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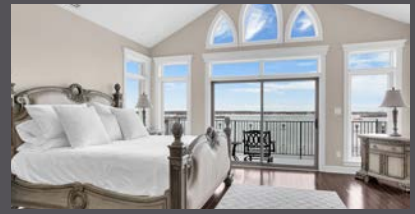
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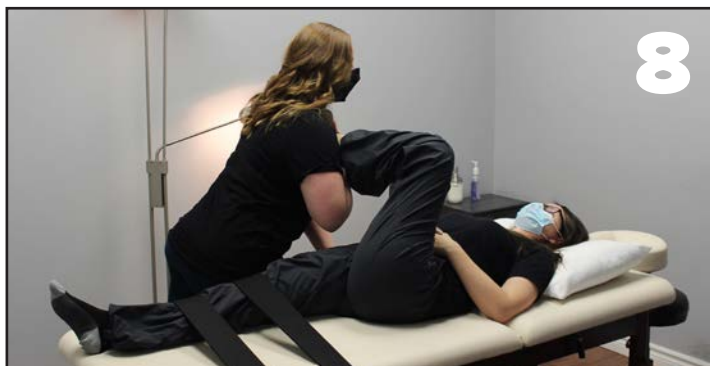
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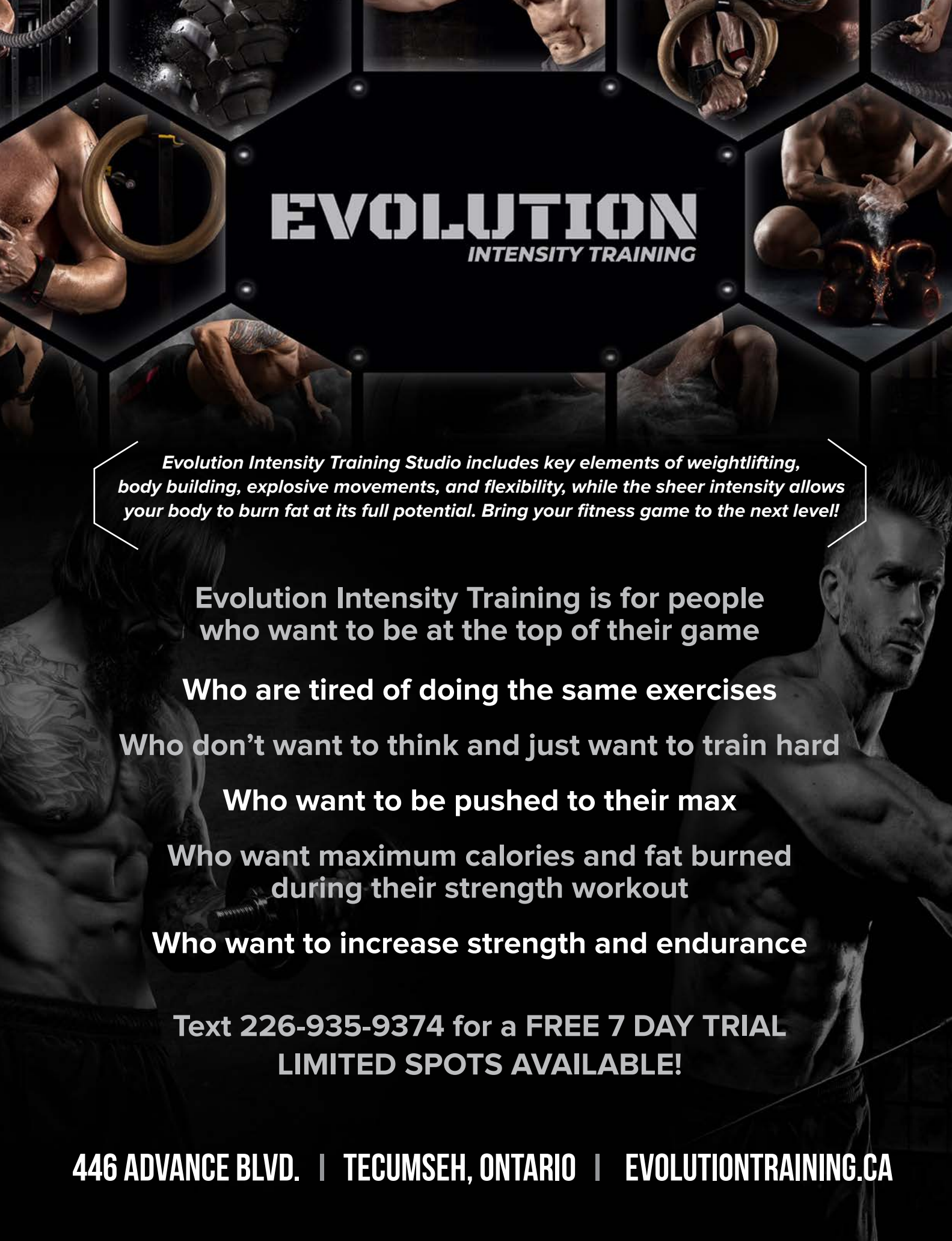
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RECLAIM YOUR FREEDOM OF MOVEMENT WITH LIMBER FOR LIFE

By: Alyssa Leonard

Limber for Life Fascial Stretch Therapy Clinic is here to share your ambition to live a long, healthy, and active life. Located at 5914 Malden Road in Lasalle, the staff at Limber for Life understands the importance of your mobility, flexibility and the need to move your body without pain or limitations.

It is no surprise that a team comprised of former professional and recreational athletes, personal trainers, and registered nurses, know the importance of keeping your body in tune. That is why Limber for Life offers not only massage therapy, but also Fascial Stretch Therapy (FST) — a technique initially developed for Olympic athletes that has risen in popularity in recent years.

We sat down with Limber for Life to learn more about their new clinic, what they do, and what they offer.

Q. What is fascial therapy, and what are the benefits?

First, fascia is the connective tissue that is found throughout your body. It surrounds and supports every muscle, organ, bone, nerve fibre, 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 specific 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, enhancing lubricated movement. This helps remove restrictions and improves motor control and body awareness.

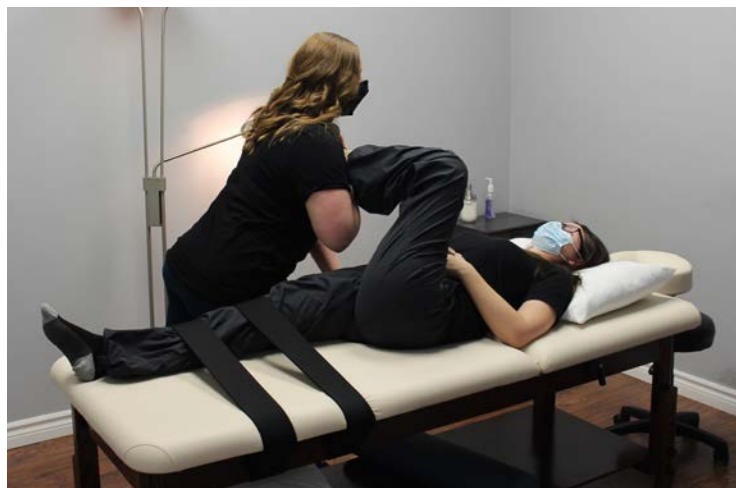
These benefits are unique to fascial therapies. With other stretching exercises, like yoga, your muscles are always in a contracted state. Fascial therapies allow for complete relaxation of the tissues. With the assistance of a certified therapist, achieving great leaps in mobility has never been easier.

Q. What is the difference between a deep tissue massage and fascial therapy?

When you are in a FST session with our incredible therapists, you will be fully clothed while lying on the table. While you relax, the therapist will begin to take your limbs' full weight and bring you slowly into the specialized stretches.



