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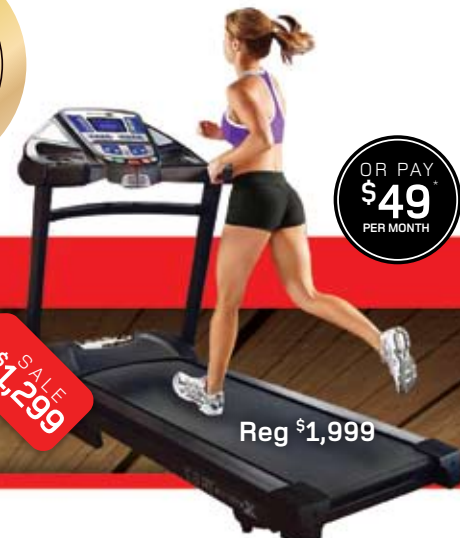
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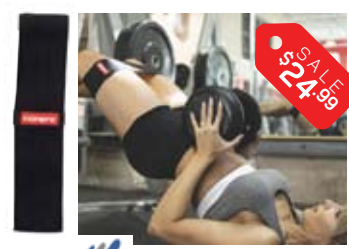
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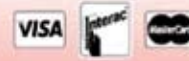


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PHYSICALLY AND FINANCIALLY FIT

WITH JENNY MINELLO



Everyone knows in order to be healthy there must be balance but what does that mean exactly? When people talk about health and wellness, they typically refer to exercise and nutrition, maybe even relationships, but what normally gets ignored is financial health. Every year, two of the most popular goals people try to achieve are to shed some extra pounds and save more money.

The most important part of a journey to becoming holistically healthy and balanced is to find the right person who can help you along the way. Just like a trainer can design a plan to help you reach your fitness goals, a financial advisor can help you assess your situation and build a financial plan that works for you. Jenny Minello of Sun Life Financial is just that person. She can create an entire plan that is unique to you, flexible, and most of all, she can be your accountability partner to make sure you stay on track towards the goals you set out to achieve. I sat down with Jenny, so she can help our readers get an overview of how she can help them get financially and physically fit.

How Do You Balance Finances And Health?

"Being fit from a health standpoint is just as important as being fit financially. It all takes effort and time to achieve. The balance of it all comes from the effort you put into your finances. The effort you would put into being mentally and physically fit should be just as important as being financially fit. Talk to someone so they can help you establish a plan that's well rounded and that has your goals in mind. Being financially fit is going to give you freedom in a lot of other areas in your life."

"The important thing to note is that you need to start somewhere, and I believe that when you are overwhelmed, whether with fitness or finances, you have to break it down into steps. People can get daunted by the condition of their finances and won't work on them; they'll stay in the same spot spinning their wheels. I can work with people to help them achieve their goals and put strategies in place that eliminate the stress; I keep them focused. Nine out of ten times people don't have the discipline to do it without help. When you have so much debt you want to have someone by your side help you, so it doesn't keep building up."

What Are Your Tips For Keeping Your Finances In Order?

"Budget. At the very least, do a budget. For 30-days track every dollar that comes in and every dollar that goes out. That will give you an opportunity to look at what you are spending money on and what's a necessity. Most of us don't realize how frivolous we may be until it's in black and white in front of us. If you buy a \$5 Starbucks coffee every day, it may be an area that can be trimmed back in order to save more... \$5 a day, every day adds up at the end of the month. Don't spend beyond your means! Use your credit card only when you can pay it back in full. Most credit card companies charge a minimal interest rate of 20 percent and that doesn't help anyone!"

If You Are Overwhelmed Financially, What Are Some Things You Can Do?

"First, if it makes sense, consolidate your debt into something more manageable and at a lower interest rate. Try to pay off debt with the highest interest rate first. Really look at what you spend your money on and be objective. Is there something you can do without? Something as simple as eliminating a landline if you only use a cell phone...that can help. It may seem small, but it adds up. There are always things you can do to reduce everyday expenses."

When It Comes To Fitness, Where Should Someone Begin?

"I didn't think working with a trainer would have such a positive impact for me as it has over the last three years. Although I have my personal training certification, it allows me the opportunity to not think about it. I communicate my fitness goals to my trainer, whatever those goals may be, and he (Ben Graham Fitness Solutions) creates a program specific for me. This gives me a greater chance of achieving those goals realistically. To get started, see a professional. Hire a trainer or at least go speak to one."

What Are Your Tips for Eating Healthier?

