



Pulse Talk

November
Edition

It has been another busy month at the Pulse Generator and November looks to continue with a lot to take note of.

- **Save the date for the PG AGM on Nov 27th. All Pulse Generator members are invited to attend. The purpose of our Annual General Meeting is to fulfill the requirements of our Not for Profit Society status by presenting for approval by the membership the Independent Annual Audit for the Fiscal 2018/2019. This document was reviewed and approved by the Pulse Generator Board of Directors for presentation at this meeting. We also want to give you an overview of the what has gone on at the Pulse Generator over the past year and where we are going in the upcoming year. Refreshments are provided at both AGM locations as well as some great draw prizes. We will also make the draw for the Iron Kreek Ranch Quarter of Beef.**

We look forward to seeing you there!

- **As usual November brings our 1 day only Black Friday Sale for new members only. If you have a friend who is interested in becoming a member, this is a great chance for them to join at a discounted rate.**
- **Get your entries in to be eligible for the draw prize for a quarter of beef from Iron Kreek Ranch before the Nov 26 deadline.**
- **Information on all group exercise dates for the Holiday and Winter session as well as our PG Fundraiser for the Hope Mission are included inside.**
- **Start exploring your 2020 fitness goals by joining the Ride the Rockies cycling program and giving yourself a new challenge.**
- **Finally, watch for our soon to be released article on Exercise for the Ages.**



www.pulsegenerator.ca



You are invited to attend...

Pulse Generator

A_{NNUAL} **G**_{ENERAL} **M**_{EETING}

Wed., Nov. 27, 2019

4:30 - 6:00pm

Edmonton– Shaw 3I Auditorium. OA8.60

Maz Basement level

Calgary - Southport -SPTA-RM 1016(24)

Refreshments—4:30—5:00pm

Meeting—5:00—6:00pm

Great Draw prizes



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PULSE GENERATOR

BLACK FRIDAY DEAL

1 YEAR PREPAID MEMBERSHIP FOR ONLY \$150
NEW MEMBERS ONLY
ONE DAY ONLY - SALE ENDS FRIDAY AT 11:59PM

**NOVEMBER
29TH**

DONT MISS OUT!
USE PROMO CODE: BLACKFRIDAY2019



WWW.PULSEGENERATOR.CA



CONNECT CARE FREE ZONE

Come visit us and

TAKE A BREAK!

Our doors are open to members 24/7 so you can take a break anytime you need it! No Connect Care permitted!

NOT A MEMBER YET?

SIGN UP AT WWW.PULSEGENERATOR.CA

Have you joined the PG Facebook group yet?

Click the icon to join and get content that is only available to the PG Facebook group.



Change to Payroll Deduction Cancellations...

Effective Oct 1st, any member who cancels the payroll deduction to the Pulse Generator before a 1 year period has passed since initial sign up will be subject to a \$25 one time cancellation fee. This is changing from the old fee of an extra month at \$14.25.

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DON'T KEEP US A SECRET



SHARE US WITH YOUR COWORKERS!

