Member Update

July 29, 2016

We welcome you to our monthly Member Update! You’ll find that it is filled with educational information, helpful hints and tips, events, news and even some discount offerings from time to time. We want this monthly update to be valuable for you so please feel free to share your feedback and suggestions to help us improve. Enjoy!

Tips from the Trainer

In this month’s edition of Tips from the Trainer, Daniel Jangula, B.Kin, CSEP - Certified Exercise Physiologist, will introduce you to another great core stability exercise called the ab rollout. This is a great exercise to help with core stability and bracing that has carryover into many movements, both in the gym and in everyday life.

Click here to view the video.
Health and Health Behaviours Study
Are you struggling to be active and would like to become more active or healthier in general? Here is your opportunity to participate in research about health behaviours that may help you to become healthier.

A study is currently being conducted through the Faculty of Kinesiology and Recreation Management at the University of Manitoba. The purpose of the study is to determine if exposure to an educational class will affect people’s thoughts and feelings about health and health behaviours. Participants in the study will complete a weekly 30 minute educational session for 5 weeks.

If you are interested in participating in the study and/or would like more information you can contact Dr. Shaelyn Strachan.

Dr. Shaelyn Strachan
Email: shaelyn.strachan@umanitoba.ca
Phone #: 204-474-6363
Did You Know?
Exercising with a personal trainer is very similar to taking your vehicle to a trusted mechanic for a tune up. In our latest blog we explain the role of a personal trainer and how they can play an important part in helping maintain your body.

UofMRecServices Blogspot: Personal Training

FACILITY UPDATES

Preva Software Update
Within the upcoming weeks, Preva will be issuing a significant update to improve the look and functionality of our Preva networked machines. This update will change the look of the user interface as well as the navigation. When swiping the screen, the images will not only have a refreshed look but will also have new navigation symbols and the ability to personalize screens. This update does not affect the current sign in process when logging in to your Preva account.

Annual Pool Shut Down
Please be advised, the Joyce Fromson Pool will be closed from Saturday, August 27 to Friday, September 16, 2016 for the annual repair and maintenance shutdown.
Investors Group Field Event Days
There will be a Winnipeg Blue Bomber's game on Aug 3rd this month. Parking Restrictions will commence at 6:00 pm.

We would like to remind all our members to plan ahead during Investors Group Field event days to avoid getting a parking ticket.

Click here for more information on parking restrictions and to see the full schedule of Investors Group Field event days.

August Closures
Recreation Services will be closed on Monday, August 1st for Terry Fox Day. See full holiday closure schedule for 2016.

UPCOMING EVENTS

**Buddy Day**
Aug 17th, 6:00 am - 10:00 pm

**Free Week**
Sep 12th - 16th, 6:00 am - 10:00 pm

**Fall Program Registration**
Aug 17th, 2016 - Fall Activity Guide Coming Soon

MEMBER SERVICES

**Membership Handbook**
Get the most out of your membership. Everything you need to know in one book!

**Rec Services Activity Guide**
So many great activities and additional services available at a discounted price!

WE’RE MOBILE.
Being active just got easier.

SHARE YOUR EXPERIENCE. REVIEW US ON GOOGLE.
For more information on Recreation Services please see our website uofmactiveliving.ca

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