"Some of the obvious ones are drink lots of water, avoid sugar, get your carbohydrates from vegetables, and get good sources of protein. What some people leave out or avoid are fats! You need healthy fats! Fish, olive oil, avocado... there are many! Using ginger or lemongrass, even some hot spices when sautéing vegetables can help keep them from getting boring... it's all about flavour! I eat

a lot of salads, but I keep them interesting. I use different types of lettuce, brussel sprouts, kale, broccoli, olives, nuts/seeds, keeping with flavour. Finally, try to avoid going out to eat and if it's a must, there are lots of healthy options."

What Are Your Health And Fitness Tips For People On The Go?

"If people are struggling to eat healthy, meal prepping is one of the best ways to have something always available to you when you get hungry. When nothing is prepared, you're more likely to reach for something that isn't necessarily good for you. Have fresh veggies cut up, cooked chicken and boiled eggs all ready to grab when you are in a hurry. When it comes to exercise, most people get an hour lunch. Take 30 minutes of your lunch to get physical activity in. Go for a walk, stretch or take on some exercises that you can do at your desk or in the workplace. There are many great things that you can do to incorporate with food and fitness. Exercise, or any physical activity, will help eliminate stress. Everyone has a certain level of stress in their life. Take moments to take deep breaths. Deep breathing as well as any physical activity can help eliminate stress. There are so many mental and physical benefits to having those methods of release in place and a reminder: good sleep is also extremely important."

To see how Jenny can help you restore balance and create financial freedom, contact her today by emailing Jenny.Minello@sunlife.com.



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FOOT PAIN, ORTHOTICS?

By Spencer Jean, DO, DO (MP), MBA & Sarah Dale, DC

According to the American Podiatric Medical Association (APMA), 75 percent of the population will experience foot problems at some point in their lives. At any given time, plantar fasciitis (a type of heel/foot pain) affects 10 percent of the population and 25 percent of the population have flat feet. Many of these people seek care from allied health professionals.

Healthcare professionals may discuss or recommend the use of foot orthotics if they believe that the pain, or discomfort, the patient is experiencing is due to mechanical or structural dysfunction of the muscles, tendons, ligaments, joints or bones of the feet.

WHAT IS A FOOT ORTHOSIS?

"A foot orthosis is an in-shoe medical device that is designed to alter the magnitudes and temporal patterns of reaction forces acting on the plantar aspect of the foot in order to allow more normal foot and lower extremity function and to decrease pathologic loading forces on the structural components of the foot and lower extremity during weightbearing activities." K. Kirby 2002. Foot orthoses are not JUST for foot pain.

Foot orthoses can be a valuable therapeutic tool in part of a treatment plan for painful conditions away from the feet. In fact, foot orthoses have been used for well over a century by clinicians as a means to reduce pain, improve gait mechanics, correct postural dysfunction and heal injury to the foot, lower extremity, and lower back.

BUT WHAT KIND OF FOOT ORTHOTIC IS RIGHT FOR YOU?

The type of foot orthosis you may require is dependant on the orthosis goal to treat the underlying abnormalities, dysfunction and pathologies you have acquired. "Generally speaking, the goal of foot orthosis therapy should be to reduce the pathologic loading forces on the injured structural components of the body in order to allow healing of the injured structures to prevent new injuries from occurring and to promote more efficient dynamics of the body during weight bearing activities." K. Kirby 2002.



A person with a generic problem such as mild to moderate heel pain, usually does well with an over-the-counter orthotic. They are significantly less expensive and usually decrease pain and discomfort. Due to the high cost of prescribed custom orthotics, many patients will want to discuss if they can use over-the-counter orthotics as a substitute.

IMAGINE IF CUSTOM ORTHOTICS WERE AFFORDABLE

After several years of collaboration, planning and engineering, our team at CCC Biomechanics has engineered that vision to reality. The CCC Biomechanics All-Purpose Orthotic priced at \$39.99 CAD bridges affordability and personalization.

When our team of renowned clinicians founded CCC Biomechanics, we stressed the importance of affordability without compromising the quality of the product. Our products needed to be truly effective in their orthopedic use. We believe that financial stress should be the last thing on someone's mind when they are trying to improve their health and wellness. We removed this barrier and are shaking up the system by providing affordable high-quality orthopedic support that accomplishes its supportive design goals.

The CCC Biomechanics All-Purpose Orthotics are a 3/4 length heat and wear moldable custom insole designed with the everyday person in mind. The lightweight insole is made from EVA (Ethylene-vinyl Acetate), an excellent shock absorber. Moisture-wicking bamboo carbon fiber covers the insole, keeping the foot dry and comfortable all day long.

