

# A DAY *in the Life of a*

# mom

at the Allan & Jean Millar Centre

## FEATURED CLASS:

## **BODY BLAST**

### *Complimentary Class*

Strengthen and tone every muscle group in this energizing class. Challenge yourself with interval cardio components as well as strength and endurance exercises. All Levels.

### **Tuesdays & Thursdays:**

9:15-10:00am

**Instructors:** Kelly Lambert/  
Amy Cloake

**Thursdays:** 6:00-6:45am

**Instructor:** Kara Grywacheski



## *Michelle* **HIEMSTRA**

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

The AJMC has been a part of my life since I moved to Whitecourt. It has always been a place that my 3 kids, husband and I could come to stay active and socialize. Visiting the Millar Centre has become routine and we use the facility several times a week. I attend fitness classes while my youngest daughter goes to Child Mind. There are also several children's programs running during the week that I drop into with my daughter. Many evenings I return to the AJMC for the kids sports or swimming lessons.



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

I have been involved in so many of the fitness classes. Some of the ones I have participated in include Stroller FIT when my kids were babies, POUND, STEP class, Bootcamps and SPIN. There is such a fun variety of classes to attend. Some of the classes have been registered and others I just dropped into with my monthly pass.

Having child care in the facility has been so convenient and has really allowed me to take time to just focus on myself and my workout.

The aquatic centre has given my kids an opportunity to learn to swim. My family uses the pool frequently for a fun swim as well as swimming lessons.

Aside from all the ways to stay physically active, the AJMC also houses the Whitecourt family support program. I have attended many of these registered and drop in programs with my kids. Some of their favourites have been Musical Munchkins, Creative Chaos, Fun with Friends, Read and Roll and the Family Frenzy fun nights on the occasional Saturday.

The AJMC provides a space where we can work on ourselves as individuals but also a place where we can come together and be active and participate in fun activities as a family.

As a more reserved and introverted person these classes and programs have been so beneficial, they have introduced me to so many incredible people!

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## Michelle HIEMSTRA continued

### Are there any staff you would like to recognize?

There are so many amazing staff at the AJMC. Jolene was one of the first staff I met at the AJMC. She was teaching stroller fit at the time. I was so grateful for this class and her positivity when I was a new mom. It kept me coming back to the AJMC. I know she continues to work hard to keep programs running and always finding ways to mix it up and add something new!

Amanda and Krista keep me coming back to SPIN every week with their great music and killer workouts. My strength and endurance has improved beyond words since I started.

Kelly and Amy for their drop in bootcamps/circuit classes. They are always mixing it up with new workouts. They kept me active and sane during the covid restrictions.

The ladies in child mind services, Carmen, Colleen & Jayda, for taking such great care of my kids over the years so I could have some much needed "me time." The ladies there are always welcoming and provide such great care, no matter what mood my child was in that day!

Tamara in the Whitecourt Family Support Program. She has watched all three of my children grow since babies. My kids all consider her their first teacher. They have had so much fun during her programs and I believe helped them transition to school.

### Is there something you would like to see the AJMC add to existing programs?

I would love to see some classes make a return. STEP classes are so fun! It would be great to see one added, even if its just once in awhile. It would also be great to see a class similar to "Pump'd" that was offered in the past and focuses strictly on weight lifting. It would be great for those who want to lift weights but don't feel comfortable doing it alone in the gym.

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

Take the first step and just show up! That's one of the hardest steps. Try joining a fitness class. Classes are my favourite! An instructor runs the class so you don't have to worry about having a plan and you are surrounded by people who will keep you motivated. The instructors are knowledgeable and can help you adjust the exercise to your fitness level. There will always be someone stronger or fitter than you, let that motivate you and not intimidate you! Everyone was a beginner at some point.

Don't be afraid to try new ways to exercise and make sure to try it more than once. If you still don't like it, try something else. The first time I tried a SPIN class I hated it and thought I'd never be back. But I came back and now I've been doing SPIN for years and couldn't imagine not having it as part of my weekly routine. It's so important to find an activity that you enjoy, it's much easier to stick with it, if you love it!

AJMC has so many options, a huge variety of fitness classes, indoor track, swimming, a gym full of weights and cardio equipment.

It can be so intimidating walking into a gym for the first time or after a long break, so be sure to take advantage of the complimentary fitness centre orientation.

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## Michelle HIEMSTRA continued

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

Well my kids have asked me to try to live to 100 years old. I know that time is not guaranteed but I will do everything in my control to live the longest and healthiest life possible.

Being a role model for my kids is important to me. I want to show them how to be active at any age and have fun doing it!

### What encourages you to continue your health & wellness pursuits?

I love the feeling I get when I exercise, both physically and mentally. It clears my mind and helps me to continue on with the day feeling confident and positive, and I have more energy and patience with my kids.

I have worked so hard to get to my current level of fitness, the thought of losing my strength, mobility and endurance is not something I am willing to do and that encourages me to continue to show up and keep improving.

### What is your self pep talk/mantra?

I don't know if it's really a mantra but there is a saying my dad shared with me and it has stuck with me from a young age. "You get out of it, what you put into it." This has applied to so many areas of my life, including fitness. If I want to continue to be healthy, happy and get stronger, then I need to make the choice to keep showing up, working hard and challenging myself.