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**WORK FROM  
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**FITNESS TRENDS**  
FOR ANYONE TO GET 2022  
OFF TO A HEALTHY START



# RENEWING, RESTORING & **REVITALIZING** **WOMEN'S HEALTH**

REVITALIZE MEDICAL LASER CENTRE

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# body WINDSOR



### PUBLISHER

Tony Catalano

### ART DIRECTOR

Jayson Pynn

### EDITOR

Jessie Gurniak

### SALES EXECUTIVES

Tony Catalano

### CONTRIBUTING WRITERS

Jessie Gurniak  
Alyssa Leonard  
Vanessa Steele  
Kirsten Kreibich B.H.K.

### DESIGN & LAYOUT

Jayson Pynn  
Adam Patterson  
Erwin Parungo

### ON THE COVER

The Doctors of Revitalize Medical Laser Centre

### COVER PHOTOGRAPHY

Mediaduo Advertising

### GENERAL INQUIRIES

519.969.3608



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create	<ul style="list-style-type: none"> <li>Art Attack</li> <li>Creative Canvases</li> <li>Get Messy</li> <li>Learn to Crochet</li> <li>Parent &amp; Tot Picassos</li> <li>Stories &amp; Songs</li> </ul>
discover	<ul style="list-style-type: none"> <li>Babysitter Training/Home Alone</li> <li>Coding</li> <li>Homework Help</li> <li>Little Drummers</li> <li>Little Scientists</li> <li>Preschool Circle Time</li> <li>Private Music Lessons</li> <li>STEM Explorers</li> </ul>
move	<ul style="list-style-type: none"> <li>Badminton</li> <li>Basketball</li> <li>Dance Fusion</li> <li>Dancing Kids/Dancing Tots</li> <li>Dodgeball</li> <li>Drum Fit</li> <li>Floor Hockey</li> <li>Gymnastics/Totnastics</li> <li>Nerf Warriors</li> <li>Pickleball</li> <li>Stretch and Restore</li> </ul>
splash	<ul style="list-style-type: none"> <li>Aquafit</li> <li>Leadership Courses</li> <li>Lengths Swim</li> <li>Parent &amp; Tot Swim Lessons</li> <li>Preschool/Youth Swim Lessons</li> <li>Private Swim Lessons</li> <li>Spin H2O</li> </ul>

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# 2021 IN REVIEW

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REVITALIZE MEDICAL LASER CENTRE





# RENEWING, RESTORING & REVITALIZING WOMEN'S HEALTH

Women's health shouldn't be embarrassing or invasive. At Revitalize Medical Laser Centre, located at 2425 Tecumseh Rd. East, suite 216, a team of medical professionals offer various non-invasive, non-surgical procedures that offer qualifying women the opportunity to take control of their feminine health.

Using state-of-the-art laser technology, paired with the extensive experience of their physicians, Revitalize offers a variety of services in their warm and relaxed atmosphere. The decision to get treated at Revitalize will leave you feeling confident in the quality of your care.

The team consists of 5 OB/GYNs, 3 medical aestheticians, and a nurse injector, rounded out by their administrative team. Their goal is to make feminine health more accessible, and help educate people about the different options they have available to them that they might not otherwise know about.

There are many reasons why someone may be unhappy with their body, whether it be due to appearance, a chronic condition, or the way that it feels. At Revitalize, many of their patients come to us after being referred by their OB/GYN, but those without a referral are welcome as well. All patients will be given a consultation with their licensed physicians to discuss whether their treatments are right for them. Revitalize will never over treat or under deliver. Honesty and integrity are part of who they are.

THE DOCTORS OF REVITALIZE  
MEDICAL LASER CENTRE



DR. TOMC



DR. RAWLINS



DR. VICTORY



DR. SUGA



DR. JASEY

VAGINAL REJUVENATION

Collagen is a natural protein found in many parts of the body, such as skin, bone, tendons, and muscles, that provides strength and structure to connective tissues. As we age, the production of collagen starts to decline, causing the skin to become thinner and more fragile. With The MonaLisa Touch™—one of the first treatments of its kind—minimally invasive and painless laser technology is used to stimulate collagen production in the vaginal wall. This treatment can also help relieve the uncomfortable symptoms of hormonal change that many women experience, especially after menopause (e.g. vaginal dryness, itching, pain during sexual intercourse), and uses a CO2 Fractional laser to reverse vaginal atrophy and laxity. Revitalize also recommends the MonaLisa Touch™ as a way to treat Lichen Sclerosus, a skin condition resulting in patchy white skin in the genital and anal areas.

Revitalize also offers other treatments for rejuvenation that have been gaining in popularity, such as Votiva™. This treatment helps with the remodeling of the labia and vulva to improve laxity and the appearance of wrinkles, as well as strengthen muscles—especially after childbirth. Childbirth also commonly causes women to experience urinary stress incontinence, and the Votiva™ treatment can help fight incontinence, vaginal dryness, blood flow, sensitivity, and the painful sensations caused by labial hypertrophy as well. These treatments can help improve your self-esteem and sexual interest.