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CONCLUSION

Orthotics have scientifically been proven to be a valuable therapeutic tool for foot pain, biomechanical dysfunction as well as other pathologies such as patellofemoral pain syndrome and chronic low back pain. Whether a prescribed custom orthotic or over-the-counter orthotic is best suited for you, is dependant on your medical history, diagnosis, pain level as well as other factors. We always recommend consulting your healthcare provider before investing in a pair of orthotics. We recommend that if you do not believe that you are in need of specific prescribed custom orthotics and your pain level is mild to moderate, that you try over-the-counter orthotics first. Typically, this will help your condition but if you do not notice a difference, consult your healthcare provider to see if prescribed custom orthotics are right for you.

For more information or to purchase your CCC Biomechanics All-Purpose Orthotics, visit www.cccbiomechanics.com or visit our clinic at 116-11811 Tecumseh Road East, Windsor, ON.



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LIZ PISCANI KNOWS THE SECRET TO A LONG AND HEALTHY LIFE.

"I try to keep my life as uncomplicated as possible," she said, with a big smile. Piscani knows the easiest way to stay stress-free is to focus on a regular workout routine. Since the Windsor International Aquatic and Training Centre (WIATC) Presented by WFCU Credit Union opened its doors in 2014, Piscani has been a regular in the Fitness Centre on the second floor of the downtown facility.

"I really like how convenient the centre is," Piscani said. "I'm working on trying to get back into working out and lifting weights. I really like that it's a smaller gym." For Piscani, another bonus is WIATC offers rates based on a one-time visit as well as one, three and six month options along with a full-year term.



Liz Piscani

The membership also gives clients access to the Olympic-sized swimming pool.

"My focus for 2019 is really to make fitness and health my number one priority," she said. "In the New Year it's time to focus on me and maybe get involved in a few more programs at the centre. After all, they say variety is the spice of life."

LONG-TIME LOCAL ATHLETE

JOHN MCKIBBON can often be found in the fitness centre grinding away on the spin bike or swimming lengths in the pool.

"I came here because of the lack of swimming facilities and obviously I was more than pleased because it's amazing here, in fact one of the best facilities in Canada," he said. "The water is clear, they maintain it and it really is great."



John McKibbon

For McKibbon, who's retired yet still keeps a busy schedule, having a membership which allows him to use any of the city owned and operated pools is important.

"If I can't make it down to this pool, I can go to the WFCU centre or another pool," he said. "That's important because everyone has different hours and the lanes sometimes get really busy, so you can still get a swim in."

HALEY WILSON JOINED THE WAVE BABIES PROGRAM

with her 11-month old son Bowen. The program, which takes place in the wave pool at Adventure Bay Family Water Park Presented by WFCU Credit Union, offers an unique bonding experience for babies who are safely placed in floatables while parents work out with them in the pool.

"After I had Bowen I just really wanted to find a way to get my body back," she said. "I've always been very active but I didn't want to leave my son with a sitter. So Wave Babies was perfect because I'm getting the fitness benefits and at the same time showing my son the importance of a healthy lifestyle."

For Wilson, coming to Adventure Bay was a bit of an eye opener because she

thought the facility was just a water park. "I didn't realize how much there is under the one roof," she said. "I'm going to have to check out the fitness centre and the other programs."

Lana Rukas and her 13-month old daughter Paige are part of the Wave Babies program at the Windsor Aquatic centre.

"It was one of the only places that offers something interesting and outside of the usual Parents and Tots programs," she said. "It's a great program too because it gives moms something to do as well. It's great for babies because they can't do things like put their face in the water and blow bubbles. So they are put in a floaty in the water while mom works out."

RIVER RESISTANCE CIRCUIT:

One-hour class that features a variety of resistance training stations using Lazy River, activity pool and wave pool in Adventure Bay Family Water Park.

Winter Session: Tuesday 10 to 11 am beginning January 8

Cost: \$44 for 8 weeks

WAVE BABIES:

A 45-minute class that includes an aquafit workout for parents and their child (6 to 18 mos)

Winter Session: Wednesdays from 9:15 to 10am OR 10:15 to 11am beginning January 9

Cost: \$33 for 8 weeks





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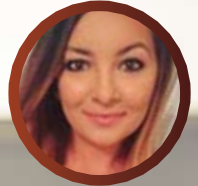
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By Lina Stoyanova
Editor-in-Chief



BEGINS WITH RILEY'S

Great sleep has always begun with Riley's. With over 28 years of manufacturing experience, thousands of items in-store and online, and Canadian-made mattresses, Riley's can make your home look elegant while improving your sleep. Riley's has friendly staff and offers many services to make every visit a memorable one. With showrooms in both Windsor and Tecumseh, customers can view bedroom suites, dining rooms, family rooms, hardwood furniture, custom mattresses and more. Riley's also offers top of the line mattress and pillow protectors that are 100 percent waterproof and breathable.

