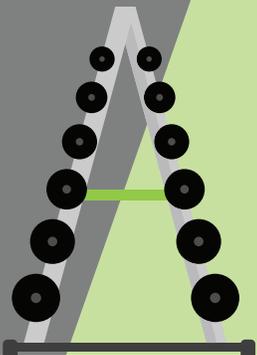
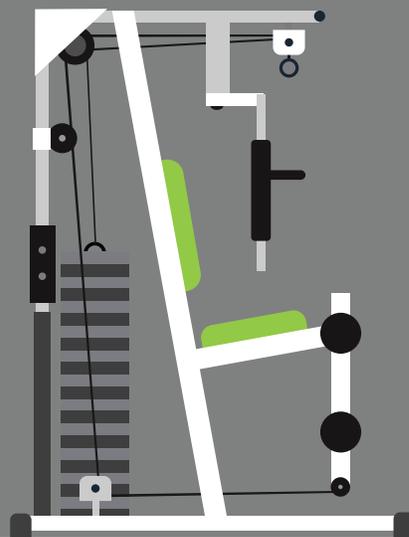


/SFC Fitness Club

WELCOME TO
WELLNESS



QuadReal

LOOKING TO JOIN THE /SFC FITNESS CLUB?

We'd love to meet you! Located on the third floor of 120 Bremner, the /SFC Fitness Club is a state of the art, 13,000 square foot fitness facility and wellness club for the exclusive use of tenants at 120 Bremner and 18 York.

// TOP 10 REASONS WHY YOU SHOULD JOIN /SFC FITNESS CLUB

1. Hours of operation are 7:00am to 7:00pm.
2. Managed by highly qualified TELUS Health staff.
3. State of the art equipment.
4. Conveniently located facility that is rarely over crowded with no long equipment wait times.
5. Assessments and personal program designs included in membership.
6. Variety of group exercise classes including; yoga, Pilates, HIIT and spin are available to all members.
7. Personal training and group training.
8. Onsite registered massage therapy and physical therapy.
9. Complimentary towel service.
10. Special events and challenges throughout the year.

// BOOK YOUR ORIENTATION TO THE /SFC FITNESS CLUB WHERE YOU WILL TOUR THE FACILITY AND MEET THE AMAZING STAFF. CONTACT STAFF AT CARECENTRES.SFCINFO@TELUS.COM. CLICK HERE TO TAKE A VIRTUAL TOUR.

// ARE YOU READY TO JOIN THE /SFC FITNESS CLUB?

Click here to register for a MindBody account or scan the QR code. Once completed, contact the staff at carecentres.sfcinfo@telus.com to receive your FIRST* month free upon a 12-month contract! *Offer valid only one time.



Once registered, you can download the Mindbody app for easy open gym and fitness class bookings. **Click here to access the app** and book your next open gym time slot.

COVID-19 SAFETY PROTOCOLS: YOUR SAFETY IS OUR TOP PRIORITY.

- All members must show proof of full vaccination as approved by Health Canada against COVID-19.
- Daily screening questionnaire is required upon entry.
- Masks are worn upon entering, exiting and while transitioning to and from equipment.
- Hand sanitizer stations are located throughout the facility.
- Antibacterial equipment wipes are located throughout the facility for you to wipe equipment down before and after use.



MENTAL WELLNESS

Mental wellness is your emotional connection to your body and recognizing the bodies response to how you are feeling. There is a connection between mental wellness and physical wellness; proper nutrition, physical activity and proper sleep patterns that can help improve and balance your overall health within your body.

// TAKING A 5 MINUTE BREATHING BREAK

A new study shows that a breathing exercise known as Inspiratory Muscle Strength Training can reduce blood pressure in weeks, with benefits on par with daily exercise or medication. Working out just five minutes daily via a practice described as strength training for your breathing muscles, lowers blood pressure and improves some measures of vascular health as well as, or even more than, aerobic exercise or medication. A new CU Boulder research shows that 5-minute breathing workout lowers blood pressure as much as exercise. *

Benefits to a 5-Minute Breathing Break:

- Clear the mind
- Improve mood
- Boost brain function
- Reduce stress
- Support a healthy metabolism

**CLICK HERE FOR A FREE 15MIN
GUIDED MEDITATION VIDEO.**

**TIP: Create a space or move to an area where
your body can naturally feel relaxed.**



// UNPLUG AND RECHARGE

The increased use of mobile devices that keep you connected on the go, can make it hard to detach and give your mind a much needed break. You also may not realize that checking your phone or watching NETFLIX before bed can keep our minds awake making it harder for us to relax into a much needed sleep. By finding time to unplug it can help recharge our minds giving you a much needed mental vacation.

