

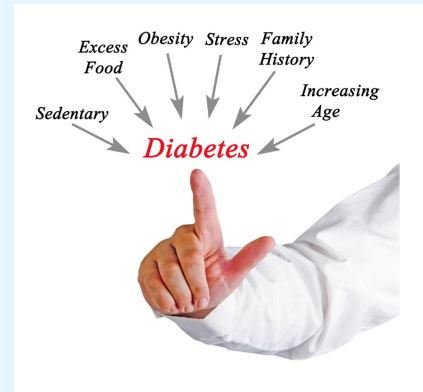
November 2024 - Issue 11

Diabetes Awareness Month

November is Diabetes Awareness Month

Diabetes is a chronic condition where elevated blood sugar can cause long-term damage to the heart, blood vessels, eyes, kidneys, and nerves. The three main types are:

1. **Type 1 diabetes** (10%): Usually diagnosed in children/adolescents when the pancreas fails to produce insulin.
2. **Type 2 diabetes** (90%): Common in adults, occurs when the body doesn't produce enough insulin or use it properly.
3. **Gestational diabetes**: Temporary during pregnancy, affecting 2-4%, with a higher risk in Indigenous populations.



Untreated, diabetes can lead to heart disease, kidney issues, and more. Many with type 2 show no symptoms.

Visit the Diabetes Canada website to learn more and assess your risk.

Visit the Diabetes Canada
website

November is CPR Month

November is CPR Month, and we urge everyone to get trained in life-saving skills like Cardiopulmonary Resuscitation (CPR) and the use of Automated External Defibrillators (AEDs), which can double the chances of survival after cardiac arrest. With nearly 40,000 cardiac arrests occurring annually in Canada, it can strike anyone, anywhere, at any time.

The Town of Aurora has numerous AEDs available in its facilities and parks, including five units at the Aurora Family Leisure Complex (AFLC).



Additionally, our Aquatics Division offers year-round first aid and CPR certification courses.

For more information, visit the Town's Aquatic Leadership webpage

Great News! New Spin Bikes are Coming Soon

Get ready to ride in style!

The moment we've all been waiting for is here —brand new Keiser Spin Bikes are arriving for our cycle classes. Club Aurora has upgraded its spin studio with 16 sleek Keiser M3i indoor cycles, replacing the 13 older LeMond bikes. The new bikes feature a modern V-shaped frame, 24 levels of magnetic resistance, and a Bluetooth-enabled console that tracks gear, cadence, power, calories, heart rate, ride time, and distance. These Keiser bikes bring an exciting new energy to our group fitness spin program!



Time to amp up your workout with the latest in cycling tech!

Trainer Tips



Meet Lisa Carter - Trainer

Meet Lisa Carter, our fabulous Trainer Tips columnist, fitness staff, and a C.S.E.P. Certified Personal Trainer who embodies the spirit of community health!

With her vast fitness knowledge and her approachable demeanor, Lisa is not just here to whip you into shape; she's committed to enhancing the wellness of our fitness members.

Whether you're a seasoned fitness guru or



Are Fitness Trackers worth it?

Fitness trackers can be worthwhile if you are looking to monitor your activity, set fitness goals, and stay motivated. They provide useful insights into your workouts, heart rate, and sleep patterns, which can help improve your health. However, their value depends on how consistently you use the data to improve your habits. If you don't plan to utilize all the features, it might be better to choose a simpler model that focuses on the specific metrics you're

just looking to shake off the dust and get moving, Lisa's insights are tailored to inspire you to embrace an active lifestyle.

interested in..

Email us today for fitness questions

Ways to Prevent an Overuse Injury

An overuse injury occurs when you repeatedly perform the same movement, putting stress on your joints, muscles, and ligaments without giving them enough time to recover.

Playing sports, excessive exercise, or using improper form while exercising can all be reasons for an overuse injury. Common signs of an overuse injury include immediate pain or pain within 12 hours after exercise, discomfort during the activity, or chronic pain that restricts movement.

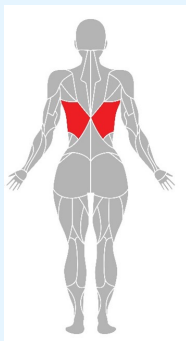


To help prevent overuse injuries, consider the following:

- Proper warm up and cool down
- Gradually increase the intensity of the workout
- Use proper equipment for the sport or activity
- Pay attention to your body when you feel sore- have a rest day at least once a week

Learn more about Overuse Injuries

Feature Exercise - Lat Pulldown



Exercise Focus:

The Lat Pulldown exercise targets the back, especially the latissimus dorsi, helping to build strength and create the "V" shape with broader shoulders and a narrower waist.

