

# THE YARD

## August Newsletter

### REMINDERS

- When you are on a machine, be aware of how long you are on it for and please refrain from using your phone.
- Please remember to check in at the front desk when you get to the gym. We track attendance and its especially important if you are taking classes!
- When working out, it is required to wear shoes and those shoes need to be close toed shoes.

### BODY SCANNER

- Want to know what the number on the scale means? Our scale can tell us what % of body fat you have along with lean muscle mass and inform you where your fat is stored.
- Our scale/scanner that converts all of that for you onto your phone through the app.
- Purchase a punch card that will give you 5 uses for \$25.

### MASSAGE

Welcome Sarah Kukes to The Yard Team. She is a licensed massage therapist that will be doing monthly pop up events at the gym for those of you who want a massage.

She will be bringing her table, chair, RockPods, RockBlades, RockTape, hands and elbows to provide a glimpse into what she has to offer as a massage therapist.

Check the front desk for updates on when the next event is so you can book your spot now! Sarah is offering 30 minute massages for \$40.

### Pickleball Social

Hooray! We are having another pickleball social! For those of you who are new to the gym, our pickleball socials are a very friendly tournament followed by snacks/drinks at another location in Kingston. You do not need to have a partner to play with, we will pair you up with someone!

#### Details:

-Saturday, August 3rd, Pickleball 12:00-2:00

-Social: 2:00-whenever, location TBD

### Frontier Dermatology

#### *Maggie Colson*

One of our members, Maggie Colson, has provided some free skin care samples at the front desk for our members. Maggie is a nurse practitioner specializing in skin care and cosmetic services. For more information, pick up her flyer at the front desk!



## MEMBER OF THE MONTH

### *Kevin Lane*

Since The Yard opened, my wife and I toyed with the idea of joining. Both of us have history of being active, staying in shape, and pursuing proper nutrition, but I let excuses common to many of us get in the way; *too tired, not enough time, I don't feel like it, etc.*

On March 4, I was diagnosed with an early stage cancer which was identified as highly aggressive in nature. My physician was urgent to move quickly on medical treatment to stop or slow down the cancer as quickly as possible. "This is potentially life threatening, and you need to take this seriously", she said.

The recommended path forward was immunotherapy. I consulted a naturopath for information that would help my body best respond to the treatment. In addition to a *complete* overhaul of my diet, a strength-training regiment was strongly advised. No more excuses! My life was on the line. I joined up as a member at The Yard the next day, and spoke directly with David himself. His compassion and positive energy invited me in quickly.

And so, *The Training* as I called it, began. Five days a week I hit the weights for about an hour. When the immunotherapy began a few weeks later, I continued my workouts despite the added fatigue and brain/body-fog I was experiencing. As a personal life coach, I have experience with encouraging and assisting clients to achieve goals and reach new potentials. During one workout when my stamina was low and my incentive wavered, I looked up at the wall and saw the words *Don't Quit!* I looked elsewhere and saw *Be stronger than your excuses!* Cancer is a pretty good excuse, in my opinion, to allow yourself to throw in the towel for a day, but those words reminded me to find a reserve beyond myself.

As I pressed on, I saw others also giving it their all. I don't know everyone's stories, but seeing the drive of fellow Yard-members inspired me even further. At the conclusion of my workout as I was heading out the door, David said to me, "Nice job! You did it!" as though he knew of the internal struggle that was occurring. I have experienced similar forms of encouragement since that day.

On June 27, the results of my second biopsy confirmed that the cancer had been eliminated. The combination of diet and exercise allowed the medical treatment to do its job beyond the expectations of my physician; she was shocked with the positive results and speed with which they came.

Additionally, I have lost 44-pounds of fat, reduced my waistline by four inches, and rekindled my mind and body to maintaining a healthy lifestyle to prevent the cancer from returning and to avoid other negative health issues. The gratitude I feel toward David and the rest of the Yard staff, my fellow Yard-mates for the encouragement and positive examples, and to the experience of accomplishment is more than I can communicate adequately.