From L to R: Taylor Fitzgerald, Lisa Eugeni, Nicole Goetheyn



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“FASCIAL THERAPIES ALLOW FOR COMPLETE RELAXATION OF THE TISSUES. WITH THE ASSISTANCE OF A CERTIFIED THERAPIST, ACHIEVING GREAT LEAPS IN MOBILITY HAS NEVER BEEN EASIER.”

These 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.

As for a massage, it mainly targets muscle tissue by applying force supplied by the registered massage therapist. The intentions are to manipulate the tissue into a relaxed state manually. While working closely with the nervous system, this provides an environment that promotes relaxation in the muscles and the entire body as a system.

Both of these incredible therapies can be billed under extended health care plans here at Limber for Life.

Q. Limber for Life opened just before the pandemic hit. How have you adapted to the challenges of COVID-19?

We have followed the government guidelines and then some, taking our time in re-opening to ensure the safety of our clients and therapists. We have full protective measures and cleaning procedures in place to give our clients complete peace of mind. Our therapists have a daily routine for disinfecting, including their rooms after each client and an overall disinfecting of the entire clinic multiple times each day. (To ensure our clients' safety, we no longer have a waiting room.) As soon as a client arrives, we have them sanitize upon entry. They are then taken directly to a room to maintain social distancing. We have converted to a paperless workspace for our charting, intake forms, benefits forms and Covid surveys to decrease the number of surfaces that are shared and touched. We have also implemented a barrier at the front desk to protect staff and clients.

Q. What makes Limber for Life stand out from the competition?

Communication is a huge part of your experience at Limber for Life. By listening to your concerns, we discover a plan that works best for you and provide a unique treatment to help you meet your goals. We also educate you on your ailments and the treatments we provide so that you understand what we are doing and why.

We provide a bright and cheerful environment with professional services to meet all of our clients' needs — be it relaxation, therapeutic, injury, or just general maintenance to feel good. We have both male and female therapists to help our clients feel as comfortable as possible.

We also offer a premium combination session where we split the time between FST and massage! Whether it is an even 50-50 split or 15 minutes of FST and the rest a massage, this is our perfect way of giving you the benefits of both amazing modalities.

Q. What is next for Limber of Life? Are there any plans to add new treatment(s) or technologies in 2021?

Presently, we provide FST, deep tissue massage, relaxation massage, prenatal massage, cupping massage, aromatherapy reiki, and functional range conditioning. We are currently offering 20% off your first visit with us when you see Michael — our newest registered massage therapist (who has training in reiki, aromatherapy, Swedish, and prenatal massage.)

We are also looking into adding alternative therapies like acupuncture as well as opening another clinic to serve our clients better. We at Limber for Life are excited about the future!



Q. Is there anything else you would like the community to know?

Tina Pickle and Mark Eugeni, opened the clinic after they both personally experienced the benefits of fascial stretching and massage. It is their way of giving back to the community by offering a service that anyone of any age can benefit from.

Limber for Life wants the community to be as healthy and active as possible. 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.

Located in the Zehrs Plaza on Malden Rd, in LaSalle (with lots of well lit parking.) We are open for weekend and evening appointments. To learn more about Limber for Life or to book your first appointment, call 519.915.2770 or visit www.limberforlife.ca.



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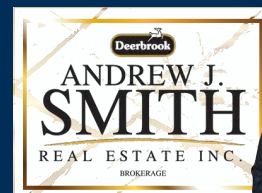


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BED HEAD

HOW BETTER SLEEP HABITS CAN IMPROVE MENTAL HEALTH



By: Jennifer Brignall-Strong

Whether it's caused by stress, anticipation, or illness, we've all experienced a sleepless night or two; especially this past year. Experts have even coined the term "Coronasomnia"; the inability to get a good night's rest because of worries surrounding COVID-19.

Let's be honest, though; many of us weren't doing a great job of getting enough shut-eye even before the pandemic hit.

These prolonged periods of tossing and turning can lead to more than just groggy mornings and a caffeine addiction. Sleep and mental health are closely connected, and sleep deprivation can seriously affect your psychological state. Throw the stress of a novel virus into the mix, and you've got the perfect recipe for anxiety, depression, and other health issues.

While insomnia is often seen as a symptom of these conditions, a lack of quality sleep may actually be a driving factor in their development. It's a vicious cycle: sleeplessness can lead to depression or anxiety, and being depressed or anxious can cause sleeplessness.

The neurological connection between sleep and mental health isn't completely understood, but it is known that sleep

deprivation affects neurotransmitters and stress hormones levels in the brain, impairing thinking and emotional regulation. Simply put, a good night's sleep helps cultivate mental resilience, while sleep deprivation begets negative thinking and emotional vulnerability.

Chronic lack of sleep can have a negative effect on your physical wellbeing as well, resulting in issues like a weakened immune system, diabetes, obesity, and high blood pressure. These can all lead to, you guessed it: more stress and less sleep.

GOOD HYGIENE

So, what's the secret to breaking poor sleeping habits and improving your mental health? It's all about proper sleep hygiene.

Having good sleep hygiene means creating routines that promote consistent, uninterrupted sleep. These practices can be tailored to suit your individual lifestyle, making it easier to sleep soundly and wake up well-rested.

SET THE MOOD

A fundamental step in improving poor sleep hygiene is creating the proper environment to encourage quality sleep.

Make your bedroom comfortable and free from disruptions: invest in quality bedding and use heavy blackout curtains to block any outside light or noise.

Temperature also has a profound effect on sleep, so set the thermostat to an optimal temperature. Most people find around 20°C (70°F) ideal, but you might prefer it slightly warmer or cooler depending on the season.

UNPLUG AND UNWIND

It's also important to unplug from your electronic devices and, if possible, leave them out of the bedroom entirely. We've all heard that too much screen time is bad for us, but it's even worse at bedtime. That's because the blue light emitted by electronics like TVs and cell phones suppresses the body's release of melatonin, a hormone that makes us feel drowsy. Experts recommend you turn off all devices at least one hour prior to bedtime.

If your bedtime routine regularly includes scrolling through Facebook, Instagram or Twitter, the benefits of unplugging can be twofold. Not only are you cutting your blue light exposure, you're also reducing stress by avoiding the negativity and discord that is often found on these social media platforms.

TAKE A BREATH

Speaking of alleviating stress, relaxation techniques are another method to help clear your mind and relieve tension in your body. By incorporating breathing exercises, meditation, or even a hot bath or shower into your nightly routine, you'll wind down faster and put yourself in an ideal state for proper rest.

TIMING IS EVERYTHING

While preparing your body and mind for bedtime is important, being consistent with your sleep/wake cycles is really the key factor in improving long-term sleep quality and your overall wellbeing.

Your body's circadian rhythm is a natural, internal process that regulates the sleep/wake cycle and if that rhythm is out of sync, your body becomes prone to exhaustion, physical ailments, and mental health disorders.

Try to go to bed and wake up around the same time each day, even on the weekends. Once you establish a solid routine, you may not even need an alarm clock; your body will wake up naturally when it's time.

DON'T FORCE IT

Still can't sleep? Don't lie in bed staring at the ceiling. If you haven't drifted off within 20 minutes, get up, read a book or engage in another calming, non-screen activity until you're tired and ready to try again.

MIND OVER MATTER

Although not fully understood, the link between sleep deprivation and mental health disorders is clear. According to Stats Canada, nearly one quarter of Canadians report experiencing symptoms of insomnia, and approximately the same number of people report struggling with depression, anxiety or other psychiatric issues.

Insufficient rest can wreak havoc on your psyche, so if your sleepless nights last more than a few nights a week for more than a few weeks, it's a good idea to speak to your family doctor. They may suggest other lifestyle changes to help you rest and can even connect you with a mental health professional or counsellor if needed.

