

# A DAY *in the Life of a*

healthcare  
professional

at the Allan & Jean Millar Centre

## FEATURED FITNESS CLASSES IN:

### PEMBINA FITNESS STUDIO

*Registered*

#### Pure Strength

Wednesdays 5:30-6:15pm

*Free with Membership*

#### Shred Express

Mondays & Thursdays 5:15-6:00pm

#### Total Body Tabata

Tuesdays 7:00-7:45pm

#### Saturday Sweat

10:30-11:15am



## Terry Brooks

**Can you share a bit about your background and nursing experience?** I have been a nurse for 17 years (I decided in my 30s to go back to school). I have worked in public health for my whole nursing career, both in BC and Alberta. At public health we immunize all age groups for vaccine preventable illnesses, provide post partum care and breastfeeding support, and assist with managing infectious diseases amongst other things. I specialize in the subject matter of sexual health by providing STI test and treat services, partner notification, pregnancy testing and counseling, as well as cervical screening.

**How long have you been with Allan & Jean Millar Centre, and what drew you to it?** I have been coming to the Allan & Jean Millar Centre for 10 years, since I first moved to Whitecourt. It is a lovely facility for our community and a space to come to focus on your health and wellbeing. It is so full of opportunities for families, single folks, all ages and interests.

**What programs or activities have you participated in at the Allan & Jean Millar Centre?** I have used the track, the fitness centre and the studio for a wide variety of classes (Pure Strength, Shred, Saturday Sweat, Tabata). I especially like the classes as you can always find one at a time that suits you and there is a lot of variety of exercise types. I have participated in the run 4 fun many times as well.

**Have you made any new connections at the rec centre?** I used to go to early morning classes before work, now I mostly go after work or in the evenings/on weekends. The hours are conducive to going to a class or a workout whenever your schedule allows. I typically go 3 times a week to a class or to use the TRX and walk/run the track.

**Have you met any new people or made friends through the rec centre?** You bet! I chat with lots of the folks that attend the same classes as I do as you see them every week, I say hi when I see them in other settings, visit with my neighbours as they are also working out. It is a great place to meet like minded people.

**How do you prioritize your own health and wellness, given your busy schedule as a nurse?** I schedule it into every day. I literally write it on my calendar (yes, I still have a hard copy calendar at home) so everyday I know whether I am going for a run, to a class or after work to use the TRX. Once it is written down, for me, it is happening! Having gone through menopause in the past several years, maintaining a healthy lifestyle has taken on a new meaning to me. I want to be just as strong and capable as I am today in the next 10-20 years. And, I want to model good health and physical fitness for my clients.

## Terry Brooks continued

**What are some of your favourite ways to stay active and healthy?** I am a runner so I try to fit that in 3-5 days a week, I typically run 8kms. Plus, we have a very energetic and athletic chocolate lab that comes with me for runs and walks. In the past 10 years I have also focussed on weight training and becoming stronger and that is where I love the Allan & Jean Millar Centre facility. I took the women on weights class years ago to become familiar with the machines and gain some confidence just going there and getting started. Now I try to do weight training 3-4 days a week. My husband and I also like to hike and camp and I cross country ski as much as I can during our short season with the track at the golf course.

**Are there any specific health goals or challenges you're currently working on?** I am just trying to maintain the muscle mass I have and gain some more strength as well. In the past 6 months I was able to increase the weights I use in class, and I hope to go up another step soon. Being able to do all the activities of life (climbing a ladder to pick apples or string Christmas lights, helping my adult child or my aging parents with moving) with a strong body decreases the likelihood of injury.

**What obstacles do you face in maintaining your health regimen, and how do you overcome them?** I don't really have any obstacles, I am just pretty focussed on maintaining my health and strength as I age and so every morning I plan my day, I know when I can fit in some exercise, and I just do it. Having the Allan & Jean Millar Centre helps when the weather is less than optimal to run outside. No excuses! When I am away from home, I use the hotel gym equipment or pack some weights in the fifth wheel if we are camping and/or go for a run to explore the new place I am in.

**Are there any programs or services that you wish the rec centre offered?** I really enjoyed a class called Strong by Zumba when it was offered years ago. It had cardio, strength, and fun music. I hope someday it might be able to be offered again.

**How do you see the Allan & Jean Millar Centre fitting into your life in the future?** I don't see any changes to the Allan & Jean Millar Centre fitting in my life as time goes on. I will continue to go and enjoy the amenities that are offered.

Thanks, I appreciate having this lovely asset in our community.