

# myFitness NEWS

*For all myFitness Waterloo Member & Sun Life Employees*



## Weekly Recap

We have over 115 people in the 14 Day NO ADDED SUGAR Challenge and it is exciting to see how great everyone is doing, making good food a priority! We've also received GREAT feedback and look forward to more!

## How you can build RESILIENCE

Resilience refers to how well you can deal with and bounce back from the difficulties of life. It can be the difference between handling pressure and losing your cool. Resilient people tend to maintain a more positive outlook and cope with stress more effectively.

While some people may be more resilient naturally, you can also take steps to build some behaviours yourself!

### 1. Find a Sense of Purpose

In the face of crisis or tragedy, finding a sense of purpose can help in recovery. You might find purpose in a spiritual practice, or participating within your community too.

### 2. Develop your social network

Tough times are not a time to pull away from loved ones or those who help you feel heard and safe. It is important to have people you can confide in.

### 3. Embrace change

While it's easier said than done, flexibility is part of resilience. Learning to be adaptable will help to ensure change doesn't through your course off too drastically.

### 4. Be Optimistic

Positive thinking does not mean ignoring the problems, but instead encourages you to focus on the positives of a negative situation.

### 5. Take Care of Yourself

If you're stressed or dealing with difficult circumstance, it's important to take the time to care for yourself, and if that means going to bed earlier, saying no to certain situations, or going for a massage, it's important to give yourself the care you need.

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# Upcoming Challenges

We will have another BACK TO BASICS challenge coming in September - we are taking break from arms and focusing on our legs again... any guesses?

Finally, in September we will be adjusting the schedule for more classes with more variety! Let me know requests!

## 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**
- 11:30am >> Stretch Break - Zoom (ID: 443 973 3096)
  - 12:15pm >> Cardio Boxing - Facebook Live & Zoom (ID: 443 973 3096)
  - 4:30pm >> Yoga - Zoom ([ID: 652 854 349 / Password: 999999](#))
- 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

Wake up 5 minutes earlier to read.