While it may seem like a daunting task, resetting your sleep habits is possible. Results might not come over night, but making sleep a priority and actively working toward consistent, quality rest will help ease anxieties and put negative thoughts to bed.



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TINA PICKLE & The Legal Edge Team



Tina helped to buy our first home together this March. As a first time homebuyer, I started out not knowing the first thing about the process. Not deterred by this in the slightest, Tina showed us immeasurable patience and kindness, without ever being condescending. She showed us homes of many sizes, shapes, styles, and price-points until we learned what we liked and found the home that we loved. She was always professional, helpful, informative and honest. In the end, she went above and beyond in negotiating on our behalf so that we were ultimately successful in getting our dream home!

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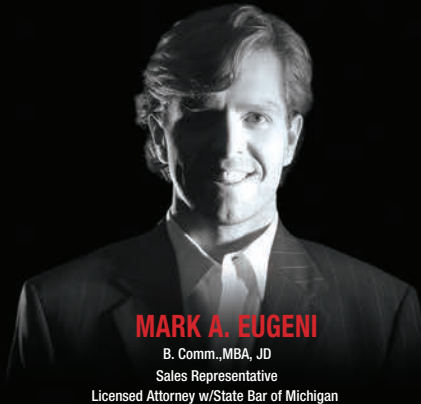
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HATS ON FOR HEALTHCARE GETS A VIRTUAL TWIST

By: Alyssa Leonard

The Windsor Regional Hospital Foundation's 12th annual Hats on for Healthcare fundraising event is going online this year.

With many organizations, businesses and their staff working from home during the COVID-19 outbreak, Hats on for Healthcare has found a creative way for everyone to still participate. Instead of the usual one-day event, the foundation has extended this year's event to run from March 31 to April 28. This will allow businesses and organizations to raise funds for the hospital by holding a "hat day" that fits their schedule.

Every year, the Windsor Regional Hospital (WRH) Foundation holds a fashion show, musical performances and a live radio broadcast from on campus. This year they held a virtual launch on YouTube where they incorporated as many of these elements as they could.

"This year, because of COVID-19 restrictions, we're not able to host the event like we typically would," says Cristina Naccarato, Manager of Philanthropy at the WRH Foundation. "So we decided to move it to an online platform to make it more accessible to everyone."

Hats on for Healthcare is similar to a "dress down" day at work, but instead of wearing t-shirts and jeans on a Friday, participants can wear a hat of their choice. Hats worn over the years have ranged from a simple baseball cap to decked-out, custom-designed hats.

Individuals, businesses, organizations, retailers and schools are encouraged to share their favourite hats with the foundation through social media using #HatsOnForHealthcare.

They also provide pins and stickers to anyone who wishes to participate but cannot wear a hat.

"We're hoping that organizations and participants will still take photos of themselves wearing their best hats and share them with us so that we can populate a gallery and continue to have that communal feeling this year," says Naccarato.

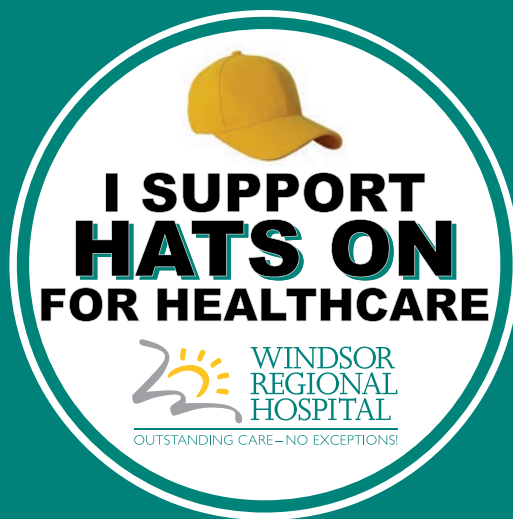
Over the past 12 years, Hats on for Healthcare has raised over \$400,000 for various programs and services at Windsor Regional Hospital. This year, the money raised will support the foundation's COVID-19 Assistance Fund. According to Naccarato, the fund was created in March of 2020 to allow Windsor Regional Hospital to respond to the global pandemic quickly. It has helped provide equipment such as ventilators, patient monitors, and personal protective equipment (PPE) for staff as well as patients and visitors.

Naccarato says that Hats on for Healthcare is an easy way to participate in supporting healthcare in Windsor-Essex because you can be as creative and unique as you want to be. The WRH Foundation has suggestions on their website for how participants can encourage additional involvement, such as holding a 50/50 draw, social media contests, virtual fashion show, Zoom lunch, and more.

"It's a great way to spread awareness of how the hospital has been helping the community during the pandemic and a great way to support the hospital's efforts," says Naccarato.

For more information on Hats on for Healthcare or to register for the event, visit www.wrh.on.ca/HatsonforHealthcare.





2021 Hats On For Healthcare

Supporting Windsor Regional Hospital Foundation's COVID-19 Assistance Fund

MARCH 31 – APRIL 28




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“Good Seeds Co. strives to provide customers with high quality, protein-based products that are satisfying and nutritious. We have spent countless hours perfecting our recipes to ensure our products taste as good as they look, with an emphasis on using only natural, wholesome ingredients.”

I always want to maintain that personal connection with our consumers, and ensure our products maintain the highest level of freshness and quality. The downfall to this is that we can't serve as many customers as we would like to on this scale! We are working on a way to achieve this balance and are very excited for what's to come.

Jennifer Boughner
owner



1. How did the Good Seed Co. begin? What inspired you to start your own business during a global pandemic?

I have always worked out and ate clean but strived for more balance when I felt like I wasn't fully satisfied. When it came to finding an easy, healthy protein bar there was nothing that was satisfying so I chose to experiment and create my own; something that would fill me up but also satisfy those sweet cravings that everyone experiences. The pandemic made me realize I was at a point in my life where I wanted to do something for myself and find a purpose. I was eager to share what I have been making for my family for years, but the timing never felt right. Family and friends always encouraged me to share my products, but the timing now feels like it was meant to be. It's brought me so much happiness and excitement seeing how much people are enjoying them.

2. What are some of the health benefits of including seeds and nuts in your diet?

Despite being high in fat, nuts have a significant amount of health benefits. Studies have shown that nuts actually promote weight loss rather than contribute to weight gain. They are rich in antioxidants and are highly nutritious. Additionally, they have strong anti-inflammatory properties and are very high in fiber. Fiber may function as prebiotics or food for healthy gut bacteria. Lastly, nuts have been found to help lower heart risk disease and stroke risk because of their positive effect on cholesterol levels. Moreover, chia seeds are among the healthiest foods on the planet. They are extremely low in calories and packed with nutrients. They are non-GMO, naturally gluten-free, and are also super-rich in protein. Chia seeds are very beneficial to add to your diet in order to increase your daily protein intake. The high fiber and high protein content may even contribute to weight loss.

3. How do you hope to expand your business in the future?

I see a really exciting future ahead with The Good Seeds Co. We have grown in a very organic way and our focus is not to let it get too big too fast.

4. What are your most popular creations?

The chia peanut butter bar and the black bean brownie are the original bars from when I started making them years ago. These remain a customer favourite and have always been at the top of most lists. We just recently began expanding the menu and some of our newer popular items include the birthday cake bar, the matcha bar, the strawberry shortcake bar, and the key lime bar. Everyone has their own favourite so it's tough to say which is most popular!

5. How can people learn more about The Good Seeds Co.?

You can follow us on our Instagram page @goodseeds.co for updates and special offers. For information regarding orders, nutritional information, and pickup & delivery, we encourage people to visit our website, thegoodseeds.co.

