

# body

M A G A Z I N E

5 DANGEROUS MYTHS ABOUT  
YOUR WORKOUTS & NUTRITION

**IT'S TIME TO CHANGE  
HOW YOU TRAIN**

THE LATEST ON NON-SURGICAL  
SPINAL DECOMPRESSION TREATMENT



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HOW KINETIC KONNECTION® MAKES CONNECTIONS.



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# body

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The BRACING and COMPRESSION EXPERTS™

# A COMMUNITY-CENTRIC CORE:

HOW KINETIC KONNECTION®  
MAKES CONNECTIONS.



**The Lancer Family:** **Back Row:** Christopher John, Justin Amoeh, Julien Jouan, Logan Ondricko, Dakarai Monegain-Box, Jaylen John, Carlos Pena. **Middle Row:** Kirsten Kreibich, Maggi DeWolf-Russ, Rob Pula, Emma Shepherd. **Front Row:** Jibu Namwira, Cylee Hickey, Devynn Dion, Nicole Woelk, Winston.



**Having celebrated its 27th anniversary on March 11, a period that has seen extensive expansion and progression, there has been an emphatic trait that continues to define Kinetic Connection since opening its doors so many years ago: a steadfast commitment to wholeheartedly serving the local community.**

Offering a wide array of products, such as orthopedic bracing for all body parts, custom knee bracing, compression socks and garments, along with massage treatment and heat and cold therapy products, Kinetic Connection has constantly prided itself on providing premier services and solutions to its consumers, hence being recognized as The Bracing Experts®.

Robert Pula, the president and founder of Kinetic Connection, was always intrigued with sports and particularly interested in how the human body functions and heals. This interest led him to pursue a Bachelor's Degree in Human Kinetics with a major in Kinesiology at the University of Windsor.

With full confidence in his capabilities and a profound passion for orthopedics, Robert eventually conceived the idea of Kinetic Connection.

"I was working in ergonomics at the time and I always had an interest in orthopedics. I knew that offering these types of products was in my wheelhouse and something I could do independently," he said. "My employer at the time gave me exposure to the business side. His story was inspiring and gave me the confidence to venture out on my own. My dad was also a business owner and growing up, I always knew that I would be as well."

Then came the significant matter of opening the first location.

"Basically, I had put together a business plan intended to start in the basement of the Windsor Health Centre. I approached a longtime friend and we put our money together to open the business," he said. "He has recently moved away from the business, but the partnership was always solid."

From the outset, Kinetic Connection has looked for various ways to work within the community, striving to remain true to the overarching spirit which inspired the company's creation in the first place. Robert attributes this passion, and the ability to consistently maintain it, to the staff that surrounds him.



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"The passion starts with the team. As a Human Kinetics graduate, I always believed that other graduates with this degree could pursue the same type of work and most definitely work at Kinetic Konnection," he said. "Throughout the years, we have worked closely with the Human Kinetics program for our recruiting and hiring needs. We have hired 50-plus graduates throughout the years and they have all been outstanding people. The team we currently have is absolutely amazing and I am thankful for that every day."

Now, Kinetic Konnection has local facilities in Windsor, Lasalle and Tecumseh, and in the greater Toronto area, they can be found in Burlington, Oakville and Vaughan. The company's strong connection with the University of Windsor is even evident in the GTA locations, as the owners once worked for Robert and graduated from the University of Windsor's Human Kinetics program.

"They do great work as well. I'm very proud to be a part of what they have accomplished both professionally and personally."

Kinetic Konnection has enjoyed a longstanding partnership with the University of Windsor and last month, at the new Toldo Lancer Centre, the two teamed up for a photoshoot. There, Robert and longtime employee Kirsten Kreibich met with numerous athletes, including members of the Lancer football team, women's hockey team, men's and women's volleyball teams and one member of the women's softball squad.

All the athletes present that day have relied on Kinetic Konnection's products, whether that is knee, ankle and wrist braces or compression socks and sleeves, to aid them in overcoming injuries and remaining effective in their respective sports.



**Rob Pula**  
Owner, Kinetic Konnection



**Kirsten Kreibich**  
Referral Liaison



**Milan Dobric**  
Bracing Expert, Supervisor

**thebracingexperts.com**



"Getting involved with the University of Windsor as a partner has been great," Robert said. "The partnership allows us to promote each other equally. It has been 30 years since I graduated and to still be involved in their growth is kind of neat. I hope there is more to come."

