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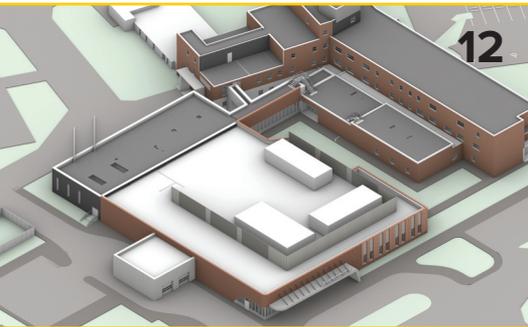
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Left to Right: Cheri Mulcaster, Indira Cherim, Kristen Robert, Gibson Krzeminski, Louise Chau. Photos by : Pat Scandale

BUILDING STRENGTH, CONFIDENCE, CONNECTION.

Written by: Team Evolution

It's one of those places that just makes sense once you're there. You don't walk in wondering what you're supposed to do or which machine to use. The workout is already planned, it's a 50-minute class, and it's run by a qualified trainer who leads the session from start to finish. Everyone's doing the same workout—but very much in a go-at-your-own-pace way.

It's basically personal training in a group setting. Classes average around eight people (sometimes up to eleven), which means you get real coaching without feeling singled out. You've got your own station, your own setup, and the freedom to move at a pace that works for you.

Each member has their own dedicated workout station, which makes a huge difference. Your station includes a bench press that's used for multiple exercises, your own dumbbell rack, bands, medicine balls, cardio equipment, and other training

accessories. There's no fighting over equipment or waiting for someone to finish. Everything you need is already there.

The equipment itself is solid and simple—not overwhelming. You're using a mix of dumbbells, barbells, squat racks, kettlebells, bands, TRX, and cardio tools to build real strength. The workout is displayed on screens, so you always know what's coming next, and you're never guessing or feeling lost.

The coaches are a big part of why it works. They're always on the floor—walking around, correcting form, offering modifications or progressions, and making sure the movements feel good for your body. It honestly feels like having a personal trainer, just without the awkward one-on-one silence—and with a group around you that makes it more motivating and fun.



*"I help clients stay motivated by reinforcing consistency over perfection and reassure nervous beginners that it's completely okay to start exactly where they are."
- Indira Cherim*

*"I enjoy working with anyone who is dedicated and eager to improve, though I especially love coaching athletes striving to reach the next level."
- Gibson Krzeminski*

*"I love working with all ages and fitness levels, tailoring every program because no two bodies move the same."
- Cheri Mulcaster*

What I really appreciate is that it's not about burning yourself into the ground. There's a strong focus on strength, muscle, and proper movement, which carries over into everyday life—less pain, better mobility, and feeling more capable overall. Each day focuses on different body parts, so over the course of the week you get a complete full-body program without overdoing it. The programming runs in phases too, so you're always progressing instead of repeating the same workouts forever.

The vibe is genuinely welcoming. No ego, no pressure, no judgment. Coaches know your name, people chat between sets, and everyone's just there trying to get a little better than yesterday. If you're nervous starting out, that feeling fades pretty quickly once you realize no one's watching you—and everyone started exactly where you are.

The schedule is easy to work around too, with morning and evening classes Monday through Friday, Saturday morning classes, and even Mat Pilates on Sunday mornings, which is a great option for mobility, core strength, and recovery.

It's not flashy. It's not complicated. It's just a really well-thought-out place to train. You show up, do the work, and leave feeling like you did something genuinely good for yourself.

If you want training that challenges you without overwhelming you—and a community that actually supports you—Evolution Intensity Training is ready when you are. Come train with us and be part of something that works.



KRISTEN ROBERT
Evolution Trainer

I became an Evolution trainer because I believe the best programs are created by people who build what they personally need. Evolution started during COVID, bringing together coaches and members searching for community, affordability, and a program that works. My approach isn't one-size-fits-all—I meet each client where they are, considering their body, background, and relationship with fitness.

I love working with clients who feel limited; helping them move without pain and accomplish what they never thought possible is incredibly rewarding. I'm certified through CanFitPro, with additional training with clients in pain, DTS Level 1, Fascial Stretch Therapy, and group training. Programs are tailored to goals, movement history, lifestyle, and fitness level—beginners focus on foundational strength, mobility, and confidence, while advanced clients pursue specific performance or physique goals.

Motivation comes from celebrating small wins—stronger lifts, improved movement, or reduced pain. Nervous new clients are supported step by step. Evolution stands out with its 50-minute circuits, building muscle safely while offering personal attention in a group community.



CHERI MULCASTER
Evolution Trainer

I was drawn to Evolution because of Kristen's thoughtful, phased approach to training. It keeps things fresh, challenging, and motivating, while the strong sense of community makes you genuinely want to show up consistently.

My training style is hands-on, visual, and honest (with a few warning labels: I can't count, I'm touchy, and I have a potty mouth). I'm always watching alignment and form, helping clients cue the right muscles to activate while allowing others to relax.

