



Featured Trainer: Alan

Meet Alan; a great guy, in terrific shape, who, with his fabulous sense of humour, is good company!

In 2016, Alan celebrated 15 years of waterfit classes with Saanich! At 86 years young, Alan has now been teaching water-fitness classes with Saanich for 18 years.

Alan holds a variety of certifications:

- CFA (Canadian Fencing Association) Coach in Foil Epee, and Sabre Class "A"
- BCRPA Aquafit instructor
- Arthritis Society certified in Water Works and Joint Works

A snack on the go is a must. Alan's snack of choice is a Cheese and Tomato sandwich on whole wheat bread.

Five things to know about Alan:

- He enjoys gourmet cooking (hmmm---is this why he is so active?!)
- He enjoyed singing in the Victoria Choir from 2000 to 2013
- Volunteers his time, and sits on the Board of Directors with Anawim House
- Arthritis Society volunteer --- lucky to have him
- Marriage preparation training instruction (we cannot disclose this information, however, it's a BIG number!)

We asked Alan, "*Why should people get involved in fitness?*" Here are a few of his responses:

- Improved alertness,
- Burn up calories from the "English Breakfast" he ate before coming to class,
- To puzzle over why an hour of mild exercise won't burn off the calories of last night's "Pie a la Mode",
- A chance to hear corny jokes, in the Hot Tub, at the end of the lesson,
- Improved joint and muscle strength, and flexibility,
- An opportunity to make new friends and share their maladies, along with the latest cures that the second cousin of an aunt said worked for them,
- It's better than sitting at home, and watching the latest political fiascos,
- Listen to music that they can choose, and relate to

We think this shows that social networks, physical activity and a sense of humour are the spices of life!

You'll find Alan at Gordon Head Recreation Centre on Tuesdays and Thursdays from 11:00 am to 1:00 pm. REMEMBER to bring your suit; nothing too formal, please!