**MIP Fitness Summer Schedule**

<table>
<thead>
<tr>
<th>Times</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>Booty Burn</td>
<td>Yoga</td>
<td>Strength</td>
<td>Zen Yoga</td>
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<tr>
<td>12:30 PM</td>
<td>Hard CORE!</td>
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<tr>
<td>1:00 PM</td>
<td>Booty Burn</td>
<td>Free Weight Lift</td>
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<tr>
<td>1:30 PM</td>
<td></td>
<td>Free Weight Lift</td>
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**Barron Yoga**: An athletic, highly demanding yoga class designed to build strength, balance, endurance and flexibility. All fitness levels welcome.

**Boot Camp**: Uses a variety of functional fitness techniques and tools to improve strength, agility and overall fitness in a circuit style training environment. Beginner to advanced fitness levels.

**Sweat 360**: A complete workout, with the right mix of cardio and strength training to sculpt and sweat your way into a new shape. All levels welcome.

**Free Weight Lift**: Burn calories, transform your body and learn the basics of strength training. Excellent for beginners or those who need an extra push.

**Hard CORE!**: Get your six pack ready with this to the point, hard hitting core class. For intermediate to advanced exercisers.

**Planning your next conference**

MIP provides a variety of services designed to make your conference a success. Conference rooms, catering and additional services are available. To book your next conference go to www.mcmasterinnovationpark.ca/scheduled-classes.

For more information including class prices and memberships visit www.mcmasterinnovationpark.ca

**What's your story?**

Do you have a story that you would like to see in the MIP newsletter? Please send press releases, story ideas, information or pictures to marketing@mcmasterinnovationpark.ca.

**Stay informed**

To receive MIP's weekly updates, event information, and fitness details please email marketing@mcmasterinnovationpark.ca with "Please include me on your tenant e-list" in the subject line.

**Sustainable Hamilton**

Sustainable Hamilton, a non-profit corporation with a vision for Hamilton as the city with the greatest commitment to sustainable development in North America, issued its second annual business report in June and handed out four awards to local organizations for hitting the mark with their sustainability programs. Hamilton-Wentworth District School, Green Venture, 8Fiscient and McMaster Innovation Park all received awards for their various sustainability initiatives. These awards recognize significant achievements with recognition based on best practices in sustainability reporting recommended by the Global Reporting Initiative. McMaster Innovation Park was proud to receive the award for the "Best Sustainability Report by a First-Time Reporter" by producing a very professional, high-scoring report that can proudly serve as a well-designed sustainability communications piece for all stakeholders. MIP has developed a Sustainable Building Policy to optimize energy operations that provide a healthy work environment for its tenants and employees.

For more information regarding Sustainable Hamilton please go to their website at www.sustainablehamilton.ca.

**Potential for huge breakthroughs in the manufacturing of cell therapies and diagnostics**

McMaster University and the Fraunhofer Institute for Cell Therapy and Immunology are collaborating at McMaster Innovation Park to develop the Fraunhofer-McMaster Project Center (FMPC) focused on the fast emerging cell therapies industry. This investment will help create jobs, attract top talent to the region and keep Ontario at the forefront of scientific discovery. The FMPC is part of the McMaster Centre for Biomedical Engineering and Advanced Manufacturing and Fraunhofer-Gesellschaft and will develop innovative technologies to automate production for cell therapies, significantly lowering the cost to treat degenerative diseases like cancer.

The Fraunhofer Institute for Cell Therapy and Immunology IZI, located in Lieburg, Germany, has the objective to find solutions to specific problems at the interface between medicine, life sciences and engineering to produce new health solutions and improve the quality of treatment. The Institute works closely with hospital institutions, performing quality tests and clinical studies in cooperation with its many partners.

