



Pulse Talk

Getting on with It!

Even though our lives have changed, we are staying home more, working and playing more consciously and carefully, the world seems to be “getting on with it”. Spring is in the air, the sun is warming things up, and the trees and grass are turning green. The natural world is moving forward within the boundaries of the environment. We are loving the lack of snow, the longer days of light and are embracing the opportunities to take outside walks and runs in appreciation of these changes.

We too, at the Pulse Generator are “getting on with it” within our new environment. We are re-inventing old ideas with the intention of bringing them to you to continue our mission and vision of helping you find fitness, enjoy fitness and to stay engaged and healthy. We have developed a Summer Program schedule for you to enjoy. We are working with the Running Room to bring PG Members and All Alberta Health Services Employees a VIP Online Shopping Weekend and discount (June 6-7, 2020).

Please check out our website and newsletter for shopping code and details. June also features a few profiles of the PG members who continue to support us and be quite active despite our facility closure.

June has several challenges. Document how you stay Active @ Work as part of the National Health & Fitness Day on June 6th. Show us a photo submission to the PG Facebook page and be entered to win a PT session for yourself or your work group. Also, have a look at our Strava Cycling challenge as well as the Jump Start Challenge to work toward a goal in June.

Even though our doors are closed, we are still here for you!



www.pulsegenerator.ca



www.pulsegenerator.ca

PG SUMMER 2020 VIRTUAL PROGRAMS

SIZZLE INTO SUMMER

Summer Workout Series

With Breanne

A total body workout each week with support and accountability. 10 weeks for \$60. Series starts June 15.

Virtual Cycling Trip

With Lenore

Enjoy a virtual cycling trip on Vancouver Island. 5 weeks, 200 km. 5 weeks for \$50. Adventure starts July 8.

Registration opens June 1.
Visit www.pulsegenerator.ca
for more information and
registration.



Sports Conditioning

With Kegan

Assessments, strength, agility & mobility program. 9 weeks \$125. Conditioning begins June 15.

Yoga at Om Retreat

With Kelsey

Weekly yoga and meditation practices sent to your inbox. Combined with Yoga Workshops and a private facebook group for socialization and you have the Yoga at Om Retreat! 7 weeks \$100. Retreat starts June 15.





&

The Pulse Generator
invites
all PG Members and AHS
Employees to a
VIP Online Shopping
Weekend
June 6 – 7, 2020

20% off regular price products on
runningroom.com

Code: 06PULSEGEN20

*Applicable at ca.shop.runningroom.com. *Excludes electronics, nutrition, Theragun, Addaday, and Air Relax.

*All clearance and special priced items ending in \$.00 are final sale for online orders. *Cannot be used for previously purchased product.

*Cannot be combined with any other promotional offer, coupon or discount.

*Cannot be used on gift cards, training programs or event registration.

*Offer(s) may not be redeemed for cash, sold, altered, duplicated or copied and will not be replaced if lost, stolen or corrupted.

*Use of offer(s)/promotional code(s) is acceptance of these terms. *Running Room reserves the right to cancel or modify offer(s) at any time. *Sale ends June 7, 2020 at 11:59pm EST.



www.pulsegenerator.ca





Kirsten George-Phillips...PG UAH

When I joined the Pulse Generator in 2011, I was a busy mom of two young children juggling the demands of home and work. My Pulse time was my “me” time where I was able to just focus on myself. When I started doing early morning boot camp and spin classes, I found my Pulse community when my trainer and classmates became friends. My “me” time had happily transformed into my “we” time. Over the years we have challenged each other to try new races and events and celebrated accomplishments together. I started doing trail races, a few biathlon and triathlons and completed my first ½ marathon. Last year, my husband and I completed legs of the very muddy Sinister 7 and this year we have signed up for a local team trail race. During the pandemic, I have appreciated the support of the amazing Pulse team of trainers/motivators and have joined Lenore in her early morning spin classes and followed the posts and videos of the other trainers and members. As we manage work and school mostly from home, I stay active with my family by walking or running the dog, and by exploring new hiking and biking trails. We have also tried some of the Pulse videos together such as the step aerobics and yoga for cyclists. I am grateful to be healthy and look forward to being with my Pulse community again sometime soon.

PG Member Profiles



Erin Macdonald...PG FMC

I have been a PG member for 3 years. I initially joined for convenience and accessibility to the fitness centre. I love being part of a membership that cares so much for the mental and physical well being of its members.

It is so easy to leave my desk every afternoon and head straight down to the gym. It is nice to see the regular members there every week and enjoy welcoming new people and offering assistance when I can to others. I also love being able to watch the TLC channel while on the treadmill during my runs as I am unable to do so at home.

Outside of the gym, I enjoy mountain biking with my Australian shepherd Bowie, running, playing soccer and riding my gravel bike. When I am not on my bike, you can find me on my boat during the summer or camping with my boyfriend and my dog.



www.pulsegenerator.ca





Show us how you stay Active @ Work!

Get active by yourself or with your
worksite friends.

