




Get Active - Eat Well - Be Healthy







# Healthiest Winner



-  Are you new to being active?
-  Been away from the gym for a while?
-  Confused about healthy food choices?




If so, then...

## Healthiest Winner is the program for you!

-  Try out safe physical activities like indoor cycling, swimming or entry level group fitness training.
-  Attend free workshops on topics like healthy eating, goal setting and managing stress.
-  All activities led by friendly and supportive certified fitness leaders or health professionals.
-  Fitness sessions held throughout the week at the Hillcrest Aquatic and Trout Lake Community Centres.


### Interested?

1. Register in person, by phone or online at the Hillcrest or Trout Lake Community Centres.
2. **\*\***For individual (non-group) orientation come to an **introductory and information session** to get your program package, sign up for free educational workshops (**space is limited**), and learn all about 'Healthiest Winner'.

 <b>Tuesday</b>	<b>Jan.</b>	<b>8<sup>th</sup></b>	<b>2013</b>	<b>5:00-7:00 pm</b>	
 <b>Wednesday</b>	<b>Jan.</b>	<b>9<sup>th</sup></b>	<b>2013</b>	<b>5:00-7:00 pm</b>	
 <b>Thursday</b>	<b>Jan.</b>	<b>10<sup>th</sup></b>	<b>2013</b>	<b>5:00-7:00 pm</b>	<b>*NB All sessions held at Hillcrest Centre.</b>

**Program starts (workouts begin) Jan. 14<sup>th</sup> and ends March 31st, Cost: of a valid flexi pass of 3 months or longer (Contact Hillcrest/Trout Lake CC for more details).**

**Flexi pass available with financial assistance if required through the Leisure Access Card.\*Leisure Access Card only available to Vancouver residents. This is not a medically supervised program; for pre-activity screening fill-out a PAR-Q and/or a PARmed-X (physician only form, use as necessary). PAR-Q's available during intro/info.nights and at any time at most Community Centres, or via link: <http://www.csep.ca/english/view.asp?x=698>.**

-  If you're a returning HW member, be sure to attend an **introductory/information session** to pick up your updated calendar, and sign up for the workshops that interest you.

#### Hillcrest Centre

4575 Clancy Loranger Way  
Vancouver, BC V5Y 2M4  
604.257.8680/www.hillcrestcentre.ca  
For more info contact: Kate Lee,  
Via: bossykatelee@gmail.com

#### Trout Lake Community Centre

3360 Victoria Drive  
Vancouver, BC V5N 4M4  
604.257.6955/www.troutlakecc.com  
For more info contact: Kate Lee,  
Via:bossykatelee@gmail.com