I love working with all ages and fitness levels, tailoring every program because no two bodies move the same. With over 20 years of experience teaching Pilates, owning my own studio, and certifications in STOTT Pilates, personal training, yoga, and spin, I adapt sessions as clients grow stronger while always prioritizing safety and longevity.

When progress feels slow, I help clients recognize the wins they may not immediately notice—better movement, increased control, and reduced discomfort. I also keep things engaging through variety and short-term goals.

For anyone nervous about starting, I always remind them that Pilates is for every body and that simply showing up is often the hardest part.

What makes Evolution special is its individualized pacing within a shared workout structure, dynamic programming that prevents stagnation, and a supportive community of coaches and members that truly motivates you to come back.



GIBSON KRZEMINSKI
Evolution Trainer



INDIRA CHERIM
Evolution Trainer

As an ex-athlete, sports lover, and personal trainer, I became an Evolution trainer to help others move well, stay strong, and live pain-free. I believe everyone deserves the opportunity to enjoy a life without movement limitations. My training philosophy centers on creating balance and alignment in the body while tailoring programs to each individual's goals, fitness level, and desires. Every client is different, and my job is to challenge them safely while keeping workouts effective and enjoyable.

I enjoy working with anyone who is dedicated and eager to improve, though I especially love coaching athletes striving to reach the next level. I hold multiple certifications, including GOATA Movement Specialist, ISSA Corrective Exercise Specialist, ISSA Strength & Conditioning, ISSA Nutritionist, and ISSA Personal Trainer, giving me a broad foundation to design customized programs.

To keep clients motivated, I celebrate small wins, vary workouts, and build confidence both inside and outside the gym. For anyone nervous about starting, I emphasize that showing up and putting in the work is a win every time. Evolution stands out by providing programs for all ages and levels, combining personal attention with a supportive group environment that transforms lives.

I originally came to Evolution as a member and was immediately inspired by the intentional, strength-focused programming. The emphasis on progression, smart structure, and long-term results strongly aligned with my belief that fitness is about longevity and quality of life, not just short-term goals.

My training philosophy is health-focused and centered on supporting life outside the gym. I view strength, mobility, and conditioning as tools that help clients feel capable both physically and mentally. Education is also a key part of my approach, ensuring clients understand the purpose behind their training—especially the importance of building and maintaining skeletal muscle.

I most enjoy working with women across all stages of life. Whether someone is new to training, returning postpartum, or navigating menopause, my goal is to help them feel strong, informed, and confident in their bodies.

I bring certifications as a Personal Trainer, Strength and Conditioning Specialist, and STOTT Pilates Instructor, along with a strong academic background in psychology. My ongoing thesis research on menopause and women's mistrust in the medical system deeply informs my coaching perspective.

When designing programs, I tailor each one by adjusting load, tempo, range of motion, and intensity so every client can progress safely at their own pace. I help clients stay motivated by reassuring consistency over perfection and reassure nervous beginners that it's completely okay to start exactly where they are.

I believe Evolution stands out for its intentional, progressive programming that prioritizes coaching, personalization, and long-term health rather than rushing results.



LOUISE CHAU
Evolution Trainer

Fitness has always been where my love for movement and passion for teaching collide. Becoming a trainer at Evolution felt like a natural return to myself—a chance to grow while helping others step into theirs. I genuinely love this program and the energy from a room full of people pushing toward something better.

My coaching style is rooted in quality and connection. I lead by example, keep things fun, and make sure every client feels seen, supported, and challenged. I naturally gravitate toward athletes or anyone eager to level up, and I know how to push people past the point where they'd normally give up.

I'm Les Mills certified and have taught BodyPump, Spin, kickboxing, and boxing. Personally, I love powerlifting and hot yoga—mixing strength, discipline, and intensity—which shows up in the way I train others.

No matter fitness level or experience, my goal is to make everyone feel welcome, capable, and empowered. When progress feels slow, I remind clients that consistency matters most—showing up day after day creates real change.

For those nervous about starting, classes only look intimidating from the outside. Evolution's small class sizes, personal stations, and intentional coaching make training purposeful, supportive, and effective.



"No matter fitness level or experience, my goal is to make everyone feel welcome, capable, and empowered."
- Louise Chau

"I love working with clients who feel limited; helping them move without pain and accomplish what they never thought possible is incredibly rewarding."
- Kristen Robert



