



# Fitness Terminal's Quarter Report

Fitness Coordinator of the Fitness Terminal: Criss De Francesco Date: April 29<sup>th</sup> 2016

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## SPRING into SUMMER

### 12 Benefits of walking

1. Improves Circulation
  2. Shores up your bones
  3. Leads to longer life
  4. Lightens mood
  5. Can lead to weight loss
  6. Strengthens muscles
  7. Improves sleep
  8. Supports your joints
  9. Improves your breath
  10. Slows mental decline
  11. Lowers risk of Alzheimer's risk
  12. Helps you do more, longer
- \*Full article posted on the main fitness board



## Nutrition and Wellness Information

### 7 Steps to Better Sleep

1. Stick to a sleep schedule
  2. Pay attention to what you eat and drink
  3. Create a bedtime ritual
  4. Get comfortable
  5. Limit daytime naps
  6. Include physical activity in your daily routine
  7. Manage Stress
- \*Full article is posted on the main fitness board



## Flexibility Corner

The cold weather is going away and we are embracing the warm weather to come. This is a great time of year to do so yoga outdoors. Here are some easy steps and tips for outdoor yoga.

- Skip the Vinyasa Flow: be aware of your wrists, they are vulnerable to pain and injury on soft surfaces
  - Lose the yoga mat: instead use a Mexican yoga blanket or a simple towel to avoid lumps in your mat.
  - Forgo the Music: Studies show human happiness increases when they connect with nature
  - Practice Balancing Poses: The instability is great for the muscles of the ankles and feet
  - Go Upside Down: If you fall on the grass it is more forgiving than hardwood, and the soft surface forces you to activate fingers to grip, great for when you return to the studio.
- \*Full article posted on the main fitness board

## Therapeutic Massage Services

### Massage Services Highlights

#### Benefits:

- Reduces stress
- Reduces muscle tension, pain and headaches
- Provides relief from injuries
- Onsite
- Excels as part of a wellness program

#### Fee Schedule:

- 15min = \$25
- 30min = \$45
- 45min = \$60
- 60min = \$75

To Book an appointment please contact Denise Dubreuil, text at 647-455-1466 or email at [rmtdenise@hotmail.com](mailto:rmtdenise@hotmail.com)

\*If you are in the fitness centre you can also leave your name and contact information and when Denise is in she will follow up with you at her earliest convenience.

## Member of the Quarter



If you know someone has been inspiring you to get active, eat healthy and make wellness apart of your lifestyle; please write a small inspirational piece on how they inspire you. Lets make this the Year of Inspiration!

All nominations are to be emailed to Criss or left in the suggestion box beside the fitness door.

## Volunteer of the Quarter

### Lenore Nelson

Lenore has jumped in and helped cover some lunchtime classes literally at the last minute! She is full of energy and always makes the participants sweat in class.

She is always positive and charismatic, I have yet to see her not smile. She is a joy to work with and have part of the team.

When you see Lenore in your next class, thank her for all the hard work she has done keeping you coming for more.

Thank you,  
Criss D

House Keeping: Please remember to put all weights away and clean the machines after use; including the cardio equipment bases if needed.

\*During non staffed hours try to come with a buddy or during peek hours of the facility to ensure safety at all times.\*