

# body

MAGAZINE

FINDING YOUR EVEREST

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WORK,  
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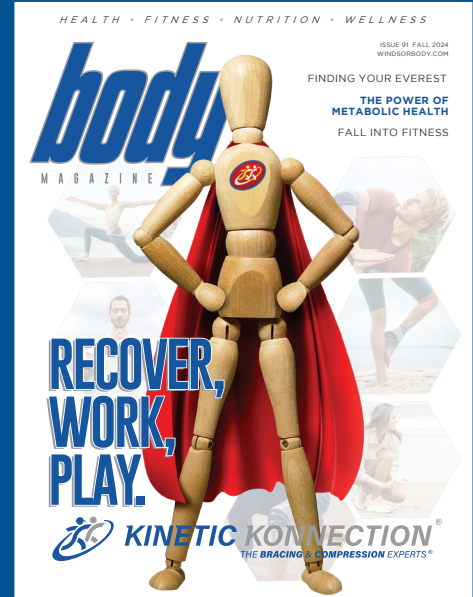
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# body

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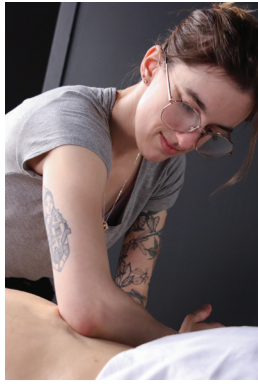


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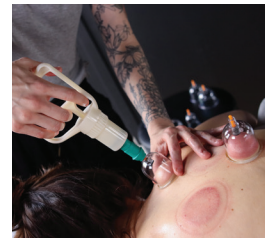
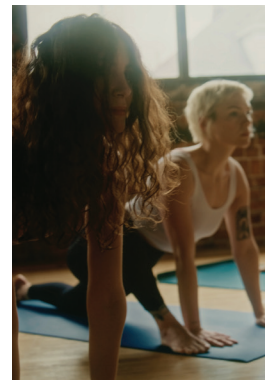
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# INTRODUCING VEGAN CHEESE



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Antonino's—South Windsor manager, James Scott had a problem at home. His wife, Juliee—a long-time vegan—couldn't eat the delicious pizzas he'd bring home from work.

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Buon Appetito!

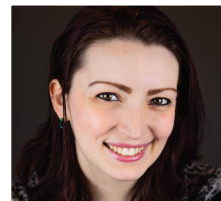
Joe Ciaravino, President  
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# RECOVER, WORK, PLAY.



By Jessie Gurniak

Kinetic Konnection® is known for its expertise in bracing and compression. Their focus is on guiding you to take charge of your injury recovery and helping you get back to doing what you need or want to do. From the start, their team prioritizes each customer's story, offering personalized care without long waits or the need for appointments. This makes them The Bracing and Compression Experts®.

Understanding that everyone is unique, Kinetic Konnection works with patients diagnosed by family doctors, nurse practitioners, and other healthcare providers to match their needs with products tailored to their specific diagnosis, from ligament tears to arthritis. Their bracing and compression solutions integrate seamlessly with other treatments—like physical therapy or medications—providing additional support and pain relief to enhance recovery.

“We start by getting to know you—what activities you miss, what goals you have, and what comfort means to you,” says team member Milan Dobric. “Whether you are eager to get back on the golf course, return to work, or simply move without pain, we consider all those factors. We look at what you want from a brace: pain reduction, extra stability, more mobility, or a mix of everything. Then, we find the product that fits you right. It is all about making sure you are comfortable and confident, so you will use it and see the benefits.”



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Kirsten Kreibich, who has been with Kinetic Connection for nearly 20 years, emphasizes that the best product for a patient is not determined solely by their diagnosis but also by their individual lifestyle needs. Even if two patients share the same diagnosis, their differing lifestyles may require different products to aid in their recovery. By tailoring products to each person's unique circumstances, they help them effectively return to their day-to-day routines. We recently sat down with some of the staff members from Kinetic Connection to get a thorough understanding of the way they work.

**Q: What makes the experience at Kinetic Connection stand out for someone seeking recovery solutions?**

A: The biggest thing is getting people back to what they want or need to be doing. It is all about personalized care. From the moment you walk in, our friendly and knowledgeable staff focus on you—no appointments, no long waits. We are here to listen to your story and understand what is holding you back. Our goal is to make you feel comfortable and supported, so you leave feeling empowered and ready to get back to what you love.

**Q: How do you ensure that your products align perfectly with a person's specific diagnosis, especially with so many unique injuries out there?**

A: We believe every injury is unique, just like every person. That is why we work closely with family doctors to understand your specific diagnosis. Whether it is a ligament tear, nerve issue, arthritis, or muscle problem, we match you with products designed for your exact condition. Think of it as a tailor-made solution—that way, you are getting support that is right for you, not just a one-size-fits-all fix.

**Q: How do your products integrate with other treatments like medications or physical therapy to enhance patient outcomes?**

A: Our bracing and compression products work seamlessly with other treatments. They are non-invasive, effective, and safe, making them a perfect addition to medications or physical therapy. By providing support and reducing pain, our products can help you perform physical therapy exercises more effectively or allow medications to work better. It is about enhancing your overall recovery so you can get back to your normal routine faster.



