

New workout program visits WAPS

By Bryan Jessop

Contrary to popular belief, students at Wheatley Area Public School have discovered that the key to a healthy lifestyle can in fact include putting on a few 'pounds'.

Sue Vidinovski of Sue Sanity Fitness made an appearance at WAPS Friday, March 31 for five different instructional workouts — each an hour in length — for pupils from Grades 2 to 8. Each routine was geared towards specific groups of youth according to their ages, although they all included elements of a workout method known as 'pound fitness'. The relatively new technique focuses mainly on the trainee's core area using plastic weighted drum sticks.

Vidinovski's trip to Wheatley was her 14th to an Essex-Kent school since she licensed and launched her Windsor-based business in September of last year. Her

presentations at the Wheatley Area Public School gymnasium were arranged by Grade 4 teacher Christine Hopper. Once her six-hour visit concluded, she had introduced her routine to about 120 students.

"It's excellent," said WAPS teacher Sandra Warkentin, who's Grade 8 class was the first of five to undergo the 60-minute routine. "They had a lot of fun with it. The students are always ambitious about trying new things and they're realizing how hard this is — it's not as easy as they thought it was going to be."

Vidinovski's courses are taught at the Atlas Tube Centre in Lakeshore on Wednesdays at 6:15 p.m. and at the South Windsor Recreational Complex at 7 p.m. on Tuesdays. She has also presented Sue Sanity Fitness to birthday parties, corporate events and as team-building exercises for various groups including organized volley-

ball and soccer teams. The list of schools she's visited include both elementary and secondary schools.

"Doing this is a real love for me, but I didn't think it would get this big," Vidinovski explained. "It's been a wonderful experience about both physical and mental health."

Sue Sanity Fitness has reached clients throughout Windsor-Essex and is beginning to catch on with bookings into Chatham-Kent. Vidinovski, a mother of two, has focused on fitness for the past 12 years,

creating routines based on yoga, boxing and at camps as a personal trainer. For adult and teen groups, her pound fitness routine reaches a higher level of intensity while younger gatherings are introduced to a more basic, lower impact workout.

"It's much more generic for the younger kids," she said. "For them, it's about have fun and getting a little bit of a sweat going on."

Vidinovski's business is in the process of establishing a website — www.sue-sanity.com — and also features a Facebook page.



The Grade 2/3 split class of Lori Russell performs a warm-up routine as led by Sue Vidinovski of Sue Sanity Fitness



Sue Vidinovski of Sue Sanity Fitness leads a workout for the Grade 8 class of Sandra Warkentin at Wheatley Area Public School Friday, March 31. (Journal Photo)



The Grade 8 class of Sandra Warkentin goes through a workout routine at Wheatley Area Public School Friday, March 31 under the guidance of Sue Vidinovski of Sue Sanity Fitness. During her visit, Windsor-based Vidinovski led one-hour "Pound Fitness" workouts for five different classes ranging from Grades 2 to 8. (Journal Photo)

Memorial Service will mark 100th Anniversary of the Battle of Vimy Ridge

Wheatley Legion will be holding a Memorial Service on Sunday, April 9 at 1 p.m. at the Cenotaph. The service and the laying of a wreath is in remembrance of those who gave their lives at the Battle of Vimy Ridge 100 years ago.

The Battle of Vimy Ridge was a triumph for the Allied side after a long, bloody stalemate. In the four-day battle, 3,598 Canadians died and another 7,004 were wounded.

Everyone is welcome. Fellowship to follow at the Branch.



Board of Directors Member Recruitment

The Tilbury District Family Health Team (TDFHT) is an approach to primary health care that brings together different health care providers to co-ordinate the highest possible quality of care for the community. TDFHT's physicians, NPs and staff provide healthcare services and programs to more than 14,000 patients.

TDFHT is currently seeking volunteer candidates to fill vacancies on the volunteer Board who have the following skills:

- Past or present Board Member experience for a not-for-profit organization.
- An understanding of financial issues impacting organizations.
- A solid Health Care or Human Resources background.

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