Much like the university, local medical practitioners and patients have largely entrusted Kinetic Connection's services, which Robert doesn't take for granted.

"The medical community, specifically family physicians and nurse practitioners, have trusted us with their patients who use our products and services from day one. To be able to earn the trust of these professionals that in turn trust us with their patients has always been a top priority. Although I have not met all of them, I truly appreciate that trust."

Kinetic Connection's distinctive qualities make it a standout company and that is quickly noticed by the people who work in unison with them.

"What makes us unique is how we do things. We have top-notch people who work here; they are willing, professional, loyal and highly knowledgeable. We are very consumer-centric, and the focus is on making sure that the customer understands why they are here and how we can help them," he said. "Our other features are deliveries, top-tier products and multiple locations. Oh, did I mention the staff?"

Twenty-seven years on, Robert and the team at Kinetic Connection have not lost sight of the foundational principles that are responsible for the company's remarkable longevity. "For me, this achievement doesn't happen without a growth mindset and an amazing team. To preserve the company, it is important to develop new processes in order to do what you have always done. Staying close to the spirit that got me started in the first place is very important."

If you find yourself in need of bracing or compression for any injury or body part, call or visit Kinetic Connection® - The Bracing Experts® to learn how you can set the process in motion. You will receive an in-person one-on-one consultation at any Kinetic Connection location, where one of The Bracing Experts will work with you to determine an ideal bracing plan that suits your injury and lifestyle.



As a football coach, you always have to be prepared for the inevitable that your athletes will get injured. When our players were ready to get back on the field, Kinetic Connection had the right bracing solutions for our athletes' knees and shoulders. Their expert staff took the time to explain how to wear the braces and tested them out in various athletic positions to ensure the fit was just right. Much of our on-field success can be attributed to work done at Kinetic Connection. Go Lancers!

"Kinetic Connection has been a huge asset to our athletes and varsity teams. They get our athletes in the proper braces and supports they need to excel in their sport. Fast, friendly service that cannot be beat. They are a big part of our overall success and I look forward to continuing to work with them in the future"

**Adam Elwood CAT(C)** -  
Athletic Therapist  
University Of Windsor

**Jean-Paul Circelli** - Head Coach  
University of Windsor  
Lancer Football



"Being recognized as an asset and leader on and off the field, I want to encourage other athletes to consider bracing. Longevity to perform for my team is vital. Braces have helped me stay on the field as they aid in recovery and prevention of further injuries. Thank you to Kinetic Connection for your expertise in the bracing industry and for your support of Lancer athletes."

"Playing with my ankle brace has allowed me to return to practice and games with confidence, despite injury. During my injuries, my ankle brace provided me with support and stability on the court, while allowing me to remain comfortable and mobile in all of my movements. My ankle brace provided me with protection during the earlier stages of my injury, and now after physio and strengthening, I am able to confidently play without, but I know it's there for me on those days when I need that extra support!"

**Chris 'The Bus' John** - Running Back  
University of Windsor  
Lancer Football

**Nicole Woelk** - Setter  
University of Windsor  
Lancer Women's Volleyball



The new Toldo Lancer Centre at the University of Windsor.

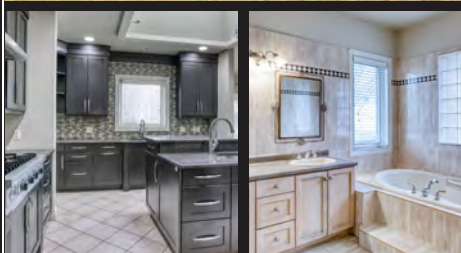






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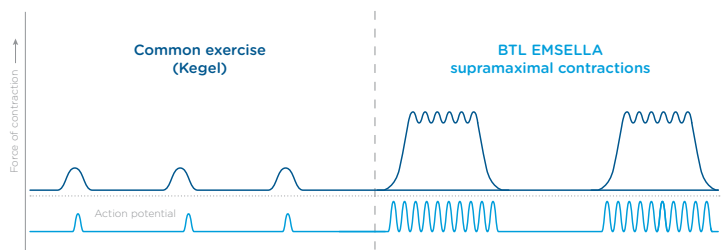
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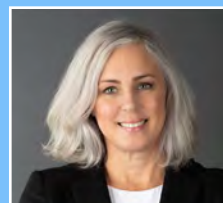






# THE LATEST ON NON-SURGICAL SPINAL DECOMPRESSION TREATMENT

Low back pain is the number one factor limiting activity in men and women less than 45 years old, the second most frequent reason for doctor's visits and the third most common cause for surgical procedures.



