

ARRIL 2026

WORLD HEALTH DAY (April 7)

This April 7, we join the World Health Organization in celebrating World Health Day. The 2026 theme, "**Together for Health: Stand with Science**," highlights how evidence-based habits can transform our lives.

True health isn't just the absence of illness; it is a harmonious balance between your physical and mental states. Use these science-backed steps to refresh your wellness routine this spring.

1. Prioritize "Movement for the Mind"

Physical activity isn't just for muscles—it's a powerful tool for your brain.

- **The Endorphin Boost:** Regular exercise releases endorphins and reduces cortisol, acting as a natural anti-anxiety treatment.
- **Step Outside:** Exercising in nature—sometimes called "forest bathing"—can significantly lower stress hormones. Aim for at least 150 minutes of moderate-intensity movement per week.
- **Find Your "Why":** Science shows you are more likely to stay consistent if you choose activities you actually enjoy, rather than forcing "suffer sessions" at the gym.

2. Master the Art of the "Sleep Reset"

Sleep is the foundation of emotional resilience.

- **The 7-9 Hour Rule:** Most adults require 7 to 9 hours of quality sleep to allow the brain and body to restore energy properly.
- **Create a Sanctuary:** One hour before bed, disconnect from all screens to protect your melatonin production. A tech-free bedroom helps your mind signal that it is safe to relax.

3. Practice "Nourished Neutrality"

What you eat directly impacts how you feel.

- **Eat the Rainbow:** Aim for a variety of fruits, vegetables, and whole grains. Each "colour" on your plate provides different nutrients that support everything from heart function to cellular repair.
- **Mindful Eating:** Pay attention to the taste and texture of your food without distractions like the TV. This improves digestion and helps you recognize when you are actually satisfied.

4. Build Mental Fitness Tools

Your brain can be trained just like a muscle to become more resilient.

- **The 5-4-3-2-1 Method:** When feeling overwhelmed, ground yourself by identifying 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.

- Box Breathing: Calm your nervous system in seconds by inhaling for 4 counts, holding for 4, exhaling for 4, and holding for 4.
- Social Connection: Strong relationships are one of the best predictors of long-term health. Make time for a meaningful conversation or a walk with a friend to reduce perceived threat levels in the brain.

5. Take the "Science-Led" Approach

- Regular Check-ups: Don't wait for a crisis. Schedule routine screenings and blood work to stay proactive about your health numbers.
- Seek Support Early: Mental health care is just as vital as physical care. If you feel overwhelmed, reaching out to a professional is a sign of strength and a science-backed step toward healing.

This World Health Day, choose one small, achievable goal. Whether it's an extra 10-minute walk or a tech-free hour before bed, small changes lead to the most significant long-term improvements.

Fitness Boxing

Fitness Boxing is an exceptional, full-body workout that burns calories while significantly improving cardiovascular health, building functional strength, and enhancing coordination. It offers high-intensity interval training (HIIT) that tones arms, shoulders and core, while reducing stress and boosting confidence.

Here are a few reasons why you should do Fitness Boxing:

Exceptional Cardio & Weight Loss: The high-intensity, interval-based nature of boxing elevates your heart rate, strengthening the heart and lungs while burning calories.

Full-Body Strength & Toning: Unlike isolated weightlifting, boxing engages the entire body. Power is generated from the legs, driven through the core, and released through the arms, building lean and functional muscle.

Stress Relief & Mental Health: It provides a safe, intense outlet for releasing stress, frustration and tension, which helps boost mood and clear the mind.

Improved Coordination & Balance: The combination of footwork and punch sequences enhances hand-eye coordination, balance and agility.

Mental Engagement: Because it involves learning sequences, combinations and timing, it serves as a "brain game" that keeps you mentally focused and sharp.



Accessible & Fun: It is a dynamic, engaging workout that can be adapted for any fitness level.

Club Aurora has 2 ways for you to try Fitness Boxing. For one-on-one Fitness Boxing, book a personal training session with Saeid or join Saied on Saturday's for group Fitness Boxing. Registration is required.

Spring & Summer 2026 Registration Dates - Register for Programs

Program Guide

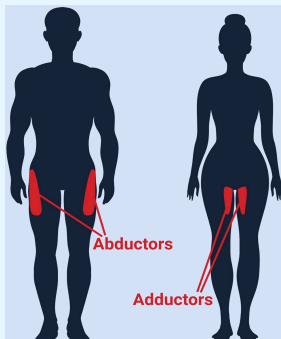
Fit for the Planet: Why Earth Day and Exercise are the Perfect Pair

This **Earth Day (April 22)**, we're celebrating the powerful connection between a healthy body and a healthy planet. When we take our workouts outside, we don't just improve our cardiovascular health and soak up essential Vitamin D; we foster a deeper respect for the environment that sustains us.

Whether it's swapping your treadmill session for a trail run, commuting by bike instead of car, or trying "plogging" (picking up litter while you jog), eco-friendly fitness is a win-win. By reducing our carbon footprint and choosing sustainable gear, we ensure that the "great outdoors" stays great for generations of athletes to come. This April, let's move in a way that honours both our muscles and Mother Earth.

