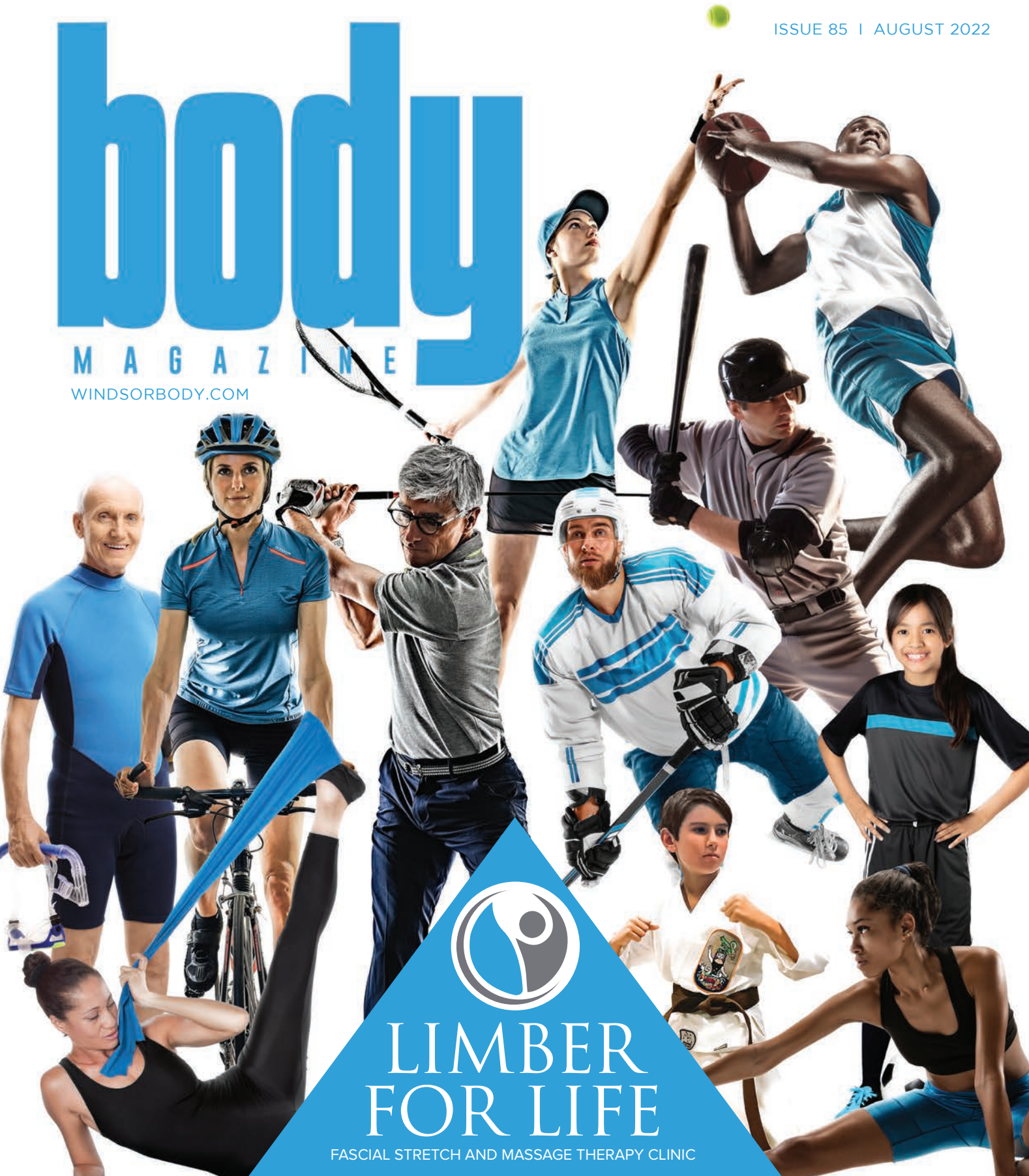


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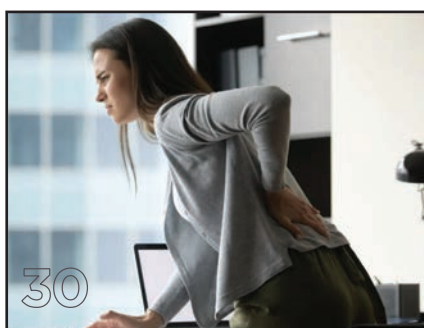
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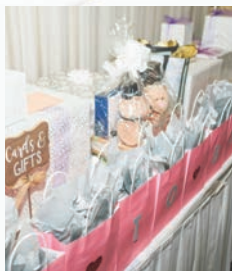
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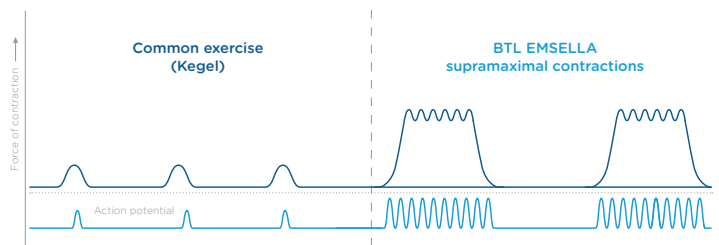
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Flexibility, mobility, and a pain-free active lifestyle are the goals of the therapists at Limber for Life. Not everyone needs to be able to do the splits, but improving your range of motion while keeping it within your comfort zone can have a great impact on your overall health.

The team at Limber for Life Fascial Stretch and Massage Therapy Clinic in LaSalle is comprised of former athletes, personal trainers, and registered nurses who all know the importance of pain-free mobility, and with Fascial Stretch Therapy (FST)—a technique that was originally developed for Olympic athletes—rising in popularity, they are excited to be bringing it to the Windsor-Essex region.

FST is a type of therapy that helps to improve flexibility by stretching the fascia, which is a layer of tissue that surrounds and connects muscles. FST is a relatively new form of therapy

that is based on the theory that the body's muscle groups are linked to specific areas in the body. By stretching these areas, you can help to alleviate tension in the muscles and restore mobility. The stretches are elegantly paired with gentle traction that enables joints to experience that much needed decompression. This is considered a more passive yet all-encompassing, noninvasive treatment "Fascia is a connective tissue that is found throughout the body," explains Nicole Rossignol, a Registered Massage Therapist and Fascial Stretch Therapist at Limber for Life.



"It surrounds and supports every muscle, organ, bone, nerve fiber, and blood vessel. When stressed, the fascia tightens up, affecting your nerves and the flexibility of your muscles. FST looks at the body as an entire connective system. It targets not only specifically muscle sites, but fascia and joints as well. It works to relax your muscles and release your body from any tightness. This creates a deeper, longer-lasting treatment. Our therapists target your fascia using oscillating movements and gentle traction to stimulate blood supply to your joints, and enhancing lubricated movement. This helps remove restrictions and improves motor control and body awareness."

