

# A DAY *in the Life of a*

# retiree

at the Allan & Jean Millar Centre

## FEATURED TRAINING:

## **PARTNER PERSONAL TRAINING**

**Personal (One on One) Training,  
Partner Personal Training or  
Group Training**

Offered in 60 minute, 30 minute  
and new 45 minute sessions.  
Call 780-778-3637 to book!



Mama Joanne and kids clowning around

## *Joanne* **McCALLUM**

### **How has the Allan & Jean Millar Centre fit into your life?**

I have been a regular at the AJMC for the past few years, mainly using the swimming pool and walking track during bad weather. I did not do much in the actual gym as I was uncertain of what I could do and how to do it properly - until recently. Now I try to go to the gym 4-5 mornings a week.

### **What Allan & Jean Millar Centre programs have you been involved in and what benefit were they to you?**

Last year, I signed up for Partner Training with Ryan Vidar. He took into consideration my age, and physical abilities and disabilities, and came up with a program that not only taught me proper techniques but challenged me to push myself more than I thought possible. I have osteoarthritis throughout my body and have had

both knees and both hips replaced, and my one shoulder is eligible for replacement, so I have been very leery about pushing myself too much physically.

### **What would you suggest to someone who is interested in becoming more active, but might not be sure where to start?**

I would suggest that you take the time to go in for the 30 minute assessment and talk with a trainer. Let them know your capabilities and limitations and they will work with you. Sign up for one class to get a feel for it, they will only be as aggressive as you want or are able to be. I found signing up for a series of lessons helped keep me motivated, but even if you don't take full training at least take the time to have someone properly train you on the use of the equipment.

### **What obstacles did you overcome?**

Last November, there was a rowing competition at the gym. I committed myself to rowing 100km throughout the month. Challenged and motivated, I finished in second place with 326km. To me this was an enormous feat and one that I would not have even considered if it had not been for joining the gym and having Ryan train me.

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## Joanne McCALLUM continued

### Any staff you'd like to recognize?

I feel all the staff I have encountered are terrific, friendly and helpful, but as my personal trainer I have to send huge kudos to Ryan Vidad for being so knowledgeable, accommodating and encouraging to this aging body. He is number one in my books.