*By Sarah Dale, DC  
Community  
Chiropractic Centre*



THE TWO MOST COMMON DISEASES INVOLVING CHRONIC LBP ARE DISCOGENIC LOW BACK PAIN, RESPONSIBLE FOR 39% OF CASES, AND DISC HERNIATION, ACCOUNTING FOR JUST LESS THAN 30% OF LBP INCIDENCE.



An estimated 80% of the population will suffer from low back pain (LBP) at some point in their lives. Its likely that if you are reading this article, that you too have suffered with this problem at some time.

In addition to imposing upon quality of life, LBP is of significant socioeconomic relevance because it may lead to a temporary loss of productivity, enormous medical and indirect costs, or even permanent disability.

While the management of persistent low back pain remains hotly debated, the traditional approach has been conservative treatment with pain killers and supplemental therapy like chiropractic, acupuncture, rest and strengthening exercises.

The two most common diseases involving chronic LBP are discogenic low back pain, responsible for 39% of cases, and disc herniation, accounting for just less than 30% of LBP incidence.

The anatomical structure of the disc leads to it being susceptible to injury. Since 2010, we have used non-surgical decompression in our office to treat patients

with LBP resulting from discogenic causes. Over the 13 years of using this technology, we have helped our patients manage their condition and get back to normal life without LBP standing in the way.

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If you have LBP, sciatica, arthritis, stenosis, leg pain, hip pain, stiffness or trouble with mobility, you may need decompression treatment.

Every patient is unique and so it is vitally important to tailor treatment plans to patients' specific needs only after a thorough examination often involving spinal imaging. After clinical examination, it is during the report of findings that we can talk to patients about their expectations and set reasonable goals for what we can achieve with treatment.

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By Kristen Robert  
Head Coach  
Evolution Intensity Training

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What sets Evolution Intensity Training apart from other fitness facilities is the community of members and the welcoming and motivating atmosphere it has to offer. The only person that you are competing against is yourself and every time you walk through our doors, you are working towards a better you.

We make it our goal to ensure that members are receiving the attention they need to consistently overcome their fitness barriers and to excel in their overall well-being. Our methodology is mastering the basics and fundamentals of training, keeping our members form focused to prevent injury, and working towards reversing long-term aches and pains.

The layout of the Evolution studio provides members with their own squat rack or 'rig' and the appropriate equipment designated to each rig for quick access (dumbbells, bands, kettle bells and more).

The evolution facility provides video demonstrated exercises and movements on 6 TV's and timers to continue to guide members through a 50-minute workout. The studio equipment comes in a variety of weights and adjustability to provide easy use and access to all levels of fitness and strength. Our coaches cater to members by demonstrating ways to make exercise movements easier or more difficult depending on your physical fitness level as well as variations to exercise movements for those not yet comfortable or ready for specified exercises. We believe in making sure the exercise regimen works for you and your body and that the movements benefit members, while changing out those that do not.

Evolution has recently launched a beginner's program for those who are seeking a more tailored approach to fitness and a less intimidating transition into the fitness experience.

The goal of the beginner's classes is to help those who are new to the fitness world discover their own confidence, enhance their perception on group training and its benefits and to provide them with the opportunity to join the rest of the Evolution community in higher intensity, but always motivating and encouraging, group classes.





# THERE GOES A SAYING, “UNCERTAINTY IS TO BE EMBRACED. WHEN NOTHING IS CERTAIN, ANYTHING IS POSSIBLE” - MANDY HALE

Evolution Intensity Training is responsible for planning, building and implementing workouts six days a week, Monday through Saturday. Each day of the week, we focus on different muscle groups, Monday - Legs (hamstring focused), Tuesday - Push (chest, triceps), Wednesday - Pull (back, biceps), Thursday - Legs (quad focused), Friday - Full upper body, Saturday - Full body or Mobility and Technique. We move through the calendar year in phases (build, burn and strength), same as what you would expect from a one-on-one personal trainer. Each of these phases are designed with a different goal in mind which helps keep your body from hitting plateaus. All members have access to the yearly phase breakdown located within our studio.