## MICRONEEDLING

Vaginal rejuvenation isn't the only treatment that Revitalize offers. Dermatological conditions can happen anywhere on the skin, and so Revitalize also offers Microneedling treatments which help to rejuvenate the skin. Fractora™ is a microneedling technique that is the most advanced Fractional RadioFrequency treatment Revitalize offers. With this treatment, RadioFrequency energy is delivered to the skin through an array of pins, producing heat and small micro lesions. This aids in healing acne scars, sagging skin, and loose jowls and neck lines. The same technology, under the name of Fractora V™, can also be used for labial tightening and reduction.

Along with the Fractora, we also provide the SkinPen. The SkinPen is a medical grade micro needling device which was the first FDA approved device of its kind, and the only one approved by Health Canada for addressing dermatological conditions. Using 14 sterile needles to stimulate the body's natural healing process, this device is a proven effective method in renewing the skin to healthier conditions, and the procedure comes with minimal downtime.

## COSMETIC INJECTIONS

Wrinkles, crow's feet, and worry lines are a common concern clients have, and Revitalize offers treatments that differ from the standard use of Botox, providing you with an alternative option for a younger appearance.

Revitalize uses Xeomin Cosmetic™ injections as their neuromodulator (wrinkle relaxing injection), and Belotero as a filler. Xeomin contains the same formulation as Botox, but is a purer substance which makes it a good substitute for those with allergies or immunity to Botox. Marlo, one of the nurses at Revitalize, explains that what she likes about Xeomin is that not only is it great for relaxing the muscles and softening lines, but it also has therapeutic uses, such as for the treatment of TMJ and hyperhidrosis.



Xeomin can also be used as an inexpensive way to get fuller lips, with injections lasting for roughly 1-2 months and fills out your lips without affecting your smile. Marlo sees this as a great way to test out how you feel about the fuller lip look as its shorter duration can be used as a trial before doing something more permanent.

Belotero, a dermal filler made with a naturally occurring component of our skin called hyaluronic acid (HA), is an injection that Revitalize uses to help create a smoother, more natural looking finish. The way the strands of HA are cross-linked and stretched helps it to set within the tissue effectively, adjusting to high and low zones in the dermal layers. These injections typically last from 6-12 months and can also aid in keeping the skin hydrated, making it look full and fresh.

From laser hair removal to body contouring, Revitalize has so much more to offer. SculpSure, a laser that was approved by the FDA in 2017, uses heat to break down stubborn fat pockets on the body. As opposed to techniques that use freezing, SculpSure has no risk of hyperplasia or shark bites. With each treatment, patients can expect up to 24% fat reduction, taking about 2-5 treatments spaced out every 6 weeks.



The Revitalize team from L to R: Tara O'Neil, Claudia Mastrogiacomo, Marlo Pringle, Krystal Branton, Alayna Lorkovich and Desirée Coffman

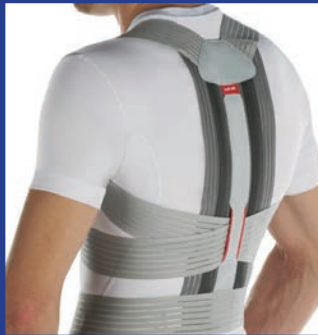
## COVID-19

If you are concerned about seeking treatment during the ongoing COVID-19 pandemic, Revitalize strives to ensure that all guidelines are being followed by staggering appointment times, screening all patients prior to their appointments, regular cleaning, and even has equipment available that makes facial treatments possible while masks are required.

Call (519) 254-1444 or visit [revitalizelasercentre.ca](http://revitalizelasercentre.ca) to book your free consultation today.



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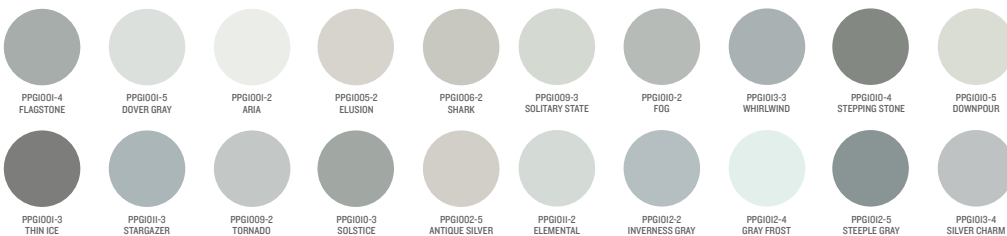
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**Phil Bonadonna**  
DEPARTMENT MANAGER  
519.796.0060  
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# ARE YOU SUFFERING WORK FROM HOME PAINS

By Kirsten Kreibich B.H.K.  
Physician Referral Liaison for Windsor & Essex County Locations of Kinetic Konnection

For many people, what they thought would be a temporary work-from-home arrangement has become the norm. And with many schools, universities and colleges offering remote learning, screen time has exploded! Now more than ever, health care professionals are seeing a surge in patient neck and back complaints. “Hunchback”, “vulture neck”, “text neck” and “selfie elbow” are becoming one of the top reasons to call and book an appointment with your healthcare professional.