Show us your activity with a
photo submission to the PG
Facebook page and enter to win a
PT session for yourself
or your group.

**June
6
is
National
Health
&
Fitness
Day**

June 5-7

IT'S CANADA'S DAY TO GET UP, GET OUT AND GET ACTIVE
VISIT WWW.NHFDCAN.CA



www.pulsegenerator.ca



Fitness Friday



CHALLENGE

JUNE 5-12th

start the month of JUNE

find your inner MVP



complete

3

WORKOUTS

from previous PG workout postings in

7 DAYS

Complete the challenge, leave a comment and you'll be entered for the draw:

One hour of On-Line Personal Training



workouts can be found under
"popular topics" on the PG facebook page or

www.pulsegeneratorfitness.blogspot.com

5 Ways to Keep Improving With Your Home Body Weight Workouts...by Regan Hesjedal

Right now with gyms closed it might be difficult to create variety and feel like you will get results at home with your body weight workouts. However bodyweight training can be a great way to get stronger and improve. Here are five ways you can challenge yourself with bodyweight training.

- 1) **Work on Your Range of Motion** – for many people when they lift weights they do not go through the full range of motion. Sometimes this is required, heavy squats that are too deep can place too much strain on the meniscus and ligaments in the knees. However with little or no weight deep squats are great. Adding deep squats right now are excellent for working on hip and ankle mobility.
- 2) **Use Tempo** – Changing the speed and pace that you do exercises is a great way to add spice to your workout. For example with a set of push-ups lowering for 5 or 10 seconds and then adding a 5 or 10 seconds pause can burn the muscle and build muscle. Conversely doing push-ups at a faster pace can really get the heart pumping, especially if you pair it in some sort of circuit training like 45 seconds of work to 15 seconds of rest or Tabata's (20 seconds of work to 10 seconds of rest).
- 3) **Change the rest** – with weight training you often will take more rest time between exercises to stimulate muscle growth. Playing with shorter rests can add more intensity.
- 4) **Use Contrast training** – Similar to the tempo training we talked about before, but here you would do 20 reps of slow controlled body weight squats followed by 10-20 fast or jump squats.
- 5) **Do Drop Style Sets** – Here you are playing with your reps and rest. For example you could alternate between squats and pushups, do 10 squats then 10 push-ups, then 9 squats and then 9 push-ups working your way down to 1 of each. Another way would be to do 2 similar exercises 1 more challenging followed by 1 easier one, such as lunges and squat jumps.





PULSE GENERATOR IS NOW OFFERING

ONLINE PERSONAL TRAINING

Are You Needing Some Personalized Guidance to
Reach Your Goals? The Pulse Generator Team Can
Help you with a Personalized Online Training
Program and Coaching!



Visit our webpage to book your session

WWW.PULSEGENERATOR.CA

Option #1:

Consultation & Program Design

Meet with a trainer to discuss (Zoom Meeting) and put a plan together to help you reach your fitness goals with home equipment available. Your trainer will design a personalized exercise program and put you through it, so you can work out confidently on your own at home.

This service is usually completed in two parts -

- 1) meeting with trainer & client
- 2) go through/perform program with trainer.

All meetings will be held via Zoom.

\$80



Option #2:

Ongoing Sessions

Do you need motivation or new workouts ideas? Do you need some accountability? You can schedule regular (virtual) workouts with a Pulse Generator personal trainer. They will put you through a great workout with the equipment you have available at home. All sessions will be 30 to 40 minutes and scheduled via Zoom.

Package of 5 sessions \$100

Option #3:

Small Group Training Session (45min)

Have some socially distant fun. Small Group Training is set up for 2 to 6 participants, whether you live in the same household and/or attending virtually. The duration of the session is 45 minutes. Research shows that people adhere to exercise longer with a workout partner or small group. These trainer lead workouts will help you maximize your training time, achieve your goals and have some fun with your friends, family or co-workers.

All sessions will be done via Zoom.

\$15 per person

Option #4:

Ongoing YOGA Private Session

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. All sessions will be 30 to 40 minutes and scheduled via Zoom.

Package of 5 sessions (\$100) Option #3:

Option #5

Small Group Yoga Session (45min)

Perfect for 2 to 6 participants, whether you live in the same household and/or attending virtually. The duration of the session is 45 -60 minutes and can be tailored to your groups ability and needs.

All sessions will be done via Zoom.

\$15 per person



MONDAY
YOGA BREAK WITH



Kelsey

Pulse Generator
A Week At A Glance



Breanne

TUESDAY
TUNE IN TUESDAY
fitness with



A complete schedule
can be found:

www.pulsegeneratorfitness.blogspot.com

www.pulsegenerator.ca

WEDNESDAY
ZOOM INTO
YOUR DAY



Lenore



Regan

**WILDCARD
WEDNESDAY**
get stronger with

THURSDAY



Kevin

IN THE KITCHEN

FRIDAY

FITNESS FRIDAY
Lenore & guests



HAPPY HOUR WITH
Matt



www.pulsegenerator.ca