Evolution Studio has just recently brought on board a nutrition coach as well as a chiropractor to help assist our members with other aspects of their well-being. We are so excited about what this means for our members moving forward. Having access to these resources will help expedite their results and help develop a well-balanced meaning of healthy living.

The coaches as well as the members are there to guide you every step of the way. No individual goes unnoticed, all needs are met, and the coaches are there to help you develop a plan to help you get where you desire to be. Unsure of where to begin? We welcome you to give us a call for more information at 519-980-7741. If you are seeking to jump right in, you may set up your free 3-day trial at [www.evolutiontraining.ca](http://www.evolutiontraining.ca)





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# THE SPRINGTIME REFRESH



By Vanessa Steele  
Owner/Medical Aesthetician  
Steele Beauty Clinic

Springtime. My absolute favorite time of year, as for most, to feel rejuvenated, a breath of fresh air to breathe in, and sun shining down on my skin to feel that natural vitamin D as it clears away all my winter blues. My first priority during the transition from Winter to Spring, as owner and medical aesthetician at Steele Beauty Clinic, is to educate my clients on proper skin treatments during this time of year and adjusting their skin care regime from winter products into lighter, sun protecting skincare.

First things first, water intake. There is nothing more important that your skin wants, besides a solid skincare regime, other than water. H2O is your lifesaver for healthy

looking skin during weather changes. The more hydrated we maintain our insides, the more hydrated and healthier we appear on the outside. It really is that simple. My next piece of advice I like to always make so clear, as mentioned in the previous winter article, is how necessary it is to keep on top of exfoliating the surface of our skin. That being our face most importantly and never forgetting about our bodies as well. My top favorite exfoliation treatment at the clinic is a microdermabrasion facial treatment. There is nothing more satisfying than deeply exfoliating every ounce of build-up out of my client's skin and infusing it with the proper solution necessary, customized to each client's needs.



Having zero downtime with this facial treatment, it leaves my clients so refreshed and the cleanest they have ever felt their skin to be for weeks on end. I love pairing this with take home products such as ZO Skin Health's Daily Program Kit that is the perfect introduction from a wash, exfoliant, complexion pads, to the Daily Power Defense Lotion (one of my top favs) that is a simple skincare routine maintaining your skin's barrier and continuing to keep it feeling fresh daily.

As we prepare our skin for spring and upcoming summer months, I also have a few more suggestions I make to my clients. One is always adjusting your skin care products by perhaps lowering the amount of active ingredients you use during the warmer weather (ex. Glycolic acids, Retinol, AHA/BHA's, etc.) as well as using lighter lotions and even adjusting the amount of makeup coverage to allow our skin to breathe and clear itself naturally. That does not necessarily mean to discontinue the use of active products, as some must keep on top of their skin due to active acne, scarring, pigment, or entirely for anti-aging benefits, but just being more mindful when you are using them. Perhaps keep them as a nighttime regime and save your less-active products for the morning as we are outside more often during nicer weather. My go-to lotion, that continues to maintain any pigmentation or acne marks that form, is ZO's BrightAlive Skin Brightener. This non-retinol skin brightener increases luminosity, visibly improves skin clarity, and fades the appearance of dark spots. Who wouldn't want something this simple while just topping off the skin with a proper SPF? Did I mention how silky and smooth this product feels on the skin? A skinlovers must have.

Now, treatment go-to for all year round? CLEAR & BRILLIANT. This innovative laser device, a Hollywood fav, has every single skin type and tone feeling the most luminous, healthy, and transformed after just a single treatment. It is the perfect option for those wanting to slough away their winter skin, clear any acne scarring and rejuvenate an overall dull appearance. Ready for a spring glow-up? Schedule a Clear & Brilliant and see why celebs love this as a red-carpet prep must-have!

As we embrace this next season, I hope this article leaves you with a sense of readiness to stay on top of your skin health and try something new for yourself- whether that be a new treatment or skincare product. There is nothing more confident than feeling confident in the skin you are in. I always remind my clients that consistency is the key to success for good skin. If you stay on top of your skin regime, check in with your aesthetician for monthly maintenance, your skin will reward you with the benefits of a healthy and happy glow in the end. Springtime, we are ready for it!