I believe our school aged children are most at risk. Teenagers are already prone to being on their screens a lot. And everything that is good for them in terms of movement has been taken away — sport teams, gym facilities, pools and most youth groups are all closed. “It’s abnormal for my youngest daughter - who is only 12, complain to me that her neck hurts,” says Kirsten Kreibich. “In my opinion the younger school aged children are an overlooked population from a physical activity perspective.”





Looking down or the “forward head position”, whether it be you to your laptop, tablet or mindlessly scrolling TikTok for hours on your smart phone wreaks havoc on your spine. This chronic state of looking down not only puts tremendous load on the discs and joints of the spine, it also can cause muscle imbalance in the neck vertebrae.

Amplifying our back and neck pain is the lack of movement we would typically get if we were heading out to go to work or to school. Our body joints and muscles are much healthier and we become much happier as a result when the body gets regular movement during our waking hours. It is now more important than ever to move. Our bodies are designed to move, and even the smallest change in positions throughout the day will be beneficial.

And let’s be honest, our office space and classroom desks have more than likely been replaced with our beds, couches, and kitchen tables.

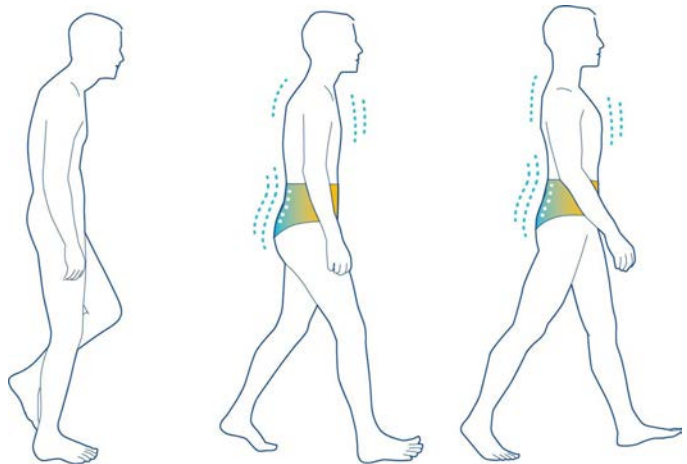
If your discomfort or pain becomes more consistent and at times unbearable, you should call your health care professional for help. After your evaluation, your healthcare professional may suggest you go to Kinetic Connection to be fit for a back and/or postural brace. Kinetic Connection has three convenient locations near you in Windsor, LaSalle and Tecumseh.

While you agree to try a brace, you may be wondering - “how will that help?,” “what kinds of bracing options are there?,” and “how long will I have to wear it?”

Fortunately, back bracing is easy to wear and can often be worn under your clothes so no one will ever know you are even wearing a brace. There are many different bracing options, and styles for our staff to choose for you to try on. All of our staff are Human Kinetic graduates. They have superior knowledge of the human body and how it is designed to work. And when your body is not functioning optimally, they can help. They’ll choose the right brace for YOU - every time.