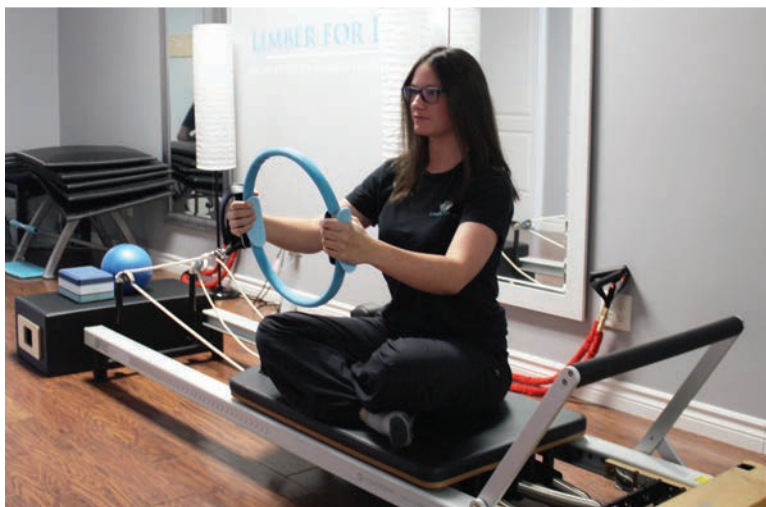
Limber for Life started when real estate agents Mark Eugeni and Tina Pickle came across FST in the United States, experienced the benefits of it in their active lifestyles, and were disappointed when they were unable to find the treatments in Canada. Now, Limber for Life is run by Lisa Eugeni, who also holds a certificate in Mat and Reformer Pilates, which she instructs as well, offering 30 and 60 minute private reformer sessions.

The staff, which includes Nicole Rossignol (RMT, FST), Taylor Fitzgerald (RMT, FST), Michael Colarossi (RMT), Colleen Gignac (RMT), Madi Fitzgerald (RMT, FST), and Lisa Eugeni (Office Administrator, Pilates Instructor), have extensive knowledge on human kinetics, anatomy, athletic therapy, and physiology, with Colarossi also bringing elements of holistic therapies such as aromatherapy and Reiki into his practice, giving the clinic a unique set of qualifications.

There are many benefits to FST, including decreased stress, reducing muscle tightness, better posture, enhanced physical fitness, increased strength, improved sleep quality, and promotion of mental and physical relaxation. According to one of Limber for Life's therapists, Taylor Fitzgerald, many individuals find that FST "fills the gap or reaches areas that other therapies could not for them," and that it is a rewarding feeling when a client tells them that have "tried everything" and the only relief they've had is from FST.

The clinic offers massage therapy and pilates as well as FST, each one offering similar benefits but with different approaches. Doing all three is not necessary, but it does help to combine a perfect recipe for mobility training and living a pain-free life. They also offer a premium combination session that splits your treatment time between massage and FST, giving you the benefits of both so you can become your best self! This offer can be done in several ways, whether it's a 50-50 split or only 15 minutes of FST with massage for the rest. With FST being so new to the Windsor-Essex region, the premium offer allows clients to try it out for a short duration to see how they feel about it.

"Limber for Life wants the community to be as healthy and active as possible," explains Rossignol.





Nicole Rossignol RMT, FST



Taylor Fitzgerald RMT, FST



Lisa Eugeni
Office Administrator,
Pilates Instructor



Colleen Gignac RMT



Michael Colarossi RMT



Madi Fitzgerald RMT, FST



There are many benefits to FST, including decreased stress, reducing muscle tightness, better posture, enhanced physical fitness, increased strength, improved sleep quality, and promotion of mental and physical relaxation.

“When you book with our Fascial Stretch Therapy therapists, we are offering 20% off first-time visits on any 60 minute treatments. We encourage everyone to try FST, and we feel confident they will love it! Remember, active bodies are healthier bodies, and healthier bodies are happier bodies.”

Communication is an important part of your treatment plan at Limber for Life. They listen to your concerns and develop a unique, personalized treatment plan just for you. Along the way, they educate you on the different aspects of your injuries so that you understand the treatments they provide.

Each therapist has experienced the benefits of FST and massage therapy, which has given them a passion for each service, providing them with the drive to share the amazing potentials with the community they know and love.

FST is considered a great treatment option for just about anyone, but they do advise against it for people in later stages of pregnancy as their raised hormone levels make their connective tissue more pliable, which makes overstretching a concern.



Clients/Owners Tina and Mark say: “The benefits of FST help to keep us pain free so we can continue living an active lifestyle.

Otherwise, individuals of all ages, body types, genders, and more have the potential to enjoy the benefits of FST, which is also able to be billed under extended health care plans.

Interested in discovering the potential of your range of motion? Call Limber for Life at (519) 915-2770 or visit www.limberforlife.ca to book your first appointment! Located in the Zehrs Plaza in LaSalle at 5914 Malden Road, Limber for Life is open 7 days a week.

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BRACING FOR AN OA LIFE

By: Kirsten Kreibich, B.H.K.
Physician Referral Liaison, WindsorTecumsehLaSalle

Individuals do not typically go see their doctor in the “beginning” stages of their knee osteoarthritis (KOA). Beginning stages may start with swelling that is more persistent, locking of the knee, more pain on the inside of the knee, you may even feel a little uncertain taking your normal stair route to the office! When the pain starts to affect your concentration at work, begins slowing you down at the gym, or interferes with even your simplest day to day tasks like standing in line at the bank, your KOA at this point has progressed from a mild state to a moderate degenerative state.

Your pain will most likely begin to get worse after this point. You want your pain to be gone, and you want it gone fast. The only option you can think of is to call your doctor.

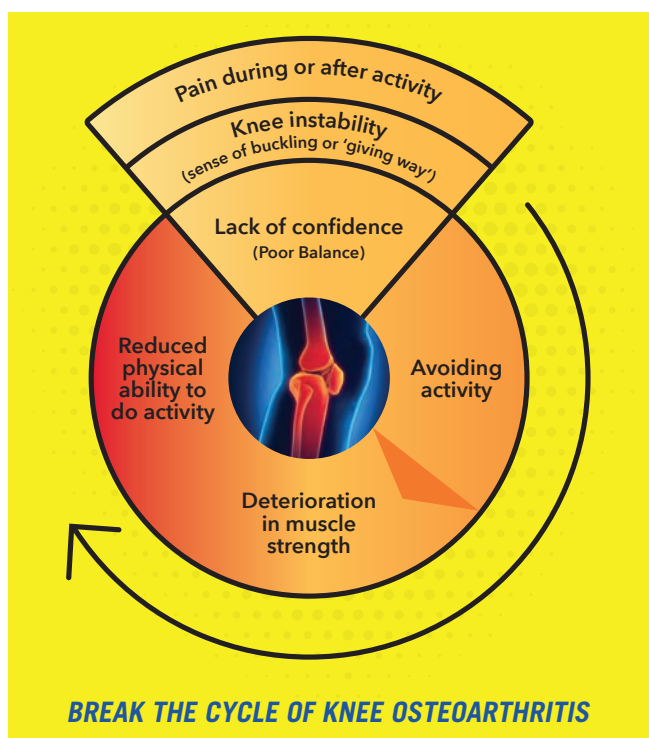
Surgery, injections, and oral medications are popular treatments for KOA, and while it's no secret that there are specialists for these options, you may be waiting for your appointment for weeks, months, or even a year. NSAIDs (Nonsteroidal anti-inflammatory drugs) and gel injections are hyped up to be a “quick-fix” treatment for KOA due to their fast ability to decrease your pain; but the biomechanical elements of the knee remain unchanged, and the effects of long-term use of NSAID's and injections are unclear.

