



Fitness Centre Online Resources

While the Fitness Centre remains closed, the Fitness Centre staff have put together various exercise programming options to keep you active at home! Please visit our building website jamiesonplace.com to find out more about the current programs and resources offered by the Jamieson Place Fitness Centre.

Please contact the Jamieson Place Fitness Centre staff by email at jpfitness@livnorth.com if you have any questions, are looking for workouts to complete at home, or for anything else they may be able to help you with.

BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants



Mindfulness for Productivity

JANUARY 19 ~ 1:00 PM EST.

Practicing mindfulness and taking a pause in your day can boost mood, reduce stress and sharpen your focus, making you more efficient. This seminar will include an interactive meditation experience to unlock the potential of your brain and boost your productivity.

[REGISTER NOW](#)



Recipes for a Blue Monday

JANUARY 28 ~ 1:00 PM EST.

A balanced morning meal will feed a hungry belly, optimize brain function and can even enhance your mood! Join Katie Chemij, Chef and Nutritionist for a live cooking class.

[REGISTER NOW](#)

Stick it to 'Blue Monday'

This infamous 'most depressing day of the year' has garnered a lot of attention in recent history. However, expectation and the power of suggestion shouldn't have us dreading what is really just another Monday. Fight to take back Blue Monday as a happier day, [by](#)

[practicing these tips](#) in your own households and workplaces – wherever they may be.

We put a tough year behind us, and strange times still lie ahead... but there are [resources available](#) to help you and those you care about. You are not alone in this!

It's Winter, Let's Get Outside!

Looking for an outdoor activity while maintaining physical distance? We have you covered. Breathing fresh air and engaging in any activity outside can help reduce stress and keep you feeling fit. Bonus: post-outdoor cup of hot cocoa with extra marshmallows. For winter activity ideas, [CLICK HERE](#).



Cooking up a Better Future

With an increase in home cooking due to the pandemic (homemade sourdough yeast, anyone?), it could be an opportune time to curb our food waste. Cooking at home helps control not just what we eat, but how much of it ends up in the organics bin. To be inspired, we recommend watching BBC Earth's [Regeneration: Food](#) with host and chef [Max La Manna](#). The UK star cooks up plant-based food with a zero-waste approach. Side effects: tasty food without guilt, as well as referring to chips as crisps and fries as chips.



Virtual Art @ Collision

Walk through The Collision Gallery's latest exhibit *By the Skin of Your Teeth*. Akin artist in residence Sofia Berger is investigating themes of immigration, consumerism and conflict, ultimately concerning herself with the essence of home.

[VIEW THE SHOW](#)

That Day in History

On January 1, 45 BCE New Year's Day is officially celebrated as the first day of the year and the launch of the Julian calendar. Emperor Julius Caesar reformed the traditional Roman calendar to follow the solar cycle instead of the lunar phases. He also moved the first month of the year from March to January, forever making the Canadian New Year's Eve celebration an indoor winter experience.



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