

A DAY *in the Life of a*

warrior

at the Allan & Jean Millar Centre

FEATURED ACTIVITY:

ROTARY RUNNING TRACK

Free with Membership

Track Details

Length: 165m

Lanes: 2 (walking and running)

Track Schedule

Monday-Friday:

5:30am - 10:00pm

Weekends & Stat Holidays

9:00am - 9:00pm



Miranda Z.

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

My life changed in the blink of an eye after a car accident on June 30, 2014, which left me in a coma. From the time I awoke from my coma in September 2014, I have been on a long and challenging journey of recovery and spending months in hospitals.

I made the decision to move to Whitecourt on July 2, 2021 to be closer to my family. Since September 2021, I've been a regular at the Allan & Jean Millar Centre, and I haven't looked back since. I go on the Rotary Running Track almost everyday. I'm proud to say that I can now take up to 30 steps or more without assistance - I never could do this before starting my journey here.



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

I've been going to Gentle Water Fitness, held in the leisure pool! Being in the water has been a game-changer for me, as it's easier on my joints and muscles compared to walking on land. After a pool class, I feel a sense of accomplishment and my body doesn't feel as fatigued for the rest of the day. The water's buoyancy and support make me feel more relaxed, allowing me to move freely without strain. I'm hooked on Water Fitness and plan to continue, enjoying the numerous benefits it provides for my overall well-being!

Any staff you'd like to recognize?

Pat, the Gentle Water Fitness instructor, is not only awesome but also incredibly encouraging. Ryan is a fantastic motivator who has helped me with various exercises that I can do both in the gym and at home. I've also met Jolene, who covered for Pat and she has been encouraging. The guest services staff, particularly Kolbie have always been kind, supportive, and motivating. I would also like to mention Liz, as her happy bubbly personality is an awesome motivator. What I've learned is that all I need to do is ask for help, and they're always willing to lend.



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Miranda Z. continued

What do you use as your motivation to continue the lifestyle that you have established?

Seeing others who face similar challenges or even worse obstacles than mine, yet still push forward with determination to progress and keep their bodies moving is inspiring. Their positive attitudes remind me that I too can overcome my own challenges. If they can do it, so can I.

What is your wake up and get after it mantra?

One day at a time and sometimes its one moment at a time. Life can change in the blink of an eye.