Tips To Help You Unplug:

- **Turn off Cell phone/tablet notifications while on break** – take the time to focus on you, work will be there when you get back.
- **Change your phone display to greyscale during the evening** – bright lights at night can prevent you from getting a deep sleep.
- **Buy an Alarm clock** – leave your phone out of the bedroom, this will help you disconnect from the day and stop you from answering messages that can wait.
- **Find Activities you enjoy** – go for a trail hike, making a puzzle, painting are some great examples of an activity that can help you focus on being in the present moment without worrying about the past or future.



* Source: University of Colorado at Boulder
www.sciencedaily.com/releases/2021/06/210630135033.htm. June 30, 2021

MOBILITY VS. FLEXIBILITY

A common misconception is that flexibility and mobility are interchangeable terms when in fact they are very different things. Although they are different, flexibility and mobility can have an affect on each other.

Flexibility is a muscle's ability to lengthen passively or without muscle engagement. When performing static stretches, you are working on muscular flexibility. On the other hand, **mobility** refers to a joint's ability to move actively through it's full range of motion. An example of this is dynamic stretching or how high you can lift your knee in a marching position. Mobility is active and consists of flexibility, muscular strength and stability combined.

Although flexibility is good, it can sometimes be more harmful when not combined with muscular strength and stability. This is why it is important to focus not only on flexibility but also on mobility. Some benefits to having good mobility include; lowering your risk of injury, improved posture, and increasing ease of daily movements.

[CLICK HERE FOR A FREE MOBILITY VIDEO](#)

// DESK STRETCHES

See below for some flexibility exercises including some static stretches to do at your desk to get moving throughout the day. Also included is a video on shoulder, spine and hip mobility as well as core stability exercises.



// Sit up tall and place your right foot out in front of you. Hinge forward at the hips and pull the right toe up towards the ceiling.



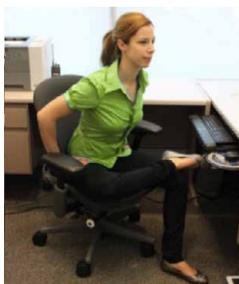
// Roll your shoulders down and back. Slowly drop your right ear down



// Extend your arms out in front of you at 90 degree angles. Place your right arm under your left and try to press your palms together.



// Sit up tall and place your hands on your head. Open the elbows and pull the shoulder blades back and together.



// Sit up tall and cross your left leg over the right. Gently push the left knee down and lean forward from the hips.



// Sit up tall and slowly twist your upper body to the right. Place your right arm behind the chair and look over your right shoulder.

OFFICE ERGONOMICS

There are 7 important risk factors that contribute to ergonomic hazards in the workplace:

1. WORKSTATION DESIGN

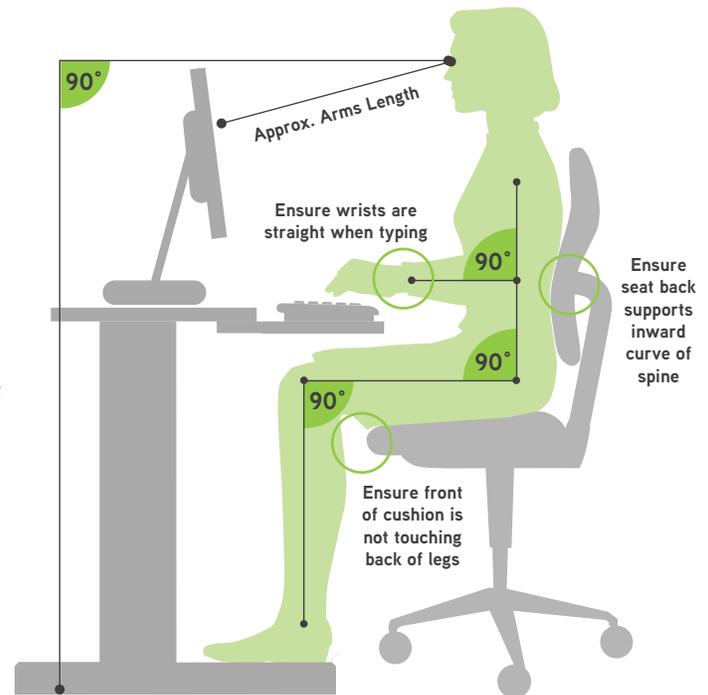
- **Workstation surface** refers to the desk or table. The height should be appropriate for the task. For computer work, it is recommended that the desk height should be the same height as the elbows with the arms straight at one's side while sitting at the desk. Often you cannot adjust the height of the table, in which case you could adjust the height of the chair.
- **Accessories** refer to arm rests, wrist pads and foot rests. When used properly they will assist in preventing muscle strain and fatigue, however, it is important to make sure that they are properly fitted to the individual and that they are serving the purpose they are intended to.
- **Working space** is an employee's personal space. It is important that we have the room to move around freely without feeling like you are forced to invade a coworker's personal space. Our space should also be free of obstacles and safety hazards.

