



Jan/Feb 2016

Lunch and Learn



S.I.M GYM

Bring a friend and save!

For the months of January, February and March you and your FRIEND will enjoy a reduced fee of only \$60 per month for the two of you!

Your FRIEND must be new to the S.I.M Gym and have an assessment prior to starting!

By FRIEND we mean: friend (of course!) as well as spouse, lover, partner, confidant, neighbor, church member, etc, etc, etc....

For more information please see one of our S.I.M Gym Staff!

One Wednesday per month the S.I.M GYM will be hosting a lunch and learn with professionals from the area.

Bring your lunch between

11:30am-12:30pm and

get some valuable information!

January 13th-Caralei Peters, Naturopath will talk about treating Arthritis naturally.

February 3rd-Karen Robins, Alzheimer's Society will speak about signs and symptoms, and care for the caregiver.

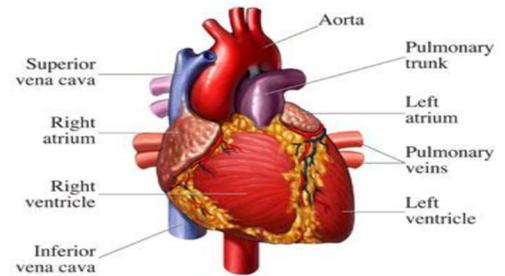
February is Heart Month!

Physical activity can dramatically lower your risk of heart disease and stroke. It can also help prevent and control risk factors such as: high blood pressure, high cholesterol, type 2 diabetes, osteoporosis, certain types of cancer, obesity , reduce stress levels, increase energy, improve sleep and improve digestion.

**Don't forget if you volunteer at
St. Joseph's Villa you pay only \$30 a
month for your membership!**

Watch the bulletin board
for our February Heart
Challenge!
Guaranteed to help keep
you heart healthy!

Human Heart



Seasonal Affective Disorder

It's that time of year when some people are affected with SAD. Seasonal Affective Disorder or SAD is a form of depression that occurs during the same time every year. Less sunlight, colder weather is enough to make some people want to stay indoors and hide in their beds.

SAD can actually start in the fall and go until spring but most

cases occur in the deep winter months. People with extreme symptoms of SAD – decreased energy levels, increased desire to be alone, or increased depression should seek advice from their medical doctor.



How to ease the lighter SAD (the winter blues) symptoms:

Get outside for some vitamin D!

Make sure you eat whole foods and drink water daily!

Exercise will help to boost your serotonin (the happy chemical in your brain) level.

Come to the gym, try a new class, and sweat daily!