

## FITNESS NOTES

Catherine Ardiles, Fitness Director



Every year we schedule the **Spin-a-thon** (April 30) around the same time as **Mental Health Week** (May 2-8), to encourage people to exercise, and also fundraise for mental health resources for Stanton Hospital. Last year we requested all the funds go towards the medicine unit, and the previous two years the psychiatry unit.

This year we are focusing on the paediatric unit. Research has shown that COVID-19, although challenging for everyone, has been particularly hard on children and adolescents greatly increasing anxiety and depression. This was caused in part by increased screen time, sedentary behaviours, loss of social activities, and decreased access to medical and mental health care.

Not interested in spin classes? You can still grab a fundraising sheet at the desk, or you can sponsor someone that is participating. We also have some great gifts donated by sponsors for the top 8 highest fundraisers (again - you can fundraise without spinning if you like!). **Territorial Beverages, Shoppers Drug Mart, Juniper Health, For Women Only, Adam Dental Clinic, Copperhouse Eatery & Lounge, and Vixen Hair Den** are a few who have donated generous prizes.

Mental health should not be acknowledged only for one day or for a week, it's something that needs to be normalized and worked on the same as our physical health. Watch for other events to help serve our members and the community, including a wellness festival in June, and free fitness classes for youth.

If you have any questions or comments, please send me an email at [catherine@ykracquetclub.com](mailto:catherine@ykracquetclub.com)

### Reference

Mental Health Effects of the COVID-19 Pandemic on Children and Adolescents: A Review of the Current Research  
Jill Meade. Pediatric Clinic North America, 2021 Oct; 68(5): 945-959. Published online 2021 May 19. doi 10.1016/j.pcl.2021.05.00

## MEMBER SPOTLIGHT



### SOFIA ARDILES - FUNDRAISING FOR THE SPIN-A-THON

Sofia is 12 years old and has been a member of the squash program for several years. Sofia has currently fundraised over \$500 for the Spin-a-thon, which is happening at the end of April.

### We had a few questions for her:

#### WHAT MADE YOU DECIDE TO FUNDRAISE?

It's for kids mental health, it's for a good cause.

#### HAVE YOU DONE A SPIN CLASS BEFORE?

No, but I've been on a spin bike.

#### WHO ARE YOU ASKING TO DONATE?

My teachers, some of my parents friends, anyone I can think of.

#### HAS IT BEEN EASY TRYING TO COLLECT MONEY?

When I tell them what the money is for they just smile and say yes, no one has said no yet.

#### DO YOU HAVE A FUNDRAISING GOAL?

My friends said I should try to get to \$1000, I will see if I can!

**Keep up the good job Sofia! Hopefully you reach your \$1000 goal!**

## APRIL EVENTS

APRIL 26 TO 29

### THE CLUB CHAMPIONSHIPS

Don't miss out on our first Club Champs since 2019!

Sign up online at

<https://clublocker.com/tournaments/13655/info>

SATURDAY APRIL 30

### THE SPIN-A-THON IN SUPPORT OF STANTON HOSPITAL

From 11:30am - 4:00pm

2 groups of riders: 11:30am to 1:30pm and 2:00-4:00pm

14 people in each group.

Sign up at the front desk to get your pledge sheet and to choose your bike.

Members and non-members. We only ask that a minimum of \$100 is raised on your pledge sheet to participate.

THURSDAY APRIL 28

### GET LIIT FEATURE CLASS

Join Inemesit Graham from 5:45 to 6:45pm for this feature class. Draw prize and snacks after class.

# CLUB CHAMPS 2022

APRIL 26 TO 29  
\$40+GST

INCLUDES PIZZA ON FRIDAY NIGHT  
SNACKS DURING THE TOURNAMENT  
DOOR PRIZES

Sign up on Club Locker  
<https://clublocker.com/tournaments/13655>  
Deadline to enter: Saturday, April 23<sup>rd</sup>

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