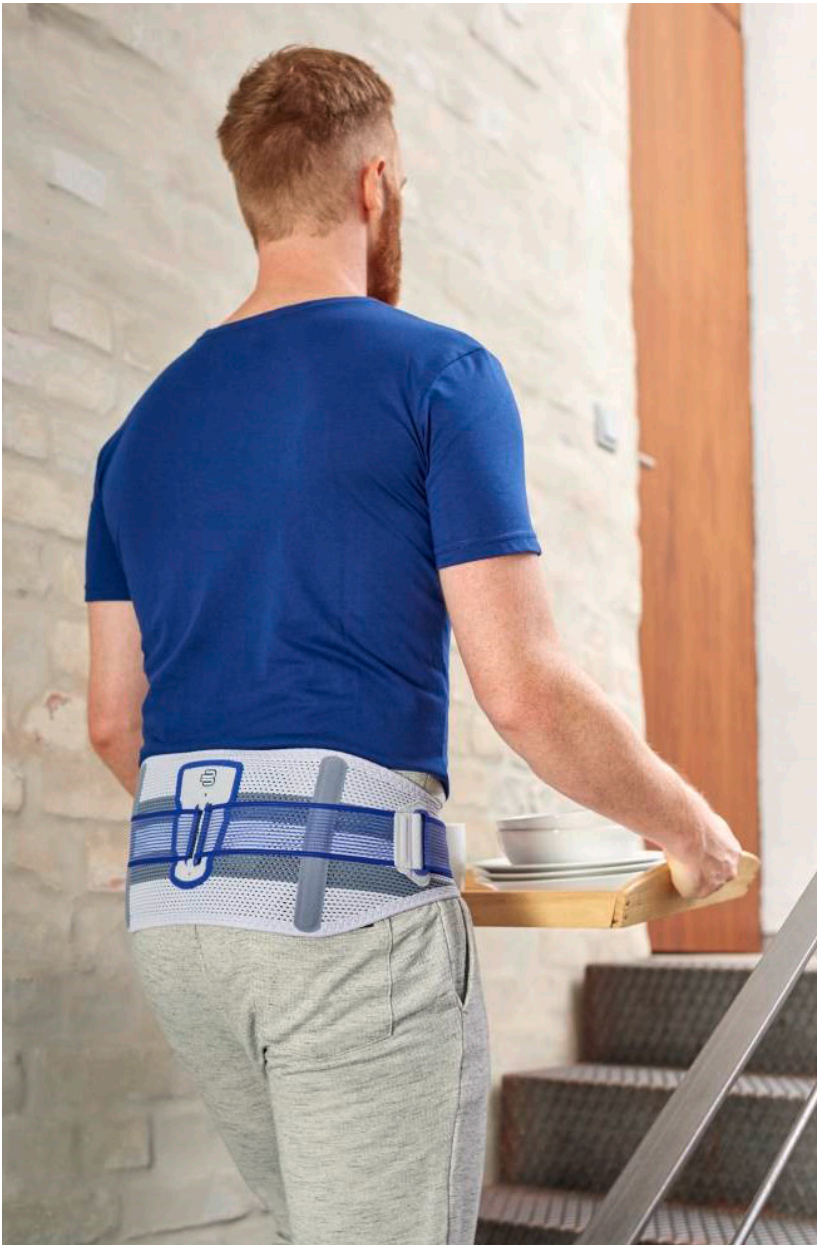
BEFORE

AFTER



Our core is the center of our body. Therefore, our core should be the area that is supporting the body and not our backs. But many people have a weak core forcing their back to compensate for the lack of support. You may wonder, “how do I know if I have a weak core?” If you feel you have poor balance, poor posture and if you often feel out of breath easily, these are strong indications that your core may be weak. If your lower back tends to ache after standing or even sitting for a long time, it may be time to look further into the issue.

**These types of braces help to keep your body in perfect alignment, maintaining the spine’s natural curvature, with your neck straight and shoulders parallel with the hips.**



Wearing a postural brace helps get your muscles back on track by forcing them into the correct position and making you aware of how you're sitting.

For over 25 years, Kinetic Konnection has been helping people as the area's leading bracing and compression experts. Bracing can help reduce your pain and get you back to your daily activities faster.

The locations are staffed with a friendly and willing group of educated experts. They are trained to help with an array of different injuries and diagnosis. Sticking to the spine, the three most common back diagnosis we see are spinal stenosis, facet joint syndrome or (osteoarthritis of the spine), and degenerative disc disease or (herniated lumbar disc).

Disk herniation and disk degeneration (which is wear and tear of the spine) is caused by prolonged poor posture, sudden or quick twisting movements of the spine, or excess load put on the spine. A rigid or semi-rigid back brace is commonly prescribed for this condition. The brace helps stabilize the spine and helps limit bending and twisting movements. Also, the brace assists in bearing some of the additional weight the discs normally could withstand without injury.

Along with back bracing, postural bracing has helped many people. They quickly become aware of their poor posture. These types of braces help to keep your body in perfect alignment, maintaining the spine's natural curvature, with your neck straight and shoulders parallel with the hips.

Did you know your spine is not straight? In normal, healthy individuals, the spine curves in a very specific way. Each curve in the spine works to distribute weight evenly throughout the area, where different muscle groups can bear the burden of balance and stability.

This is why when you have a spine injury, immobilization of the spine is beneficial for healing. You never want to over stretch the spine. That's why back bracing is commonly prescribed by health care professionals. Not only is bracing safe and easy, but you can experience the benefits almost instantly, if you're ready to **brace it. Do more!** Make an appointment with us today!

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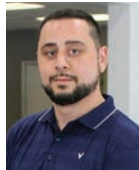
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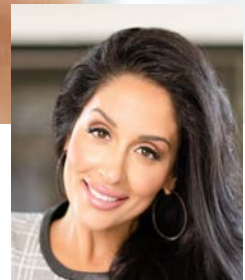
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# 2022 IT'S TIME FOR YOU



AS THE NEW YEAR BEGINS, WHAT MOST FEEL TO BE A FRESH START AND A GREAT TIME TO SET A NEW GOAL, WHY NOT SET THIS YEAR TO TRYING SOMETHING NEW FOR YOURSELF AND FOR YOUR SKIN?



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

Creating healthy habits are what many of us strive for with not only our foods and physical health, but our skin may be another added goal to set on the list this year. My own experience when guiding my clients, as manager and medical aesthetician at Image Clinic, I enjoy customizing and planning a skin plan that allows them to explore the latest treatment trends and discover a youthful, healthier appearance that is entirely possible.

