

# Regan MOVES

## U of S grad making a positive impact

Tara Campbell  
Saskatoon Express

Whether singing the national anthem at a San Francisco Giants game or gracing the pages of a women's curling calendar, the spotlight has become a familiar place for Shellbrook native Regan Mizuno. But, her passion lies with her love of improving the lives of people with lupus and other chronic conditions.

After graduating from the University of Saskatchewan with a mechanical engineering degree, Mizuno headed south to Denver, where she earned her certification and became a patent engineer. Around the same time, she was also diagnosed with Lupus.

"I was in complete denial," said Mizuno. "I'm a type - A (personality), and it smashed my world. It crushed me, but the blessing in disguise is it forced me to slow down."

She may have slowed down, but not for long.

"My sister encouraged me to exercise and start lifting weights. When I first tried, I couldn't do it because of the pain and the fatigue," said Mizuno. "But I kept at it. I kept modifying my squats, my position, and the way I held my body, where my centre of gravity was and how I'd do the exercises."

And what resulted was more than she had anticipated. Mizuno found such success with her method of training she decided to take it to another level.

"I got out my physics 125 text-

book and figured out few things," said Mizuno. "(I went) from lifting soup cans to lifting actual weights . . . that's how Regan MOVES was developed."

Regan MOVES is now a patent-pending exercise and nutritional program.

"I had to do it out of necessity," said Mizuno. "I didn't develop Regan MOVES with the idea of marketing Regan MOVES. I just found ways I could exercise and thought, 'this is so helpful to me.' My energy spiked and my pain went down. That's when I decided to get my certification (Aerobics and Fitness Association of America), and share it with other people."

Developed to help people with chronic challenges, Regan MOVES has been taking off. Mizuno is no longer working 9 to 5 as a patent engineer; she is busy taking Regan MOVES up and down the Northern California coastline.

"We have people of all ages — teenagers, girls in their 20s and 30s — with chronic illness," said Mizuno. "I teach all ages, all the way up into their 80s (and) apply the same joint-safe principles to everyone. I'd like to see it in every lupus chapter, and then market it to other chronic conditions as well."

When Mizuno is not on the road or in a gym, she is likely to be found at a curling club or working on her music career, which started when she a child, growing up in Shellbrook.

"My mom and dad got me singing at hockey games when I was



Regan Mizuno's program helps those with chronic conditions (Photo submitted)

little in Shellbrook, and then Saskatoon for the Blades; and it just went up from there," said Mizuno. "I did the San Francisco Giants game on Easter Sunday here in San Francisco, and now I've got Stanford for this winter and will be singing at about six different sporting events."

Mizuno says she never thought she would someday have the career she does, but she always knew somehow she would have a positive impact on people's lives.

"I don't think I knew what I wanted to do as a kid, I just felt positive about life in general. I felt blessed from the get go. I always loved people," said Mizuno. "I didn't know for sure where I'd end up, but I knew I would have fun in life."

For more information on Regan MOVES, visit [www.reganmoves.com](http://www.reganmoves.com). To check out Mizuno's musical career visit, [reganmizuno.com](http://reganmizuno.com).

# Jazz events selling out quickly

Saskatoon Express

Four holiday season performances are either sold out, or close to sellouts, at The Bassment, home of the Saskatoon Jazz Society.

Maurice Drouin's Jazzy Christmas is sold out for its Dec. 16 performance. Drouin, Bob Klassen and Barrie Redford will be joined by four vocalists — Grant Currie, Jamie Donlevy, Heidi Munro and Lori-Anne Boutin — as well as the Holiday Strings, for an assortment of Christmas favourites.

Only a handful of tickets remain for the two performances by Michael Kaeshammer, Canada's king of boogie-woogie players, on Dec. 17-18. Kaeshammer, who also sings, will be presenting works from his new self-titled album.

Almost all of the tickets are gone for the New Years in New Orleans event, on Dec. 31, with Don Griffith leading his three New Orleans-styled bands in action. They are The Crawdaddios, Zyde-Go-Go and Dr. Don and The Black Mambas.

Sell-outs are a happy sign for the club. Bryce Smith, secretary, suggests "purchasing tickets in advance may become the rule rather than the exception." A sell-out is considered around the 180 count.

Momentum is also building in the society's bid to reach the 1,000 mark in memberships, with the figure of 900 already being surpassed.



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