While you are waiting to see a specialist, you don't have to wait to start relieving your pain! Kinetic Konnection is your first line of defense to help with your KOA pain.



We have exclusive bracing options specifically designed to unload the degenerative compartment of the knee. Unloading bracing is safe, non-surgical, and they offer immediate pain-relief. They are also very cost-effective when comparing to some surgical procedures

Technology has come a long way in KOA knee bracing. We all have heard and seen the big bulky metal braces... You will say, “I don't want a big bulky brace” and I would say, “I wouldn't either”.





It's not that the older style of bracing was wrong, it's just that the evolving technology of unloading braces keeps getting better and better. They are smaller instead of larger, lighter instead of heavier, and technology has even advanced as much to 3D print a custom unloading brace. Newer technology also provides with a more precise fit, and can be worn by any and all shapes and sizes.

You should always talk with your doctor about their thoughts about bracing options for you. At Kinetic Konnection, you can walk-in, call or text any of our three locations in Windsor, Tecumseh and LaSalle. It's also very beneficial to our staff if you bring any xray or MRI reports you have available. Because we take KOA seriously, we do request 30-45 minutes of your time. During your appointment we will ask specific questions, and take time to listen to you so we clearly understand what you deal with on a day-to-day basis with your KOA. We have large private consultation rooms, and it is a one-on-one with one of our Human Kinetic graduates.

In a perfect scenario, everyone suffering with KOA would get an unloading knee brace, but we know perfect is just a word. Some individuals will want to think about it, some may need to talk to their spouse about it first, and some are just not ready to accept that they have KOA. All those scenarios are okay. Everyone who comes into Kinetic Konnection gets the same experience.

If you are ready to learn more about your KOA and what bracing options are available that will suit your lifestyle, don't wait – start your KOA pain relief journey with us today!

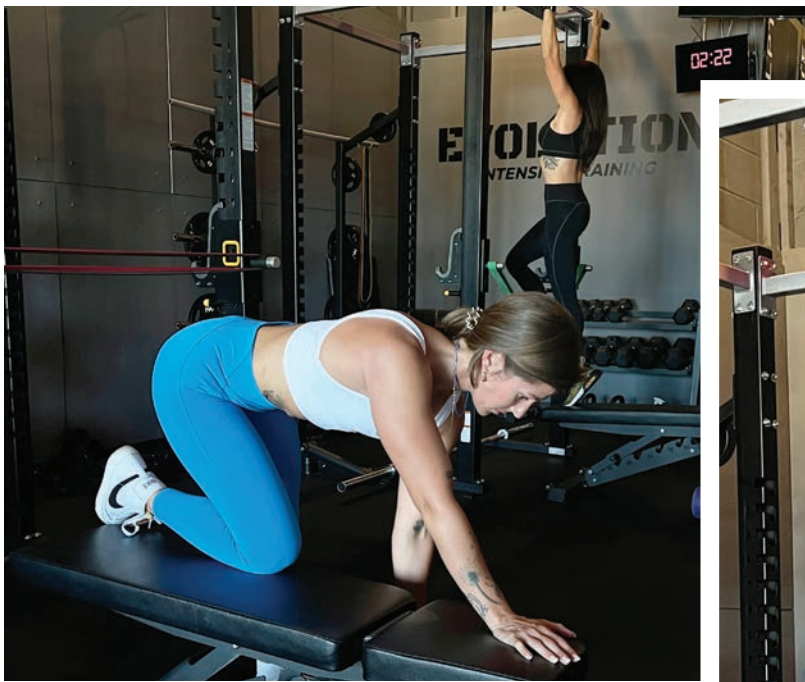


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Growing up watching his parents run their own business, Joe Conlon knew from a young age that he could never work for anyone but himself.

Before diving into the Real Estate market, he first tried to fuel his love for music by starting his own entertainment business with an at-home recording studio, which grew into a DJ business and working smaller sales jobs on the side.

After getting the taste of running his own business and gaining an understanding of the sales world, his entrepreneurial spirit manifested all the more and Conlon turned his drive for helping people and making an impact into what is now his greatest accomplishment: Real Estate. Getting his license at the age of 22, Conlon couldn't have asked for a better journey to get to where he is today. He is eternally grateful and looks forward to continuing along this amazing career path.

Diving head first into the real estate industry immediately after graduating from the University of Windsor's Odette School of Business with an Honours Degree in business (B.Comm), Mitchell Deslippe now has 9 years of experience behind him, with the last 3 of those years including obtaining a Broker license.

Deslippe credits his success not to just his work ethic, negotiating skills, and passion, but to finding the right mentor early on.

"Being given proper training and years of industry knowledge right from the start, I was better able to navigate the market and sidestep many rookie mistakes," he says. "Quality mentorship has definitely set me apart from many of my competitors." Now, Deslippe is a contributing partner to the Sign of the Experience team in Amherstburg, alongside his mentor Jason Laframboise. He has seen significant growth in his career and takes pride in using his skill sets to help clients find their dream home.

A man of many skills, Mark Eugeni obtained his Juris Doctorate (J.D.) from the University of Detroit Mercy, School of Law, completed an Honors Bachelor of Commerce (Finance/Accounting), attended the University of Windsor, studied abroad at the University of Hawaii and the University of Siena Law School, Italy. With such an extensive educational background, with majors in Marketing/Human Resources for his Masters of Business Administration (MBA), Eugeni is well-versed in every aspect of business and negotiating, which is important when navigating the world of real estate, which is also why he formed 'The Legal Edge Team' to include Tina Pickle and Donna Eugeni. Combined, the Team has enjoyed #1 Sales for 16 years

When buying, selling, building, or investing, you need someone you can rely on to help you through it.. Eugeni has over 20 years of experience, and his legal knowledge and background makes him an expert in the real estate market. He takes pride in exceeding expectations, including his fluency in Italian, and has been in the Top 100 Real Estate Agents of Canada since 2018. When not negotiating the best offer for your real estate needs, you can find him traveling with his family, playing tennis, soccer, squash, biking, and relaxing with yoga.