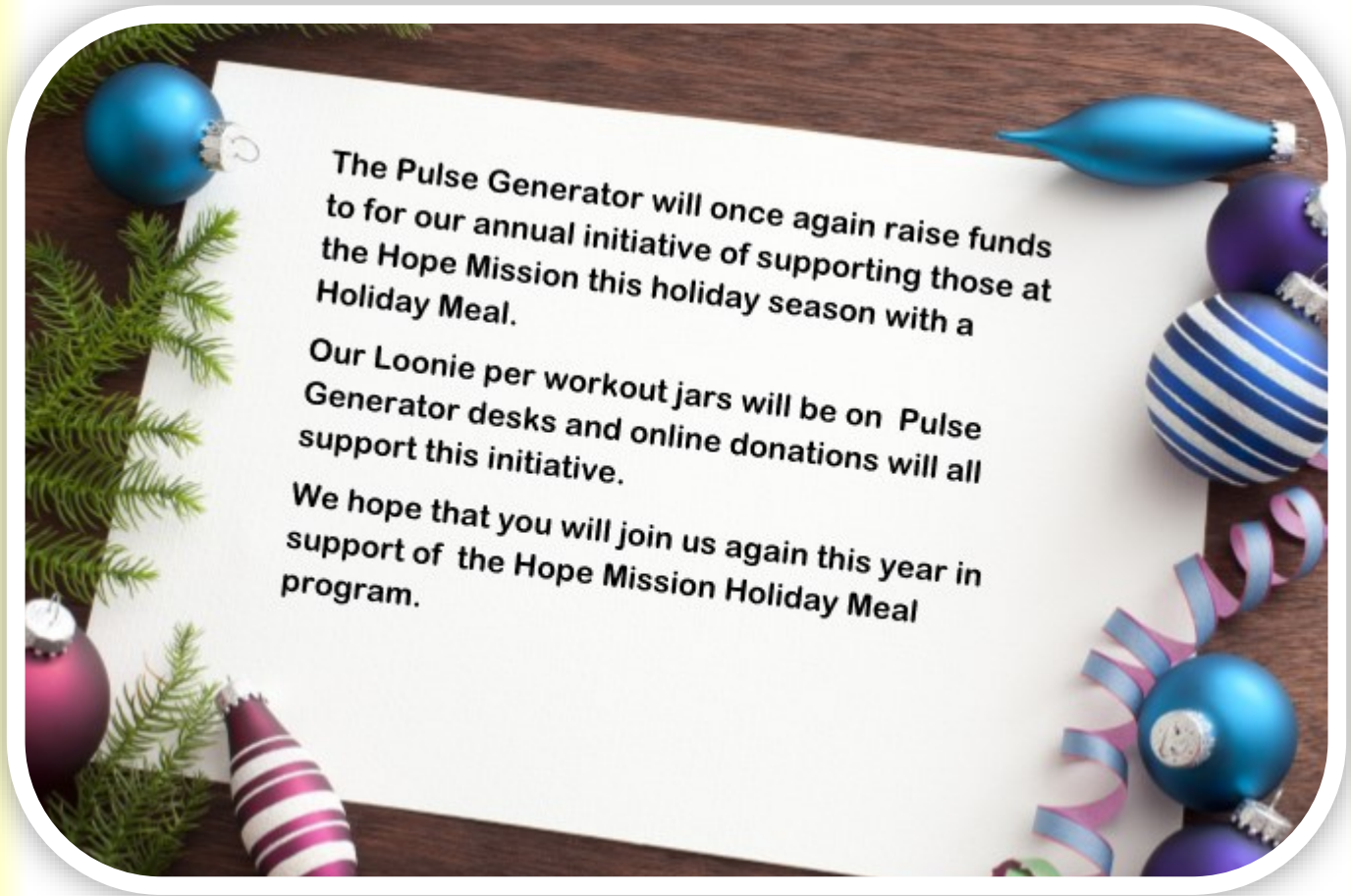
PICK UP YOUR BUDDY PASS TODAY!



Restrictions Apply
Ask us for more details!

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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 Loonie per workout jars will be on 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.

CLASSES START | JANUARY 13, 2020

YYC WINTER CLASSES

EARLY BIRD REGISTRATION DEC 5-10, 2019

Save \$5 Promo Code CalWin2020

WWW.PULSEGENERATOR.CA



**SAVE THE
DATE**

www.pulsegenerator.ca

Welcome Iron Kreek Ranch as our newest



We are always excited to welcome a new member to our “Friends of the Pulse” Family. We welcome Alberta based businesses, who approach us, with the opportunity to promote their business to our membership through promotional offerings. We are pleased to introduce our new “Friend”, Iron Kreek Ranch. They currently offer 100% grass fed beef and lamb. Their products are hormones and antibiotic free. They are passionate about their job and their land and treat them both with the utmost respect! They truly believe that their product is among the best and healthiest meat in the world! They are just west of Red Deer and this is a third generation Ranch. They comment about their operations:

