

S.I.M GYM



July/August
2014

Staying Healthy as you Age

There are a number of different things you can do to stay healthy as you age. Keep your mind sharp by doing crosswords, engaging in conversations and meeting new people. Volunteering in the community - the more you give the more you receive! Eating well by following the Canada Food Guide. Staying in touch with friends and family. Exercising to keep active and healthy! All of these things will give you a well rounded lifestyle!

Another Success Story

Recently we have heard a few people relay their success story to us. We have a member who has lost 9lbs in the last 4 months, another members doctor is going to reduce their blood pressure medication, we have cancer and heart attack survivors.

What's your success story since coming to the S.I.M GYM? No success story is too small. Your goal could have been to walk on the treadmill for 15 minutes without stopping, lifting heavier weights, or making it through your favourite class. Your goals could be outside the gym—where the work you do inside the gym make your outside goals attainable! Please take a minute to share your story with a staff or gym member—you never know who you'll inspire!

Don't forget we are closed

Tuesday July 1st and

Monday August 4th, 2014



Hot and Humid Weather Ahead

As we get deeper into summer the hot and humid days will be upon us! Please keep in mind that as the humidity increases so will your own body temperature but it is ok to sweat! The S.I.M Gym is air conditioned and we strive to keep the gym comfortable for exercising! We also have a water cooler in the back of the gym so you can keep hydrated!

Remember to always listen to your body!

Dear S.I.M Gym Members,

We are always looking for way to promote our program and services and better meet the needs of individuals aged 55 and older. To this end, we are putting a strong focus on grants and opportunities to expand our hours of service with a target of:

Monday through Thursday 8 am to 7 pm

Friday usual hours

Saturday 7 to noon or 1 pm

This would add some classes potentially each evening as well to increase members opportunities.

Your letters of support, words of wisdom, suggestions would be greatly appreciated to help us build some muscle on this goal.

Tamara Johnson

Director of Community Programs and Services

tjohnson@sjv.on.ca

905-627-3541 x 2291

289-244-5307

