- A great time with great people!

SOLD OUT

JUNE 5-7, 2020

NEW YORK MARATHON

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

NOVEMBER 1, 2020



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EDMONTON
SPRING FITNESS
CLASSES

save the date



EARLY BIRD

Promo Code:
SPRINGEDM2020

SAVE \$5

TWO DAYS ONLY, MEMBER REGISTRATION:
MARCH 5TH & 6TH

APRIL 6 - JUNE 19TH

WWW.PULSEGENERATOR.CA

NON-MEMBER REGISTRATION: MARCH 9TH