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WHY SUPPORTING YOUR LOCAL HOSPITAL FOUNDATION MATTERS

HOW COMMUNITY GENEROSITY POWERS EXCEPTIONAL CARE AT CKHA. By Andrew DeBoer

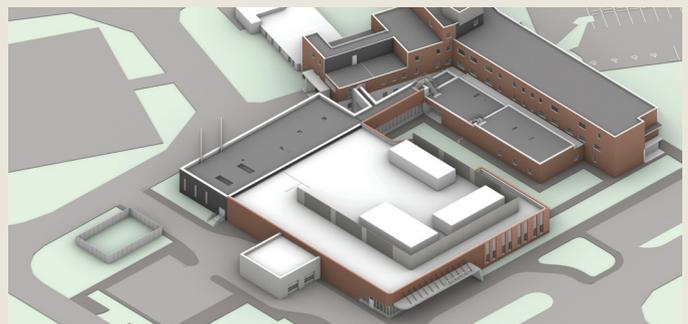
When most people think about how hospitals are funded, they assume that everything—buildings, staff, and equipment—is fully covered by the provincial government. After all, healthcare in Ontario is publicly funded, right? While that is true, what many do not realize is that government funding typically only covers operating costs such as salaries, utilities, and day-to-day expenses. When it comes to purchasing life-saving equipment, upgrading facilities, or investing in program innovation, it is up to hospital foundations like the Chatham-Kent Health Alliance Foundation (CKHAF) to bridge the gap.

And that gap is significant. On average, hospital foundations are responsible for raising roughly 10 percent of a hospital's annual operating budget. When major capital projects such as new buildings, redevelopments, or major expansions are required, that local share climbs closer to 30 percent, covering 10 percent of all construction costs, and 100 percent of new equipment costs. In Chatham-Kent, that means our community carries a big responsibility but also has an incredible opportunity to shape the future of healthcare for generations to come.

What Does This Really Mean?

Take the Wallaceburg Site Redevelopment Project as an example. This \$42+ million project will deliver a modern, 20,000-square-foot facility designed to meet the evolving needs of rural healthcare. It will feature larger patient rooms, state-of-the-art equipment, and a safer, more accessible environment for patients and families. The local share of this project is more than \$9 million, and CKHAF is tasked with raising every dollar through donations, pledges, sponsorships, and community events.

The same principle applies to equipment across both CKHA hospital sites. While some hospital equipment is funded by the province, a large portion—including much of the specialized and replacement equipment that frontline teams rely on every day—must be funded locally. Without the generosity of donors, sponsors, and event participants, many of the tools physicians and nurses count on would not be available when they are needed most.



Wallaceburg Site Redevelopment Project

TURNING GENEROSITY INTO IMPACT

CKHAF's newly released 2024-25 Impact Report offers a clear picture of what this support makes possible. From April 1, 2024 to March 31, 2025, the Foundation committed an impressive \$1,412,722 to Chatham-Kent Health Alliance, funding both critical equipment and innovative programs.

These investments touched nearly every corner of the hospital. In Cardiac Care, funds supported the purchase of a new MUSE Cardiology Information System, giving clinicians faster and more reliable access to vital patient data. In Diagnostic Imaging, CKHAF funded cutting-edge Rapid AI automated stroke imaging software, and two new ECG stress testing systems, helping doctors detect and treat life-threatening conditions sooner.

Support for the Oncology Clinic provided nine new IV pumps, along with a comfortable recliner chair for patients undergoing treatment. The Operating Room received three video laryngoscope kits, improving safety during anesthesia and intubation procedures. In the Women & Children's Program, donor support helped purchase two NICU chairs and breastfeeding room furnishings to provide a more family-friendly experience for parents and newborns. A new bladder scanner was added to Urology, helping to deliver more accurate diagnoses, while a brand-new fluoroscopy machine and procedural stretcher will benefit patients across multiple departments.



CKHAF's commitment did not stop at equipment. Funding also supported programs that improve patient experiences and outcomes, including CKHA's ER Dynamic Simulation Program, which trains care teams to respond to real-life emergency scenarios. The Foundation also supported CKHA's Patient Assistance Fund, helping patients who face financial hardship during their care journey.

Each of these investments represents a moment where community generosity was transformed into something tangible: a better diagnosis, a safer procedure, or a more comfortable experience for a patient in need.

WHY YOUR SUPPORT IS CRITICAL

Hospital needs are ongoing and ever-changing. Equipment wears out, technology evolves, and new standards of care emerge. Without strong, reliable funding from the community, CKHA risks falling behind. This can mean longer wait times, older equipment, and fewer opportunities for innovation.

Supporting CKHAF means investing directly in the quality of healthcare available in Chatham-Kent. It means ensuring that when you, your family, or your neighbours need care, whether for something routine or something life-threatening, you can trust that the hospital is equipped with the latest tools and technology to provide exceptional care close to home.



WALLACEBURG SITE REDEVELOPMENT PROJECT



HOW YOU CAN MAKE A DIFFERENCE

There are many ways to get involved. You can make a one-time gift, commit to a monthly donation, pledge your support to the Wallaceburg Redevelopment Campaign, or attend one of CKHAF's signature fundraising events. Whether you are swinging a club at the annual Charity Golf Tournament or donning your finest attire for the Parade of Chefs Gala, every dollar you contribute has a direct and lasting impact on patient care.

Healthcare touches everyone. By coming together as a community to support CKHAF, we can ensure that exceptional care is not just something we hope for, but something we can count on now and for generations to come.

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By Jono Macri

"It's never "too late" to get strong and feel great."