Taking the real estate market by storm, Paul Germanese began his career as a single agent, eventually moving on to create AW4U - The Real Estate Group, which has proven to be a major success! Prior to his business venture with AW4U, Germanese achieved being Royal LePage Binder Real Estate's #1 producing single agent for 5 years straight, making it to the Top 100 in Canada in 2018.

Germanese did a small amount of real estate the first year, but his business grew from there. By his next year, he became more dedicated to his clients and understood what integrity means in the profession.

Now, using the mantra "always working for you" Germanese knows that "a real estate transaction should never be about the realtor. It should always be about the client. When I say, 'always working for you' I sincerely expect you to have that type of experience."

Today, Germanese is experienced with the ever changing real estate market, as evident by his plethora of accolades.

An entrepreneur from day one, Amherstburg native Brady Thrasher has a tremendous amount of experience both in real estate and in business.

With his business venture "The Affected Campaign" landing him an appearance on Dragon's Den and The Ellen Show, among other media features and celebrity endorsements, Thrasher's professional expertise is one to be reckoned with.

Following in his mom's footsteps, Thrasher has become one of the most prolific real estate agents in Canada, placing in the Top 30 Under 30 for RE/MAX Canada for three consecutive years, and then making the Top 40 Under 40 for RE/MAX North America. A diamond award and lifetime achievement award holder as well as earning a place in the RE/MAX Hall of Fame, Thrasher is also licensed in Florida where he has an office in Fort Lauderdale.

Proud to be a father of three with his wife, Jessica, Thrasher has built himself a legacy.



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The most common of topics I discuss with my clients during their consultations with me at Image Clinic. No matter the age, skin tone, or gender, acne has been an issue for so many at some point in their lives or another.

You are truly one of the lucky ones if you have never experienced it! Living in a world where social media consistently shows us the latest and greatest of skincare trends, to the most innovative of skin treatments, it is no wonder why most can feel so overwhelmed on how to maintain their skin with continuous use of products that don't seem fit, or where to even begin with spending on treatments. That is what I hope this article provides you with: a sense of direction. When it comes to dealing with one of the most common skin issues, I hope my personal favourite products does the trick for you!

The first focus for me is tapping into our daily lifestyles. Being mindful of how we eat (too much dairy intake, fried foods, etc.), how we manage stress levels (work life balance is so key), hormonal shifts, or any changes in regular routines can impact your skin. I am sure you can agree that the nights of little to no sleep, or eating

too many high sugar foods always takes a toll on how we see our skin in the mirror over time (let alone how our bodies feel overall).

Those that deal with frequent acne breakouts most definitely see the difference when congestion underneath the skin begins, or continuous cystic pimples that are usually painful to the touch. In order to keep our skin feeling decongested and healthy on the outside, we need to remain mindful of all the factors that keep our insides feeling happy and healthy as well.

Next step, skin care! The most important investment that one can make to treat acne or even acne scarring is to keep on a routined regimen. This doesn't need to be complicated, just a few easy steps that will train the skin to stay as clear as possible. I am all about working with active products such as retinoids, glycolic acids, AHA/BHA's, just to name a few.



*By Vanessa Steele
Manager & Medical Aesthetician
at Image Clinic*

No matter what the skin type, from sensitive to extremely oily, there is always a product solution for you that will begin to control your skin as you train it with time. Having a good balance between active and soothing ingredients, like knowing how often to be using active ingredients, and when to give your skin some ease with simple ingredients such as hyaluronic acid, is usually ideal for most, especially when they first begin to treat skin that has congestion and any bit of inflammation. At Image Clinic, I love being able to customize a skin care regime with both Vivier and ZO Skin Health products to each individual client as both have the perfect balance of treating any active acne, or post inflammation scars. The most important part of creating a regime for my clients is not only taking pictures to see the progress, but thoroughly explaining that patience and consistency will truly provide you with longer term results. Not to mention the bonus of checking in with your professional aesthetician to keep you on track. It would be wonderful to be able to go to the gym and get fit in one day, but the reality is, it just isn't that simple. It's the same thing with your skin and training it daily with your healthy lifestyle and skincare habits.

What I love the most about my job as a medical aesthetician is guiding clients through their options of treatments, and creating a plan that works for them and their skin. Having options such as laser therapy that safely treats all skin types and tones that have active inflammation or even the occasional breakout, our Fotona laser treatments help target those active oil glands and any bacteria that forms within the skin. My personal favorite to recommend, as the most satisfying maintenance treatment, is our BelaMD microdermabrasion facial. I get the chance to deeply exfoliate my client's skin with a diamond microdermabrasion system, vacuuming away all the dead skin cells and clogged pores, while infusing a serum solution that clarifies the skin.

Having numerous modalities, it even provides blue light therapy to better enhance clearing my clients skin. One of the most simple of treatments that can be done on any skin tone no matter the severity of acne or acne scarring, is our Jessner+ Exfoliation Peels. Being able to check in with my clients for a series every 4 weeks allows me to guide their skin from the inside to break down active build up and target pigmentation all in one. Keeping in mind that some tend to want to steer clear of chemical peels as they feel they tend to break out more, be mindful that there is a major difference between a treatment "not working" and when it is "purging" what is underneath to allow the process of clearing your skin to happen faster. The saying "it may get worse before it gets better" really is true at times, just trust the process with patience for longer term results.

It is most reassuring to know that we have access to so many options with advanced technology, medicines, and the most innovative skincare when it comes to making us feel good in our skin. Whether you are a teenager going through the first stages of hormonal breakouts, or dealing with it later in your years, know you do not have to live with it forever. Reach out to your local aesthetician, or medical professional and discover an environment to feel the most comfortable in while working on your skin journey. Create a regime, stick to it, and see yourself smiling in the mirror at the results a lot more often. Always remember, it is always worth making time for yourself for self care and most importantly, self love.



Some of Vanessa's Fav Skincare Go-To's:

Vivier's AHA/BHA

Exfoliating Cream (life-saving for active acne or pigmentation).

ZO Skin Health

Complexion Clearing Masque (my twice a week at-home treat).

ZO Skin Health

Complexion Pads (the best AHA/BHA pads I use as my 'toner' step to slough away dead skin cells and maintain a healthy glow to my skin).

Vivier's Retinol 1%

(cannot live without this night time miracle in a jar).

STAYING AFLOAT

By Jessie Gurniak

With the various engines that have been and are still being manufactured today, maintenance is the key for a long and happy engine life on your boat. We spoke with Scott Riddell and Troy Copeland from Hammerhead Marine and Sport Co. in Amherstburg to learn more about boat maintenance so that you can learn the ins and outs of keeping your boat in the water for longer.

Troy Copeland has been a technician for the last 30 years, working as an Outboard Instructor, Technical Accounts Manager, and tech line of support for Mercury Marine before becoming the General Manager of Hammerhead Marine and Sport Co. As a technician, Copeland has often heard “I have not done a thing to my boat and motor for years” from boaters, which usually results with a very large repair bill due to the lack of service.

