




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'.

-  **Tuesday**    Sept. 3<sup>rd</sup> 2013    5:00-7:00 pm @ Hillcrest Centre
-  **Wednesday**    Sept. 4<sup>th</sup> 2013    5:00-7:00 pm @ Hillcrest Centre
-  **Thursday**    Sept. 5<sup>th</sup> 2013    5:00-7:00 pm @ Trout Lake Community Centre

**Program starts (workouts begin) Sept. 9<sup>th</sup> and ends Nov. 29th, 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. **NB Healthiest Winner is a VCH-VPB partnership program.**

#### Hillcrest Centre

4575 Clancy Loranger Way  
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604.257.8680/www.hillcrestcentre.ca  
For more info contact: Kate Lee, HW Coordinator  
Via: [Kate.lee@vancouver.ca](mailto:Kate.lee@vancouver.ca)

#### Trout Lake Community Centre

3360 Victoria Drive  
Vancouver, BC V5N 4M4  
604.257.6955/www.troutlakecc.com  
For more info contact: Kate Lee, HW Coordinator  
Via: [Kate.lee@vancouver.ca](mailto:Kate.lee@vancouver.ca)

## *'Testimonial letters about the Healthiest Winner Program'*

The Healthiest Winner program has become an essential part of my life. On doctor's advice, I began taking charge of my health almost 2 years ago. The importance of exercise was stressed as I was in imminent danger of being diagnosed with diabetes as well as a strong candidate for a cardiac event. I found it an extreme challenge to undertake exercise and fitness on my own as this had never been part of my life style. Being well into my senior years, my introduction to this program and instructor, [Name], about 10 months ago, has meant that I have begun to understand what is required and what it takes to incorporate an appropriate exercise program, for my level and age, into my everyday life.

I enrolled in the program for 2 sessions, from October, 2010 to May, 2011. I thought that I would now be ready to carry out a program on my own initiative. I began attending "drop in" classes and trying to implement the programs and techniques that I had been introduced to on my own initiative. I soon discovered the difference in The Healthiest Winner program compared to "drop in" and independent gym work. Then I broke a bone in my foot and really discovered what this program had been doing for me. It was not long before I started to feel depression and lethargy.

The Healthiest Winner program is unique in that it provides education, guidance at an individual pace, connection to like minded people on a committed basis, and enough time for the concept and importance of physical activity and a healthy life style to become an integral part of one's life. Nothing else that I have tried has provided this stimulus to me. I will be enrolling in this program again as soon as my foot has completely healed. In the meantime, the instructor, [Name], has been in communication with me with ongoing support, on her own time, to encourage me to return to exercise as soon as I was able. I now realize that exercise is not only important to one's physical state but to one's overall well being.

I wish to support the Riley Park and Hillcrest Centres as they are in my neighbourhood but without this program, at Riley Park/Hillcrest, I will be seeking this program at another facility. I strongly urge the continuation of The Healthiest Winner program.

The Healthiest Winner Program is something I have been hoping to find for years. For people who enjoy a certain level of fitness and who live within bodies of 'typical' size, fitness opportunities abound in Vancouver. Swimming pools, gyms, ice rinks, private and public exercise classes, yoga, dance, cycling, outdoor walking trails... It's a fitness smorgasbord!

But, what about those who have fallen out of regular exercise routines? What about those who, over the years, have gained sufficient weight that mainstream group fitness is not an option? Typical, organized exercise classes are intimidating (maybe even scary) for those who are out of shape and/or are beyond a certain body size. And the level of fitness required to participate is often too high. So, what happens? Not much fitness, that's for sure.

Those who are out of shape and who carry around too much weight often continue on their worn path, feeling alone, disheartened, discouraged, unsupported...even misunderstood and disconnected. We don't use our neighbourhood pools and community centres. We don't sign up for the plethora of classes available. We don't get out and enjoy our city as much as we might like. It's an unhealthy treadmill that we'd like to get off. But how?

I needed a place where I wouldn't be the only big gal in the room. I needed an instructor who had already adjusted his/her class goals and activities to accommodate bodies that may be bigger, not as flexible and not as mobile as others. I needed a place where other participants would not see my lack of fitness as unusual or a terrible failure. I needed affirmation, encouragement and peer support. Heck, I wanted a place where a little fun could be found, too. Given that fitness has not been a friend of mine for a long while, I needed it to be enjoyable as well as physically effective. I needed motivation to keep coming back. And, this long list of needs couldn't deplete my family's bank account! Healthiest Winner offers all this...and more. It's a lifesaver.

I joined in January, 2012 and, for the first time in about 15 years; I have begun a regular (and affordable) exercise routine! I have tried a Healthiest Winner Spin Class (something I wanted to try for awhile but was too intimidated and knew I'd never be able to keep up in a regular class). I come out to Healthiest Winner Basic Training where I do some cardio, some stretching, some weight resistance, laugh, chat and feel part of the crowd. And once or twice each week I pull out my new Nordic Poles and head out with a group of women for an hour long Healthiest Winner Nordic Pole Walking Class. We started out on a snowy day, moving rather slowly and awkwardly as we coordinated our steps with our swinging arms. Over time we have built up speed and distance. We now pump our way up hills around Queen Elizabeth Park while watching spring arrive.

I have attended some great Healthiest Winner educational sessions that are designed to introduce lifestyle changes while we improve our fitness levels. At one session I got a pedometer to help encourage me to walk more every day. At another I listened to a dietician talk about becoming a more aware, conscious eater. And there are other options I look forward to checking out in the future.

Recently, I debated skipping one of the Healthiest Winner fitness classes I had planned to attend. My day had been long and stressful. But, I stunned myself by insisting I should go -- 'you will feel so much better if you do'. I caught myself off guard....really? Was that ME?!

My body is stronger already, only four months later. I am more willing to go for walks and my knees hurt a little less. I have learned some 'fitness vocabulary' and I have lost a few pounds. I'm debating trying kayaking this summer because I have a new level of confidence about my body (and its abilities) than I have in a long time. I have made some new friends. And, I didn't think twice about signing up for the next Healthiest Winner session!

I have found my own fitness smorgasbord in Healthiest Winner. I am grateful and appreciative.

I have Post Traumatic Stress Disorder, and atypical Depression. I wasn't exactly what they expected at "Healthiest Winner". As for myself, I didn't know quite what to expect.

For a long time, I couldn't enter the exercise room without having a panic attack. [Instructor] took it upon himself to remain with me (often on his own time) while I exercised. Were it not for his patience, understanding, support, and our many conversations, I wouldn't be with the program. As it is, "Healthiest Winner is about to start its eight session and I have been a participant since the first.

There have been many tears, much anxiety and sleepless nights. I still have panic attacks and other issues I must face weekly in order to attend. However, with the support of both [Instructors] there is space and permission for the struggle to occur.

I asked my psychiatrist if she would write a short testimonial as to how the "Healthiest Winner" program had benefited me. This is what she wrote to me.

"You're the best person to speak to this, but as an outsider looking in, I think the program has had a remarkable impact on many aspects of your life. I see your confidence growing almost every time I see you. Your comfort with others, particularly males, has grown exponentially. You're physically ill less often, and you're mental health stability has improved greatly since the exercise program has started. You're not completely well, but you're the best I've seen you, and I expect you'll continue to feel better and better with time, as you continue with the program. It's such a pleasure to meet with you and hear how much better you're functioning. It's not perfect, but it's definitely on the right track!"