Riley's focus has always been Canadian-made products which is why they have partnered with some of the most innovative Canadian furniture manufacturers in the world like DeFehr, Palliser, and Podium, just to name a few. Riley's also carries a wide variety of accessories such as lamps, sculptures, paintings and more.

"We have over 2,000 items and the majority are available immediately, or at most, in a few days," explains owner Anna Riley. "Many people don't realize it's not just what they see in the showroom, there's a lot more available on our website RileysRooms.com."



Using innovative technology and quality materials, Riley's offers specialty products that are rare not only within the community, but Canada-wide. Using performance-based materials that are durable, Riley collaborates with sleep specialists and researchers from Quebec to ensure she can bring customers the best products. Since sleep is very important for both men and women, everyone needs to sleep well. Sleep enhances memory performance, creative problem-solving skills, prevents common colds, improves athletic performance and even helps in weight loss.

In a 2011 poll, the National Sleep Foundation found that 92 percent of people said a comfortable mattress is important for a good night's sleep. Multiple studies also confirm the finding that if people get an extra 20 minutes of sleep per night, their performance at work can boost two to three times. Riley's ensures to use Canadian-made foams that provide greater support, durability, airflow, and most importantly, enhance the comfort of the mattress. There is also a memory foam that is a foam substitute which adjusts to individual body contours, providing support that regular memory foam may not; the material doesn't envelop the user and doesn't cause heat buildup that is often associated with many other memory foams.

"We have many foams that don't use chemicals and the same goes for our glues," explains Riley. "We have many mattress products that mimic the human body and the foam has the properties of amino acids that are compatible. The new generation mattresses are also hypoallergenic and comfortable. Sleep is very important so I'm glad we're on this topic!"

Getting quality sleep is possible with Riley's. Whether you stop by their showroom or visit their website, there are thousands of items to choose from daily. Visit Riley's today at rileysrooms.com and/or 321sleep.com. Riley's is also doing a \$25,000 giveaway, but for a chance to win customers must visit www.rileysrooms.com!



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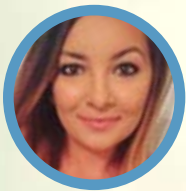
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By Lina Stoyanova
Editor-in-Chief

BEAT THE BLUES WITH MAGNESIUM

'Tis the season to be holly and jolly... or so you thought. It's dark outside, it's gloomy, it's cold and there's tons to do. Where's the holiday spirit? Well, whether you're in a funk, experiencing a potential magnesium deficiency, feeling depressed, or maybe even experiencing Seasonal Affective Disorder (SAD: mood disorder that shows up at the same time each year, most commonly in the winter), wherever you fall on the spectrum, I'm here to tell you about how increasing your magnesium intake will change your life. For the sake of this article, a huge chunk will be focused towards how magnesium can be used to alleviate any anxiety and depression, but as you read, you'll notice the immense benefits magnesium can provide should you wish to tailor it to your needs and lifestyle.

WHY MAGNESIUM?

Maybe you don't struggle with anxiety or depression, so why should you look into magnesium? Well, magnesium is one of seven essential microminerals (trace minerals) and is necessary in over 600 metabolic functions, yet many reports state that it's the second most common nutritional deficiency in developed countries. Magnesium is an essential nutrient the body needs in order to maintain optimal health; it regulates muscle and nerve function, blood pressure, blood sugar levels and magnesium makes protein, bone, and DNA.

There are immense benefits to increasing magnesium. To name a few:

- *Magnesium Increases Relaxing GABA*
- *Increases Serotonin*
- *Increases DHEA*
- *Reduces Stress Hormones*
- *Is Anti-Inflammatory*
- *Removes Heavy Metals*
- *Increases Brain Plasticity*
- *Keeps Blood Sugar Stable*
- *Helps Bone Health*
- *Helps Heart Health*
- *Improves Migraine Headaches*
- *Improves Premenstrual Syndrome*
- *Relieves Anxiety*
- *Improves Thyroid Function*
- *Supports Estrogen Detoxification*
- *Lowers Adrenaline and Cortisol*
- *Supports Testosterone Production*

HOW CAN MAGNESIUM HELP BOOST MY MOOD?

