

myFitness NEWS

For all myFitness Waterloo Member & Sun Life Employees



Weekly Recap

SO MANY great entries into the Race To July! We have just a few days left before Canada Day!

With the new Zoom offerings, we have seen so many more people participating in classes, hitting record numbers this week! THANK YOU!

Exercising when you're in pain

When we are in pain, it can be easier to avoid exercise all together, but exercise can often help reduce pain and improve our quality of life.

There is *almost* always something that can be done, and often times, experiencing some discomfort during movement leads to less pain later on.

Note: We would NEVER recommend you exercise through pain or injury. Pain and injury are NOT the same thing and there are reasons to avoid movement. Always consult a physician or exercise physiologist before beginning movement, especially if you've never been active before.

Here are the things to consider when you experience pain, but want to still move.

1. **Choose basic exercises at first.** Don't underestimate the power of something simple like walking, or bringing moves back to basics like doing bodyweight moves.
2. **Try therapeutic movements.** Things like swimming are perfect for those who are experiencing pain or injury because the water can help ease joint pain, and it defies gravity reducing pressure and impact on the body.
3. **Try yoga or other stretches** to help rebuild range of motion through areas that might feel sore, tense or tight. Be cautious of yoga programs that involve extreme stretching or over extension.
4. **Get Creative** with your workouts. If you only have free movements of the upper body, try exercises done from seated, if your shoulder is injured or sore, do a lower body workout. Movement in general will help the injured or pain areas without even moving it!
5. **Work with a professional** when you are not able to find something that works. Skilled personal trainers, physiotherapists, or exercise therapists can help guide you through movements that will offer not only relief but also improvement in strength, balance and performance.

IN THIS ISSUE

WEEKLY RECAP

EXERCISING WHILE IN PAIN

UPCOMING

WEEKLY GROUP FITNESS SCHEDULE

WEEKLY CHALLENGE

Upcoming Challenges

The July 8-Week Dumbbell Program is READY and Available - Head to the MEMBER PORTAL to purchase this program, it will be sent out on Tuesday, June 30, 2020. It can be purchased until July 6, 2020. There is no cost for this program.

We are excited to introduce a NEW program. Intro to Fitness! This 4 week program is a video based, open to members and Sun Life employees. It is just 2 workouts per week + a self guided workout. This program is 4 weeks long, details next week on how to get access!

Also - next week we will release the Summer Schedule! Get ready for some outdoor training opportunities.

Weekly Group Fitness Schedule

Check out all the links to the Zoom Rooms below for easier access!

Monday	- 11:30am	Stretch Break - Zoom (ID: 443 973 3096).
	- 12:15pm	HIIT - Facebook Live & Zoom (ID: 443 973 3096)
Tuesday	- 8:00am	TABATA - Instagram Live
	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom (ID: 443 973 3096).
	- 12:15pm	Bootcamp- Facebook Live ONLY
	- 5:00pm	Abs Express - Facebook Live & Zoom (ID: 443 973 3096)
Wednesday	ALL CLASSES CANCELLED FOR CANADA DAY	
Thursday	- 8:00am	Rock Bottom - Instagram Live
	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom (ID: 443 973 3096)
	- 12:15pm	HARD CORE workout - Facebook Live ONLY
	- 5:00pm	Zumba - Zoom (ID: 158 546 089 / Password: 625245)
Friday	- 8:00am	Abs Express - Facebook live & Zoom (ID: 443 973 3096)
	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom (ID: 443 973 3096).
	- 12:15pm	Tabata - Facebook Live & Zoom (ID: 443 973 3096)



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WEEKLY CHALLENGE

Allow for 15 minutes free from your phone in the mornings!