— Jono Macri

Sophia Li
Photo: Jono Macri
Location: Movati Athletica

There's a persistent myth that fitness has an expiration date. You hit a certain birthday and—poof—your energy disappears, your joints revolt, and your best years are officially “behind you.” Fortunately, biology didn't get that memo. The truth?

Your body is remarkably adaptable at every age, and with the right habits, you can look fit, feel vibrant, and move confidently whether you're 25, 55, or 85.

Let's start with the science-backed good news. After age 30, adults naturally lose about 3–8% of muscle mass per decade, a process known sarcopenia. Sounds ominous, doesn't it? Until you hear the sequel, regular resistance training can halt and even reverse this decline, with studies showing meaningful gains in muscle strength and size in people well into their 70s and 80s. Translation: it's never “too late” to get strong and feel great. Muscle isn't just about aesthetics; it supports metabolism, protects joints, improves balance, and preserves independence.

Bone health tells a similar story. Weight-bearing and resistance exercise can increase or preserve bone mineral density by 1–3% per year, even in postmenopausal women and older adults. That may not sound flashy, but when age-related bone loss is the leading risk factor for fractures, those percentages matter. Strong bones are the unsung heroes of confident movement, good posture, and long-term independent mobility.



Peter Valente
Photo: Jono Macri
Location: Movati Athletica



Gio Sciacca
Photo: Jono Macri
Location: Movati Athletica



But exercise is only part of the equation. How you recover and refuel ultimately determines how young you feel.

Sleep is where true regeneration happens. During deep sleep, the body releases growth hormone, repairs muscle tissue, regulates appetite hormones, and calms the nervous system. Consistently sleeping fewer than six hours per night has been linked to increased inflammation, impaired muscle recovery, and faster biological aging. Less than 6 hours per night puts you in the “sleep deprived” category according to researchers at Harvard Medical School.

In contrast, adults who regularly get 7–9 hours of quality sleep experience better insulin sensitivity, improved body composition, and up to 30% greater recovery from exercise. You don’t get fitter while you train—you get fitter while you sleep.



Lee Fisher
Photo: Morgan Baillargeon
Location: Movati Athletica



Rita Strydio
Photo: Jono Macri
Location: Movati Athletica





Sophia Li
Photo: Jono Macri
Location: Movati Athletica

Nutrition is equally powerful, especially as we age. After 40, the body becomes less efficient at using dietary protein, making adequate intake essential for maintaining muscle and bone. Research suggests consuming 25–40 grams of protein per meal can significantly reduce age-related muscle loss and support strength gains—even in older adults.

Adequate calcium and vitamin D intake is associated with a 20–30% reduction in fracture risk, while fiber-rich diets are linked to improved gut health, steadier blood sugar, and lower rates of heart disease. Food isn't just fuel; it's instruction. Every meal tells your body whether it's time to repair, store, or thrive.

When movement, sleep, and nutrition are aligned, energy improves, joints feel better, posture sharpens, and workouts become something you recover from, not something that wears you down.

Here's the punchline: aging is inevitable; feeling old is optional. The human body is built to adapt, respond, and regenerate when given the right signals. Whether you're laying foundations in your 20s or reclaiming vitality in your 80s, the formula remains the same—move often, eat well, sleep deeply, manage stress, stay connected, and respect your future self. Age may mark the calendar, but your daily habits decide how you show up to life.



Red Light Therapy

A Modern Tool for Recovery, Performance, and Wellness

By: Windsor Body Magazine

Red light therapy has quickly become one of the most talked-about recovery and wellness tools in the fitness and health space. Once limited to clinical and medical environments, it is now widely used by athletes, fitness facilities, and everyday individuals looking to improve recovery, reduce discomfort, and support overall well-being.

As technology and research continue to evolve, red light therapy is gaining attention not as a trend—but as a practical addition to a balanced recovery routine.

What Is Red Light Therapy?

Red light therapy, also known as photobiomodulation, uses specific wavelengths of red and near-infrared light to penetrate the skin and underlying tissues. Unlike ultraviolet light, red light does not damage the skin. Instead, it is designed to stimulate cellular processes that support recovery and function.

The light works at the cellular level by interacting with mitochondria—the “energy centers” of cells—helping them produce energy more efficiently. This process supports the body’s natural healing and recovery mechanisms.

How Red Light Therapy Supports the Body

Red light therapy is commonly used to support:

- Muscle recovery and reduced soreness
- Joint and tissue comfort
- Circulation and blood flow
- Skin health and collagen production
- Overall cellular energy and repair

For individuals who train regularly or live active lifestyles, these benefits can translate to improved performance and faster recovery between sessions.

Red Light Therapy and Recovery

One of the biggest advantages of red light therapy is its role in recovery. Intense training places stress on muscles and connective tissues. Red light therapy helps support the body’s natural repair processes, making it a valuable tool for those looking to train consistently without excessive downtime.

When used alongside proper sleep, nutrition, hydration, and mobility work, red light therapy can enhance overall recovery quality.