“When it comes to dealing with boat owners, whether they are new to boating or have been doing it all their lives, they need to ask more questions on what they have so they can understand that we technicians are trying to help them enjoy their vessels, boats, jet skis, and so on,” Copeland says, stressing the importance of educating yourself on caring for your boat.

Of course, there are so many types of boats that information about them all could easily fill a book. That’s why the plethora of knowledge provided by the staff of Hammerhead Marine and Sport Co. is so valuable, as they are always willing and able to educate you on the best care for your boat. When it comes to the basics, the one thing that a lot of boaters overlook is inspecting their batteries. If they are properly looked after, batteries have a lifespan of 3 to 5 years. However, batteries should be fully charged and disconnected when boats are stored away for the winter. Once it’s time to bring your boat back out in the spring, recharge the batteries, clean the terminals, and the cables need to be torqued to 20 foot pounds.

When you read your owner’s manual, you will notice that there are 2 timeframes listed: engine hours and once yearly. The general rule of thumb is to abide by whichever comes first, with the one exception to this being commercial applications. Racing engines are on a completely different timetable altogether.



Troy Copeland, General Manager
Hammerhead Marine and Sport Co.

2-Stroke and 4-Stroke engines share some of the same basic maintenance at 100 hours or once per year (whichever comes first):

- Gear case oil and drain plug washers (some units have 2 and some have 3)
- Grease all applicable grease fittings
- All electrical fasteners to be clean and tight

Among other general maintenance specific to that engine such as spark plugs, fuel filters, and engine oil. Meanwhile, Sterndrive packages at the same length of time need some of the above in addition to having coolant checked, drive oil changed and plug washers drained, greasing the prop shaft and checking for fish line.

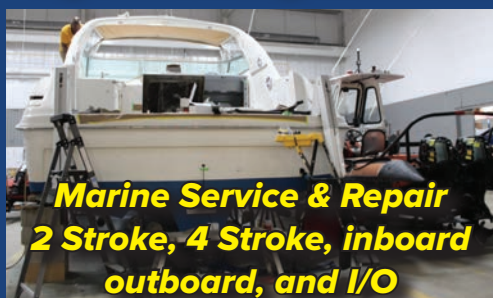
When it comes to inboard engines, they only have a shaft and a transmission, so the oil must be changed and the stuffing box needs to be checked. Don’t forget about taking care of vessels as well so that you can help keep its performance where it should be, and keep the hulls free of plant growth and other materials that will vary depending on your location. Don’t forget to check the steering and electrical systems! This information is all general to marine engines. You should also keep in mind that not all water is created equally. Fresh, salty, brackish, swamp, the list goes on! With the main types being fresh and salt, the best way to combat the corrosive salt water is to flush fresh water through your engine after every use.

If you are a boat owner or looking to become one, trust the experts at Hammerhead Marine and Sport Co. located at 111 St. Arnaud St. in Amherstburg to help care for your boat and educate you on the process.

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HOW TO STAY MOTIVATED DURING SUMMER

By Jono Macri

‘Summer, summer, summertime-time to sit back and unwind’, so why in the world would anyone want to go and get uncomfortable, and put your body through a gruelling workout?

I mean, it's 88 degrees, sunny, and the only thing on most people's mind is what time the pool party starts? As true as this is for the majority, just because the sun peeks its head out doesn't mean we have to abandon all our health and fitness goals. Staying motivated or consistent during the summer can be a challenge not just physically but mentally. Too many summer breaks will have you falling way behind on your goals, and can often set you back further than where you were when you started your journey. Listed here are 4 ways to stay motivated and consistent during the summer months.

1. Remember your Why!

Don't let the sun's rays, cool drinks, and the beach take you away from why you started taking care of yourself in the first place. When there are temptations and opportunities to skip, remember why you started

and keep yourself accountable. Did you promise yourself you would look and feel your best for your wedding coming up in less than a year? Did you make a promise to yourself to be more active so you could do more fun activities with your children? Your "why" will always be more important than any social event, dessert, or late night drive through. When you feel the excuses coming on, sit back and think why you started, and you may not always make the right choice in that moment, but if you make enough of the right choices over time, you'll always win in the end.

2. Don't Cheat Yo'self, Treat Yo'self

Think of this next point like this; if you worked at your job for two weeks straight and there wasn't a paycheck that Friday night sitting in your account, you'd find it very hard to continue working there, correct? Well, you're doing all the hard work



with eating the best you can, doing your cardio, weights, sweating like an animal, walking weird for several days after a leg day etc. You need a reward, you need a pay day, so treat yourself! I'm not saying, go for a 10 minute walk, get home, and devour 37 bags of Doritos, but what I am saying is there needs to be a balance. Don't feel bad for having that extra glass of wine, or multiple desserts for a week well done in the gym. Just remember with hard work comes great rewards, so don't cheat yourself, instead treat yourself and enjoy (in moderation).

3. Variety is the Spice of Life

One of the reasons you may find yourself lacking motivation during the summer months is that you are just plain bored with your routine. You do chest and triceps every Monday, cardio on Tuesdays and Thursdays, and legs every Wednesday since the beginning of time. Summer is a perfect chance to

incorporate new activities and actually have fun with your workouts. Instead of Tuesday and Thursday stair master and treadmill, try paddle boarding on the water, or an outdoor yoga class. Varying or changing your workouts will add more fun, creating a higher likeliness that you'll actually do the workout, and often times you'll see better results because you're giving it your all and enjoying it. So, get off that boring indoor treadmill, grab some sunscreen, and hit the trails for your workout.

4. Grab an Accountability Amigo

What is an accountability amigo? It's a friend who you can train with who has similar fitness goals to yours. Accountability partners are a great way for you both to keep each other consistent and accountable when that little voice in your head says "untie your laces and go make a margarita." If you're the only one in your circle

of friends who cares about self-improvement then go hire a personal trainer for a few days a week. Personal trainers will work with you on your goals and encourage you. One of the best ways to find accountability amigos is to join a fitness studio. You are welcomed in as family from the start, and it's a great way to get your workout in as well as meet new great friends.

No one is perfect and life is all about balance. You can have your cake and eat it too, but you have to be willing to put in the sweat equity when you don't feel like it sometimes. The next time that little voice decides to remind you that 10 desserts is okay, please remember the above 4 points to keep you on track and on point this summer season.



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DEBBIE NEDIN
Sales Representative

I have been in Real Estate since 1983. In 2015, Brady Thrasher and I teamed up, and this has been a great union that I really love and enjoy. I have been married for 42 years to my soulmate, Dan, and we have 2 children together: Ashley, Chad, and my son-in-law Chad.

The absolute joys of my life are my grandchildren Carson and Avery, whom I spend as much time with as possible. I am an avid golfer and enjoy my card club.