6. What has been the best part of starting your business?

The feedback and positive responses have been great; they've motivated us to continue to develop new products and grow the company. We never imagined growing this fast and our customers have been amazing and very supportive as we continue to grow and reach new levels. Because we started so small and have grown so fast, they've adapted to all of the changes we've endured and have truly been along for the whole ride. We are so grateful for all the support!



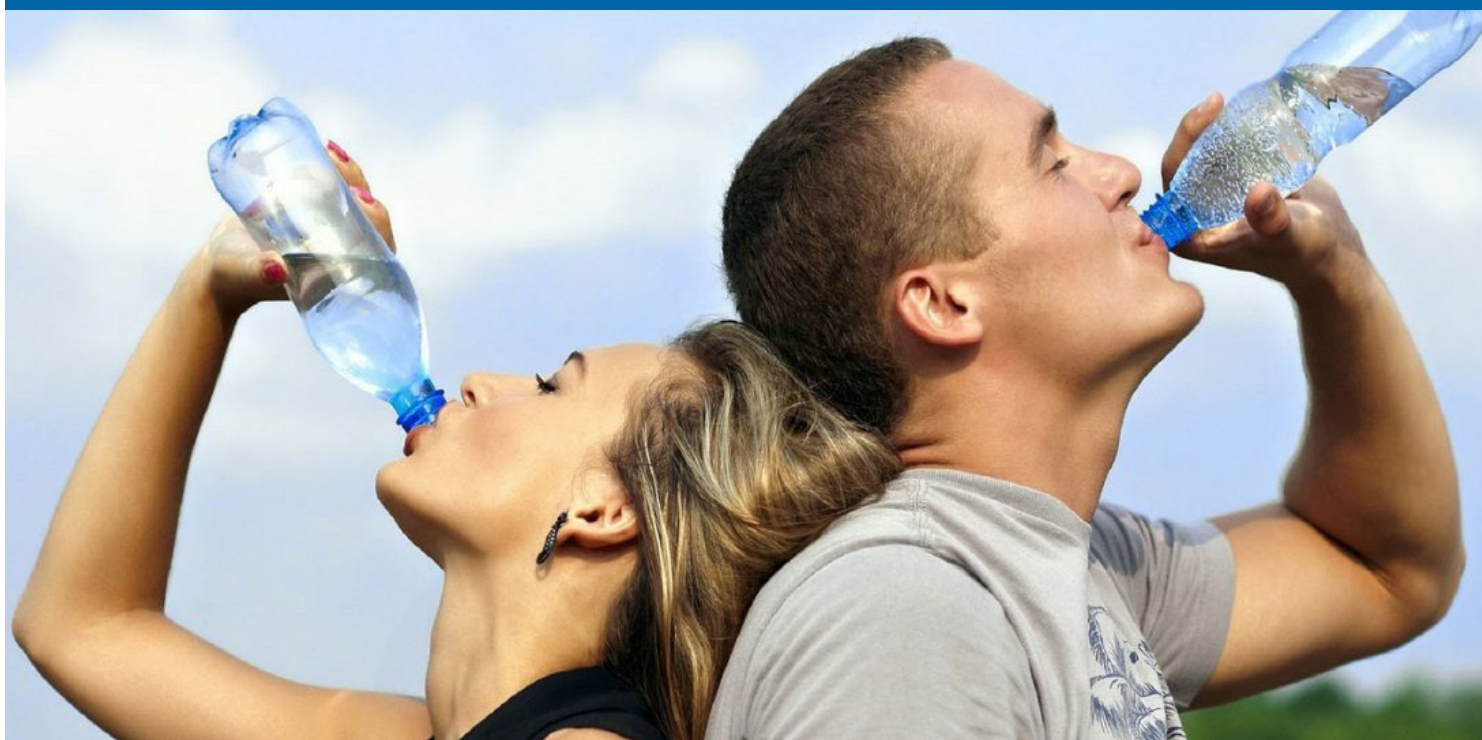
326 Pentilly Rd. Tecumseh, ON. Visit www.thegoodseeds.co to place your order.

JUST ADD WATER!



By: Jennifer Brignall-Strong

How to Ensure You're Getting Enough H₂O for Optimal Health



The human body is made up of nearly 70% water, so it stands to reason that it plays a pretty vital part in our existence. But how exactly does it contribute to our overall well-being?

Water is an essential nutrient, meaning that your body cannot produce enough of it through metabolism to meet its daily needs. Since your body loses water regularly through sweat, urine, and other outputs, you need to replenish often to avoid dehydration.

Your body depends on water to help it perform critical functions. Not only does water aid in digestion, it also lubricates and cushions joints, contributes to better skin health, and regulates your blood pressure, body temperature, and electrolyte balance.

So, how much do you need to drink to stay healthy? Experts agree the old “eight glasses a day” adage doesn’t really hold water; it’s probably closer to four to six glasses. Needs vary depending on factors like activity level, age, gender, and climate, so simply drinking to quench your thirst should ensure you meet your fluid needs.

Worried you're not getting enough H2O? Here are a few ways to up your intake:

Keep a Reusable Bottle Handy

Whether you're sitting at a desk all day or out running errands, keeping a reusable water bottle handy will keep hydration top of mind.

Bonus: they're easy to refill on the go and better for the environment than single use plastic versions.

Drink One Glass First Thing in the Morning

One popular theory suggests that starting your day by drinking a full glass of water on an empty stomach offers a myriad of benefits including improved mental alertness and faster metabolism.

While this one isn't backed by any official scientific data, if it helps you increase your daily intake, drink up when you wake up!

Set a Reminder

When you've got a hectic schedule, sometimes it's the simple things that fall by the wayside. How many times have you gotten so busy that you've forgotten to eat or drink?

Scheduling in water breaks like you plan everything else is the best way to meet your daily requirements. Set a timer on your smartphone or watch to go off every hour as a reminder to stop and sip.

Add Flavour (But Not Calories)

Find water bland? Dislike the taste? There are a variety of ways to add flavour without adding sugar or artificial sweeteners.

Try infusing your water with fresh produce like lemons, limes, cucumbers, or mint. You can also buy herbal teas and water enhancers that will tickle your taste buds and quench your thirst.

Eat Your Liquids

Fruits and vegetables with a higher water content will fill you up and contribute to your daily intake. They also contain valuable nutrients and minerals. Talk about a winning combination!

Foods that are high in water include cucumbers, lettuce, celery, and melons like cantaloupe, honeydew, and of course, watermelon (the name says it all!)

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Essex County's Favourite Dessert Eatery IS NOW IN TECUMSEH!

Since opening its doors in Kingsville this past summer, Cheesecake on a Stick has already gained a huge following; offering freshly made New York-style cheesecakes topped with sweet add-ons and served on a stick. So much of a following that we have opened a second location in Tecumseh!

The family-run dessert eatery and catering service features nearly a dozen decadent flavours to choose from including instant favourites like Strawberry Shortcake, Turtle, Ferrero Rocher, Peanut Butter Cup, Cherry Crumble, Apple Crisp, and Oreo Cookie. Craving the classic? You can enjoy a slice of their original recipe cheesecake drizzled with your choice of chocolate, strawberry, caramel, peanut butter, or Nutella. They also release new, seasonal flavours each month with their "Cheesecake of the Month."

These creamy creations can be enjoyed any time you feel the urge to treat yourself, or can be ordered in advance for special occasions. Cheesecakes of your choice come individually packaged and make the perfect gift for the holidays, birthdays, wedding favours, and more.

