

Paddles UP News

Month of February • info@cpcanooclub.com • (613) 257-1838

February is Heart & Stroke Month



1 in 5 Canadians will be diagnosed with **heart failure** during their lifetime.

During the month of February Coach Pat is challenging all athletes to wear **RED** on Friday's to help bring awareness to Heart & Stroke.

Post your **GO RED** days for Heart & Stroke on Instagram and tag @cpcanooclub & #HeartMonth to show your support!



125TH ANNIVERSARY COMMODORE'S BASH!

Saturday, July 21st
8:00 p.m. to 2:00 a.m.

Featuring

LIVE Band! Silent Auction! Food! Costumes!
Ticket sales & details to come... Stay Tuned!

2018 Summer Registrations

Reminder:

1 - Your registration is not complete until all Waivers, Code of Conduct & your \$250 post-dated volunteer cheque has been handed in!

2 – Rate Increase occurs on Feb.28th – make sure you're fully registered before then to avoid the \$25.00 per membership increase

We are looking for photos of athletes staying active off the water. to post in our monthly newsletters. Please send photos to communications@cpcanooclub.com

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Pics of the Month



Skiing in the Gatineau Hills



Athletes enjoying tasty smoothies after practice

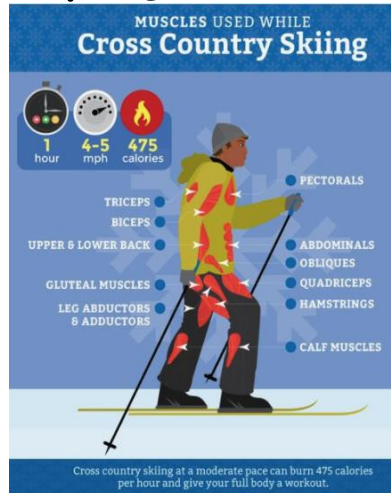


Lane swim @ the pool.

Monthly Throwback from 1970



Keeping Active During the Winter Months



Keeping active during the winter is just as important as being active in the warmer months. There is no doubt that it is harder to stay motivated during the winter BUT it is key to stay active all year in order to maintain a healthy state, not only physically but mentally too.

#1 – **Find FUN Activities** – cross country skiing, hiking, snowshoeing, skating, indoor swimming, etc.

#2 – **Insulate your body**- Layer up! It is the best way to stay warm & dry PLUS you can remove layers if you get too warm.

#3 – **Drink Up** – Keeping hydrated in the winter is just as important as in the summer months. Carry a thermos of herbal tea.

#4 – **Use Daylight Hours** – This will also help with getting in much needed Vit. D and fight off any type of the winter blues.

#5 – **Create a Home Gym** – if you are finding it difficult to get out then build a station at home.

#6 – **Climb the Stairs** – instead of using the elevator @ school, the mall or work... Climb the stairs.

These are just a few ways to keep active during the winter. Send us some picture of how you are staying active this winter & we will include them in our next newsletter.