Why not feel good in the skin you are in? Now, as we begin this year, let's guide you with your options and some of the latest skin treatments available.

During consultations with clients, the most common requests are treatments that allow their skin to feel decongested, firmer, and/or create an overall brighter complexion. There are a variety of ways to customize treatments and achieve this. First treatment I tend to suggest is always a microdermabrasion facial that may be done as a monthly maintenance. Microdermabrasion allows the skin to appear healthier as it sloughs away dead skin cell build up which contributes to many active breakouts and excess oils that congest our skin, while smoothing the texture and targeting any dehydration. One of my most popular and personal favourite treatments at Image Clinic is our newest BelamD Microdermabrasion Facial.

This unique treatment allows me to customize the depth of the cleanse while deeply exfoliating any build-up, extracting all congestion, provides an antioxidant boost with its hydrogen rich water, and infuses a customized serum for each individual and their skin needs. It also has the benefits of providing skin tightening that may be done in an all-in-one session that we call the Ultimate BelaMD Facial. The most satisfying thing for me is hearing my clients say their skin feels “so much lighter and breathable”. Microdermabrasion is also always a great option to begin with prior to deeper treatments to prepare a fresh canvas.



Aside from maintaining freshly cleansed skin, I enjoy educating my clients on how to work with treatments that stimulate their own collagen production to maintain the natural aging process. This includes treatments such as laser, radiofrequency devices, or even microneedling options. Knowing what may be right for you is based on what your main skin concerns are, what you are wanting to achieve, and of course, the professional guidance to guide your skin goals. What I love the most about my job is that I truly am able to customize a plan accordingly to each client, with working with devices that offer so much from laser resurfacing peels with our Fotona Laser that focuses on fine lines, texture, pore size, and overall tone, to our EndyMed Radiofrequency device that provides not only skin tightening and body contouring, but microneedling and fractional skin resurfacing that is safe for any skin type and tone. Some reading this may have never even thought of where to begin with their own skin and what is actually available. Why not try something entirely new with all these exciting treatments you may never have thought possible. “With a little dedication and guidance in the right direction, you can achieve anything with your skin!”

Lastly, there is nothing more important and I cannot encourage enough - than a continuous skin care routine that trains your skin on a daily basis. Not to mention it protects your skin investments for maintaining longer lasting results. This year, challenge yourself to get creative with your skin care, add new ingredients that will give your skin that extra boost. Working with our Vivier products at Image Clinic allows me to offer my clients a targeted skin care routine for their skin needs

---

**“When is it best to start your skin journey, you ask? Anytime! It is never ever too soon or too late to show your skin some self-love and care.”**

---

from their purest form of Vitamin-C's that transform tone and texture, to their active ingredient lotions that keep the skin complexion brightened and smooth. Finding an easy regime that works for you with products that you love really does make a difference long term, with just a few minutes a day focused on some self-care.

If there is anything we have been able to learn in the last couple years it's that finding the time for ourselves, and maintaining a healthy lifestyle, really does bring out the best versions of who we can be. When you stay dedicated to anything that makes you feel better on the inside, the outside glows with you and results come naturally. Be patient with yourself, your skin, and all the goals you are wanting to achieve. This year is for you. There is nothing greater than creating healthier habits as it is never too late to start. Plus, I am always here to guide you along the way.

Cheers to a new you!  
Sending lots of self-love and care your way,

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# KEEPING SEASONAL DEPRESSION AT BAY

By Jessie Gurniak

It's winter, and with winter many of us experience symptoms of seasonal depression and anxiety. Plus, with the COVID-19 pandemic still looming over us, the effects of depression and anxiety are stronger than ever. When it comes to your health, taking care of your mental health is just as important as your physical health. Knowing how to combat that pesky cloud that's raining on you can help bring the sun back into your life.