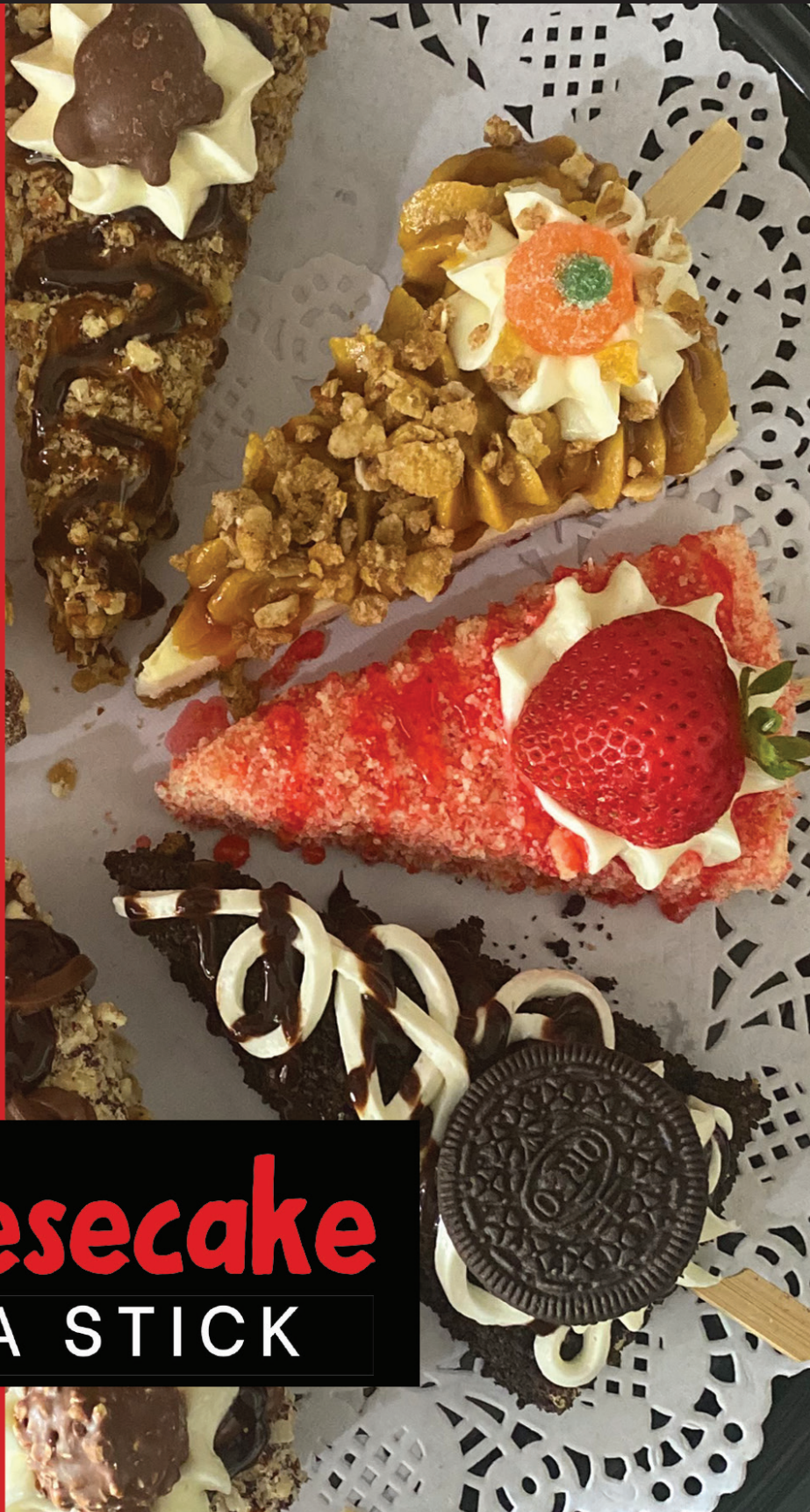
Now with two locations in Kingsville & Tecumseh, with curbside pickup available. To learn more about their menu or order online, log on to www.cheesecakeonastick.ca. You can also follow them on Facebook and Instagram... but be prepared to drool.



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I

t's been over a year since all of us have felt, in some way or another, the effects of Covid-19. Some of us going through the motions of how it has made us feel along the way, while others finding ways to feel some sort of positivity in such a dramatic change.



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

I am sure most of you reading this will agree with me when I say...it is time we move forward and get back to being one world again. Back to seeing our loved ones, back to making amazing memories, as well as practicing more self-love now more than ever.

I want to dedicate this article to the new us. Our new way of living and realizing that this way of life is not so bad after all and is entirely what we make of it. It has been so inspiring to see how we have adapted to these changes. I personally, as Manager and Medical Aesthetician of Image Clinic, have found innovative ways to continue to guide the business through these changes while providing a safe and comfortable atmosphere for our clients once we were able to open back up. I have been so grateful to see clients enjoy more self-care at home with skin care regimes I have been able to guide them through with video calls on Facetime or Zoom.

More so, i am thrilled about the response from new clients inquiring about virtual treatments and how to take care of themselves to keep their confidence going and ease their mental health. Know if you are reading this that there is not one individual I have talked to that has not felt the changes in their skin through this pandemic. Stress, masks, anxiety and quarantine (adding in the extra snacking, shhh- I won't tell), has played such a role in this. Now, as this section of the magazine is about our own beauty, let's discuss what you can do to help feel that glow again.

First thing's first: love yourself. Love yourself so much that you enjoy giving yourself some time to pamper your skin in the morning and at night. Start your day with grabbing your favorite face wash to freshen up for the day ahead, along with a few drops of a serum that will absorb into your skin providing you excellent anti-aging benefits. Some of my go-to items with our Vivier skincare at Image Clinic is the Hexam Cleanser that is gentle for all skin types or the Medicated Wash containing salicylic acid that helps cleanse against acne buildup. Top off with a lotion that can be customized to your anti-aging needs. One of my personal favourites that has helped my own skin during quarantine is the AHA/BHA Exfoliating Lotion from Vivier that continuously sloughs off the dead skin build up of oils and any active breakouts, while leaving my skin glowing and healthier looking overall. Small habits that are good for our health and beauty are so key to keep our inner selves feeling good no matter what we are challenged to face. Skin routines may also be complimented by adjusting our diets to live healthier lifestyles with the foods we eat (yes, eat those greens) and a bit of physical exercise or a good morning stretch on your favourite yoga mat. All of this combined is excellent for our overall well-being and mental health.

As I have guided many clients along the way, I always advise their first appointment when coming back in for a skin treatment (I was overwhelmed with joy knowing how excited you were to be back; gosh how I've missed you all!) to be a deep clean microdermabrasion. Rid all of our skin's impurities, congestion, and active acne, while continuing after with a customized chemical exfoliation peel that can keep your complexion brightened with very minimal downtime. I always recommend the Vivier Peels that can make any skin type, even the most sensitive, feel a radiant glow again in no time. I have also been questioned so much about what to do about enlarged pores and uneven skin tone. There is nothing more satisfying than treating my clients to a fractional skin peel with our Fotona laser to target an entire layer of skin (choosing the depth necessary), smoothing texture, fine lines, and target pores. Allow me to also mention one of the most requested treatments when the announcement of reopening back up was- Botox!

What can botox do?



An instantly satisfying treatment to make any woman or man feel rejuvenated, while incredibly less tired looking, is our top requested injectable treatment, Botox. Alba, Image Clinic's Cosmetic Specialist and heart of the entire clinic, is so honest and thorough with all of her clients' needs, especially when it comes to injectable treatments. Trust me when I say on behalf of all spas and medical cosmetic clinics, we are all happy to see your smiling faces safely back again.

Now more than ever is the time to keep our own selves happy, healthy and confident as we have realized how short life truly can be. Make time for yourself when you feel necessary. Ease all the emotions that we have all gone through this past year and begin to turn them into positive moments as much as possible while even accepting the days we feel down. Continue to support our local businesses with your appointments, reservations, and encouraging those around us to do the same. A little self-love truly goes a long way for our mental health. I encourage you to set time aside for yourself or schedule a monthly "me day", you deserve it- wouldn't you agree?