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# ASK THE EXPERT

DR. GENNARO COSCARELLA OF COSCARELLA FAMILY DENTAL &  
ASSOCIATES EXAMINES SINGLE TOOTH DENTAL IMPLANTS

*By Rafal Ladysz & Dr. Gennaro Coscarella*



## IN HIS LAST CHAT WITH WINDSOR BODY, DR. GENNARO COSCARELLA CLARIFIED WHAT DENTAL IMPLANTS ARE, WHY PEOPLE MIGHT NEED THEM AND THE VARIOUS ADVANTAGES THAT CAN BE ATTAINED FROM THESE ARTIFICIAL TOOTH ROOTS.

Today, he will be shedding light on single tooth dental implants, answering questions relating to options available, the length of time that an implant can remain intact, potential risks and the proper candidates for this procedure.

### FOR PATIENTS IN NEED OF A SINGLE TOOTH REPLACEMENT, WHAT DENTAL IMPLANT OPTIONS DO THEY HAVE?

For patients in need of a single tooth replacement, there are two options available for a permanent non-removable solution, which would be a bridge or a dental implant. If you opt for a bridge, you have to drill and remove tooth structure on the two adjacent teeth of the missing tooth whereas with a dental implant, you must anchor the tooth to the bone and ensure that you do not touch the adjacent teeth.

### HOW LONG CAN A SINGLE TOOTH DENTAL IMPLANT LAST?

Research has proven that with proper yearly maintenance and regular cleanings from a dental hygienist, a dental implant can remain intact for over 30 years. There are many factors that can affect the longevity of an implant, the major one being any alterations in a patient's medication that can potentially affect the bone.

### ARE THERE ANY RISKS ASSOCIATED WITH A DENTAL IMPLANT OF THIS SORT?

There are no major risks associated with dental implants. Essentially, if there is a sufficient amount of bone that is strong and healthy enough for the procedure, implant placement can be very successful and long-lasting.

### CAN ANYONE RECEIVE A DENTAL IMPLANT TO REPLACE ONE TOOTH OR ARE CERTAIN PATIENTS NOT IDEAL CANDIDATES FOR THIS PROCEDURE?

Not everyone is a suitable candidate for dental implants. Bone tends to resorb over time so the longer the patient waits to replace a tooth, the more challenging it becomes to have enough bone to support an implant.



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By Jono Macri



# **DANGEROUS MYTHS ABOUT YOUR NUTRITION AND WORKOUTS**



Staying fit and healthy has become a priority for most people in today's society. With so much information available online, it can be challenging to separate the truth from the myths. Below are five myths about working out and nutrition that you need to understand yesterday!



## **MYTH 1: YOU CAN SPOT-REDUCE FAT**

One of the most common myths is that you can target specific areas of your body to lose fat. The truth is you cannot spot-reduce fat. When you lose weight, it comes off all over your body, not just in one area.

Doing hundreds of crunches will not magically make your belly fat disappear. The best way to lose fat is through a combination of healthy eating and regular exercise that includes both strength training and cardio. Eating with a calorie deficit will speed up the fat loss process as well.

## **MYTH 2: CARBS ARE THE ENEMY**

Carbohydrates have been demonized in recent years, with many people believing that they are bad for you and should be avoided. The truth is carbs are an essential part of a healthy diet.

They provide your body with the energy it needs to function properly. The key is to choose the right carbs, such as whole grains, fruits, and vegetables, rather than refined carbs like white bread and sugar.







### MYTH 3: EAT SMALL MEALS THROUGHOUT THE DAY TO LOSE WEIGHT

Eating small meals throughout the day is often promoted as a way to boost your metabolism and lose weight. However, there is no scientific evidence to support this claim.

In fact, some studies suggest that eating too infrequently can lead to overeating and weight gain. The most important factor in weight loss is creating a calorie deficit by consuming fewer calories than you burn through exercise and daily activities.

### MYTH 4: EATING TOO MUCH PROTEIN WILL MAKE YOU LOOK MANLY

Eating the proper amount of protein in grams daily will only accelerate your muscle building and fat loss journey. Every cell in the human body contains protein. You need protein in your diet to help your body repair cells and make new ones.

According to the Mayo Clinic health system, it's suggested that "people who exercise regularly also have higher needs, about 1.1-1.5 grams per kilogram. People who regularly lift weights or are training for a running or cycling event need 1.2-1.7 grams per kilogram". Therefore, don't fret over the fun of making another shake, odds are your body is actually needing the additional grams.