Magnesium can help alleviate both anxiety and depression by raising levels of the mood-boosting neurotransmitter serotonin. It also normalizes stress hormones which is why magnesium is ideal. In this article there are options for supplementation and increasing magnesium through food. This can be done by eating magnesium-rich foods like almonds, spinach, avocados and soy, to name a few.

HOW DOES MAGNESIUM AFFECT DEPRESSION?

Magnesium is widely recognized as a homeopathic medicine for the treatment of depression. There are many studies that find magnesium an effective way to treat mild to moderate depression in adults. Magnesium works quickly and is well tolerated without the need for close monitoring for toxicity.

Magnesium plays a role in many of the pathways, enzymes, hormones and neurotransmitters involved in mood regulation. There are numerous studies online, however, to list a few:

- According to George A. Eby and Karen L. Eby for Science Direct, they found that magnesium was effective for the treatment of depression as well as traumatic brain injuries, headaches, suicidal ideation, anxiety, irritability, insomnia, postpartum depression and cocaine, alcohol and tobacco use. They also found that hypersensitivity to calcium, short-term memory loss and IQ loss also benefited.
- A clinical trial out of the University of Vermont found that participants which received 248 mg of over-the-counter elemental magnesium per day over six weeks, had results showing magnesium is comparable to prescription SSRI treatments in effectiveness.
- Numerous studies put magnesium chloride's efficiency to the test and showed positive results. The studies focused on the effects in the treatment of depression and found that the daily supplementation of magnesium chloride led to an improvement of depression symptoms and promoted overall mental balance.
- Lastly, "Role of Magnesium Supplementation in the Treatment of Depression: A Randomized Clinical Trial," tested to see if supplementation with over-the-counter magnesium chloride improves symptoms of depression. The trial was carried out on 126 adults diagnosed with (and currently experiencing) mild to moderate symptoms with Patient Health Questionnaire-9 (PHQ-9) scores of 5-19. The intervention was six weeks of active treatment (248 mg of elemental magnesium per day) compared to six weeks of control (no treatment). The trial found that consumption of magnesium chloride for six weeks resulted in a clinically significant net improvement in PHQ-9 scores of -6.0 points and net improvement in Generalized Anxiety Disorders-7 scores of -4.5 points.

HOW TO USE MAGNESIUM: SUPPLEMENTATION

Depending on the amount of magnesium in the diet, a person's diet as a whole, and the health of the gastrointestinal tract, all influence how well magnesium is absorbed. This is why it's important to choose a magnesium supplement that works best for you and your needs. Like I mentioned earlier, if you aren't concerned with depression, anxiety, or mood in general, there are different types of magnesium that can help boost your overall health. I strongly recommend doing your own research and consulting with your doctor before beginning any supplementation.

1. *Magnesium Chloride- Helps with Depression, Anxiety, Detoxifies, Good for Kidneys*
2. *Magnesium Citrate- Relaxes, Reduces Muscle Pain, Good for Kidneys*
3. *Magnesium Glycinate- Ideal for Correcting Deficiencies, Calming Effect, Gut-Friendly, Good for Nerve Pain*
4. *Magnesium Malate- Energizes, Helps Metabolism, Reduces Muscle Pain, Helps with Fatigue, Fibromyalgia and Insomnia*
5. *Magnesium Taurate & Orotate- Good for Cardiovascular Health, Helps with High Blood Pressure, Heart Arrhythmia and is Calming*
6. *Magnesium Oxide- Improves Indigestion, Heartburn and Upset Stomach*
7. *Magnesium L-Threonate- Best for Brain Injuries, Anxiety, Depression, Memory, Learning and Neurodegenerative Disorders*

HOW TO USE MAGNESIUM: FOOD SOURCES

According to the US National Institutes of Health (NIH), the top food sources of magnesium per average serving size are: Almonds, Spinach, Cashews, Shredded Wheat Cereal, Soy Milk, Black Beans, Edamame, Peanut Butter, Whole Grain Bread and



Avocados. According to nutritionists here in Canada, the top sources are: Sunflower Seeds, Pumpkin Seeds, Squash, Black-Eyed Peas, Tempeh and Brazil Nuts. To amp up magnesium in your diet, try to incorporate more of these foods.

In conclusion, there are many benefits to increasing your magnesium intake. If you wish to alleviate the blues, ensure you aren't experiencing any deficiencies, or would just like to aid in your overall health, consider eating magnesium rich foods and/or supplementing.

*Disclaimer: Before beginning any sort of supplement, always speak to your health practitioner. *

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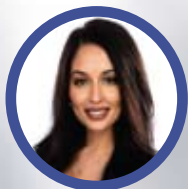


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By Vanessa Steele
Manager & Medical Aesthetician
At Image Clinic

Take care of the skin you're in!