Sending you big virtual hugs & positive vibes always

Vanessa



THE VALUE OF FINANCIAL ADVICE

According to a 2016 Canadian Study called “The Gamma Factor and the Value of Advice” Canadians that have a Financial Advisor have accumulated 69% more assets after 4 years than those Canadians that do not have an advisor. After 15 years it increases to 290%. I will repeat that—advised households have 3.9 times the value of assets of the equivalent non-advised households.

You may be reading this and thinking “Okay I have an advisor with the bank or an independent advisor so I’m all set.” But my question for you is this, do you have an actual written financial plan and do you have a tax plan?

When I meet with new clients I am amazed when I ask someone in their 60s that is retired and they have money in their RRSPs why they haven’t started to take money out. The response is usually “I don’t know. I thought I was supposed to wait until I was 71.” This is when I speak to the tax client about doing a tax plan.

I met with a couple last year and the husband is a retired police officer with a full pension.

The couple had money in RRSPs but hadn’t maxed out their Tax-Free Savings Accounts yet. I explained that we would do a plan to figure out the optimal amount to start drawing out of their RRSPs so they wouldn’t jump up into the next tax bracket, wouldn’t have their Old Age Security benefits clawed back and we could ensure that we would decrease their future tax liability. I explained that if they don’t get the money out of their RRSPs by the time they both passed away they could potentially be in the highest tax bracket paying 53.53% to the CRA.

This couple had dealt with an advisor at the bank for a number of years and did not have a written financial plan and certainly did not have a tax plan. We have since changed that as they have become our investment clients.

It is imperative that you receive advice from a financial professional but please ensure that when you enlist the services of a Financial Advisor that you have a written financial plan. This acts as a roadmap so that you can track your progress to ensure that you are on the right track to achieving your goals. Also make sure that you have a tax plan. It is very unlikely that our tax rates are going to go down anytime soon and I’m sure you want to keep more of your hard-earned dollars in your pocket.



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"The only way to do great work is to love what you do", said Steve Jobs, the late American co-founder of Apple and business magnate. Although not said directly in regards to AP Painting Solutions, it captures the essence of what we do as a business and the ultimate end goal when it comes to providing our Windsor Essex and Chatham/Kent County customers with quality painting services. Our success is based on our company's motto: exceptional value, quality workmanship at reasonable rates.

Our customer base and wider clientele are diverse; from commercial, industrial, institutional to office painting and retail. As an industry leader, the best advice we can give you before you take on that DIY projects is to take a step back and reassess your skill level. If it feels massive and overwhelming, then those feelings are acceptable and valid. This is why you need to hire a group of well-trained professionals who have the technical know-how, experience, and the right products to help guide you along the way. We are more than a brush, roller and a can of paint. We are bonded and insured, our fleet is GPS enabled and your ultimate protection is our priority. Our primary standout service as a company is painting. The projects we work on come in a variety of sizes, from small to the very large. AP Painting Solutions understands the strong visual value of an attractive and aesthetically pleasing building and space. Commercial, industrial and institutional exterior painting is one of our expertise. Your business's first impression is very important. Make it stand out with a sleek modern finish or clean and sharpen look.

It's all about the process. Prior to the actual painting, we do all of the preparation work. For exterior this includes our mobile power washing service to ensure the surface is clean and free of debris. After that, we take the very necessary step of surface prep. At AP Painting Solutions, we make sure to spend as much time on surface prep as we do actually painting. Surface prep is a crucial step before painting any surface. If the paint doesn't have a clean and smooth surface to adhere to, the paint job won't look visually appealing nor last very long. We also always make sure to be equipped with the right tools, products, and equipment, as this is what enables us to complete the job.

We pride ourselves on our strong attention to detail, prep work, and required paint products. AP Painting Solutions can provide a coating solution for any substrate (industry-speak for underlying surface). Our team of professional painters are ready to provide exceptional value and quality workmanship at reasonable and budget-friendly rates.

Given our years of experience, we only work with trusted leading paint brands such as our main suppliers Sherwin Williams, Adhesive Labs, Dulux and PPG Paints.

Artie Phillips is the owner of AP Painting Solutions. He's been in the business for over a decade so he knows the ins and outs and what works and what doesn't. Artie initially started out west in Calgary, Alberta, where he honed his skills working for a large contractor. Upon returning to Windsor, he went into the business for himself and currently manages a full team of 12 full-time staff, four part-time staff, and two office staff. Despite the challenges presented by the current COVID-19 pandemic, Artie and the team have managed to persevere and continue to work diligently with their customer base while fully adhering to public health and safety regulations. Our amazing team continues to grow and with this in mind, we have expanded and moved to a new location: 2090 Fasan Dr., Oldcastle, Ont, N0R 1L0. It is a much larger building that features a warehouse, a soon-to-be-revealed showroom, along with an office space that includes a boardroom to accommodate our growing team.

The next time you decide to undertake a painting project, it would be our pleasure for you to get in touch with us. Choosing the right painting professionals who are very passionate about what they do can create a world of difference. We always strive to go above and beyond, and make endless efforts to provide unparalleled service.

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By: Jennifer Brignall-Strong

BREAKING BAD (HABITS)



FOUR WAYS TO KICK UNHEALTHY LOCKDOWN ROUTINES

COVID-19 stay-at-home orders have drastically changed our daily lives. From online schooling to Zoom meetings and FaceTime visits, the majority of our day is now spent in our house and on a screen.

Let's face it: we have all spent A LOT of our time on the couch too. From Tiger King to Bridgerton, we've watched just about everything Netflix has to offer and eaten plenty of sweet and salty treats along the way.

As we eagerly look ahead to a return to normalcy, many are faced with having to break a few bad habits created over the past year; namely, excess snacking and excess sitting.

Need to make a few changes but not sure where to start? Here are four ways to kick those unhealthy practices, relieve stress, and get back into the swing of things this spring.

1. *Get (Your Kitchen) Back to Basics*

We've all heard the phrase, "position yourself for success." When trying to create healthy habits, we have to lay the groundwork...and that starts in the kitchen.

If you've spent the last several months baking bread and perfecting your charcuterie board game, it might be time for a culinary cleanse.

Start by ditching the junk food and stocking your fridge with the essentials: fresh fruits and veggies. They're the building blocks for any well-balanced meal and should be your go-to when it comes to snacking. Bonus: Essex County growing season is underway, with lots of locally grown produce available.

The same goes for your pantry; replace refined sugar and greasy snacks with healthier alternatives like nuts, whole grain crackers, and protein bars.

Of course, you should never completely deprive yourself, so be sure to leave a select few favourites for a treat.

2. *Stick to a Schedule*

We get it: when the days and weeks seem to all blur together, it's hard to keep up a normal routine. However, creating a daily schedule does wonders for your physical and mental health.

Even if you're working remotely, it's important to start your day as you would if you were headed to the office: get up at the same time each day, eat breakfast, and get dressed. Your nightly routine should be consistent as well and you should aim to go to bed at the same time every night.

Scheduling specific blocks of time for exercise is also essential. Set a reminder on your phone each day to get 30-minutes of physical activity. Whether it's a walk around the block, a YouTube fitness video or simply running around the yard with the kids, daily vigorous movement boosts your mood, helps you maintain a healthy weight, and ensures you a better night's sleep.

3. *Meal Prep & Plan*

This is a good idea, pandemic or not. Not only do meal prepping and meal planning help you keep your wellness goals on track, they also save you a TON of time and money.

Set aside time each week and plan your meals and snacks; flip through grocery store ads or look to your favourite recipe websites or cookbooks for inspiration.

Once you've got your food plan, shop accordingly and stick to your list. This helps you stay on budget, minimize waste, and avoid the temptation to turn down the cookie aisle.