KARRIE THRASHER
Sales Representative

I am a newly licensed Real Estate Agent. Not only am I part of Brady's team, I have also been married to the love of my life, Brady's brother Wes, for 14 years. We are the proud parents of Grayson and Cooper, and our puppy Scrappy!

We enjoy spending family time playing outdoors, and are avid fans of board games, crafts, and gardening. We love to travel and get away as much as possible!



BECKY BANKS
Sales Representative

I have spent my entire career of over 25 years working with individuals in the Developmental Services sector, and anyone who knows me knows that I absolutely love working with people. Now, I'm ready to continue and expand on my passion of working with others, focusing on helping them achieve their realty goals because human connection and making people smile is my most valued asset.

Being fortunate enough to join my incredible family team gives me the added value of tremendous leadership, expertise and trust in this business.

I am a mama to the most incredible humans, Jaiden and Halle, and I hope that watching me go through this new endeavor will inspire them to follow their passions.

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ARE YOU WORKING IN THE RIGHT POSITION?

By Sue Brunet
Canadian Certified Professional Ergonomist, Owner of Ergonow



Many of us are spending the majority of the work day interacting with a computer, so have you ever wondered if you are set up properly or if there's a better way? Ergonomics is a familiar word, but do you know what it means? Office Ergonomics means finding a way to be comfortable without developing negative effects on your body along the way. Whether you are back in the office or working from home, computer users are spending more time than they ever have in front of the computer screens, laptop, tablet and phones.

These last two years we have had to get creative with our work environment, and this may have included working from the couch, kitchen table, or bedroom as an example. No matter where you are working, remaining in one position for long durations when you are not well supported can take its toll. Long term effects can impact our vision, blood circulation and increased demands on the soft tissues of the body. Computer users need to know that responsible behaviour and proper use of ergonomic devices help to preserve their health.

Our bodies are meant to move frequently throughout our workday and we are just not getting enough movement. What makes things worse is when we are seated in these static positions, we are not supporting our body properly. The couch or bed may feel comfortable, but this puts your back muscles in non-neutral postures.

As Ergonomists we evaluate awkward postures, repetition, frequency and forces as risk factors. Sustaining non-active postures for long periods of time while placed in awkward postures may look like: Rounded posturing either in the lower and/or mid back, hunching over our laptops, the neck being drawn forward, elevated shoulders, experiencing contact stress/pressure on various parts of the body. Any of these place strain on the muscles, tendons and/or nerves.

When you are in discomfort, the symptoms of the aches, pains, tingling, numbness, and muscle tightness become a distraction and affect your productivity. Consistently using the same muscles in awkward positioning creates muscle imbalances. Some muscles are contracted and shortened, others are stretched too much. This is what leads to the discomforts.

A poorly fitted chair or improper seated heights, for example, will promote awkward hip angles, rounding of the mid back and possibly unnecessary shoulder posturing due to interference of the armrests. Implementing solutions like products, design, and administrative changes is a must! We know that it can be confusing trying to figure out what equipment to buy. Just because the product says it is "Ergonomic" does not mean it is the right product for you! There is no one-size-fits-all when it comes to office ergonomics.

Retailers will often say that the products they sell are ergonomic, but it is really about finding the best equipment for your body type and your type of work. It is then that you need to educate yourself on how to set yourself up and how to use it.



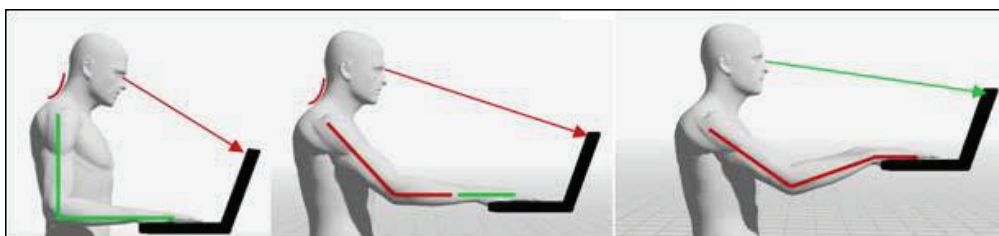
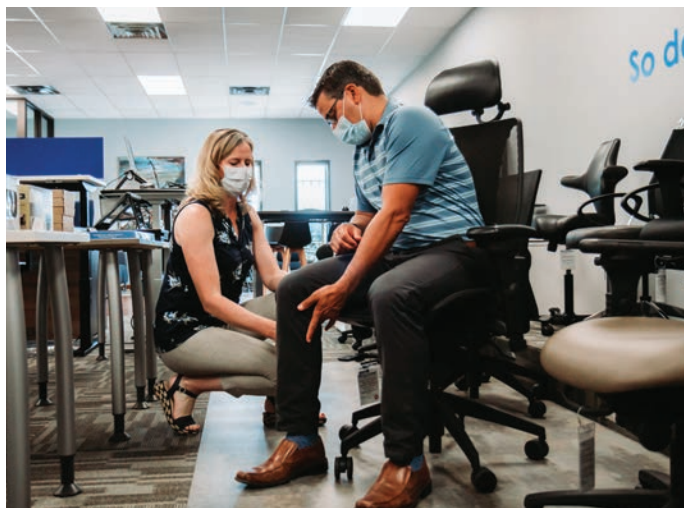
Spending a little more money on a great chair that will help keep your body in the right position goes a very long way. If your chair has all the adjustments and you do not know how to adjust it properly, you are wasting your money.

Ergonow places emphasis on Fit - Adjustability - Function. Intervention strategies that can help decrease symptoms may be using an appropriate keyboard, ensuring you have a well fitted and supportive chair that is adjusted to the individual's body type, ensuring your work heights are aligned well, and placing frequently used materials in the proper location.

Using a keyboard that is too wide for your shoulder breadth forces you to over reach for the mouse.

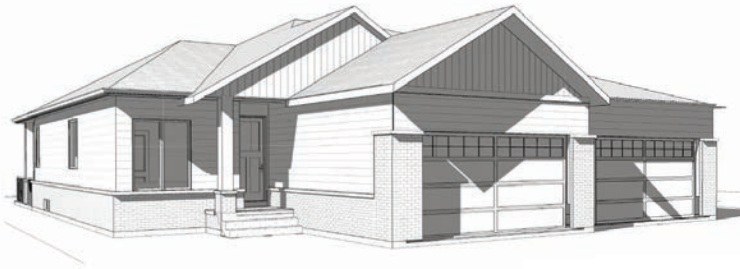
Using a mouse that is too small or too large for your hand size promotes excessive gripping, leading to muscle fatigue. Working with the monitors away from your center of vision will create imbalances of the supporting muscles of the neck.

We often see computer users working full time from their laptops. This is not recommended as you can never obtain good positioning of all your body parts. Either the neck will be compensated because you have to look down at the screen, or the shoulders, forearms and wrists will be if the laptop is located too high.