Working in the beauty industry for many years and currently running an inspiring medical cosmetic clinic, Image Clinic in South Windsor, I always think to myself, "There has to be a way my clients can understand, as I get asked often, why skin changes during the harsh winter weather." My answer to my clients is always this: Think of it this way, the same way we change our clothes seasonally, light clothing in the summer, heavier clothing in the winter, our skincare regime has to go through the same seasonal changes as our clothing does. Makes sense, right? Now, it is my job, along with all the skin professionals in the industry, to educate you on how to adjust the right products and regimes according to your skincare's winter needs.

First things first. The realization that yes, as we begin to age, our skin will be joining us down that same route. One must first understand when it comes to skin, over time, our natural hyaluronic levels begin to decrease, similar to how collagen decreases as well over time. During these changes, our skin begins to have a more difficult understanding of holding its moisture levels the same way it once did. As the winter weather begins, along with the changes of a warmer climate indoors, especially with our heat on, and a much colder climate outdoors, this takes a huge hit on our skin and most feel this through the facial areas which are most exposed. We tend to experience dryness, sometimes flakiness, or even itchy skin.

Now, let's discuss your best treatment options when colder months are among us. The most common practice I remind my clients, and one that I can never, ever, stress enough, is to exfoliate and hydrate the most during the winter months! The first treatment I always have my clients begin with before we go forward with any other treatments is a Dermal Infusion Facial Treatment (SilkPeel). This treatment provides a non-invasive, 3-in-1 experience that is everything a client needs to prepare for winter. I always choose the Hydrating Solution that infuses hyaluronic acid, Aloe vera, and chamomile into the skin, while my handpiece is deeply exfoliating (like a microdermabrasion) and extracts every little bit of build-up and impurities. I collect every bit of those impurities and excitingly show my clients every bit that is floating in the jar, dry skin and all! Every client that leaves our facial treatment room

cannot believe how much more radiant, clean and soft their skin appears and feels; they feel this way for weeks. For at home care, I always suggest continuing to exfoliate at least two to three times weekly to maintain the dead skin cells from building up. Using an exfoliant with gentle enough microbeads that do not overdo the skin while washing is the perfect choice. The same way we tend to our face, is the same way we need to tend to our bodies. Using a body exfoliant or a loofa is my personal favourite shower regime to maintain soft skin year-round.

As we exfoliate the skin, we must also remember to rehydrate the fresh skin. One of my top favorite products we carry at Image Clinic for the winter months (that I continuously love putting on my face every morning and night), is our SkinMedica HA5 Rejuvenating Hydrator. This is my go-to product that acts as my face, neck, and approved eye cream, for the months my skin feels drier. HA5 provides immediate hydration that works with five different forms of hyaluronic acid, working synergistically to balance the moisture levels in the skin all day long. The skin instantly feels more plump, fine lines and wrinkles soften and immediate hydration soothes. Pair this product with their HA5 Smooth & Plump Lip System and feel the same boost of hydration and softened fine lines on the lips after each use. Clients must also be aware that when using thicker products in the winter months to not bring them too close to the eye area as that skin is much thinner than the rest of the face. As for our bodies, switch up your body lotions with something a bit heavier. My personal favorites are body oils that are made to use right after the shower on wet skin, and that dry incredibly fast once towel dried, leaving a silky finish on the skin for the rest of the day.

I hope that during these winter months my skin advice adds as a good change in your skincare regime, whether at home, or visiting your favorite spa. Come visit me anytime at Image Clinic to create a customized treatment plan designed for all of your skin needs during all seasonal changes. Consultations are always free, and I hope to always leave my clients with the best treatment knowledge, skincare routines and self-care advice. Remember, always take the time to love yourself and the skin you are in.

Milestone Studios

PHOTOGRAPHY & FRAMING

By Lina Stoyanova

Photos by Terri McPherson
of Milestone Studios

Being strong, fit and healthy is something that should be celebrated. Think back to the last tough workout you did—the one where sweat was dripping down your face, your legs could barely move, and you swear you heard your muscles screaming. Fitness isn't just a hobby. It is passion that requires huge amounts of effort, strength, discipline and determination. You've worked hard to get your results, so forget the gym selfies and hire Brent Groh of Milestone Photography & Framing Studios.

Milestone Studios specializes in providing you with everything you need to document your fitness success. Whether physique photos, gym shoots, food photography, fitness modeling for portfolios, body transformations with before and after photos, fitness equipment and supplement photos, sports themed senior portraits, and more, Groh's creativity never ends.

