



Fitness Terminal's Quarter Report

Fitness Coordinator of the Fitness Terminal: Criss De Francesco Date: September 7thth 2016

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Fall Fitness

Here are some tips for transitioning to staying active during cooler months:

- Dressing in layers
- Wear reflective clothing when outside during non-daylight hours
- Keep the core, head, hands and feet warm
- Allow yourself time to adjust to seasonal changes
- Prepare for time changes, make sure you still give yourself the right amount of rest during the change
- Plan to continue to do activities outdoors
- Try seasonal activities: hiking, football, baseball, ball hockey

Whatever activity you decide on doing, try to do it with family and friends. Some studies have shown that staying active and engaging with people help keep the seasonal blues at bay.

Happy Fall!

Nutritional and Wellness Information

Great Fall Fruits and Vegetables that will put you in the fall spirit:

- Apples
- Brussels Sprouts
- Parsnips
- Pears
- Rutabaga
- Cauliflower
- Squash
- Pumpkin
- Sweet Potatoes
- Pomegranates
- Dates
- Kiwi
- Grapefruit
- Tangerines

Butternut Pudding

Ingredients

- 2 10 ounce packages thawed frozen butternut squash puree
- 1 14 ounce can coconut milk
- ½ cup pure maple syrup
- Whipped cream

Directions

Preheat oven to 325 degrees. Blend squash, coconut milk, eggs and syrup; pour into 8-inch baking dish. Put dish in roasting pan; pour boiling water halfway up to make water bath. Bake, 1 hour. Top with cream.

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Recognition Days

September

- 5 Labour Day
- 10 World Suicide Prevention Day
- 18 Terry Fox Run
- 21 World Alzheimer's Day

October

- 1 National Seniors Day
- 8 World Sight Day
- 10 World Mental Health Day
- 12 World Arthritis Day
- 16 World Food and Spine Day
- 29 World Stroke Day

November

- 11 Remembrance Day
- 12 World Pneumonia Day
- 14 World Diabetes Day
- 19 World COPD Day
- 20 National Child Day
- 25 International Day for the Elimination of Violence Against Women

Fitness Pays

Congratulations we now have three members who have completed Level Two of Fitness Pays!! So keep coming into the gym for as little as thirty minutes, you never know when a reward might come your way.

Volunteer of the Quarter

Grace Lozinski

Grace is energetic and always willing to help whenever she can. She is always promoting the benefits of a healthier lifestyle inside and outside of the gym!

Grace teaches the Tuesday Legs and Cardio Class at 12pm. Come and be inspired!

Thank you,
Criss D

Therapeutic Massage Services

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

*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.

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 peak hours of the facility to ensure safety at all times.