Finding the right solution would involve elevating the laptop so that the screen height is in your specific optimal view, and then obtain an external keyboard and mouse. Yes, products can assist with improving your discomforts. By all means you do not need to break the bank, but by purchasing one or two items along with adjusting your current layout and/or work heights, will go a very long way.

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IMPROVING YOUR WORKING ENVIRONMENT

It's no secret that a good working environment is important to our well-being, safety, and productivity. But as an employer, how can you make sure that your employees are getting the best possible working conditions?

That's where Ergonow comes in. The science of ergonomics involves studying the efficiency of a workplace by understanding the methods and designs that optimize human well-being and performance, and Sue Brunet, a Canadian Certified Professional Ergonomist, does exactly that. As Brunet puts it, being an ergonomist means that she gets "to watch people work," and in doing so she can help employers find solutions to improve physical, cognitive, and environmental components to boost workplace morale.

As a Canadian Certified Professional Ergonomist, Brunet's job entails assessing workspaces and providing recommendations for improvement. This certification ensures that Brunet has both the academic and practical experience needed to competently serve the public.

Brunet's company is more than just a consulting service, Ergonow is also a furniture dealer making great strides in the Windsor-Essex county area. They provide office furniture for all types of work environments including businesses, residential, manufacturing, healthcare, education, and more. They are also specialists in providing quality office seating where the client is fitted to the chair and it is customized to accommodate their anthropometrics. They carry many unique accessories that all assist with improving the computer workstation from sit-stand solutions, keyboard trays, laptop risers, adjustable monitor arms, and document holders.

Even specialized keyboards and mouse devices can make a world of difference for those experiencing discomforts in the hands, arms, or shoulders. Investing in the proper furniture during the design stage is a cost savings solution in the future.

Now that the world is beginning to return to a sense of normalcy, Brunet and the rest of the Ergonow team are thrilled to be able to finally welcome the public to their new showroom—a feature that sets them apart from other ergonomists. The public is now welcome to visit them in store at 3033 Marentette in Windsor to browse their product offerings with many of their products available for a 1-2 week free trial. It is suggested to call ahead to set up an appointment if you want to sit down with one of their Ergonomists to discuss your personalized needs.

"One of our reasons for opening a showroom was to help educate businesses and the general public on sourcing the right office equipment that would best fit their budget while ensuring it meets their individual needs," says Brunet. "We guide our customers by educating them and then matching the products to them. Upon delivery/installation, we spend the time to teach them how to use the product and ensure that it is set up specifically for the end-user. This is so important to reduce discomforts and prevent injuries in the future."

Working in a well-organized and comfortable environment can do wonders for productivity and motivation. If you feel like your workspace could use an upgrade, contact Ergonow at 519-819-2679, toll-free at 855-374-6669 or email at info@ergonow.com to set up your consultation.

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SUNDAYS WITH JONO

By Jono Macri, author

Sunday's with Jono was written with one goal in mind, to simply help people live happier, more fulfilling lives. Everyone has their own story, their own struggles, and their own idea of what living their best life looks like. Unfortunately, most people settle for the average, they make peace with the mundane and get robbed of living a truly championship life. This book was written as a reminder that with the right thinking, feeling, and intentions, anyone can custom design a life of value, purpose, and pleasure.

We all live parallel lives in a sense: we all have to make money, stay as healthy as we can, deal with family responsibilities, relationships, friends, and still try to squeeze some time in for fun on the weekends. I noticed the majority of people were silently suffering, with not enough time left at the end of their day, or not as much money left at the end of their dollar. Most people were just happy to make it to the weekend, only to do it again next week and the week after that and so on. I was guilty of feeling this way as well, which is why Sundays with Jono had to be created.

Everyone loves a great Sunday, you get to wake up a little later, you get to smile knowing you don't have to be anywhere or do anything. You could stay in your pajamas until noon, or watch football or movies all morning and no one would care. Perhaps one of the greatest things about a Sunday is knowing that everyone else is doing the exact same thing as you. It's 11am on a Sunday morning and you feel free. You have the whole day ahead of you to sculpt into your own masterpiece.



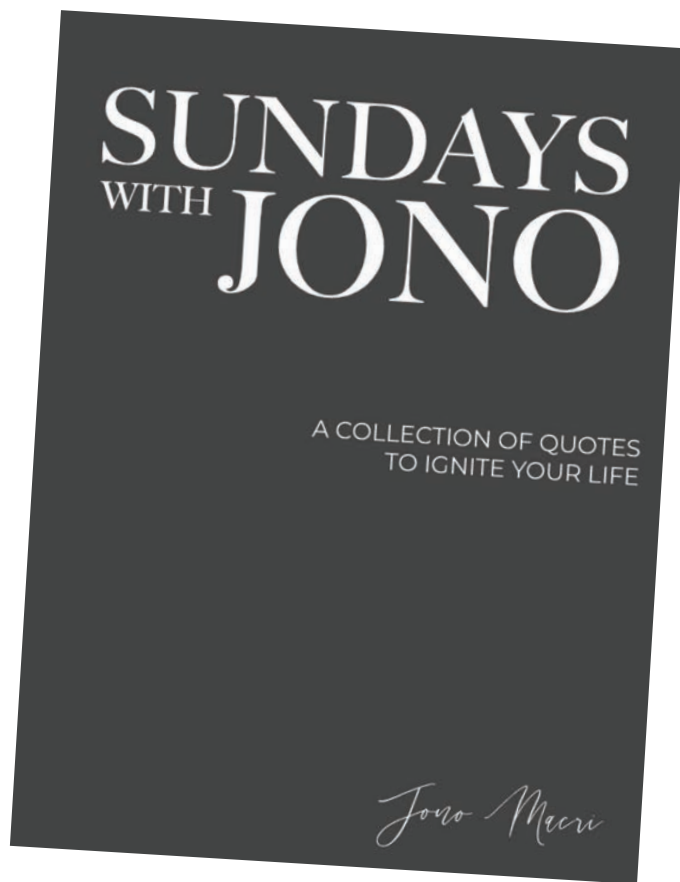
But then cue the 7pm feeling deep in your gut knowing Monday morning is right around the corner and it's the start of another week. Your joy, your energy and your soul have been sucked from your body as you dread the week ahead. I decided that living this way was no longer acceptable, so I wrote a Sunday night Facebook status to myself to motivate me throughout the week. I'd write one every Sunday night before bed as I collected my thoughts as a reminder that a better life is out there. What I noticed over several months was quite remarkable. People started liking and commenting on each post. At first just a few people, but then it grew to hundreds liking, commenting and sharing. They would share incredibly touching stories of their own struggles, or stories of triumph or bravery. I would receive private messages thanking me for the Facebook status as it was exactly what they needed to hear at that moment in their life. Week after week I would read these messages and comments, and realize most people are fighting battles that no one has any idea about.

