

INSIDETRACK



Info: 475-6398
Court Bookings: 475-6239
www.fitnesscentre.com

Issue 3

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Did you Know?

Members must check in at the front desk on each visit

When using the weight training area you must return weights after use.

We recommend that all gold members book an orientation.

Members must sign up for equipment in the Cardio Centre.

The Fitness Centre retains the right to schedule any, or all of the facilities for special events, programs or activities. Advance notice will be given.

Members have 6 guest passes when they purchase a 6 month or longer membership.

We recommend that before you become involved in an exercise program you consult your doctor.

WHAT'S NEW

Renovations

The Fitness Centre is improving your visual and environmental surroundings while continuing to provide you with a variety in top of the line equipment. With some projects still in progress we hope you will enjoy the final product.

When you first enter the facility a few of the changes have been made by a professional interior designer which includes painting the lobby, halls and doors, new furniture, a custom made display cabinet and a slate water feature. In the auxiliary weight room you will find more comfortable drop lighting, beautiful prints by local photographer and Fitness Centre member Lori Fox Rossi and a large mural by local artist Brian Niemenen.

All hardwood floorings have been refinished as well as the annual maintenance of the outdoor tennis courts. A less noticeable, yet energy efficient change is the lighting in the bubble and throughout the building.

The men's change room welcomes a completely refinished steam room while



the shower floor will be refinished around Christmas time.

Equipment Purchases

The Fitness Centre has the following equipment on order or has arrived.

Weight Room:

*Atlantis Selectorized 600lbs Standing Calf

*Icarian Flite Tricep Extension

*Icarian Seated Preacher Curl bench Cardio/Nautilus:

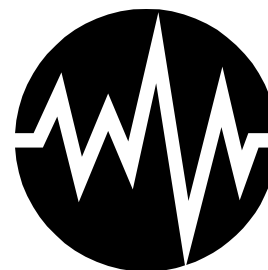
*Woodway treadmill on a trial basis only

*Tomahawk Spin Bikes

A.E.D PUBLIC ACCESS DIFIBRILATOR

AED System:

We have purchased a public access defibrillator and for your added protection all full time staff and key part time staff have been certified in operation of this system while initiating the 911 EMS system. We are one of the few places in Thunder Bay with this equipment in place as well as trained staff in its operation.



DID YOU KNOW

* Winter Fitness Programs will begin January 12, 2004.

Current fitness program

participants may register Mon., Dec. 8th at 8:00am. Registration for the public begins Wed., Dec 10th at 8:00am. Why not register on our completely secure website:

www.fitnesscentre.com.

*Check out the online health & wellness magazine on our website with videos, articles, Q&A's, thousands of recipes and much more.

*If you are a silver member you can play tennis or use the cardio and Nautilus/Trotter centres for only \$3/day.

Why the Fitness Centre?

Adult facility

No court fees

Large selection of equipment

Indoor basketball

Jogging trails

Beautiful murals throughout facility

International squash courts

Indoor/outdoor tennis courts

"You never really lose until you quit trying."

"80% of success is showing up."

"If opportunity doesn't knock, build a door!"

"The next best thing to winning is losing! At least you've been in the race."

AIR CONDITIONING

We are pleased to announce the progressive installation of a 7 unit zoned air conditioning system. The following areas will be served by the new roof top units: Cardio Centre, Nautilus/Trotter Centre, Rooms 201 & 204 (fitness rooms), exercise therapy/massage therapy, free weights area, lobby and front desk. Locker rooms will be re-engineered for improved ventilation. We appreciate your support as we continue to improve with the \$200,000 project.

MEMBER SATISFACTION SURVEY 2003

Over 200 members contributed and we would like to share a few of the results of the 2003 Fitness Centre Member Satisfaction Survey

96%

Felt the Fitness Centre provides you with good value compared to other facilities.

Good/Excellent

93%

93% Staff Helpfulness

Felt the Fitness Centre satisfies most of your fitness and recreation needs.

88% Hours of Operation

87% Equipment Variety

Runner's Knee (aka ITB Syndrome)

As our active summer season winds down, some of the aches and pains of overuse may begin to appear. The increase in time spent walking, running, golfing and bike riding can result in a very common overuse syndrome known as iliotibial band syndrome (ITB Syndrome), or runner knee.



the connective tissue of the knee.