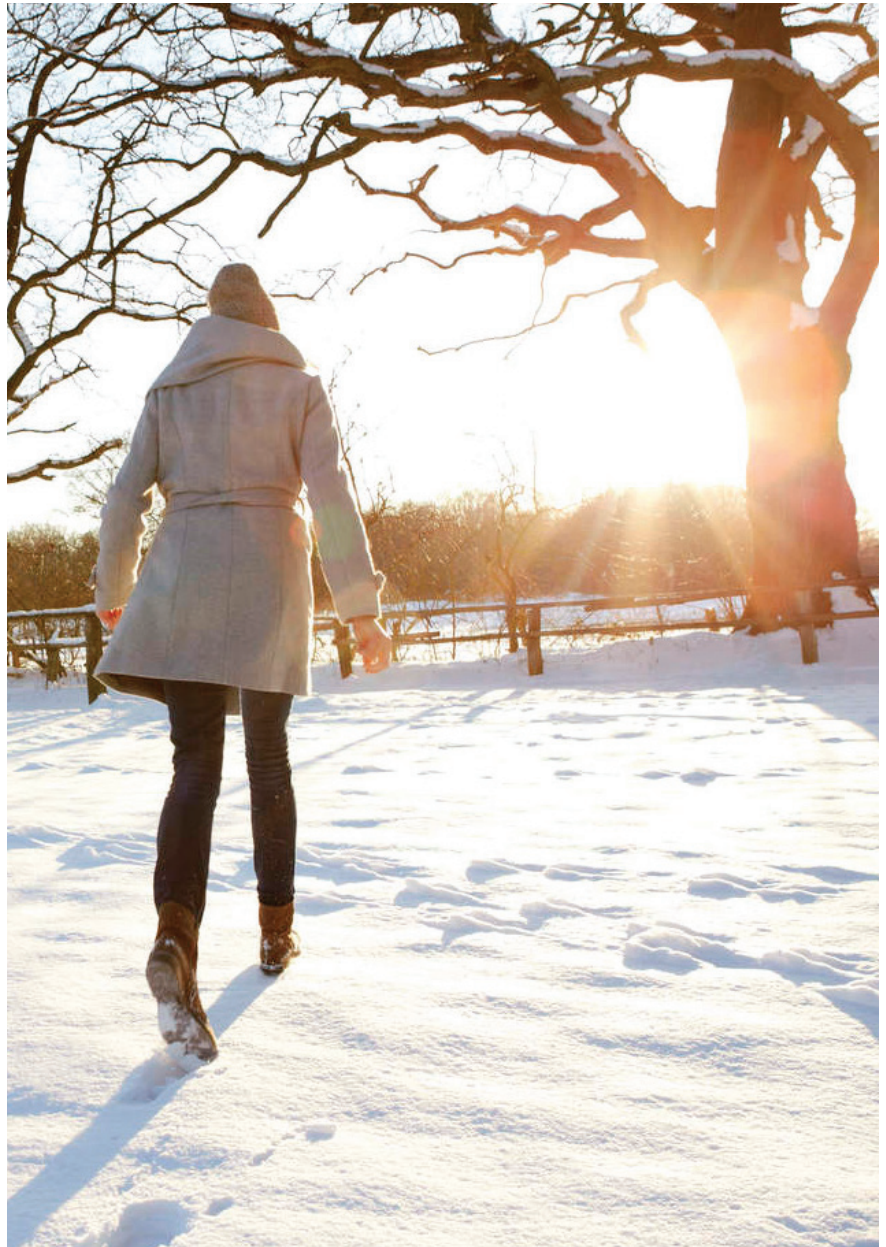
We have compiled a list of ways that many people say helps them fight off feelings of depression. Of course, everybody is different. Many people who experience depressive episodes are unable to do basic tasks, including showering, eating, and even getting out of bed. Some of the items on this list may not be suitable for major depressive disorders, and are meant instead to offer suggestions for self-care methods before major episodes set in. This list is opinion based and not meant to be taken as medical advice. Consult with your doctor if you have feelings of depression, anxiety, or other mental disorders.

#### GET A SAD LAMP

Seasonal affective disorder, or SAD, differs from clinical depression in that it usually only presents in winter. One reason why many individuals have feelings of depression during winter months is due to the days being shorter, meaning we have less exposure to daylight. SAD Lamps mimic the effects of daylight, right in your own home, and have been proven to be an effective method of helping to combat certain mood disorders, including bipolar disorder and postpartum depression.

#### GET OUT OF THE HOUSE

This is easier said than done, especially during the pandemic. Taking a walk around the block, strolling through nature, or even taking a drive through the county. Getting outside, even just for a moment, can be a good distraction from your mental health, and nature often comes with a sense of calmness.





### WRITE

One way many people have found to be a healthy way of expressing their thoughts is through writing. This can be done in many different ways, and you do not have to be a good writer to do it! A notebook, scrap pieces of paper, notes on your phone, it doesn't matter what tool you use either. It can be as simple as jotting down what's on your mind, or as complex as writing it out as a poem, lyrics, or story. Getting the words in your mind out into the universe, even if it isn't for anyone else to see, can provide feelings of relief.

### CREATE A PLAYLIST

Music is personal, and we all have songs that we turn to when we are feeling certain feelings. Because depression can hit suddenly and hit hard, if you make a playlist ahead of time, then when those episodes hit, all you have to do is hit play. You may be surprised at the therapeutic touch of a personally curated playlist.

### KEEP YOUR HANDS BUSY

Distracting yourself from the negative thoughts that come with depression and anxiety can go a long way. Many people have claimed that by keeping their hands busy with something creative, such as knitting, painting, or baking, it allows their mind to focus on the creative process rather than the intrusive thoughts.