A WAKE-UP CALL FOR YOUR SOUL

I decided to put together a collection of motivation, inspiration, and rules for life that would Ignite one's soul. Each page in Sunday's with Jono is balanced with powerful reminders, practical and grounded advice that if acted upon can change the direction of your life. One of my favourite quotes says "you can't change your destination overnight, but you most definitely can change your direction overnight." Often times great change begins with one simple shift, or one realization and movement towards a positive direction. The ability to simply want a better life can begin the process of huge change.

The heartbeat of Sunday's with Jono is all about strength, determination, and forging ahead despite any fear. These are all qualities of Superhero. In fact, this book is dedicated to, and a portion of proceeds will be going to Windsor's very own little Superhero Mason Macri and the Fight Like Mason Foundation. Pledged to make a change in the world of childhood cancer, Iain and Chantelle Macri use courage of their own to help raise over \$1 million dollars to support dozens of programs designed to support children and families affected by childhood cancer in the hopes that nobody else will have to face the heartbreak they did when their Mason tragically passed.

If you knew there was a better life out there for you, a life with more happiness, more money, better health, relationships, fun and adventure, what would you be willing to do to live it? If it's time for you to take your life to new levels and higher heights, Sunday's with Jono will take you there.



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Foundation Building Materials

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WHY YOU SHOULD ADD AVOCADO TO YOUR DIET

We've all heard the jokes about how everyone seems to be eating avocados these days. But there is a good reason for it! Avocados are a nutrient-rich fruit that have many benefits for your health. From improving heart health to helping with weight loss, there are many reasons to add avocado to your diet. If you're looking for a nutritious and delicious addition to your diet, this versatile fruit is packed with vitamins, minerals, and healthy fats that can benefit your body in a variety of ways. When it comes to healthy eating, few foods are as beneficial as avocado. For one, avocado is an excellent source of vitamins and minerals. It contains high levels of vitamins C, E, and K, as well as potassium and magnesium. These nutrients are essential for maintaining good health.

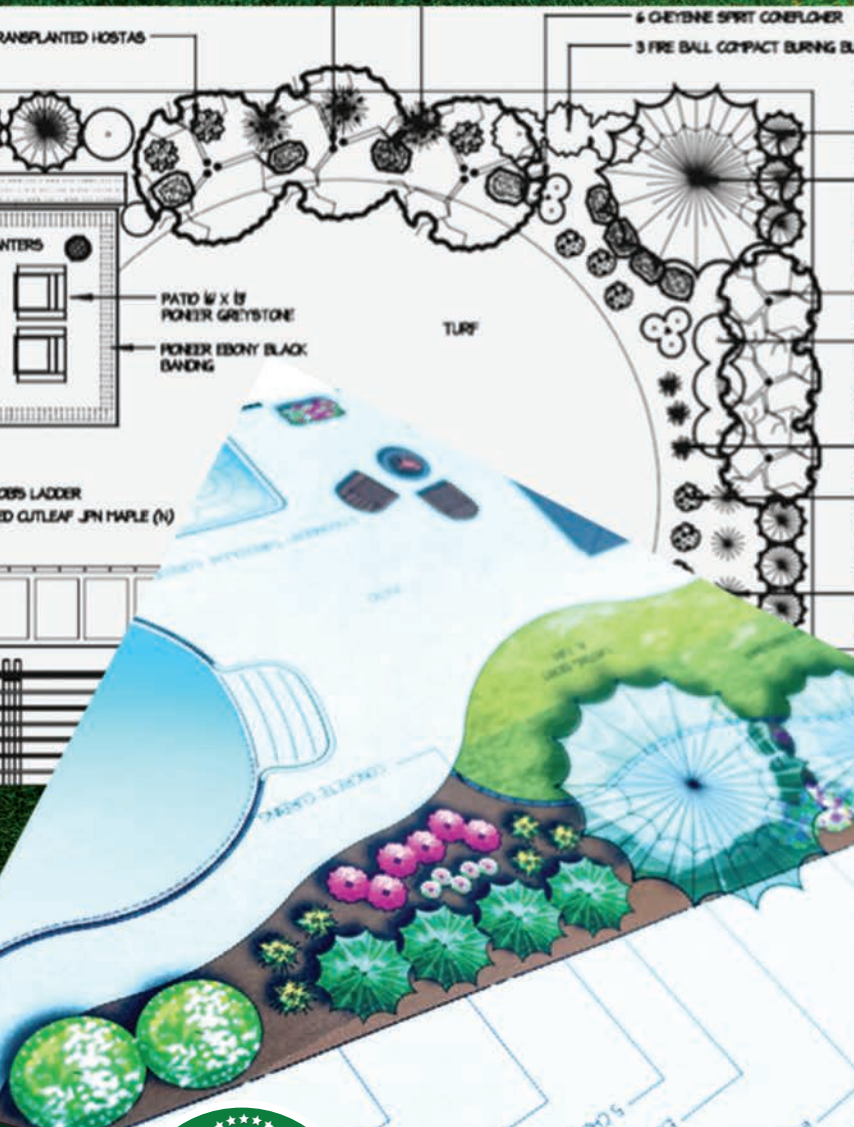
Avocados are also rich in healthy fats. The monounsaturated fats in avocado can help improve cholesterol levels and overall heart health. Additionally, the fats in avocado can help to promote healthy skin and hair. Finally, avocado is a great food for weight loss. The combination of healthy fats and nutrients makes it a perfect food for those trying to lose weight or maintain a healthy weight. Plus, the high fiber content of avocado helps to keep you feeling full longer, suppressing hunger and increasing meal satisfaction. If you're looking for a delicious and nutritious way to add avocado to your diet, there are plenty of options! Whether you enjoy it as a simple snack, or use it as a key ingredient in your favorite recipes, there are endless ways to enjoy avocado. Adding avocado to your diet is easy and can be done in many different ways: salads, sandwiches, soups, and even desserts, avocado can do it all!

Are you looking for ways to add more avocado to your diet?

Here are a few tips:

- *Add avocado to your breakfast by topping your toast with avocado slices or adding it to your eggs.*
- *Try an avocado-based salad for lunch or dinner. Add avocado to your favorite salad recipe or try a new one.*
- *Use avocado as a healthy and delicious dip. Try dipping veggies, crackers, or chips in mashed avocado.*
- *Make a smoothie or shake with avocado. Add avocado to your favorite smoothie recipe or try a new one.*
- *You can even find desserts that use avocado as a staple ingredient!*

These are just a few ideas for incorporating avocado into your diet. Get creative and enjoy! If you're not already eating avocado, then you should definitely consider adding it to your diet. Not only is avocado a delicious and versatile food, but it also has a host of health benefits. Avocado is packed with nutrients like potassium, vitamin C, and fiber, and it can help improve your cholesterol levels and protect against heart disease. So next time you're looking for a healthy snack or addition to your meal, don't hesitate to reach for some avocado!



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