



**CRESTWOOD
FITNESS
NEWS
MAY 2019**

Free iheart Testing - May 8th in the BG Cafe - 10:30 to 1:30pm

You know how old you are on the outside, but how old are you on the inside? The fingertip reading of the iheart measures Pulse Wave Velocity and was on Dragon's Den! Our Fitness Tester Manny from Curtis Health will be on-site to administer the 5 minute test and explain your results. Learn more about iheart at: <https://goiheart.com/>

Members can reserve a spot (sign up in Fitness centre) but the event to open to everyone. No charge and we are not selling anything - just a fun, fitness service from Curtis Health.

Customer Survey

We are very pleased that you are happy with your Customer experience at Crestwood Fitness and gave us a 98% overall Satisfaction Rating, and 100% on Customer Service on our recent Survey. We also appreciate your suggestions and will review all of them in detail. You will notice right away that all the floors have been given a serious Spring Cleaning. The winner of the 3 month membership draw for completing the survey is, drumroll....Katja from Andritz.

Winners

Speaking of Winners...Jason U from Broadcom was the random draw winner of the 10 rep Challenge. Whew...that was a hard Physical Challenge and kudos to all the members who tried it. In the month of May you have another chance to win a gift card with a different kind of Challenge - **KINDNESS NINJA**. There is much research on how gratitude and kindness can improve the quality of your life. Do something thoughtful **May 13 to May 17** and send as an email with a description or a photo of what you did. Ssssh the deed must be a secret and we promise to keep it quiet on our end.

Bike to Work Week

We can't forget May 27 to June 2 is bike to work week. bikehub.ca has all the details including a GRAND PRIZE of a trip for two to Italy! Early-bird registration ends May 10th.

Team Curtis is here to help you,

Laurie, Jane, Emily, Marisol & Lisa

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