Speaking of minimizing food waste, chopping your fresh fruit and veggies for easy consumption is also essential. The best time to do it is right when you get home from the store. Making fajitas on Tuesday? Broccoli stir-fry on Wednesday? Cutting up everything ahead of time makes meal prep faster during those busy weekday nights and lessens the chance of you throwing away rotten produce.




4. *Make it a Family Affair*

The more the merrier, as they say. Involving your significant other or children in your new habits makes it easier to stick to the plan and teaches your family the importance of proper nutrition and daily exercise.

Keep a calendar on the fridge or in a central area of the house, and create a weekly food and fitness schedule using everyone's input. If each person contributes something they like, they'll be more inclined to participate.

Live alone or prefer to partner with someone outside your home? Pick a buddy to work out with remotely or join an online fitness group for accountability. Many gyms and fitness studios are currently offering outdoor or virtual classes; a great way to meet new friends in a safe and socially distant setting.



By: Alyssa Leonard

ASK THE EXPERT

THE STRAIGHT TALK
ON ORAL HEALTH WITH
DR. GENNARO COSCARELLA,
COSCARELLA FAMILY
DENTAL & ASSOCIATES

Your smile is often the first thing people notice, and having picture perfect pearly whites can give you the confidence to shine.

But having straight teeth is about more than just aesthetics; it's about your health.

Suffering from jaw pain, headaches, or tooth sensitivity? A crowded, crooked bite could be the culprit.

Windsor Body sat down with local dentist Dr. Gennaro Coscarella to discuss the importance of proper tooth alignment and how the right treatment plan can help you achieve that straight (and healthy!) smile you've always wanted.

WB: WHY IS PROPER TOOTH ALIGNMENT SO IMPORTANT?

Dr. Coscarella: "Proper alignment improves tooth and jaw function, ensuring optimum oral health and comfort. Having straight teeth also makes it easier for you to keep them clean, helping you remove plaque that can accumulate in hard to reach places. Plaque buildup can result in cavities, gum inflammation, bleeding, and eventually, gum disease.

Having teeth fit together correctly also ensures they can do their job properly. Biting, chewing, and even speaking are all affected by how your teeth line up.

Chipping, grinding, and added wear of teeth are very common issues with an improper bite. This can lead to breakdown of the bones that support your teeth. When teeth are misaligned, it also creates pressure on the jaw joint."

WB: IS THERE A LINK BETWEEN YOUR MENTAL HEALTH AND YOUR ORAL HEALTH?

Dr. Coscarella: “When you’re stressed or anxious, your muscles and joints can tense up. This can negatively affect the well-being of your teeth and jaw. Throughout the COVID-19 pandemic, we have been seeing more people with broken teeth and TMJ disorders due to clenching and grinding.

TMJ (temporomandibular joint) disorders can cause pain or tenderness in your jaw, difficulty chewing, and can even locking of the joint itself.

These issues are made worse when teeth are not properly aligned.”

WB: HOW CAN YOU HELP PEOPLE ACHIEVE OPTIMAL TOOTH ALIGNMENT?

Dr. Coscarella: “Through Invisalign or traditional orthodontic braces, we are able to correct issues like tooth position, crowding, a crooked bite, and more to ensure your teeth fit together properly.

Both Invisalign and traditional metal braces work by exerting pressure on the teeth over time, and both are extremely effective in improving a number of alignment problems.

“PROPER ALIGNMENT IMPROVES TOOTH AND JAW FUNCTION, ENSURING OPTIMUM ORAL HEALTH AND COMFORT.”

Invisalign treatment uses a series of clear, removable aligners to gradually shift teeth into their proper position. They are removed only when you eat, brush, and floss and are generally more comfortable than metal braces. Treatment lasts anywhere from nine to 15 months and varies depending on your situation.

These corrective measures aren’t just for teens and young children; we are able to assist patients of all ages. You’re never too old for a beautiful, healthy smile!”

“Coscarella Family Dentistry is dedicated to providing you with an exceptional dental experience, from a friendly team that is highly skilled and compassionate. With two convenient locations to serve you, they provide general dental care including implant and cosmetic dentistry, tooth whitening, crowns, veneers and professional cleanings. Their passion is to keep you smiling with confidence!”





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BRING BACK THAT NEW CAR FEELING WITH DICE DETAILING CUSTOMS

Caring about your car's appearance isn't vanity. It's just plain smart vehicle ownership. That's why the staff at Dice Detailing Customs are committed to producing quality.

Dice Detailing Customs is a professional auto detailing located in Tuscany Centre at 6585 Malden Rd., Lasalle. The company's passion for cars, attention to detail, and commitment to their clients is what separates them from the competition. They provide quality work at a fair price and guarantee their clients' satisfaction.

After working as an auto detailer for a couple of dealerships, Trueman Lam, owner of Dice Detailing Customs, felt he could provide a better service for his clients at a more affordable price. He began his mobile business with his 2006 Mazda 3 in the Kitchener-Waterloo and Toronto regions in 2017. After two years, Lam purchased a commercial van and rented a shop in Lasalle.

"We are a team of experienced detailers with an eye for detail. Our mission is to provide quality service and workmanship to our clients consistently," says Lam.

Dice Detailing Customs offers services to all types of vehicles, including boats, motorcycles, ATVs and more. Their services include:

Full Interior and Exterior Detailing

From a basic maintenance clean to a deep steam, three different packages are available to meet their clients' needs: the basic, the deluxe, and the supreme.

Paint Corrections

This service includes removing imperfections such as surface scratches, swirl marks, oxidation and more from the vehicle's paint. It starts with an in-depth assessment of the vehicle's condition to determine the best steps in bringing that new car shine to their client's vehicle.

Ceramic Coating

A ceramic coating is an applied chemical polymer solution that protects the client's vehicle from harmful UV rays, chemical stains and helps keep regular maintenance much easier. Dice Detailing Customs offers up to five years of protection.

Caliper Painting

By adding colour to your brake calipers, clients can make their vehicle more unique to their style.

Headlight Restoration

This service will enhance the overall look of the client's vehicle while adding an increased level of safety. Headlight restoration helps protect the vehicle's headlights from UV rays while restoring their appearance to like-new.

Clay Bar

This engineered resin mixture removes fallout, brake dust, tree sap, road grime and other unwanted contaminants from the vehicle.

Engine Degreasing

This service keeps the vehicle's engine bay looking clean and new while also reducing risks of spills and leaks that could damage the vehicle.

Mobile Service

We will come to you whether at work, home or out in a field. Our vans are fully equipped with water, electricity and all the tools needed to get the job done.

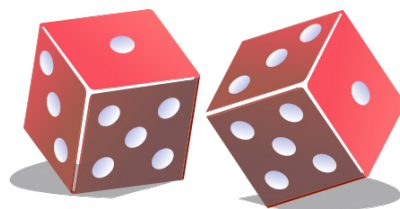
"Our detailers have many years of experience or have been trained to the standards of our best detailers," says Lam.

Later this year, Dice Detailing Customs will be expanding its services to include paint protective film, vinyl wrapping and window tinting.

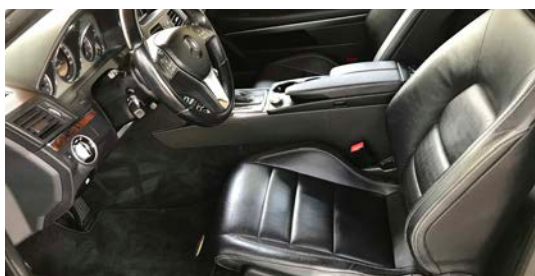
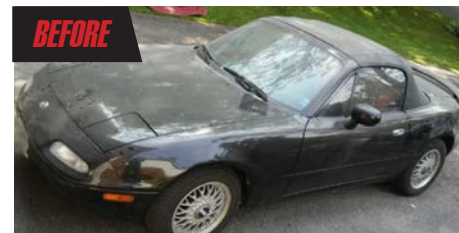
Regular cleaning of a vehicle helps protect the vehicle itself and protects the people who sit in it. Germs and allergens can flourish inside vehicles because of the dirt, dust and debris inside. A thorough cleaning will both kill germs and remove any allergen particles.