“We have always loved nature, and our land is suited more for livestock and supports a healthy wildlife population, so we don’t use sprays. We use alternative methods to control weeds like timing of seeding or grazing, cover crops as an example. We have noticed when you work with nature while trying to make a living instead of smashing it to pieces while making a living, she will help you grow plants and control weeds and bugs. As an example we are now seeing bugs that are helping to control our weeds and good bugs that attack the bad bugs that want to eat the plants. They say that if you have a healthy ecosystem for every bad bug that wants to eat that plant there are sixteen hundred good bugs that want to destroy it! A lady bug will fight to the death to protect her plant!”

They sell quarters, halves and wholes for beef and halves and wholes for lamb.

The best way to contact Iron Kreek Ranch at this time is either thru Facebook or email or phone.

Kevin Ziola (403) 352-0662

Roxy Ziola (403) 391-8502

kev-rox@hotmail.com

Enter to Win a Quarter of Beef



Enter online by Nov 26th at www.pulsegenerator.ca; one entry per Pulse Generator Member for the month of October and November. Any member who enters who is also a member of the **Pulse Generator Facebook Group** will receive an additional entry to this draw. Join our Facebook Group to stay up to date on all Pulse Generator happenings.

www.pulsegenerator.ca

Member Profile



Manny Vilorio PG UAH

Manny has been a long time PG member since 2003. “The PG is conveniently located at the UAH, so there is no reason for me to skip a day without working out. Doing exercise at lunchbreak is a good way for me to cut my day short, relieve stress and free my afternoon for other chores. “ He initially joined to stay fit as he ages and considers his age as just a number. His workout routine consists of both lifting weights and some cardio. Manny has noticed that keeping fit has allowed him to continue doing activities that other people of his same age can no longer do.

**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!**

**Calgary FITNESS
ORIENTATION**



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THE CORE

www.pulsegenerator.ca



The exact definition of what the core is has been inconsistent in both scientific journals and contemporary fitness writings. Often when we think of core strength we imagine six pack abs. Abdominal muscles often are given all of the credit for core strength and transverse abdominal muscles have been the focus of the core family for the last decade. Did you know that your core is actually comprised of muscles that cross the spine, pelvis and/or hips? Having a strong and stable core enables us to move better, increase our ability to load and unload joints, increase fluency in dynamic balance and help with injury prevention. There are real world benefits to strengthening your core from tying your shoes to fixing things around the house.

Your core is your foundation – it is instrumental to the stability of your trunk. Your core influences both your upper and lower body and is incorporated into every movement that the body makes. No muscle is an island and your core muscles co-activate, stabilizing your body, allowing you to move in a variety of ways and in a variety of directions.

Tune in to facebook this month for weekly core exercises to add spice to your fitness routine.



**JOIN US ON FACEBOOK
SEARCH**

**PULSE GENERATOR
EMPLOYEE FITNESS CENTRE**



www.pulsegenerator.ca

Ride The Rockies



Jasper to Banff
May 29 – June 1st, 2020



Experience two National Parks from the seat of your bike, as you ride through the Icefields Parkway in the Rocky Mountains. Your ride winds through valley's and over high passes surrounded by icefields, beautiful mountains, glacier blue lakes, wildlife and waterfalls. This tour is a great balance of riding, sightseeing and relaxing. Program starts Feb 2020.

- Tour Program starting at: \$1647 pp
- 16 week program and group rides
 - Tour is 3 nights / 4 days
- Open to all PG Members, AHS employees & Beginner to Experienced riders.
 - Tour is fully supported (meals, hotels & transportation included)

For more info contact: kevin.vachon@ahs.ca



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