## **MYTH 5: YOU CAN EAT WHATEVER YOU WANT AS LONG AS YOU EXERCISE- YIKES!**

This is a dangerous myth that can lead to weight gain and poor health. Just because you did the Stairmaster for 20 minutes, doesn't mean the bottle of Cab Sauv and curly fries are a good idea. While exercise is an essential part of a healthy lifestyle, it is not a license to eat whatever you want. You need to maintain a healthy diet to fuel your body and provide the nutrients it needs to function properly. Yes, you also must find a healthy balance and treat yourself once in a while but eating a diet that is high in junk food, sugar, and saturated fat can lead to weight gain, high blood pressure, and other health problems.

Remember that losing weight and building muscle takes time, dedication, and hard work. The most effective way to achieve your fitness goals is to eat a healthy, balanced diet and engage in regular exercise that includes both strength training and cardio CONSISTENTLY! There are no shortcuts to success!



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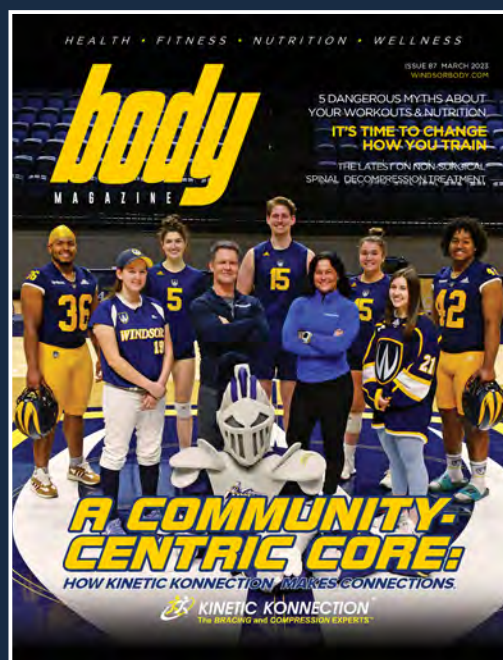
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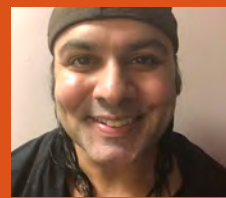
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# THE DEPRESSION RENOVATION!



By Danny Gautama  
@dannygautama

***In High School, I once lived a life as a people pleaser. I was a guy who just wanted to be liked by others so much that I didn't realize how truly special I was.***

I didn't have confidence in myself. I battled insecurities and low self-esteem. I was never kind to myself, but more importantly, I felt sorry for myself. I was battling anxiety and OCD.

I knew that whatever I was doing, whatever actions I was taking, was not working for me. I decided that change was needed. I wanted to feel the opposite of how I was truly feeling. I wanted to be more confident. So, I had to really look in the mirror and I decided to reinvent myself. Be the Danny Gautama that I know I am. I started working out, becoming more confident, and gaining friends.

Many years later as a grown man, I worked hard on my mind just as much my body. I remained nice, but very assertive.

I did not tolerate any nonsense. In addition, I started setting my standards and expectations higher because I truly believed I was more than average. I had inner greatness in me.

Now I had to prove to myself why? I fought my fears, I made progress every day, I had undeniable determination, and I focused on the path that was moving me higher. I truly believed I was UNSTOPPABLE, which is why I am happier and succeeding in what I do today. I gave myself a Depression Renovation.

### SO, WHAT IS A DEPRESSION RENOVATION?

A Depression Renovation means to become a better and happier version of YOU! You will always be AWESOME, but it is basically enhancing your awesomeness to another level that will work for you and not against you.

Speaking of depression, if you feel depressed, you know that whatever you are doing is not helping you. As much as you are trying, it is not working. So, let's give you a beautiful makeover from the inside, so you will radiate from the outside.

I want to share with you some tips that can help you see the beautiful person in you and the Greatness you have to turn your life around and show the world this is who you truly are. Remember, depression is not you. It is an illness that does not define you. To get rid of depression, you need to put a little acceleration behind the wheel. As you get stronger and reinvent the new you, your depression becomes weaker. So, are you ready for the makeover? Okay, let's go.

