

# the centre for Health & Well Being

## Winter Well Being

December 2010 – January 2011

### *Personal Trainer Joins the Centre*

Update from Dr. Verna Hunt

Movement is essential to good health. The saying of 'use it or lose it' means that in order to have optimal body function we must move and exercise. When recommending exercise to clients I always tell them to do some form of movement that they enjoy. Tai chi may be something you love to do while others like horseback riding. Whatever it is, start to move.

Beginning in January 2011, Riikka Wilson, a certified personal trainer, will be available at our office to do personal training session early mornings and evenings.

Riikka's passion for health has always been a part of her life. With fifteen years of dancing experience, it felt natural for her to study human anatomy, physiology and nutrition in college. Riikka graduated from the George Brown College Fitness and Lifestyle Program in 2005, then worked for Tri Fit, a well-established provider of workplace fitness and health programs. She managed the fitness facilities at Canadian Depositories for Securities and Canada Life Assurance.

After working five years in the corporate fitness field, Riikka started to focus on private training. Although her specialties are pre/postnatal fitness and rehabilitation, Riikka also holds certification in sport-specific training, group exercise and Pilates. She draws from the full range of her experience during private training sessions, from dynamic movements to mat Pilates.

Riikka believes personal training involves a strong partnership between trainer and trainee. She works to develop an environment that leads to trust and that ultimately helps you accomplish your goals. During her free time, Riikka loves to *move for life*. You can often see her running while pushing her two young children in their stroller in the Junction and in parks in the area.

For more information about her work or to book an appointment with her please call 416-731-9618 to reach her directly.

### New Program: ***Achieve***



#### **Get ready for your healthiest year yet!**

Achieve is a therapeutic lifestyle change program aimed at helping you reach your health goals. Each week important topics are covered including healthy nutrition, stress reduction techniques, prevention of common lifestyle illnesses & more!

- ✓ Increase your energy
- ✓ Lose weight
- ✓ Improve your sleep
- ✓ Achieve your health goals!

**Limited time rate:  
9 weeks for \$99**

**Mondays 7:30-9:00 pm**  
Starting Mon Jan 10<sup>th</sup>, 2011  
Small group interactive,  
educational sessions.

Space is limited so reserve your spot at **416.604.8240**. For more info, please contact the Centre or visit [www.drtara.ca](http://www.drtara.ca).

*Tara Marcinkowski BAH ND works with people at all ages and stages of health. She enjoys working with women's health, digestive issues, weight loss and pediatrics. Tara finds inspiration in the experiences of daily living and teaching wholistic health is her passion in life.*

### Supporting Your Lymphatic System

As the weather gets colder we often slow down, a result of our primal intuitive urge to hibernate in the winter. It's a time to spend more moments in stillness as we recharge and reflect. While in hibernation mode, check in with your body. You may become aware of fatigue and congestion which are effects of accumulated stress, slowing down and moving less.

An important system to consider in this process, especially in the midst of 'cold and flu' season, is our lymphatic system. Our lymphatic system is our body's in-house cleaner. It helps to filter and remove dead cells, bacteria, pathogens and toxins from our blood and the spaces between our cells, helping to keep us in optimal health.

As our lymphatic system supports us, we in turn need to help support it so it doesn't become overwhelmed or blocked throughout its network of vessels and nodes. The circulation and efficiency of our lymphatic system is dependent on exercise, deep breathing, manual drainage and freedom from constrictive clothing to encourage optimal drainage through the whole body.

Lymph drainage massage, a form of manual drainage, is a very slow, deliberate and rhythmic sequence of massage techniques which work with your body's inherent rhythm to minimize existing congestion, relax your body and your mind, release and

assist in the removal of toxins, and stimulate your immune system. Lymphatic massage helps to maintain a more dynamic state internally while we slow down externally. Good lymphatic circulation is an essential component to good health, increased energy and a more balanced body.

Stop by the clinic to speak to one of our massage therapists to learn more about lymphatic drainage and how we can support you on your journey to a healthier you!

**Amber Young RMT.** *Amber's been in practice for 6 years, and devotes much of her work to breast health, lymphatic drainage, cancer survivors, and women who live with anxiety and depression. She is passionate about what she does and works alongside you on your path to wellness.*

### Winter Injury Prevention

- ❄️ Make sure to take the time for adequate warm-up and stretching before winter activities such as skiing, skating and snow shoveling.
- ❄️ Make sure you bundle up to protect your muscles from tensing up and going into spasm from the cold.
- ❄️ Shoveling snow is a cardiovascular activity, so make sure you do some warm-up & stretching first.
- ❄️ It can also cause a lot of strain on the low back, so bend at the knees and take care to move your entire

body rather than twisting at the waist.

- ❄️ Remember that snow is heavy, so be sure to work within your limits and don't overdo it.

**Tanya Meyers RMT** *has been practicing massage therapy in Toronto since graduating from Sutherland-Chan School & Teaching Clinic in 1997. Tanya has experience treating a wide variety of conditions as well as specialized training in Pregnancy and Infant Massage, Labour/Birth Support and Therapeutic Breast Massage.*

**Registered massage therapists are available the following days:**

**Tanya – Wed, Fri & Sat**  
**Amber – Thu**

### Monthly Specials

JAN-FEB 2011

#### ACTIVATED AIR SERIES

reg \$150 sale \$100  
Ten 20-minute sessions of activated oxygen. See front desk for more info.

#### SKIN BRUSHES

reg \$30 sale \$24  
Helps stimulate the lymph & circulatory systems. See front desk for more info.

#### INFLAMMATION PRO

reg \$46 sale \$39  
Great for inflammatory skin conditions like psoriasis & eczema.

#### TOOTH PASTE

reg \$9.40 sale \$7  
All natural, fresh tasting, no fluoride.

#### DROSERA LOSENGES

reg \$8.75 sale \$7.00  
Great for sore or dry throats, coughs and tickles.