Performance and Consistency

Consistency is the foundation of results. Red light therapy helps support that consistency by reducing lingering soreness and stiffness that can interfere with regular training. Many athletes and fitness enthusiasts report feeling more prepared for their next workout after incorporating red light therapy into their routine.

While it's not a replacement for smart programming or rest, it can be a powerful complement to a structured training plan.

Skin and Wellness Benefits

Beyond performance, red light therapy is also used for skin health and general wellness. Regular use has been associated with improved skin tone, elasticity, and overall appearance. Additionally, some individuals report benefits related to relaxation and stress management, making it a versatile wellness tool.

Safe, Non-Invasive, and Easy to Use

One of the reasons red light therapy has grown in popularity is its non-invasive nature. Sessions are simple, typically lasting between 10 to 20 minutes, with no downtime required afterward. When used properly, red light therapy is considered safe for regular use.

As with any wellness modality, consistency and proper application are key.

Red Light Therapy in a Fitness Environment

More fitness and performance facilities are integrating red light therapy to provide members with a complete training and recovery experience. When combined with strength training, conditioning, mobility work, and proper recovery protocols, it supports a more well-rounded approach to health and performance.

Rather than focusing solely on workouts, modern training environments recognize the importance of recovery—and red light therapy fits naturally into that equation.

What Red Light Therapy Is—and Isn't

It's important to understand that red light therapy is not a miracle cure. It won't replace training, nutrition, or sleep. Instead, it works best as part of a comprehensive lifestyle focused on movement, recovery, and long-term health.

Used consistently and appropriately, it can support the body's natural ability to perform and recover.

The Bottom Line

Red light therapy represents the evolution of recovery and wellness. Backed by growing research and real-world use, it offers a practical, non-invasive way to support recovery, performance, and overall well-being.

For those committed to training smarter and taking care of their bodies, red light therapy is a valuable tool—helping bridge the gap between effort and recovery.





Building Muscle on a Budget: A Practical Nutrition Blueprint

By: Windsor Body Magazine

In the fitness world, muscle building is often portrayed as a costly lifestyle filled with premium supplements, specialty foods, and carefully branded “performance” products. This perception discourages many people from even starting their journey. The reality, however, is far more encouraging. Building muscle does not require expensive powders or gourmet meal plans. It requires nutritional consistency, sufficient calories, and a smart approach to food selection.

At the heart of muscle growth lies protein, the macronutrient responsible for repairing and rebuilding muscle tissue after training. While protein supplements dominate advertisements, some of the most effective sources are also the most affordable. Eggs, milk, cottage cheese, Greek yogurt, canned

The myth that high protein equals high cost is exactly that — a myth. Budget-friendly foods can easily meet your needs:

- Eggs: One of the most economical complete proteins
- Chicken thighs: Often cheaper and more flavorful than breasts
- Canned tuna or sardines: Convenient, shelf-stable, protein-rich
- Milk: Excellent protein-to-price ratio
- Beans and lentils: Affordable, filling, and nutrient-dense
- Cottage cheese or yogurt: High-protein, versatile options
- Peanut butter: Adds calories and protein efficiently

tuna, chicken thighs, beans, and lentils provide high-quality protein at a fraction of the price of processed alternatives. These foods are not only economical but also rich in vitamins and minerals that support overall health. Choosing store brands, buying in bulk, and opting for frozen products can stretch a grocery budget without compromising nutritional value.

Carbohydrates are equally important, though often misunderstood. They serve as the primary energy source for workouts and replenish glycogen stores afterward, allowing muscles to recover and perform



optimally. Without adequate carbohydrate intake, energy levels decline and the body may struggle to support muscle growth. Fortunately, budget-friendly carbohydrate sources are widely available. Oats, rice, potatoes, pasta, bananas, and frozen vegetables offer affordable, versatile options that deliver both energy and nutrients. These staples form the backbone of many effective muscle-building diets.

Dietary fats, sometimes unfairly avoided, play a crucial role in hormone production, including testosterone, which supports muscle development. Affordable fat sources such as peanut butter, olive oil, whole eggs, seeds, and canned fish help maintain hormonal balance while increasing total calorie intake. This is particularly valuable because muscle growth requires a slight calorie surplus. One of the most common barriers to gaining muscle is simply not eating enough. Increasing portions of whole foods like rice, oats, dairy, and legumes can address this challenge economically.

Meal preparation becomes a powerful ally in budget-conscious nutrition. Cooking at home significantly reduces costs while improving dietary quality. Preparing meals in batches not only saves time but also minimizes waste and reduces reliance on expensive convenience foods. Simple, repeatable

meals often provide better long-term results than complex plans that are difficult to sustain. Supplements, while convenient, remain optional. A well-structured diet can meet nearly all nutritional needs for muscle development. If finances allow, basic options like whey protein for convenience or creatine monohydrate for performance may be considered, but they should never replace whole foods as the foundation of nutrition.

Hydration and sleep, both free yet frequently neglected, are essential components of progress. Water supports muscle function and nutrient transport, while adequate sleep enables recovery and growth. Without these fundamentals, even the most carefully planned diet will fall short.