### TALK TO SOMEONE

When we feel depressed, we often feel alone, as if nobody will care or understand. But that's not true. Even if you do not feel comfortable talking to a friend or family member, there are online platforms filled with people who are experiencing the same things you are. These platforms can help guide you through your feelings and introduce you to new coping methods you may not have thought about before. If you have the means for therapy, it may be a good idea to seek out a therapist whom you feel comfortable with and can talk to about your mental health.

It is important to recognize that there is a difference between feeling down or out of sorts, and having a major depressive disorder, anxiety disorder, or other mental illness. Seek professional medical advice if you believe you have a mental disorder, and always speak with your doctor before trying medication.



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# A DIET PLAN TO FIT YOUR LIFESTYLE

By Jessie Gurniak



With the cold days of winter hovering over us, it might be hard to imagine that summer is only months away. Whenever summer gets closer and closer, many of us start thinking about getting ready for our beach body, and how we want to get it. There are so many diets and exercise routines out there, it can be hard to know which ones are actually worth trying. We at Windsor Body explored our curiosity and sat down with Amelia Daigle, a local certified group fitness instructor and former varsity athlete to find out about her experience with the Beachbody diet.

Unlike other popular nutrition trends like veganism or keto, this is more than just a diet. It is an established company who specializes in fitness where you can purchase different packages online according to your needs, expertly tailoring your nutrition and exercise needs according to your fitness goals, current weight, and lifestyle.



Once you've purchased your package, you will be sent a personalized workout routine as well as containers to help you portion your meals. Many people will agree that food prep can be an annoyance, but Daigle explains that these containers are colour-coded for different foods so that your portions contain the perfect amount of proteins, fruits, vegetables, etc., making the task of meal prepping easier than ever.

"What I like about this diet is that it encourages you to eat," Daigle said. "A lot of diets will only tell you what you shouldn't eat, but this one tells you not only that you should be eating, but also gives you ideas for your meals." Daigle says she is not someone who wants to take the time to count her calorie intake, and so these easy to maintain plans work for her lifestyle.

It isn't just portion control containers that you get out of this deal. You can also be supplied with protein powder that can be mixed into smoothies, ideal for a nutritious and balanced meal that will leave you feeling energized. If you know the options you have, it is easier to make healthy choices and prepare for them. If you have a busy life like Daigle, with multiple jobs and long hours, meal prepping may be the only thing stopping you from eating takeout or skipping meals.

Daigle also points out that even if you aren't a nutrition or fitness expert, it is plain to see that exercise and nutrition go hand in hand, because you can workout as much as you want, but if you are not taking the time to fuel your body properly too, you won't get the best results you can.

It's important to educate yourself and find that balance between what your body needs and what your body wants.

Starting something new always comes with a learning curve, so don't be discouraged if it takes you a bit to find your groove. Following a fitness routine can take a lot of discipline, and Daigle recommends that if you are looking to start a diet, encourage a friend to do it alongside you so you can hold each other accountable and celebrate achieving your goals together. If that's not an option for you, try to find a nutritionist whom you can check in with. Journaling your experience can also be a great way to track your progress and keep you on track.

"I saw immediate results while still enjoying food and not feeling like I had to stop eating things I love completely," Daigle said. "I just had to be more mindful of the portions."

Has Daigle's experience inspired you to give it a shot? You can visit [www.beachbody.ca](http://www.beachbody.ca) to learn more about their fitness plans. Want to start a diet but want to explore more of what's out there before trying one? There are plenty of resources online you can use as a research guide. Remember to always speak with your doctor to find a diet that's right for you. Consult yours today to start your fitness journey.



Amelia Daigle

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# FITNESS TRENDS

## FOR ANYONE TO GET 2022 OFF TO A HEALTHY START

By Jessie Gurniak

Let's be honest, trying to incorporate a workout into your routine is much easier said than done. But who says fitness needs to be complicated? We live in an age of adaptability with several new fitness trends that will change the way you view workouts. Below, we have compiled a list of just some of the fitness trends that we believe many people will be using throughout 2022!



## WEARABLE TECHNOLOGY

Fitbit™, Apple™ Watch, Smartwatch. These innovative pieces of technology are an easy and affordable way to keep track of your overall health. The future of fitness, they connect to your cell phone and give you numerous features for fitness tracking, including heart rate monitors, stress tests, sleep trackers, and can accompany you through all sorts of different workouts, such as running and—if you have a waterproof device—swimming.

Even if you don't feel like you have the time to hit the gym or create a workout routine, you can still have that sense of fitness while at work or running errands by tracking your steps as you go. Perhaps seeing how many steps you do in a day just from going about your day-to-day activities will encourage you to pick up the space and beat your personal record. The personalized experience of wearable technology is truly changing the game of fitness.

## VIRTUAL CLASSES

For some of us, the only way we can stick to a routine is to have someone else telling us what to do. With the COVID-19 pandemic making gyms and classes come to a halt, it caused many of us to fall out of touch with our fitness. But thanks to the internet, countless instructors have turned to virtual classes so that you can still enjoy the benefits of a workout from the comfort of your own home!

