

JUNE 2026

National Health & Fitness Day (June 6)

National Health and Fitness Day, observed annually on the first Saturday in June in Canada, is a nationwide initiative dedicated to promoting the importance of physical activity and healthy living. Established to encourage Canadians of all ages and abilities to get moving, the day highlights how regular exercise and wellness practices can improve overall health, and reduce the risk of chronic disease.

What Is National Health and Fitness Day?

National Health and Fitness Day was created to raise awareness about the benefits of active living and to inspire individuals, families, and organizations to commit to healthier lifestyles like:

- Reducing sedentary behavior
- Encouraging outdoor activity
- Promoting mental well-being
- Building stronger, healthier communities

Why It Matters

Regular physical activity is linked to many benefits, including:

- Improved cardiovascular health
- Increased energy and strength
- Reduced stress and anxiety
- Better sleep quality
- Lower risk of chronic diseases such as diabetes and heart disease

Fun Activities to Celebrate

Whether you're an individual, family, or group, there are many ways to take part. Here are some ideas:

- Get moving outdoors, go for a walk, jog, or bike ride along a local trail, go for a group hike or nature walk
- Try outdoor yoga or stretching in a park
- Play a casual sport like soccer, basketball, or Frisbee
- Join a fitness class (online or in-person): Zumba, Pilates, spin,
- Try a new activity like paddleboarding, rock climbing, or dance

National Health and Fitness Day is more than just a single day of activity—it's a reminder to prioritize well-being every day of the year. Whether you take a short walk, try a new sport, or join a community event, every step toward a healthier lifestyle matters.

Use June 6 as your starting point to build habits that support a stronger, happier you.

[Learn More](#)

Meet Lisa Carter - Personal Trainer

With her knowledge and almost 25 years of personal training experience, Lisa is dedicated to helping you achieve and maintain your health and fitness goals.

Lisa specializes in working with older adults who want to build strength, improve body composition, increase energy, and feel confident in their bodies without extreme approaches. Her training style is supportive, practical, and results-driven, with a strong focus on proper technique, injury prevention, and long-term sustainability.



Her belief is that fitness should enhance the quality of life, not overwhelm it, and is passionate about helping clients feel stronger, healthier, and more capable in their everyday lives.

I am an older adult that is new to exercising. Should I be lifting heavy weights?

As an older adult new to exercise, you should not start with heavy weights and low repetitions, but rather focus on lighter weights with moderate-to-high repetitions to build a foundation. While recent research indicates that heavier lifting (fewer reps, e.g., 6–8) is highly effective for building muscle and bone density later in life, this approach should only be adopted after mastering proper form with lighter loads to prevent injury.

Here is a recommended approach for starting, based on safety guidelines:

Start Light and Build Foundation (Weeks 1-12)

- Weights: Start with very light weights, resistance bands, or just body weight.
- Reps: Focus on 10–15 repetitions per set.
- Goal: Learn proper technique and allow joints/tendons to adapt to new stress.
- Intensity: Choose a weight that feels challenging by the last few reps but does not cause strain.

Transition to Heavier (Gradual Progression)

Once you can comfortably perform 3 sets of 15 repetitions with good form, increase the weight slightly. If your goal is to maximize muscle strength, you can move toward 6–10 repetitions with heavier weight, provided you are not losing form or feeling joint pain.

Key Advice for Beginners Over 50

- Prioritize form over load: Lifting with poor form causes injury, regardless of weight. Consider a session with a trainer to learn safe, joint-friendly versions of exercises.

- Consistency Matters More: Consistent, moderate-intensity training 2–3 times per week is better than heavy, infrequent, or unsafe workouts.
- Focus on Muscles, Not Joint Pain: It is normal to feel muscle fatigue, but joint pain means you should stop or lighten the weight.

Email us today for your fitness questions

Aurora Recreation Fair

Date - Thursday, June 11, 2026
 Time - 5 p.m. to 7 p.m.
 Location - Stronach Aurora
 Recreation Complex:
 Desjardins Gymnasium
 Admission - Free

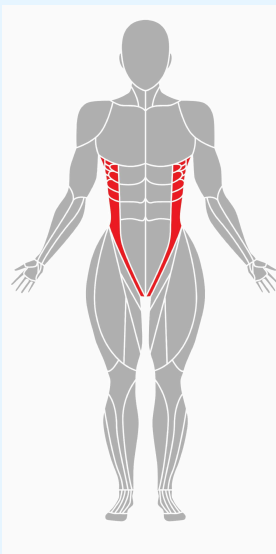


- > Check out what Aurora’s Recreation has to offer: community centres with sports, recreation programs and services, along with special events suitable for all ages.
- > Connect with the Recreation Team: learn about how recreation and wellness is an asset to our Aurora community.

