

**May 2025**

## May is High Blood Pressure Awareness Month

### Hypertension: Recognizing and Managing the Risks

Hypertension, commonly known as high blood pressure, is often dubbed the "silent killer" because many people are unaware they have it. This condition measures the force of blood being pumped from the heart against the artery walls. When this pressure is too high, it can lead to serious health issues.



### Blood Pressure Basics:

- Normal: Less than 120/80 mm Hg
- Prehypertension: Systolic 120-139, Diastolic 80-89 mm Hg
- Stage 1 Hypertension: Systolic 140-159, Diastolic 90-99 mm Hg
- Stage 2 Hypertension: Systolic 160+, Diastolic 100+

### Causes of High Blood Pressure:

- Lifestyle: Lack of exercise, poor diet (high in salt), excessive alcohol, smoking
- Medical Conditions: Kidney disease, thyroid disorders, sleep apnea, heart conditions
- Medications: Birth control pills, cold medications, pain relievers with caffeine
- Genetics & Age: Family history, aging
- Stress: Chronic stress

Uncontrolled hypertension can lead to heart attacks, strokes, aneurysms, heart failure, kidney disease, vision loss, and dementia.

**Managing Hypertension:** Lifestyle changes are crucial—think exercise, healthy eating, and quitting smoking. Sometimes, medication is necessary, tailored to your specific health needs. Regular check-ups with your doctor are essential to keep your blood pressure in check.

Maintaining proactive health measures is crucial. Regularly monitor your blood pressure and consult with your primary healthcare provider to ensure optimal health. Take action today for a healthier tomorrow.



## Spring & Summer 2025 Program Guide

The **Spring & Summer 2025 Program Guide** is now available to view online.

**Registrations are now open for Recreation and Aquatics programs.**

View the interactive guide and click on the code # to register online or pay in-person at the A.F.L.C. or S.A.R.C.

Don't delay, register online today!



[View the Spring & Summer 2025 Program Guide Online](#)

## Summer Camps 2025 Program Guide

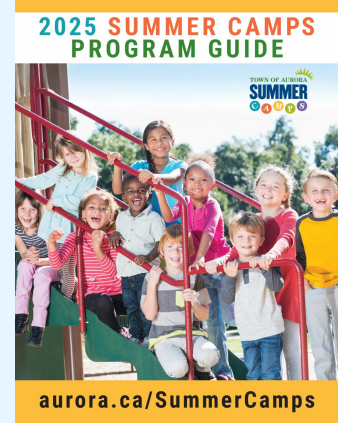
Summer Camps are coming to Aurora!

The **Summer Camps 2025 Program Guide** is now available to view online.

**Registrations are now open.**

View the interactive guide and click on the code # to register online or pay in-person at the A.F.L.C. or S.A.R.C.

Don't delay register online today!



View the Summer Camps 2025 Program Guide Online

## Trainer Tips

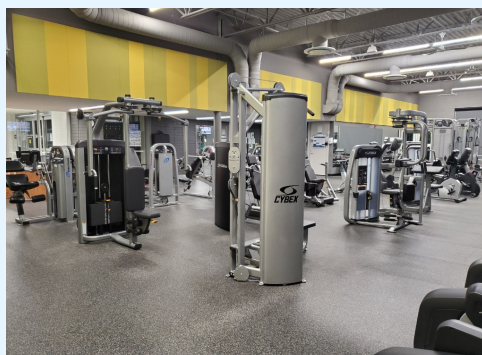


### Meet Lisa Carter - Trainer

Meet Lisa Carter, our Trainer Tips columnist and C.S.E.P. Certified Personal Trainer, who embodies community health and wellness. With her extensive fitness expertise and approachable demeanor,

Lisa is committed to enhancing the well-being of every fitness member.

Whether you're a seasoned fitness enthusiast or just starting out, Lisa's insights are designed to inspire and motivate you to embrace an active, healthy lifestyle.



### What Is the One Thing People Forget to Do When Working Out?

It's hard to pin down just one thing we see people not doing.

**WARM UP.** Warming up is an important part of your workout and forgetting to do so can lead to injury. Make sure to begin your workout with a five minute warm up. For example, walk in place or around your room.

**UNILATERAL TRAINING.** Most people only work their legs, chest, back, arms and other areas bilaterally or "together". Try exercising them one side at a time to help prevent your stronger side from doing all of the work. Our facility has many machines that allow you to do this but you can also work each side separately while training at home.