Ultimately, building muscle on a budget is not about deprivation but about prioritization. Consistency, balance, and practical food choices matter far more than spending. Strength is built through sustainable habits, not expensive products, proving that effective nutrition can be both accessible and affordable.



Brown Sugar Glazed Salmon with Roasted Asparagus

This easy budget friendly, one-pan dinner combines tender, flaky salmon with a sweet-savory brown sugar glaze that caramelizes beautifully in the oven. Paired with crisp roasted asparagus, it's a healthy, flavorful meal ready in under 30 minutes. Perfect for weeknights!

Servings: 4

Prep Time: 10 minutes

Cook Time: 15-20 minutes

Total Time: 30 minutes

Ingredients

For the Brown Sugar Glaze:

¼ cup packed brown sugar
2 tablespoons soy sauce (low-sodium recommended)
2 tablespoons Dijon mustard
1 tablespoon olive oil or melted butter
2 cloves garlic, minced
Juice of ½ lemon (about 1 tablespoon)
Freshly ground black pepper

For the Salmon and Asparagus:

4 salmon fillets (5-6 oz each, skin-on or skinless)
1 pound fresh asparagus, trimmed
1-2 tablespoons olive oil
Salt and pepper, to taste
Optional: Lemon wedges for serving

Instructions

Preheat the oven: Set to 400°F (200°C). Line a large baking sheet with foil or parchment paper for easy cleanup.

Make the glaze: In a small bowl, whisk together the brown sugar, soy sauce, Dijon mustard, olive oil (or butter), minced garlic, lemon juice, and a pinch of black pepper until smooth and glossy.

Prepare the salmon: Place the salmon fillets on one side of the prepared baking sheet. Spoon or brush about three-quarters of the glaze generously over the top of each fillet.

Prep the asparagus: In a bowl or directly on the sheet pan, toss the trimmed asparagus with olive oil, salt, and pepper. Arrange them in a single layer on the other side of the pan next to the salmon.

Bake: Place the sheet pan in the oven and bake for 12-18 minutes, depending on the thickness of your salmon. The salmon is done when it flakes easily with a fork (internal temperature 145°F). For extra caramelization on the glaze, switch to broil for the last 2-3 minutes—watch closely to avoid burning!

Finish and serve: Brush the remaining glaze over the salmon if desired. Serve hot with lemon wedges on the side. Pair with rice, quinoa, or a simple salad for a complete meal.

Enjoy this delicious, hassle-free dinner!

SEVERE BACK PAIN ADVISORY!

Windsor's premier centre for non-surgical treatment of spine related pain has just undergone an upgrade. Inclusion into the prestigious Disc Centers of America (DCOA), the largest group of non-surgical spinal decompression doctors in the world, puts Windsor's own Schisler Spine Centre at the forefront treating conditions such as severe back, neck, and sciatic pain.

The very first Disc Centre of Canada (DCOA) has opened and Dr. Craig Schisler of the Schisler Spine Centre couldn't be happier.

"The association with DCOA gives us access to all the latest cutting-edge research and technologies related to the non-surgical treatment of the spine. Why shouldn't Windsor have the very best the world has to offer?" says Dr. Schisler.

Chronic back pain and sciatica have reached epidemic proportions affecting millions of people worldwide.

Chances are you or someone you care about is suffering from debilitating back or neck pain, and have tried many different medications and therapies that simply didn't work. Right now, there is a way for all of that to change, right here in Windsor, Ontario. A technology called Non-Surgical Spinal Decompression offered at the Schisler Spine Centre is offering an alternative path for those who may end up needing surgery.

For the last 20 years, Dr. Craig Schisler and his team have been dealing exclusively with chronic and serious cases of back pain, neck pain and sciatica and have kept hundreds from needing surgery.

"Our approach differs from traditional methods because we use the latest technologies proven by research to offer long-term relief and correction of bulging and herniated discs," says Dr. Schisler.

It's true. Published studies show an amazing 85% success rate for those who qualify for this revolutionary treatment.*

"Now as the first Disc Centre of Canada, we'll be able to improve on our record. One of the secrets to our success is we treat each patient individually and only accept those patients who we feel will benefit from our unique approach," says Dr. Schisler.

In the last 20 years Dr. Schisler has developed proprietary protocols to treat such painful conditions as bulging and herniated discs, spinal stenosis, facet syndrome and sciatica.

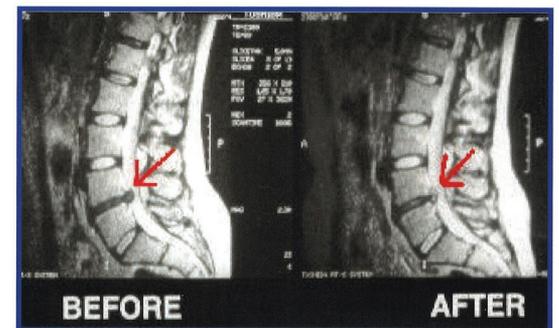
At the cornerstone of the technology is the DRX9000 the state of the art, gold standard for all decompression devices.