"There is nothing more pleasurable than sharing with others the pleasure you feel about the perfection and beauty you've cultivated in your own body," explains owner Brent Groh.

Milestone Studios offers a style of fitness photos unlike any other modelling photography. Groh and his team know it's important to highlight leanness and muscle definition, all while emphasizing the overall beauty and style of the model.

"We are available in studio or on location such as at a gym, competition, or show," explains Groh. "If you want the very best pictures of yourself while you're in the best shape of your life, then look no further than Milestone Studios."

Most bodybuilders and fitness enthusiasts will want a professional photoshoot at some point to capture their hard work and accomplishments. While many photographers take amazing photos, fitness photography is a science. It takes a working knowledge of human muscular anatomy, health, fitness, exercise, knowledge of photographic software, and a highly specialized lighting skillset, to be able to do fitness photography, or a bodybuilding photoshoot, so that it brings out the most in any physique.

Whether you are a bodybuilder, a bikini competitor, a powerlifter, have undergone a body transformation, or are a prospective fitness model, you work very hard to reach the type of goals you have set out to achieve. That's why it's important to preserve and show off your hard work and incredible results with a specialist that is well-versed in the art and science of fitness photography.

As a personal trainer, it's also equally important to get portraits and personal training pictures done in order to showcase your capabilities. Using photos to promote your personal training business, submissions to supplement companies or magazines, or even weight loss contests, getting a photoshoot is an integral part to making yourself stand out.

If you aren't a bodybuilder or looking to enter a fitness competition, you should still capture your transformation. Looking and feeling good is a great reason to do a photoshoot—why not document your journey? Photos can be incredibly motivating, inspiring, and looking at a before and after is a great tool for boosting self-esteem and keeping your motivation peaked.

Training hard at the gym and following a nutritious diet plan are amazing tools for feeling and looking great. Once you achieve your goals, ensure you get mind-blowing results from your fitness or bodybuilding photoshoot. Visit Milestone Studios on 3449 Walker Road and mention this ad to receive 10 percent off.



HEALTHY HOLIDAY

Recipe



VEGAN MUSHROOM WELLINGTON

A fantastic vegan version of the classic beef wellington.
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Ingredients

- 4 large Portabello mushrooms stalks trimmed and cleaned
- 3 large onions peeled and chopped
- 3 tbs olive oil
- 300 g baby spinach (10 ½ oz)
- 4 sprigs of thyme leaves picked
- 1 vegan puff pastry
- 1 tbs Dijon mustard
- Salt and pepper to taste

Vegan Egg Wash

- 1 tbsp aquafaba (chickpea water)
- 1 tbsp almond or cashew milk
- 1 tsp neutral flavoured oil
- ½ tsp maple syrup or brown rice syrup

Instructions

Place a large frying pan over a low to medium-low heat. Add the ½ tbsp of olive oil followed by onion and reduce heat to low. Season with salt and pepper and cook, stirring occasionally, for 15 to 20 minutes, until the onions are golden brown.

Remove the onions from the pan and return the pan to the heat. Add the baby spinach and cook until wilted. Remove from the baby spinach from the pan and leave to cool.

Increase heat to medium/high and return pan to the heat. Add remaining olive oil and place the mushrooms, top side down. Cook until lightly golden (about 5 minutes) before turning over and cooking for a further 5 minutes or until golden. Remove from heat, and drain on paper towel top side up as they will release a lot of liquid as they cool. Transfer the onions, spinach and mushrooms to the refrigerator and cool completely.

Preheat the oven to 200°C (390°F). Place a sheet of baking paper on the baking tray and then place the puff pastry sheet on top. Spread half the caramelized onions over the middle third of the pastry, making sure to leave an extra 2cm (¾ inch) border at the edge of the pastry. Top with half of the baby spinach. Spread the Dijon mustard over the mushrooms and season well with salt and pepper. Place the mushrooms on top of the spinach. Top the mushrooms with thyme and the remaining baby spinach and onions.

Very carefully roll the pastry over the top of the mushroom mixture until you have a log. Press down to seal the edges. Roll over the log so that the seam is facing the bottom.

To make the vegan egg wash whisk all of the ingredients together in a bowl.

Very lightly coat with the vegan egg wash. Place the pastry in the freezer for 10 minutes before repeating with another layer of vegan egg wash and freezing the pastry for a further 10 minutes.

Place the pastry back on the baking sheet and tray and place in the oven for 30 to 35 minutes, or until golden and flaky.