Now two years into the pandemic, virtual workouts don't seem to be going anywhere. In fact, some classes are offering hybrid options so that you have the choice to either join classes in-person or from home! Gym owners are saying that having options is convenient. You might have a day where you can't leave the house but you still want to workout, so a virtual class is perfect for you.





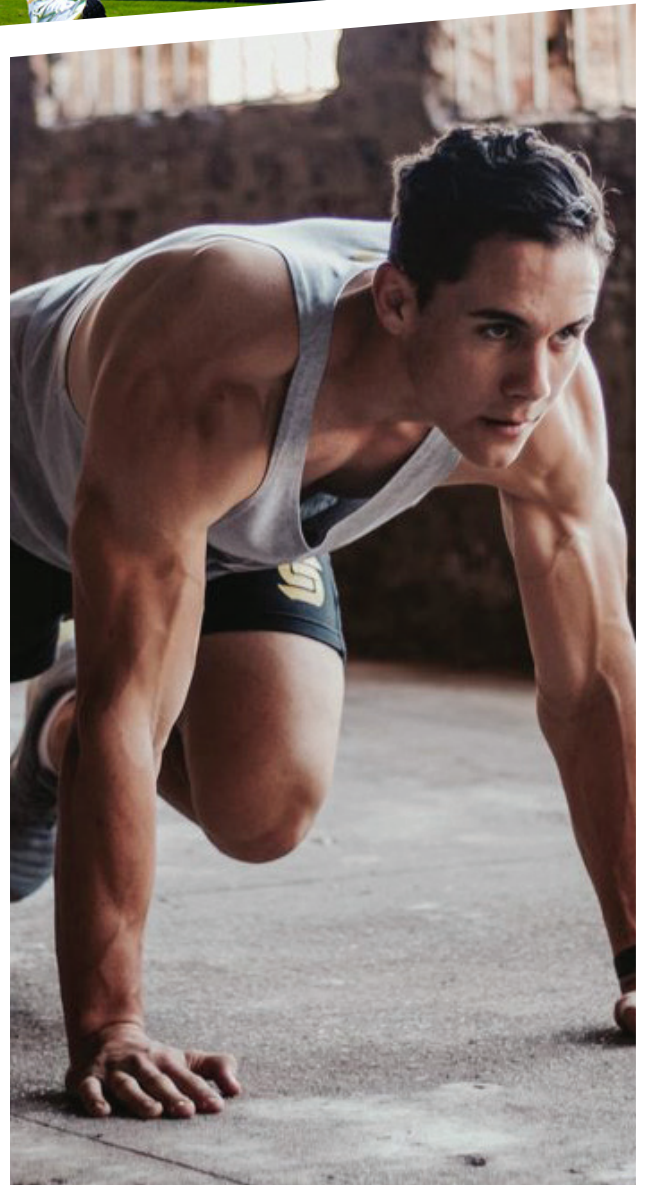
## WALKING

Of course, walking is nowhere near being a new trend, but it's always a popular one. If you want an easy way to get your body moving without the hassle of purchasing gym memberships or at-home equipment, walking is an ideal option. Explore the trails around your neighborhood, turn it into a light jog around the park, listen to your favourite music while you go. There is no wrong way to enjoy a walk. Walking is not only a great form of exercise, but you can also use it as social time. Grab a friend or two and go for walks with them to help boost morale and encourage each other to stay on top of your fitness goals. Having someone behind you to keep you on track can make all the difference.

## HIGH-INTENSITY INTERVAL TRAINING (HIIT)

HIIT is a great option for just about anyone. HIIT workouts are completely customizable, giving you short intervals (usually only seconds or minutes) of intense workouts separated by a series of breaks. There is no universal way to do HIIT, and that's part of what has made its popularity increase. The point of these routines is to let your body rest between exercises, and you can tailor the length and intensity of these routines to your lifestyle.

The name may make you think that HIIT is going to be a hardcore routine, but it does not have to be! It can be as simple as doing jumping jacks for 30 seconds with intervals of 10 seconds between sets. How long you want to make your routine is up to you, and there are plenty of guides online to help you find the workout that works for you.



## MINDFULNESS

Fitness does not have to be about losing weight or toning the body to look a certain way, fitness can also be about calming your mind. Exercising does not need to be part of your everyday routine; taking rest days are equally important. There are also ways to incorporate exercise into your life that focus on relaxation.

Yoga and meditation have become increasingly popular over the last decade, improving the overall strength, flexibility, and balance in individuals by using slow movements and breathing exercises. The peacefulness of meditation can provide individuals with more mental clarity and a sense of calm, which can aid in relieving stress and helps to sharpen concentration.

There are several ways to include exercise into your life, no matter what might be in your way. If you have questions or concerns, always consult with a professional before trying something new. Get motivated, find the workout that works for you.



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