How it Works: the process creates a negative pressure within the disc drawing in any bulge or herniation. This stimulates "fibroblast activity" producing fresh cells and tissues within the disc. This restorative action allows the damaged disc to heal naturally, and proper function is restored to the spine.

More information can be found at The Disc Centres of Canada website, www.ontariodiscentre.ca, where you can get a free copy of The Patient's Guide to Severe Back, Neck and Disc Pain immediately.



Actual reduction of disc bulge using Non-surgical spinal decompression.



If you or someone you care about is suffering and looking for a non-surgical solution for back neck or disc pain, there's great news. Mentioning this article will get you a free, no-obligation consultation with Dr. Schisler.

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“Who Do You Know Who’s Moving Like the Tin Man?”

Your Spine’s Biomechanics Matter for Health and Daily Function



Your spine isn’t just a stack of bones. It’s a dynamic, engineered structure designed to support your body, protect your nervous system, allow motion, and absorb mechanical loads as you stand, bend, walk, lift, and sit. Research from biomechanics — the science of forces on biological systems — shows that how your spine moves and adapts to load has wide- ranging effects on pain, mobility, and everyday function.

Unlike static parts in machines, the spine balances stability and motion. Each segment — vertebrae, discs, ligaments, and muscles — responds continuously to the forces your body imposes. Disruptions in this balance (from poor posture, repetitive strain, injury, or muscle weakness) can contribute to pain and limitations in daily living tasks like bending to pick up a toddler, twisting to reach a shelf, or simply sitting through a workday.

What Research Tells Us About Spine Function and Health

Peer-reviewed studies have documented several key points about spinal biomechanics:

- The spine’s functional units — vertebrae and discs — work together to resist different types of loads (compression, tension, shear, torsion). Optimal motion and alignment reduce undue stress on these structures.
- Aberrant motion patterns, weak core muscles, and sustained poor postures are associated with low back and neck pain — one of the most common causes of disability worldwide.

- In people with back pain, manual therapy including spinal manipulation can alter muscle activation patterns and increase movement awareness, which may support better function during prolonged sitting or movement.

- Manual therapy and manipulation have been shown to affect biomechanical parameters (like stiffness and motion range) in chronic pain conditions, suggesting a measurable influence on both structure and function. Although the exact mechanisms are still being explored, systematic reviews indicate that manipulation and other directed therapies can produce functional changes (like improved movement and reduced muscle guarding) that are relevant to daily living tasks.

How Spine Biomechanics Affect Daily Life

Good spinal biomechanics isn’t just about pain relief — it’s about freedom of movement and avoiding compensations that make simple tasks harder.

When your spine moves efficiently:

- You’re less likely to fatigue during extended standing, walking, or repetitive tasks.
- Turning quickly to catch a child or tie your shoes feels easier.
- Sitting for work doesn’t leave you aching.
- Bending, lifting, and twisting occur with less strain and risk of injury.

Conversely, limited range of motion, muscle imbalances, or postural deviations can decrease function and increase discomfort.

Simple Self-Checks for Spinal Biomechanics Limitations

Here are three quick, non-clinical checks you can try yourself. If any of these feels unusually restricted, painful, or asymmetric, it's worth exploring with a trained expert:

1. Forward Flexion Test

Stand with feet hip-width apart and slowly bend forward as if to touch your toes. Notice if you feel:

- Pain in the lower back or legs
- One side feels tighter than the other
- Your hamstrings cramp before your lower back feels mobile

Limited hip-spine motion coordination can reflect biomechanical restriction.

2. Side-Bending Test

While standing, slide your right hand down your right thigh as far as comfortable, then repeat on the left. Notice differences in motion and whether you feel sharp strain versus mild stretch.

3. Rotation Screen

Sit or stand with arms crossed on your chest, gently rotate your torso to the right and left. Significant asymmetry or pain that lasts after movement can suggest stiffness or neural tension.

Forward Flexion Test



- Bend forward to touch your toes.
- Pain or tightness in lower back or legs
- Difficulty reaching down

Side-Bending Test



- Slide your hand down your side
- Uneven movement side to side
- Sharp pain on one side

Rotation Screen



- Rotate your torso left and right
- Limited or uneven rotation
- Pain with turning

Signs and Symptoms That Warrant Professional Evaluation

Some limitations go beyond everyday stiffness. Seek professional evaluation — including from a chiropractor or other spinal specialist — for:

- Pain that persists beyond a few days and affects sleep or daily tasks
- Radiating pain, tingling, or numbness down the arms or legs
- Significant loss of motion, balance issues, or weakness
- Pain that follows an injury or sudden movement
- Symptoms that are worse with prolonged sitting or standing

These patterns often indicate that biomechanical adaptations have begun to limit your functional abilities and deserve focused assessment and care.

Conclusion: Better Movement = Better Life Function

Your spine's biomechanics matter. They influence how well you move, how comfortable you are during basic tasks, and how resilient you are to everyday stresses. Peer-reviewed research supports that directed care — including chiropractic evaluation and treatment — can play a role in reducing pain, improving motion patterns, and enhancing how your body functions day to day.

