


PAL Exercise February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>See next page for Nustep Challenge</i></p> <p>All programs are located in the Seniors' Centre, unless indicated.</p> <p>Questions – Call <u>8017</u> to reach Amelie or Melissa</p>				<p>10:00 Sign-ups (MHR) 11 Nustep Challenge Team Making 2:00 Balance 3:00 Level 1</p>	<p>10:30 Men's Strength Training 11:00 January Challenge Prize Pick-Up 2:00 Level 1</p>	
<p>4</p> <p>10:00 Level 1 10:30 Hand Therapy (SH) 1:15 Chair Zumba 2:30 Stretch/Strengthen</p>	<p>5</p> <p>10:00 Level 1 10:30 Hand Therapy (SH) 2:30 Stretch/Strengthen</p>	<p>6</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1</p>	<p>7</p> <p>10:30 Seated Cardio Blast 2:00 Level 2 3:00 Level 1</p>	<p>8</p> <p>10:15 Swim Fit (sign-up) 2:00 Balance 3:00 Level 1</p>	<p>9</p> <p>2:00 Level 1</p>	<p>10</p> <p>10:00 Level 2</p>
<p>11</p> <p>2:30 Balance</p>	<p>12</p> <p>10:00 Level 1 10:30 Hand Therapy (SH) 2:30 Stretch/Strengthen</p>	<p>13</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1</p>	<p>14</p> <p>2:00 Level 2 3:00 Level 1</p>	<p>15</p> <p>2:00/2:30 Walking Balance (Sign-up) 3:00 Level 1</p>	<p>16</p> <p>10:30 Men's Strength Training 2:00 Level 1</p>	<p>17</p>
<p>18</p>	<p>19</p> <p><i>Happy Family Day!</i> 10:30 Hand Therapy (SH)</p>	<p>20</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1</p>	<p>21</p> <p>10:30 Exercise Circuit 2:00 Level 2 3:00 Level 1</p>	<p>22</p> <p>10:15 Swim Fit (sign-up) 2:00 Balance 3:00 Level 1</p>	<p>23</p> <p>10:30 Men's Strength Training 2:00 Level 1</p>	<p>24</p> <p>10:00 Level 2</p>
<p>25</p> <p>2:30 Balance</p>	<p>26</p> <p>10:00 Level 1 10:30 Hand Therapy (SH) 1:15 Chair Zumba 2:30 Stretch/Strengthen</p>	<p>27</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1</p>	<p>28</p> <p>10:30 Seated Cardio Blast 2:00 Level 2 3:00 Level 1</p>	<p>29</p> <p>2:00 Balance 3:00 Level 1</p>	<p>Join us for the Nustep challenge for Heart Month</p>	

Nustep Challenge Rules

February is Heart Awareness Month aiming to raise awareness on cardiovascular health and ways to reduce the risk of developing cardiovascular disease.

Regular exercise strengthens your heart and improves blood flow to your body.

Nustep bikes (found in our Seniors' Centre) is a great form of cardiovascular and strengthening exercise.



Goal: Throughout the month of February, residents will make teams of 2* in order to reach the highest step count (at resistance 3). Residents can come at any time to work on their step count.

After each Nustep session, residents will write their team's name and their step count on a ballot and place in the box in the Seniors' Centre (SC).

Challenge starts Thursday, February 1st 2024 and ends Thursday, February 29th 2024.

Winners will be featured in the Newsletter 😊

*Make teams of 2 people (if you cannot find a partner, we will find you a teammate)

*Steps will be calculated every 2 weeks and updated on the score board in SC.