2. WORKPLACE POSTURE

- **Working Postures:** whether standing or seated, you should be comfortable. Keep in mind that even the most perfectly ergonomic chair will not prevent ergonomic hazards if it not being used properly. We must remember to sit up tall with our feet flat on the floor and avoid slouching or crossing our legs etc.
- **Supports and Footrests:** these help to take a lot of strain away from the body when used properly. If you are required to stand for a long time, it is recommended that you have a foot rest that you can alternate legs on every so often.
- **Footwear:** ensure that footwear is comfortable and does not constrict the shape of your foot. Ideally footwear should have good arch support and heels should not be more than 2 inches high. A completely flat shoe is not recommended either.

3. WORK ORGANIZATION

- **Task Variety and Work Breaks:** if we take the time to plan out our day ahead of time we can organize our tasks such that we alternate jobs that repeatedly use different body parts to avoid repetitive strain. It is recommended that for every hour, a 5 to 15 minute working break is scheduled where we switch tasks to give the muscles a break.
- **Work Pace:** allowing for enough time to complete all of our tasks can avoid long stretches of working without a break.
- **Rest Breaks:** rest breaks are when we stop working for a brief period. This is an ideal time to do a quick walk around, stretch and change body positions!
- **Training and Education:** an employee who is taught proper technique for their task is more likely to have the intended mechanics and proper pace without overcompensation.



4. TOOLS, EQUIPMENT AND FURNITURE DESIGN

- It is important to consider the **shape and size of the tools** with respect to the **shape and size of the worker**. Remember, ergonomics is fitting the job to the worker, not the worker to the job, or in this case, the tool.
- Tools should always encourage a **neutral body position** and should not cause awkward postures, excessive force, repetition or expose the worker to vibration.

5. MANUAL MATERIALS HANDLING

- While many of us don't do too much heavy lifting in an office environment, it is still important to consider safe lifting practices. In fact, because we don't lift very often, we are less practiced at good lifting technique which makes us more susceptible to an incident when we do need to pick something up. Think of a box of copier paper for example, how would you transport all of the paper safely to a desk 20 feet away?
- Remember to **reduce** the weight of the load, reduce the distance carrying the load, reduce the number of lifts, use storage techniques to make the load easier to handle, and use proper lifting technique.

6. WORK ENVIRONMENT

- **Ventilation, noise, temperature** and **lighting** are all components of your work environment. While there are regulated specifications for these within the workplace, it is important to consider if they are conducive to your tolerance levels. If you are finding a particular aspect uncomfortable, there can often be an easily implemented solution such as a fan, a desk lamp or a noise screen for example.

7. LIGHTING AND VISION

- **Lighting intensity** and **quality** is a big factor in workplace ergonomics. The reason for this is because when the lighting is not proper, people will often adopt awkward postures to properly see what they are looking at. In addition, eye strain can cause painful symptoms such as blurred vision, eye irritation, dry eyes and headaches.
- **Positioning** of lighting with respect to a **visual display terminal** is something important to consider when setting up one's computer workstation. Ideally, lighting should be even throughout the room and any large lighting sources such as windows should be parallel to your line of site (perpendicular to the computer screen) to reduce glare.



WORKSTATION CHECKLISTS

Using the information from above, employees can go through their office set-up and adapt any changes they may need to their office space to allow for proper ergonomics and ultimately reducing the risk of MSK injuries or hazards.

You can also use office ergonomic checklists and MSD Hazard Identification Tools such as the one linked below sourced from [msdpreservation.com](https://www.msdpreservation.com).

<https://www.msdpreservation.com/resource-library/view/msd-hazard-identification-tool-computer-workstation.htm>

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