Featured Exercise - Inner & Outer Thigh Machine

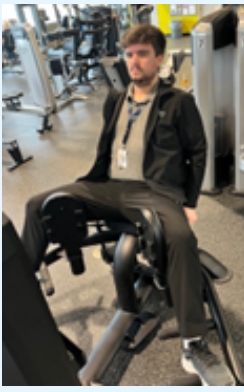
Written by Liam Savage, Fitness Attendant



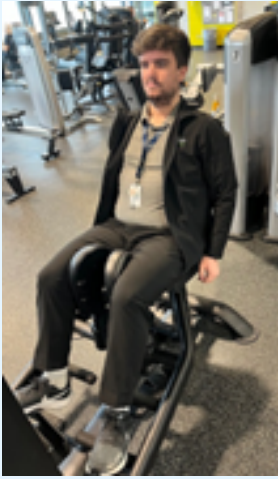
**STARTING
POSITION**

Target Body Part: Hip Adductors & Abductors
Equipment Needed: Machine #3 Inner & Outer Thigh

Exercise Focus: The hip adductors and abductors play a key role in lower body functions, such as: walking, running and maintaining balance. These



END POSTION



STARTING POSITION



END POSITION

muscles also work to stabilize the hips and the knees.

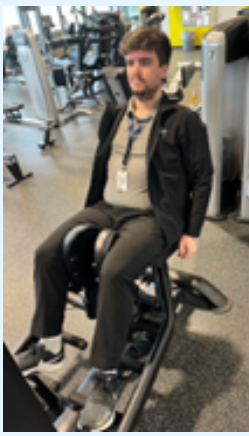
Proper Technique:

Outer Thigh:

1. Set to desired weight.
2. Sit on the seat with your back straight and core engaged.
3. Position your feet on the foot rest so that your thighs are parallel to the ground and the pads rest against the outside of your thighs.
4. Using the yellow handle, adjust the starting position so that your legs are together.
5. In a controlled manner, squeeze your outer thighs to push the pads outwards.
6. Pause briefly before slowly returning to the starting position.
7. Repeat for desired number of repetitions.

Inner Thigh:

1. Set to desired weight.
2. Sit on the seat with your back straight and core engaged.
3. Position your feet on the foot rest so that your thighs are parallel to the ground and the pads rest against the inside of your thighs.
4. Using the yellow handle, adjust the starting position so that your legs are apart.
5. In a controlled manner, squeeze your inner thighs, pushing the pads towards each other.
6. Pause briefly before slowly returning to the starting position.
7. Repeat for desired number of repetitions.



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

SQUASH UPDATE - MEET THE PROS

Howard Seto

Howard Seto has been the Squash Professional at the Aurora Family Leisure Complex for the past 14 years and has devoted his life to promoting and growing the game of squash at every level. With over four decades of experience in sports and event management, Howard has combined his passion for the game with an extensive background in organizing, coaching, and community building.

From 1985 to 1993, Howard served as the organizer and tournament director of the prestigious Drakkar Noir International Squash Championships (Canadian Open), which featured the top 32 players in the world. He also promoted and directed the Loews Cup, an annual squash challenge between Canada, the United States, and Mexico (1983–1988). In 1987 his entrepreneurial spirit led him to become co-owner of Curzons Sporting Club in Etobicoke, Ontario.



Throughout his career, Howard has been deeply involved in promoting squash across the community, volunteering at tournaments, supporting events with sponsorships and player swag, and coaching young players. In 2023, his long-standing contributions to the sport were recognized by Squash Ontario with the Outstanding Achievement Award, which celebrates individuals and organizations that positively impact the sport at all levels.

Since joining the Aurora Family Leisure Complex, Howard has developed a thriving squash program in Aurora that now boasts over 60 participants in both the Monday and Wednesday night house leagues. The squash program also features a “Learn to Play” component welcoming players of all ages and genders. Under his guidance, the Aurora program has become one of the premier squash programs in York Region.

In addition to his work in squash, Howard serves as the General Manager at Avanti Sportswear in Markham, combining his expertise in sports management with hands-on business leadership. Over his 43-year career in sports and event management, he has overseen more than 125 events spanning squash, tennis, golf, opera, and mass participation competitions.

A lifelong advocate of sport and an enthusiastic mentor, Howard’s goal is simple: to help players of all skill levels discover the joy of squash and continue playing for life. His family shares his passion—his wife, Karen, is an active player, and their sons, Zachary and

Alexander, both played varsity squash at McMaster University and the University of Western Ontario, respectively.

David Goodman

David's squash coaching philosophy: I emphasize the proper grip and swing, efficient court movement, and how to use proper tactics to beat your opponent.

I take your style and personality and build your game around it.

My reward is watching a student improve and find the love for the game, a love that all who play, share.



Alex Seto

Alex has over 10 years of experience in squash. He competed at the university level as a member of the Western University Squash Team, playing a part in their record-setting 33rd OUA Championship and competing on the US squash circuit. Alex has since coached at the Aurora Family Leisure Complex and St. Andrew's College, working with both U-16 and varsity level players.

Alex's approach is personable and player-focused, centered on identifying each athlete's unique strengths and areas for growth to help players at every level reach their potential.

When not on the squash court, he enjoys time with family, travelling, and staying active.

To learn more about the Squash program at the A.F.L.C., email squash@aurora.ca



E-mail Us

A.F.L.C. Pool Closure

The A.F.L.C. Desjardins Pool is closed from Monday, March 16 to April 3 for annual maintenance.

Please click below for all swims scheduled at the S.A.R.C. Canadian Tire Aquatic Pool during this time.

[More Information](#)

The Spring & Summer 2026 Program Guide is now available to view online!

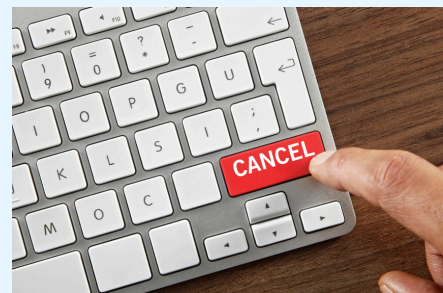


Check out all of the registered programs we offer at the Town of Aurora. Registration is open for Recreation and Aquatic programs. View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C., S.A.R.C. or A.T.S.

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](#)

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

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