First ask yourself, where do you see yourself? How do you want to be? What do you want to do? Always visualize where you see your life and take those steps to turn them into fruition.

### MAKE A STRONG, POWERFUL DECISION

You can't go any further in life unless you make a decision. "I MUST improve my life."

"I MUST face my fears," "I MUST BELIEVE IN MYSELF." When you tell yourself I MUST, you have already made a shift change in your mind to take positive actions.

I know it could be tough when you have depression and want to stay in bed all day. But waking up early gets your day started early. It enables you to be productive and accomplish things. Don't forget to make your bed, champs.

### STAND PROUD AND SMILE

When you are depressed, you will notice a down look on your face. You will notice your posture slouching and you have no energy. Stand up straight and tall. Be proud of yourself and remember there is only ONE YOU!

Now I want you to practice smiling in the mirror. Smiling boosts your mood and releases endorphins and serotonin. These are neurotransmitters and brain chemicals that increase your mood.

Steve Martin always did this. You need to do this several times a day every day. In addition, dress well. When people have depression, they stop doing everyday chores and dressing well becomes a chore to them. You have heard the terms dress for success. Shower, brush your teeth, get dressed, feel fresh, and clean. It will give you a motivation boost to do something productive. Do this every day and consistently as well.

### MOVE YOUR BODY

Imagine me in your bedroom waking you up and SHOUTING, "GET UP CHAMP.TIME TO HIT THE GYM!" Exercise is very important. It helps you feel good about yourself. It is just like I said about smiling. When you exercise, your body releases brain chemicals responsible for giving that happy feeling. So whatever you are trying to do, make sure you keep your body moving. Running, walking, yoga and strength training are great.

### PROGRESS LIKE A CHAMPION

There is no Depression Renovation if you don't include PROGRESS. Progress means every day.

NOT once a week or month. Consistency and persistence is the key for results. You got to take the steps to become a new you. Remember what I said, "enhancing your awesomeness." Progress means to set goals, plan, and start working at it.

It doesn't matter how slow you go, just keep making progress daily.

**"You "MUST" break out of the pattern of doing the same things over and expecting different results. It just becomes a vicious cycle when you do the same negative routine every day."**





### **START DOING THINGS THAT YOU ARE AFRAID TO DO.**

- Challenge any thoughts that cause you to remain the same.
- Let things that make you happy in.
- Discard whatever makes you unhappy out.
- Prioritize your life to the importance of what you need to do that is taking you one step forward to where you need to be.
- Practice daily affirmations such as “I love everything about myself,” “I am loved and others love me,” “I valued just as much for my existence,” etc.
- Practice Gratefulness and Gratitude.

Remember, progress happens when excuses stop. So, as I said, you have to stay persistent and consistent, and you can do anything.

You “MUST” break out of the pattern of doing the same things over and expecting different results. It just becomes a vicious cycle when you do the same negative routine every day. And it brings you right back to where you started... Depressed. So, time to **BREAK THAT CYCLE** and **MOVE FORWARD**.

### **HELPING OTHERS**

I will be the first one to tell you, there is no better feeling than helping someone and putting a smile on their face. Just like my immense passion is to lift heavy weights, helping others is in the same company. I breathe it with the utmost passion.

It drives me and I thrive on helping people. Helping people puts less focus on your situation and more on others.

You will feel better when you help others. It is always a WIN-WIN situation. Go out there and volunteer, be empathetic, understanding, kind, and make that person feel so happy that you exist in this world. Beautiful people struggling with depression need a beautiful hero like you.

### **BE KIND TO YOURSELF**

Self-love and Self-acceptance is very important for your happiness.

How can you truly be happy if you don't even like who you see in the mirror? You are one of a kind. I challenge you to write 5-10 positive things about the way you look physically.

Now I want you to write 5-10 positive things on why you are a great person.

After that, write down what makes you unique. Because the fact of the matter is, **YOU ARE UNIQUE**. Even the flaws you think you have are the ones that make you beautiful and make you stand out.

So, these are some of the things and techniques I used to overcome my battles that made me a happier person, who is full of life and passion. I want nothing but your happiness. Your happiness is my happiness. I don't want you to struggle anymore. You don't deserve it. You deserve so many great things in this world. You deserve an exuberant life filled with peace, love, joy, and happiness. So, what are you waiting for?