Proper Technique:

1. Sit with feet flat on floor and adjust the thigh pad to fit firmly against the top of your thighs. Your back should be straight – 90 degree bend at the hip.
2. Contract your abdominal muscles to stabilize your spine. Reach up and grab the bar with hands equal distance apart, but only as far apart as is comfortable for you.



3. Pull the bar downward towards the top or mid-section of your chest. At no time should your body lift off the seat. Avoid swaying forwards or backwards during the movement.
4. Slowly return to your starting position by allowing the bar to move upwards until your elbows are fully extended.
5. Repeat this action for the desired number of repetitions.

Common Mistakes to Avoid:

- Avoid using momentum to complete the movement, as it reduces the effectiveness.
- Ensure the seat is adjusted so that your knees are bent at a 90-degree angle, which helps to target the correct muscles.

Healthy Recipe of the Month

One Pot Turkey Vegetable Soup

Got leftover turkey? Make a flavorful turkey vegetable soup with a bright twist from lemon juice and zest for a satisfying main dish!

Ingredients:

- 2 tablespoons olive oil
- 1 medium leek, white and light green parts only, sliced
- 2 large stalks celery, sliced 1/8-inch thick
- 2 cloves garlic, minced
- 4 cups lower-sodium chicken broth or turkey broth
- 2 (4-inch) thyme sprigs, plus thyme leaves for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups shredded or diced leftover roasted turkey or thick-cut deli turkey
- 2 medium carrots, diagonally sliced 1/2-inch thick
- 1 cup frozen peas
- Grated lemon zest & lemon wedges for garnish



Directions:

1. Heat oil in a large Dutch oven or other heavy pot over medium heat. Add leek and celery; cook, stirring often, until the vegetables have softened, 5 to 8 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute.
2. Add broth, thyme sprigs, salt and pepper; bring to a boil over high heat. Reduce heat to medium-low; simmer, stirring occasionally, until the flavors meld, about 5 minutes. Stir in turkey and carrots; cook, undisturbed, until the carrots are tender, 10 to 15 minutes. Remove and discard the thyme sprigs. Stir in peas; cook, undisturbed, for 30 seconds.
3. Divide the soup evenly among 4 bowls. Garnish with thyme leaves and lemon zest, if desired, and serve with lemon wedges, if desired.

To make ahead: Refrigerate in an airtight container for up to 3 days or freeze for up to 2 months.

Visit the website for more delicious recipes

Upgrade Your Fitness Membership

Did you know our **Inclusive Membership Package** just got even better? For just \$9 more per month (Adult Aurora Resident), you'll now get unlimited access to the squash courts—no court fees, advanced online booking, and house league nights on Mondays and Wednesdays (registration required). Plus, you'll still enjoy all the perks: unlimited gym access, group fitness & aquafit classes, a personalized program card, and fitness equipment demos. It's the ultimate deal!



For more information on Club Aurora Memberships, visit our
webpage

Squash Learn to Play Programs



Did you know we offer a variety of Learn to Play squash programs?

Whether you're new or need a refresher, we have the perfect program for you!

SQUASH SKILL DEVELOPMENT LEVEL 1

Age: 18+ yrs

Location: AFLC Squash Courts

Date: November 7 to December 19

Time: 5 p.m. to 6 p.m.

Fee: \$70.00/7 Member

\$84.00/7 Non-Member

Register
Online

SQUASH LEARN TO PLAY ADVANCED

Age: 18+ yrs

Location: AFLC Squash Courts

Date: November 7 to December 19

Time: 6 p.m. to 7:30 p.m.

Fee: \$60.00/4 Member

\$72.00/4 Non-Member

Register
Online

Upcoming Events



Be Part of the Magic!

The Town of Aurora's Santa Claus Parade is approaching and we're inviting you to join the fun!

Register to submit a float or walking group by Friday, November 8.

Register Today!



Ready to spread some holiday cheer!

We're looking for festive and creative homes or businesses to be part of this year's Deck the Halls Tour!

The tour will take place from December 9 to 23.

Register by November 15

Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

We understand that life can sometimes throw unexpected challenges your way, and if you ever find yourself unable to attend your scheduled group fitness or aquafitness class, we encourage you to let us know.

By notifying us of any last-minute scheduling conflicts or unforeseen circumstances, we can offer your spot to another eager participant. Your consideration helps us keep our community active and ensures that everyone gets the opportunity to participate.

Cancel your registration by using one of these options:

- Complete the online [Class Cancellation Form](#)
- [Email our Customer Service team](#)

Club Aurora Fitness | 135 Industrial Pkwy North | Aurora, ON L4G 4C4 CA

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