Dice Detailing Customs is currently offering a spring promo of 20 per cent off their supreme package special for first time clients.

**To book your next
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Beauty AND THE COVID BEAST



Our lives have become like we are living in a tale that is so surreal we almost don't believe it. Like the story, "Beauty and the Beast", Belle is imprisoned against her will, isolated from her family. Most of us have felt like Belle. We have felt locked up, lonely and afraid. Some of us have had to face the beast (COVID) and fight it to stay alive, or help others to.

COVID has affected everyone - financially, mentally, spiritually, and physically. Gyms, churches, beauty salons, spas and more have had to close their doors. These businesses have been deemed non-essential, but to many they're essential for a healthy well being. It has been said that you have to take care of yourself before you can take care of others.

As a small business owner, it's been a struggle. After 20+ years of graduating from The Esthetician program from Sheridan College in Oakville, I finally opened my own business last July. I anticipated that COVID was going to end. I've opened, closed, and reopened. Running a business during the pandemic has put a lot of pressure on business owners to adapt.

Going forward, the beauty industry will be changed. Beauty trends, self care, and non-invasive treatments have become more popular including anti-aging, fat reduction, and skin laxity which have been traditionally treated through surgical means.



By Sandra Ferber
owner BODYclinic

The work from home trend has seen millions of people relying on virtual meeting which has put the spotlight on the face, making people more aware or subconscious of their appearance. According to statistics from Kantar, a data and consulting firm from Toronto, "beauty therapy" was the most popular activity that consumers were excited to resume once COVID restrictions were lifted.

During times of stress, aesthetic treatments can be a way of taking control over physical appearance and emotional well being.

The science behind medical esthetics is sound, proven and effective. Wrinkle reduction treatments address one of the most common client concerns that are directly linked to collagen depletion and aging.

Venus Freeze Plus succeeds at tightening skin in multiple areas. Many clients experience firmer skin, softening of wrinkles and a reduced appearance of cellulite. It works by the proprietary (Mp)2 technology combining Multi Polar radio frequency (RF) with Pulsed electro magnetic fields (PEMF). This technology promotes angiogenesis and triggers regenerative processes in the skin that leads to tightening followed by neocollagenesis. RF heats and directly stimulates fibroblasts while PEMF is known to promote angiogenesis and induce fibroblast proliferation through the release of the growth factor FGF-2 resulting in increased collagen synthesis, stimulating the production of collagen and elastin fibers in the skin.

Treatments can be done on the face, neck arms, legs, abdomen, buttocks, hips, and back.

Another increase in demand is for Laser Hair Removal. New Technologies like the Venus Epileve XL provide advanced diode laser hair removal treatments designed for comfort and convenience anywhere on the face and body. It delivers virtually painless laser hair removal with super fast treatments that fit your busy schedule. How does it work? Hair grows in a cycle of three stages- growth, transition and resting. Hair responds best to laser treatments during the growth stage and about 30% of hair is in this phase at any given time, meaning that multiple laser treatments are necessary to see results. Venus Epileve XL targets the hair during this growth stage by delivering laser energy right into the hair follicle.



The Venus Epileve XL is fast and easy, removing unwanted hair in less time than traditional treatments. It's also safe and comfortable; it works on all skin types including tanned skin and it's equipped with an advanced cooling system that keeps your skin protected throughout the treatment. There's also no downtime. With safety and comfort built right in, you can go back to your regular routine immediately after your treatment.

BODYclinic is excited to be open and to provide the Venus Freeze Plus and the Venus Epileve XL treatments at discounted rates. We are located at 289 Main Street West, Kingsville, ON. BODYclinic.ca 226.783-0181.

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Spring, Sunshine & Rebirth!

By John Kraus, Owner Sunsetters Premiere Tanning

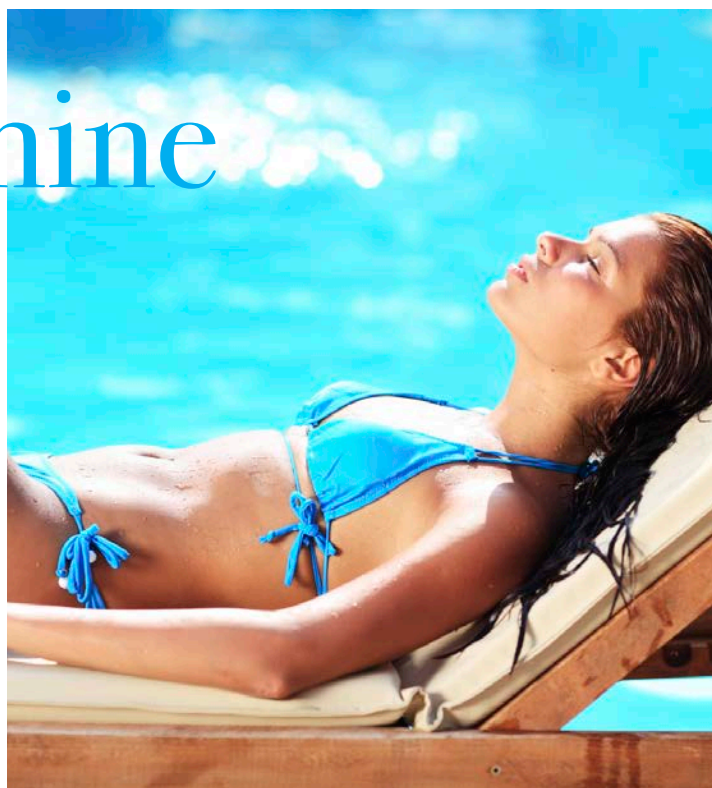
There's nothing quite like those first few pre-summer days; when we get a chance to walk around on a warm, sunny afternoon without a jacket. Somehow "life seems new again" and there is great optimism for spending many beautiful sun-filled days in the great outdoors. After a long winter, getting reacquainted with the sun is kind of like getting started back at the gym after a six month absence. Go in easy, use common sense, make sure you use the right equipment (lotions, sunscreens, eye protection) and you will achieve the healthy results you desire. Below are some questions we should all be considering before we go out the door this spring:

Does a base tan allow me to stay outdoors longer without any sunscreen?

Answer: On average, a base tan will give you an approximate Suntan Protection Factor (S.P.F.) of 4, which means you could stay out in the sun up to four times longer without burning. If you are going to be outside for prolonged period of time, it is highly recommended that you minimize the risks of a sunburn by using a sunscreen with an S.P.F. of 15 or higher, depending on your skin type.

With the benefits of Vitamin D being well documented, how much time should I spend outside to boost my Vitamin D levels?

Answer: Many medical experts suggest that you spend your first 10-15 minutes out in the sun without sunscreen to allow your skin to produce Vitamin D naturally.



If this is done two to three times weekly, you will produce all the vitamin D that your body would need.

If spending time outdoors is not an option... How many indoor tanning sessions do I need to build and maintain a base tan?

Answer: Depending on your skin type, in general it only takes four to eight consecutive sessions, and you can maintain the base tan by visiting a Tanning Salon for just one or two sessions on a weekly basis. The number of sessions, and the time of each session varies with the type of equipment used (i.e. High Pressure equipment needs less sessions).

Sunsetters is committed in being an important part of the solution in the ongoing battle against sunburn and in teaching people how to identify a proper and practical life-long skin care regimen... ENJOY YOUR SPRING & SUMMER!

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