Visit our Website

Featured Exercise - Torso Rotation

Written by Liam Savage, Fitness Attendant



STARTING

Target Body Part: Obliques

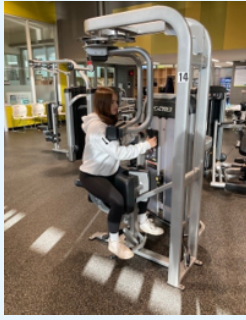
Equipment Needed: Machine #14 Torso Rotation

Exercise Focus: The torso rotation machine focuses on working your core muscles, with a primary emphasis on your obliques. The obliques serve to create movement such as bending side to side, along with rotation and stabilization of the core.

Proper Technique:

1. Set to desired weight.

POSITION



END POSTION



2. Adjust the seat height so that the pads sit at chest level, resting on your bicep.
3. Rest your feet on the foot rest below.
4. Keep your back straight and your core engaged.
5. Squeeze the inside of your thighs against the thigh pads, anchoring your lower body in place.
6. Using the pin above you, adjust the starting position to your desired range of motion.
7. Rotate your torso to desired side, without your chest or arms sliding off the pad.
8. Pause briefly at the end of the movement before slowly returning to the starting position.
9. Repeat for desired number of repetitions.

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

Garden Safely In Spring

Written by Alyssa Roberts - Fitness Programmer

I was asked recently how do I prevent that *"first day of gardening = sore for 3 days feeling"* by a friend. After a long winter of perhaps being a little less active than we would like, your body needs a gradual restart. To help others avoid the "sore for 3 days" I have put together some suggestions that may help as you get outside and into the garden this month.



- ✓ 1. Ease into it
 - Start with short sessions (30–60 minutes) instead of a full day.
 - Spread tasks over several days (weeding one day, planting another).
 - Alternate light and heavy tasks.
- ✓ 2. Warm up before you start
 - Treat gardening like exercise—5–10 minutes of movement first helps prevent strain.
- ✓ 3. Protect your body while working

- Use knee pads or a gardening stool.
- Avoid bending from your back—bend at hips and knees.
- Keep tools close to your body (don't reach too far).
- Switch positions often (standing, kneeling, sitting).

✓ 4. Stay hydrated & take breaks

- Drink water regularly—even if it's not hot
- Take a break every 20–30 minutes

Do these 5 pre-gardening stretches to help get you ready for your gardening tasks.

1. Neck rolls: roll head gently side to side to help reduce upper body tension.
2. Shoulder rolls: roll shoulders forward and backward (10 each) This is great for digging and lifting prep.
3. Arm swings: swing arms gently across your body to help loosen shoulders and chest.
4. Torso twists: stand tall and gently twist left/right, this helps to loosen you spine and keep it mobile.
5. Hamstring stretch: place one foot forward, lean slightly forward (keep back straight) This stretch helps avoid lower back strain.

When gardening is done for the day, don't forget to stretch and recover.

✓ Cool down stretches, focus on

- Lower back
- Hamstrings
- Shoulders

✓ Use heat or gentle movement

- Warm shower or heating pad
- Light walking later in the day

✓ Don't overdo day one

- The biggest mistake is doing too much too soon

Remember to warm up, go slow, and use good form, happy gardening!



File your nomination as
a Candidate in Aurora's
2026 Municipal Election.

Deadline is August 21, 2026 at 2 p.m.



aurora.ca/Candidates

The Spring & Summer 2026 Program Guide is now available



Check out all of the registered programs we offer at the Town of Aurora. Registration is open for Recreation and Aquatic programs. View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C., S.A.R.C. or A.T.S.

[Visit our Website](#)

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 fitness classes. 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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Club Aurora Fitness | 135 Industrial Pkwy North | Aurora, ON L4G 4C4 CA

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