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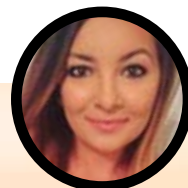
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Photo credit: Terri McPherson



By Lina Stoyanova
Editor-in-Chief



5 REASONS MORNINGS ARE THE BEST TIME TO WORK OUT

We all know we need exercise, but it can be fairly difficult to fit exercise into our busy schedules; whether it's kids, pets, work, or other engagements, it can be daunting to squeeze in some "me time" let alone exercise. That's why it's important to schedule your exercise and make it a priority. Whether you are working out from home, or in a gym, you can find out why working out in the morning is the best time to get your sweat on!



1. GET IT OUT OF THE WAY

Due to the reasons mentioned above, such as kids, pets, work and busy scheduling overall, by doing your workout first thing in the morning, it gets it out of the way. You will have nothing to dread for the rest of the day and if you don't accomplish everything you set out to do on your schedule or to-do list, at least you can rest easy knowing you did something for your health: you worked out. Working out in the morning prevents your busy schedule getting in the way which increases the probability of you sticking to your set workouts and actually doing them.

2. IMPROVED DIET

Since you are working out first thing in the morning, you will approach your food choices differently throughout the day. By getting up and working out, you set yourself up to feel accomplished and proud; you won't want to ruin it by choosing unhealthy lunches. Instead, you'll want to continue with positive choices by eating foods that make you feel energized and fresh. Since you also got your sweat on in the morning, you will drink more water. H₂O is the answer for everything, so that in it of itself sets your diet to a healthy start.



3. BURN MORE FAT

Getting a workout in on an empty stomach is physiologically different from exercising post-meal. As you sleep, your body does an overnight fast. Since your body is reliant on fuel sources, if you exercise in the morning before eating breakfast, you will essentially burn more fat.



4. INCREASED PRODUCTIVITY

Everyone knows that exercise gets your endorphins going. Well, when you exercise your productivity also increases. By working out in the morning, you get your day started off on a happier note and you end up giving yourself an extra energy boost.



5. SLEEP BETTER

Since exercise increases energy and productivity, it makes sense that you wouldn't want to exercise at night-time since that's when most people tend to wind down. By exercising in the morning, you improve the length of sleep and quality of sleep by promoting deeper sleep cycles. Regular morning exercise improves sleep rhythms and tells your body to produce the hormone melatonin earlier in the evening. Your body will enjoy a healthy sense of fatigue at the end of the day and will be ready to sleep.



To conclude, there is plenty of research that supports working out in the morning is most beneficial. However, a huge take-away is when you pick a time you'd like to work out and stick to it, regardless of it being morning or evening, the consistency created will be very effective on your health and long-lasting exercise habits.

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ARE YOU REALLY PREPARED FOR THE *Sunny South?*

By John Kraus, Owner, Sunsetters Tanning Studio

At some point, mostly everyone going South has spent a little too much time in the sun and experienced the painful reality of a sunburn. Even if it's not a bad burn, it's uncomfortable in the short-term and definitely not good for your long-term health. That's why sunburn prevention is the golden rule of indoor tanning.

We get off the plane and all we want is to be outside in the beautiful warmth and beauty of the chosen destination, but you have to be very careful about not overexposing yourself and getting burnt. It's so hard to judge the intensity of the sun and a lot of times you don't feel it until it's too late. With indoor tanning, you know exactly what you're getting, and Professional Tanning Salons with Smart Tan Certified Staff can guide you all the way through the process. It's a win-win because you can get a beautiful tan in a controlled environment, and then that tan will help you avoid burning outdoors.

While tanning units may be two to three times as intense as the sun, the duration of exposure is controlled, and thus, the total UV output is controlled, to minimize the risk of sunburn. It is also important to point out that tanning is not a one-size fits all proposition.

Getting a beautiful UV tan means something different for everyone.

That's because the amount of UV exposure needed to acquire a tan is different for a fair-skinned redhead than it would be for a central European with an olive complexion.

The fairest skin type – known as Skin Type I – cannot suntan and should not use UV tanning equipment, but darker skin types can develop suntans. For those who can develop suntans, this common sense methodology gradually acclimates you to UV exposure based on your skin type. That's the reason so many indoor tanning clients come to salons in the winter prior to sunny vacations. In sunny environments, many fair-skinned people can sunburn during normal outdoor activities even while wearing chemical sunscreen. But, with a base tan, their chemical sunscreen becomes more effective and they are much less likely to sunburn.

Enjoy your time outside and have a great vacation!



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