If your daily life has become a negotiation between your activities and your back or neck, it's time to explore those limitations with a trained professional who can help you move better, feel better, and stay active.

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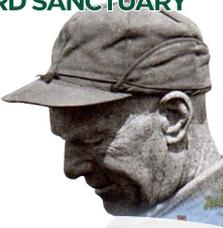
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25 Years of Excellence, Passion, and Milestones.

Mediaduo Celebrates a Quarter-Century in Windsor-Essex

By Windsor Body Magazine

What an incredible milestone. In December 2000, Tony Catalano turned his basement into the launchpad for an ambitious dream. Fresh off a corporate marketing role he truly loved, Tony launched a small web design company with boundless confidence: “I can build this myself—and make it truly outstanding.” That bold beginning grew into Mediaduo, now a trusted, full-service marketing and advertising agency that has proudly served Windsor-Essex for 25 remarkable years.

For a quarter-century, Mediaduo has been telling the Windsor-Essex story through strategic, results-driven marketing and communications. As a trusted partner to businesses across the region, Mediaduo delivers comprehensive branding and advertising campaigns tailored to help organizations grow and stand out.

In addition, Mediaduo specializes in publication sales, design, development, and printing—providing true end-to-end solutions that help brands connect, engage, and grow.

The journey has been nothing short of exhilarating, fueled by landmark achievements and long-standing client relationships. Among the most meaningful is Mediaduo’s partnership with Rafih Auto Group, their longest-standing client since 2003—a collaboration that continues to inspire and drive success on both sides.

Mediaduo’s impact is reflected in the breadth and longevity of its work throughout Windsor-Essex. From enduring partnerships with Antonino’s Original Pizza—to award-winning wine label designs for Harrow’s Cooper’s Hawk Vineyards, Mediaduo consistently delivers creative that stands out. Their portfolio also includes countless advertisements for the Ciociaro Club, Laneway Homes, and most recently, Pro Trades Mechanical’s 20th Anniversary marketing campaign.

Over the past two years, Mediaduo has also played a key role in helping Supreme Services become a household name, positioning them as one of the most sought-after restoration companies in Windsor-Essex.



The publishing division ignited in 2004 with the debut of Windsor Body Magazine, a vibrant lifestyle publication that instantly captured attention and sparked major buzz. Its success led to the creation of Myndlogic Publishing later that same year—a sister company dedicated to growing a lineup of standout magazines and publications.

More milestones followed. In 2007, Rafih Style Magazine launched, blending luxury automotive appeal with lifestyle storytelling. In 2011, Freeds Image Magazine joined the portfolio, further establishing Myndlogic as a leader in premium, community-focused publications.

Mediaduo has since designed, developed, and produced an impressive range of magazines and special projects, including publications for Pro-Partners (now published twice annually), Windsor Crossing Premium Outlets, Thunder Road Harley-Davidson, The Rafih Trader, Today's Real Estate Magazine, Century 21 Local Home Team's OUTLOOK 2025, Valente

Real Estate, The Brady Thrasher Collection, and the Ciociaro Club's 50th Anniversary keepsake. They were also selected by the Ontario Greenhouse Vegetable Growers to create a cookbook featuring recipes made with Essex County-grown tomatoes, peppers, and cucumbers—further showcasing Mediaduo's ability to blend storytelling, design, and production into meaningful, high-quality publications.

Mediaduo is currently proud to be working on the Windsor Essex Chamber of Commerce's 150th Commemorative Publication, celebrating a century and a half of local business leadership. Mediaduo was selected for this milestone project in recognition of its proven experience and strong track record of delivering exceptional publications.

Reflecting on the journey, Tony shares, "The early years were full of challenges, but I often made less money so I could reinvest in top-notch equipment and an incredible team. Those smart reinvestments turned early sacrifices into something truly special."



That dedication continues to define Mediaduo’s approach today. “Caring about our clients’ results, and knowing their businesses are growing because of our work, is pure gold—and the reason so many partnerships have lasted decades.”

Erwin Paungo, Art Director echoes that commitment: “We will always make sure the client is taken care of—from beginning to end. Nothing goes to print without final approval and complete client satisfaction.”

At its heart, Mediaduo’s success is built on relationships and shared victories. “We don’t just do transactions,” Tony says. “We create wins—because when our clients shine brighter, we all celebrate together.”

Director of Advertising Adam Patterson, who has been with Mediaduo for over 18 years, sums it up perfectly: “We’ve built incredible trust throughout Windsor-Essex, partnering with legendary local brands while welcoming new clients along the way.”

From a basement startup to a 25-year legacy of iconic advertising campaigns, magazines, commemorative publications, and lasting relationships, Mediaduo stands as proof of what passion, perseverance, and true partnership can achieve.

Cheers to Mediaduo—25 years of inspiration, and here’s to the next 25: even bigger, bolder, and committed to helping Windsor-Essex businesses succeed.



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