Treatment approaches to Runner's Knee usually involves a combination of therapies. Stretching the fascia in the knee and hip area, while reducing the active inflammation (ice works well) are two things

you can do on your own. Addressing the underlying mechanical cause, such as mechanical joint restrictions and muscular imbalance or weakness should be done by an experienced health professional. Taking the proper steps to resolve ITB Syndrome can help prevent it from happening again as you shift to your winter exercise regime.

Rodney Puumala D.C., MSc, HBK

Dr. Puumala is a local chiropractor with a keen interest in sports and athletic performance, who competes regularly in cycling, running and cross-country ski races.

The IT Band is a thick band of connective tissue (fascia) that runs from the outside of the hip, along the outside of the thigh connecting just below the outside of the knee. There is a strong tendency for the IT band to shorten over time, possibly due to the number of hours sitting each day. Increased levels of activity with shortened IT Bands can create a painful friction syndrome over the outside of the knee – or even on the outside of the hip, largely depending on whether you are bow legged or knock-kneed. The pain can also appear below or on the inner aspect of the knee, due to the altered mechanical stress on

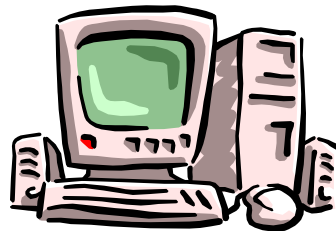
“Lack of activity destroys the good condition of every human being, while methodical exercise saves it and preserves it.”
Plato

“You can't turn back the clock, but you can wind it up again.”

“The only place where success comes before work is in the dictionary.”

NEW FITNESS CENTRE WEBSITE

In cooperation with Sencia Canada, the Fitness Centre has developed a new website that is completely secure for membership or fitness program online purchases. You will also find an exciting new look and quicker access to everything you want to know. Look for the new web cam, events calendar, site map and search tool.



Take a look at www.fitnesscentre.com

FITNESS CENTRE MERCHANDISE

The Confederation College Fitness Centre has a variety of products available to assist in your holiday shopping or simply a gift for yourself. See our staff for assistance in selecting that perfect item.

- * 3 in 1 bomber or 3/4 jackets
- * watches
- * portfolios/tote bags
- * sweaters/t-shirts & more



Phone: 475-6398
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 Fax: 644-4842

We're on the web
www.fitnesscentre.com

Active Living Challenge

Fitness Centre Members!

It's time to challenge yourself to:

- *relax your body & mind
- *increase energy
- *raise self esteem
- *maintain a healthy weight
- *improve posture
- *reduce stress

Register with our staff for the Active Living Challenge.

Every 10 minutes of activity gets you one step closer to various prizes. Receive tips and current information on fitness and recreation then watch the progress of other fellow challengers on the wall chart.

This program is simple, fun and rewarding. Challenge yourself to achieve 6 x 10 minutes of active living everyday and get that much closer to rewards and a healthier, happier you.

See our front desk staff for further information and start TODAY!

Membership Reward Program

Want a chance to win prizes and/or extra services for your Fitness Centre Membership. All you have to do is bring in a potential member and once they are signed up and officially a member you can win a corresponding prize depending on the membership plan. Even students can get in on a chance to win if they bring in a potential member. Prizes are determined by the membership plan that the new member signs up for. Check out the charts below to see what kind of prize you may receive.

New members being signed up must never have been a member or have not purchased a membership in the past 5 years. See the front desk for more information.

For Community Members of the Fitness Centre:

<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	Extended 1 month membership
6 month silver/gold couple	Extended 2 month membership
1 year silver single	t-shirt & extended 1 month membership
1 year silver couple	sweatshirt & extended 1 month membership
1 year gold single	sweatshirt & extended 2 month membership
1 year gold couple	jacket & extended 2 month

For Students of Confederation College:

<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	1 month gold up-grade
6 month silver/gold couple	2 month gold up-grade
1 year silver single	3 month gold up-grade
1 year silver couple	3 month gold up-grade & t-shirt
1 year gold single	4 month gold up-grade
1 year gold couple	4 month gold up-grade & t-shirt