

# *X-Weighted Saint John*

February 2010 Newsletter



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE  
SAINT JOHN BRANCH INC.



Saint John YMCA-YWCA



## *Welcome to the X-Weighted Saint John Participants News Letter*

This will be the first of many newsletters as we work together to make our community healthier. In keeping with our event this newsletter will offer tips, tools and fitness activities to help each of us meet our goals. If you have something to contribute we would love to hear from you. Paul will be back in 5 months and we don't know about you but we are going to be significantly lighter and a whole lot faster before we have to face him again!! He is really looking forward to being back in Saint John and he has BIG expectations for us. We want to take this opportunity to thank all of our volunteers and sponsors who made this event possible and look forward to their continued support as we plan events, give out prizes and work on the events for the finale. And most of all thank you - the participants - for your positive feedback, enthusiasm and dedication to a healthy lifestyle. Good luck on your journey. This is a challenge you will successfully meet.

### *X-Weighted Saint John Organizing Committee*

Email: [membership@saintjohny.com](mailto:membership@saintjohny.com)

Tel: 634-7720 or 633-1705

### *Paul Plakas Reports on Saint John*

Excerpts from Paul Plakas blog posting on <http://xweighted.ca/blog/paul-plakas-reports-the-saint-john-event>. As published on January 15th, 2010

“The event in Saint John, that the YMCA and Canadian Mental Health Association organized, was one of the best events that I have participated in, ever

in my life. The organizers were great and everything ran so smoothly.

I was surprised to learn how I was really well liked in Saint John; I was signing people's shirts and DVDs and books. It was like I got swarmed there: I got a small taste of what it felt like to be a rock star!

Dropping the puck at the hockey game was really cool, that was something I had never done before. I got a great reception everywhere, people coming up to me at the hockey game, asking for autographs and telling me how much they love the show. I had a really good time.

The turnout for the Atlantic Provinces was just great (there were 450 participants at the Saint John event and 400 in Halifax). I didn't have any expectations whatsoever as to how we people would turn up, but I was so happy to hear that the ticketed event in Saint John had sold out completely and there was a waiting list for people that wanted tickets. The organizers say that next year they are going to try and organize a bigger event, so that everybody who wants to come can get there.

There was a real range of people that turned up, of all shapes and sizes. Everybody that turned up went hard, and gave the fitness test 100%. It was just great. I met some super nice people; everybody there was just so friendly.

Everybody seemed excited and totally jacked up. Now the key is for them to keep up that excitement for the next six months when life starts to kick them in the butt again.

I'm really looking forward to going back to Saint John in six months and seeing how everybody did. It just felt like the whole community was supporting each other to do this Challenge. Everybody was joining together to make it happen.”

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United Way Member Agency



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## *3-Month Weigh-In*

**Saturday, April 10<sup>th</sup>** 2:00 PM to 6:00 PM

**Sunday, April 11<sup>th</sup>** 9:00 AM to 2:00 PM

**Drop in, first come first served**

Weight Watchers Saint John Centre located at 80 McAllister Drive in Saint John (East).

***Canadian Mental Health Association,  
Saint John Branch Inc.,  
has three programs beginning in March!***

### ***Depression: Help Can Make a Difference***

6-Week Education & Support Program begins March 2<sup>nd</sup> to April 6<sup>th</sup> from 6:30 – 8:30 p.m.

### ***Understanding Anxiety & Panic Disorder***

8-Week Education & Support Program begins March 11<sup>th</sup> to April 29<sup>th</sup> from 6:30 – 8:30 p.m.

### ***Hope & Healing: Coping with the Suicide of a Loved One***

10-Week Education & Support Program begins March 1<sup>st</sup> to May 3<sup>rd</sup> from 6:00 – 8:00 p.m.

For more information, please call 506-633-1705 to pre-register. The programs are free of charge thanks to the generous sponsorship from MindCare New Brunswick.

## ***Curl For the Mental Health of It!***

On March 13<sup>th</sup>, Canadian Mental Health Association will be hosting the 20<sup>th</sup> annual “Curl for the Mental Health of It” fundraiser. The event will be taking place at Thistle St. Andrews Curling Club. It is a fun event and we’re all looking forward to getting together to support the programs and services of the local branch of Canadian Mental Health Association.

For more information on Canadian Mental Health Association Saint John Branch visit our website at [www.sj.cmha.ca](http://www.sj.cmha.ca) or call 506-633-1705.

## ***Saint John YMCA-YWCA Updates***

Keeping up with your physical activity and getting variety can be a challenge. Come on in and try out our fitness classes! You’ll join wonderful people who have the same goals and you’ll get that added boost to your workout. With options like Yoga, Zumba, BOSU and Cycle Fit there is something for everyone. Take it to the next level at the Y.

Family Memberships are a great way to get the whole family involved. They can help provide that support system! All our programs/classes are included in your membership. With our assisted membership program nobody is turned away and there is a membership to fit everyone’s budget. Call the Welcome Desk 506-634-7720 today to set up your appointment or membership. We look forward to seeing you a part of our Y family.

To view our winter 2010 program listing please visit [www.saintjohny.com/documents/SaintJohnWinter2009\\_Final.pdf](http://www.saintjohny.com/documents/SaintJohnWinter2009_Final.pdf)

## ***Come Join Us for a Walk Along Harbour Passage!***


We will meet at the Light House by the Hilton and walk along Harbour Passage. This will be a great opportunity to reconnect with others from the X-Weighted Saint John challenge event. Even if you were unable to attend the event, feel free to join and bring family or friends along.

<b>Day</b>	<b>Time</b>
Wednesday, February 10	12:10 pm
Saturday, February 20	11:00 am
Wednesday, February 24	12:10 pm
Saturday, March 6	11:00 am

We plan to walk for approximately 40 minutes but feel free to walk more or less depending on your schedule. **Walk is weather permitting. We will only be cancelled in the event of weather advisory!**

**We will have random giveaways for Saint John Sea Dog tickets during the 3 month weigh-in session and Harbour Passage walks.**

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## **Thank You to Our Sponsors!**



### Platinum Sponsors



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**The Canadian Mental Health Association and the YM-YWCA would like to thank our sponsors. Without their generosity X-WEIGHTED Saint John would not have been possible.**



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