

Inside Track

SPRING 2009

Confederation College Fitness Centre *Actively Changing Lives*

AED—Automated External Defibrillation

“Take care of your body. It’s the only place you have to live.”

.....
Inside this issue:

Members Squash Tournament	2
Fitness Programs	2
Squash Racquets	2
Members Social	3
Can Fit Pro-FIS	3
How Much is One Serving?	3
Fitness Schedule	4

An Automated External Defibrillator or AED is the application of an electric shock to a heart that has stopped beating. This device has been proven to be one of the most important tools in saving the lives of sudden cardiac arrest casualties. New technology has resulted in machines that are truly portable, safe, easy to use and easy to maintain. As these devices become more popular and as

more people are trained in their use, the survival rate for cardiac arrest will increase dramatically. An AED must be performed ideally within eight minutes to be most effective. Studies have shown that for each minute that defibrillation is delayed, the chance of survival declines by up to ten percent. CPR should still be given until the AED is ready to start. The

Confederation College Fitness Centre is equipped with an AED. The AED is located at the front desk of the Fitness Centre. When an emergency does arise please contact the staff at the front desk of the Fitness Centre. All staff are certified and trained in CPR and full-time staff are trained as well in AED.



Members Squash Tournament

All Fitness Centre Community Members and Confederation College Students can enter into our free Annual Squash Club Championship. Registration sheets may be picked up at the front desk of the Fitness

Centre. Men and women, Divisions A, B, and C. Tournament takes place on April 3rd and 4th. Come on out and show your stuff! Prizes to be won and fun to be had by all.



Fitness Programs



Do you need some motivation, looking for a different work out and meet new people? Try one of our fitness programs. All our instructors are certified

and ready to help you meet your fitness goals. All members receive 25%—50% off most programs. Full time students and staff of Confederation College receive 10%—25% off most programs. Do you

have a friend that might want to participate in a program with you? No problem. All fitness programs are open to non-members. You can register online or for program descriptions go to www.fitnesscentre.com

Donate Squash Racquets

The Fitness Centre is asking squash players to donate any unwanted, functional squash racquets to our facility so we may continue to lend squash racquets to our

members and students for free. We would appreciate your generosity and lending a hand in keeping this sport affordable to the students on campus. You

may leave them at the front desk of the Fitness Centre. Squash Racquets will only be available as donations transpire. A membership or student card is needed for rentals.

Annual Members Social

Community members of the Confederation College Fitness Centre are invited to our Annual Members Social. The event pays tribute to our long term patrons and welcomes our new patrons. There are enter to win prizes as well as all

kinds of special awards. The event location and date will be announced at a later time.

The festivities begin at 6:30 pm and run until 8:30 pm. There will be free Beef on a Bun and a cash bar will be available.

You must pick up a ticket from the front desk of the Fitness Centre. Tickets are limited to the first 60 people. Don't wait! Come out and have some fun and meet new friends.

Can Fit Pro Fitness Instructor Specialist Certification

This course recognizes the leadership, motivation and practical training required for group exercise instructors who train to develop a safe and effective exercise class. The Fitness Instructor Specialist Certification process involves the evaluation of

basic fitness theory and practical skills. Call Anne Parr at 577-9620 or register at the Confederation College Fitness Centre.

March 2009

Friday, March 27th

Saturday, March 28th

Sunday, March 29th

Register before March 13th/09

Exam Date

Saturday, April 25th/09



How Much is One Serving



The
"Rule of
Hand"

You can easily portion control your meals simply by using your hand for measurements.

A thumb is...1tbsp
(30ml or 25g)

A thumb-tip is...1tsp (10ml)

A palm is... 1 serving of meat, fish or poultry
(50—100 g)

A fist is... 1 cup
(250ml)

These quick tips will help to prevent overeating.

Spring Fitness Programs

Registration begins March 30th 2009

9 week sessions begin Monday, April 27th to June 27th, 2009

Monday	Morning Energizer 9:30am	Lunch Express 12:10pm	Happy Hour 5:00pm	Hatha Yoga 5:00pm	Spin & Abs 6:00pm	The Fit Bride 6:00pm	Total Fitness 7:30pm
Tuesday	Morning Pace 9:30am	Pace Express 12:10pm	Spin & Abs 5:00pm	Body Battle 6:00pm			
Wednesday	Morning Energizer 9:30am	Lunch Express 12:10pm	Happy Hour 5:00pm	Hatha Yoga 5:00pm	Spin & Abs 6:00pm	The Fit Bride 6:00pm	Total Fitness 7:30pm
Thursday	Morning Pace 9:30am	Pace Express 12:10pm	Spin & Abs 5:00pm	Body Battle 6:00pm			
Friday	Morning Energizer 9:30am	Lunch Express 12:10pm	Happy Hour 5:00pm	The Fit Bride 6:00pm			
Saturday							

Spring Fitness Programs Class Descriptions

Morning Energizer

Wake-Up your body with this energy building class. Enjoy muscle training, strength & flexibility work to help start your day off right.

Morning Pace

Pace is a hydraulic machine circuit that quickly & safely changes your body shape. It's designed to melt the fat away and produce results.

Lunch Express

Enjoy our menu including cardio, strength training, yoga, & flexibility during this time efficient workout and help prevent those afternoon blahs.

Pace Express

Burn off some lunch time calories in this quick, action packed workout. This program safely shaves off the pounds using a hydraulic machine circuit.

Happy Hour

This versatile aerobics class is designed to rejuvenate. Enjoy strength training, ab work, stretching, yoga & moves to better enhance your lifestyle.

Hatha Yoga

Never tried yoga before? Have fun relaxing the mind and soul while adding length and strength to your muscles.

Spin & Abs

Intense is what you want, intense is what you will get in this high performance cardio class. Hop on a bike and peddle the pounds away.

The Fit Bride

Do you want to look lean and toned in your wedding gown? Fit into the wedding dress of your dreams with this motivational cardio & strength training workout designed to tone and tighten problem areas. *Wow* to look and feel radiant on your special day. Bring your wedding party!

Body Battle

Give your workout a new kick and battle that bulge! Learn a fun mix of heart pumping defensive moves while shedding body fat and burning calories.