The FMPC represents the nucleus of new industry with the potential to create new industry and the birth of spin-off companies to commercialize new technologies.
Did you know?
• MIP has a vision of housing 10 buildings with 1,500-1,800 employees within the next 10 years. There are currently three buildings with over 600 employees.
• Two projects are currently underway: the Emerging Technology Centre (ETC) and the Biomedical Engineering and Advanced Manufacturing Project Centre (BEAM). ETC will be an 80,000 sq ft built-to-suit, state of the art facility that will attract researchers from around the world. BEAM will be the place of collaboration for McMaster University and Germany’s Fraunhofer IZI in cell therapies and point-of-care diagnostics.
• McMaster University houses four of the top ten most influential Canadian scientists based on citations. Salim Yusuf, a cardiologist and director of McMaster University’s Population Health Research Institute, is Canada’s most influential scientist and is well known as a pioneer in his field. This year he won a Gairdner Award, generally regarded as Canada’s most prestigious prize in biomedical science.
• McMaster University graduate John Hollick, the designer of Canmet’s solar wall, will have his innovation included in the American Society of Mechanical Engineers (ASME) exhibit called “Engineering the Everyday and the Extraordinary” which features the best and most influential scientists based on citations.
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CanmetMATERIALS, a research center dedicated to metals and materials fabrication, processing and evaluation, relocated to MIP from Ottawa to be closer to the steel and manufacturing sectors as well as post-secondary education institutions. Designed by Diamond and Schmitt Architects, the LEED Platinum certified CanmetMATERIALS building has raised the bar for industrial buildings in Ontario and across Canada. The Canadian Green Building Council Awards recognizes excellence in the design and execution of Canadian buildings of all types. Jurors of notable professionals adjudicate the awards based on the criteria of sustainable design, architectural excellence and technical innovation. CanmetMATERIALS, announced at the C4GBC National Conference and Expo as being an award winning project in 2014. It was said by the jury to be an exceptional project that combines high performance and rigorous planning with interesting, well lit and beautifully detailed interior spaces. Because these types of buildings usually have high energy intensity, it makes the achievements of the project harder to ignore. Monitoring the project closely ensures that the building is continually performing to the standard of excellence that it was built to achieve.

Community Garden
On May 22, 2014, McMaster Innovation Park launched its first community garden beside the Atrium building. This organic garden includes three 8ft by 45ft plots that have been split up and filled by sixteen different tenants that take up residence in the park. MIP recognizes the wide variety of health benefits associated with gardening and is excited to offer tenants a way to get active outdoors to break up the day. These tenants have been getting their hands dirty during their break and lunch times while providing themselves with fresh, home grown produce. Some of the produce grown on MIP’s section of the garden will even go towards the year end Tenant BBQ. As you can see from the pictures above, the garden has been a large success. MIP is always looking for more sustainability ideas that can help reduce our footprint. If you have any thoughts please contact Steven Rozema at marketing@mcmasterinnovationpark.ca.

$13.6M for Discovery Research at McMaster
The Government of Canada and the Natural Sciences and Engineering Research Council (NSERC) announced on June 26th, 2014 that they are committed to investing $13.6 million in research at McMaster University in 2014. The funding will support 79 different research initiatives, ranging from one to five years. The funds given to McMaster were the result of the many researchers applying for and winning awards in the two major NSERC programs: Discovery Grants and Discovery Accelerator Supplements. These programs are in place to accelerate progress and maximize the impact of outstanding research programs. Five McMaster researchers, Rafael Kleiman, Shaheen Soroospy, Grant McClelland, Giuseppe Melacini and Gregory Slator received funding from both programs and have been recognized for their well-established research initiatives. All five have the potential of becoming international leaders in their own respective areas of research which range from advanced solar cells and robotics to bio-signatures of microbial function in subsurface systems.

These investments provide the resources they need to make important breakthroughs that will help advance their research across the natural science and engineering fields. To view the complete list of research grants awarded to McMaster go to the NSERC website at www.nserc-crsng.gc.ca.

Art in the Workplace features local artist Heather Vollans
Heather Vollans, a local Hamilton based artist, works with local students, artists and community leaders to enrich the cultural health for citizens in the Greater Hamilton Area. The combination of a passion for abstract art and a disdain of things going into landfills fuels Heather to create beautiful pieces with materials that would not normally be put together. She loves to use disparate materials to speak to the human condition – relationships with one and another and the earth as well as the emotions handled in everyday life. MIP is proud to feature Heather as she has been one of AW’s strongest supporters and an excellent example to so many of Hamilton’s emerging artists. Her artwork will be showcased in the 15th AW exhibit in the Atrium’s Café, Tea and More, including the above pictured piece, along with other works on the second floor.

McMaster Research Makes Global Headlines
A team of researchers led by McMaster University’s Gerry Wright, director of the Michael G. DeGroote Institute for Infectious Disease Research, has discovered a fungus-derived molecule that is able to disarm one of the most dangerous antibiotic-resistance genes that has been identified by the World Health Organization as a global public health threat. This antibiotic-resistant gene, known as NDM-1, “came out of nowhere, has spread like wildfire and is everywhere. What is astonishing is that these genes spread so quickly,” explains Wright. This fungus-derived molecule known as NMA, found in the soils of Nova Scotia, could offer new hope in the pressing battle against drug-resistant germs that kill tens of thousands of people annually. “Simply put,” says Wright, “the molecule knocks out NDM-1 so the antibiotics can do their job.” Researchers have already commenced live testing. Mice that received a combination of the AMA molecule and a carbapenem antibiotic to fight off infection survived, while mice provided with only one of the two did not. As antibiotic resistance is one of the top public health concerns in Canada and across the globe, this made-in-Canada solution represents a major breakthrough in infection disease and research at McMaster University.