Book your Depression makeover appointment **NOW!**

God bless you and take care. Never give up. Keep moving forward. And believe in yourself.



# REJUVENATE, RECUPERATE, REPEAT: PRE & POST-WORKOUT MEALS THAT WILL MAXIMIZE YOUR EXERCISES

By Rafal Ladysz

As much as any physical exertion that you accomplish throughout your workout routine, the before and after is equally instrumental, specifically what you are consuming. Many commit a basic blunder, falling prey to the misconception that regular exercising gives them a free pass to eat sugary, fattening foods. Not only is that an incorrect assessment, but poor nutrition can have an adverse effect on your progress, impeding your level of performance, preventing you from reaching peak condition and putting you in a lethargic state.

All productive exercise habits are dependent on conscientious food choices irrespective of what you are training for. Preparing for the workout ahead, you must first ensure that you are sufficiently hydrated. Plenty of people, despite engaging in a healthy, active lifestyle, are guilty of not drinking enough water beforehand, which can significantly hamper their performance. Conventional workout wisdom also dictates that a combination of carbohydrates and protein can enhance your results and recovery.

Speaking of recovery, immediately after your exercise has been completed, consume some carbohydrates and fluids, including electrolytes. This is especially valuable for those who are involved in endurance training, because the chances of dehydration and dwindling glycogen (carbohydrate stores) are greater. Your post-workout source of protein needs to be rich in quality and quickly digestible, assisting with muscle soreness and repair. Future exercises will also prosper with the right protein intake, helping your body adjust to the training as it intensifies.





# FOR AN OPTIMAL RECOVERY, YOUR BODY IS HIGHLY RECEPTIVE TO NUTRIENTS WITHIN THE INITIAL 30 MINUTES AFTER A WORKOUT.

How you time these meals is incredibly important, too. Typically, before getting going with the exercise, you will want to wait three to four hours following a sizeable meal and one and a half to two hours after smaller portions or a snack. For an optimal recovery, your body is highly receptive to nutrients within the initial 30 minutes after a workout, when the enzymes and transporters in your muscles are immensely active. This, in turn, allows the amalgamation of glycogen and protein.

Now that you have the strategic and scientific know-how, let's have a look at some pre-training and post-exercise meals to implement into your diet.

## PRE-WORKOUT STIMULATION

You're marching with a purpose to your forthcoming exercise, mentally locked in, but your body might be lacking hydration or the nutritious fuel to match your steely determination.

If your workout is two to three hours away, then you can consider the following: a sandwich on whole-grain bread, lean protein (white-fleshed fish, plain Greek yogurt, beans, peas, lentils, low-fat cottage cheese) and a side salad; an egg omelet and whole-grain toast, along with avocado spread and a cup of fruit; a plate consisting of brown rice, lean protein and roasted vegetables.

When your exercise kicks off within two hours, here are a few nutritious ideas: a protein smoothie consisting of milk, a banana, mixed berries and protein powder; a bowl of whole-grain cereal; a cup of oatmeal, adding in banana and sliced almonds; a sandwich with natural almond butter and fruit preserve, served in whole-grain bread.

With less than an hour to go before you start perspiring, try any of these delicious options: Greek yogurt and fruit; a nutrition bar packed with protein; a piece of fruit (apple, banana, orange); dried fruit (raisins, prunes, figs).

## POST-WORKOUT REVIVAL

We get it, your stomach is growling, you are understandably exhausted from this recent workout. That being said, fatigue and hunger can lead to dismal dietary decisions afterwards. Be forward-thinking and decide on your post-exercise meal before lacing up the shoes, striving to find the ideal balance of protein (eggs, cottage cheese, Greek yogurt, salmon, chicken), carbohydrates (sweet potatoes, fruits, rice cakes, oatmeal, potatoes, pasta), fats (avocado, nuts, seeds, trail mix), minerals and vitamins.

Try experimenting with some of these tasty meals: grilled chicken with roasted vegetables and rice; salmon with sweet potato; tuna salad sandwich on whole-grain bread; oatmeal, whey protein, almonds and a banana; pita and hummus; cottage cheese and fruits; cereal with dairy or soy milk; chicken breast with avocado, lettuce and oven-dried tomatoes; pasta with a chicken breast and steamed vegetables; salmon with roasted vegetables and wholegrain pasta; chicken or salmon salad; or a veggie bean tortilla.





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