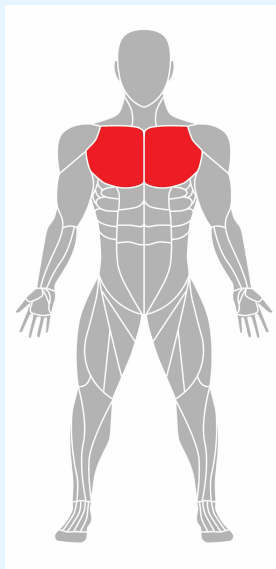
**STRETCH.** One of the most common things that people forget to do is stretch after their workout. Stretching eliminates the lactic acid that has accumulated inside the body and also relaxes the muscles.

**ASK.** Fitness participants often do not take advantage of the expertise that the fitness staff at Club Aurora have. Our trained experts can help you with your questions, provide exercise suggestions and check your form to ensure that you are doing a specific exercise correctly.

Email us your fitness questions.



# Feature Exercise - Chest Press



## Exercise Focus: Chest Press

The chest press machine (#10) focuses on working the pectoralis major muscle, along with the triceps and anterior head of the deltoid (shoulder muscle). The pectoralis major is responsible for actions such as adduction and medial rotation of the arm.

## Proper Technique:

1. Set the machine to the desired weight.
2. Adjust the seat height so the handles sit at the mid chest level.
3. Ensure your feet are firmly planted on the ground (or on the platform at the base of the machine) and that your back is against the back pad.
4. When grabbing the handles, ensure that your wrist is flat with your forearm; do not rotate the wrist back.
5. Keep your elbows slightly tucked down.
6. Extend both arms simultaneously, until arms are fully extended.
7. Slowly return to the starting position
8. Repeat for your desired amount of repetitions.



Is there an exercise machine that you want to know how to use? Email us today.

## Healthy Recipe of the Month

### Sausage, Spinach and Mushroom Egg Bites

Protein-packed sausage, spinach, and mushroom egg bites make the perfect breakfast snack! Store half in the fridge for the next few days and freeze the rest for a quick,

healthy bite later in the month

### Ingredients

- 1 tablespoon neutral oil, such as canola *or* avocado
- 6 ounces pork breakfast sausage
- 4 ounces cremini mushrooms, thinly sliced (about 2 cups)
- 2 cups coarsely chopped baby spinach
- 8 large eggs
- 2/3 cup whole milk
- 1/2 teaspoon ground pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt



### Directions

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add sausage; cook, stirring often and breaking into crumbles, until browned and cooked through, about 4 minutes. Using a slotted spoon, transfer the sausage to a paper-towel-lined plate, leaving the drippings in the pan. Reduce heat to medium; add mushrooms and cook, stirring occasionally, until softened and browned in most spots, 6 to 8 minutes. Add spinach; cook, stirring constantly, until wilted, about 30 seconds. Transfer the vegetable mixture to the plate with the sausage. Let cool for 5 minutes.
3. Meanwhile, whisk eggs, milk, pepper, garlic powder, onion powder and salt in a large bowl until thoroughly blended. Stir in the cooled sausage and mushroom mixture. Divide the mixture among the prepared muffin cups, about 1/4 cup each.
4. Bake, rotating the pan front to back once, until puffed and set, 14 to 16 minutes. Let stand for 5 minutes before removing the egg bites from the pan.

Visit the website for more delicious recipes

## Recreation Job Fair



# RECREATION JOB FAIR

**Wednesday, May 7, 2025**  
**5 p.m. to 7:30 p.m.**  
Stronach Aurora Recreation Complex  
S.A.R.C. Desjardins Gym

**aurora.ca/RecJobs**



# Victoria Day Holiday Schedule

Get ready for a fun-filled Victoria Day weekend!

We have exciting drop-in activities for everyone to enjoy. Check out the holiday schedules for all the details.

Please note that holiday schedules may differ from regular seasonal schedules. We reserve the right to cancel, amend or change activities.



## Locations

- Aurora Family Leisure Complex (A.F.L.C.) - 135 Industrial Parkway North
- Aurora Town Square (A.T.S.) - 50 Victoria Street
- Stronach Aurora Recreation Complex (S.A.R.C.) - 1400 Wellington Street East

## Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

We know life can throw curveballs, and sometimes you might not be able to make it to your scheduled land or virtual fitness class. If that happens, please let us know as soon as possible.

By informing us of any last-minute changes or unforeseen conflicts, you help us offer your spot to another eager participant, ensuring everyone gets a chance to stay active and healthy.

Remember, cancellations apply to all group fitness, aquafitness, aqua leisure, and virtual programs.

To cancel your group fitness class registration, you can:

- Complete the online [Class Cancellation Form](#)
- [Email our Customer Service team](#)



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