**“We help people recover while keeping them doing what they need and want to do safely. I want everyone to know they don’t have to stop doing what they need, want, or love doing just because they’re injured.”**

**Q: Do you help with insurance reimbursement or affordable options to make recovery accessible?**

A: We sure do! Navigating insurance can be a hassle, so we handle all the paperwork for you. Whether reimbursement comes to us or directly to you, we will make sure everything is in order. We provide quotes and can directly bill many private insurance companies and assistance programs. Plus, our products are affordable, and we accept various forms of payment. We are all about making your recovery as stress-free as possible. A prescription is not needed to use our products; however, insurance can only be used with a prescription. But we do more than just fill a script; we are giving a recovery plan.

**Q: What are some of the most common conditions or injuries you see daily?**

A: We see a wide range of issues—sprains, arthritis, overuse injuries, nerve damage, fractures, and general aches and pains. Some specific conditions we often help with include Carpal Tunnel Syndrome, Tennis Elbow, Rotator Cuff injuries, lower back pain, Patellofemoral Syndrome, Plantar Fasciitis, ankle sprains, Osteoarthritis, and poor leg health due to chronic venous insufficiency. If it is causing discomfort and keeping you from your daily activities, chances are we have the experience to help.

**Q: When should someone consider coming to Kinetic Koneksi for help with an injury?**

A: In general, we believe in moving safely and preventing injury. Do not wait. Be proactive and ask for help! Any time pain or mobility issues are stopping you from doing what you need or love to do, that is when we can help. Whether it is a fresh injury needing prompt attention or a nagging issue that is slowing you down, we are here for you. Our bracing and compression solutions provide instant relief and support healing, so you do not have to miss what is important to you. Why wait and let things get worse when you can start feeling better now?

**Q: How can Kinetic Koneksi's specialized bracing and compression products help people get back to work or enjoy their favorite activities sooner?**

A: At Kinetic Koneksi, our why is simple—we want to keep you doing what you love or need to do. Whether it is getting back to work

or enjoying your favourite hobbies, our products are designed to help you get there faster. We focus on immediate solutions that provide stability, comfort, and pain relief, so you can start moving again without waiting for things to get worse. It is not just about treating the injury—it is about giving you the support and confidence to reclaim your life. We understand that every day off the field or away from work is a day missed, so we are here to help you take control of your recovery. The moment you walk into Kinetic Koneksi, we listen, assess, and provide personalized recommendations. You leave with the tools to make real progress right away—no hassle, no long waits, just the help you need to get back to what matters most. That is why we do what we do.





Furthermore, when asking the Kinetic Konnection team about their own journeys into this line of work, Kreibich talked about her own injury recovery. “As an athlete you want to get back to play after injury ASAP,” Kreibich says. “I’ve been injured and needed surgery. Not aware of other options to provide me support while still playing just left me waiting. It makes me appreciate what we do. We help people recover while keeping them doing what they need and want to do safely. I want everyone to know they don’t have to stop doing what they need, want, or love doing just because they’re injured. We have options to help them, now, while they wait.”

Johny Krahn, another veteran team member, agrees with Kreibich, furthering her point by saying that sometimes surgery cannot be avoided, but Kinetic Konnection has the expertise to help you reduce pain in the interim and heal from it after. “It’s not just about healing,” says Krahn. “It’s managing pain to achieve a higher quality of life and live easier.”

The Kinetic Konnection team cares about their customers. They want to see you feeling better and doing what you need or want to do.

Visit [www.thebracingexperts.com](http://www.thebracingexperts.com) to start living pain-free and mobile with the help of Kinetic Konnection.

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519-979-0408



**LASALLE**  
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519-966-1100



## WHAT OUR CUSTOMERS SAY...



MARA

Mara was exceptional! The brace I received is almost as amazing as her great customer service! Well done Mara. - Ray H.



JOHN

I went to Kinetic Konnection in Tecumseh today with a prescription for wrist braces. John who assisted me was extremely helpful, both in choosing a brace style and contacting my insurance provider to determine what coverage I may have for the braces. He was knowledgeable and kind. I would definitely recommend Kinetic Konnection. - Julie G.



CIARAN

Kinetic Konnection LaSalle, Ontario is wonderful! I had the pleasure of dealing with Ciaran who was very knowledgeable and experienced! A pleasure to have this company here! Highly recommend! - Karen B.



REBECCA

She was very kind and sympathetic to my needs. Was very thorough, and in the end the product fit great, which is easing my ailments dramatically. Many thanks to Rebecca and the LaSalle location! - Jeffery M.



MILAN

I can't say enough good things about them! Their staff is friendly, knowledgeable and efficient. One Gentleman (Milan), I have had the opportunity of dealing with twice for two separate injuries. Not only is he extremely knowledgeable (which accurately pointed me in the right direction of a solution for my injury) he has a great sense of humour which, when you are dealing with pain is a blessing that puts a smile on your face. Keep up the great work! Thank you for sharing your knowledge and passion with those who need it most. - Kate I.



MALAK

Malak at Kinetic Konnection LaSalle was excellent!, She was extremely knowledgeable in explaining all our different options. Answering all question. No sense of rush, very pleasant atmosphere there.

We want you to feel better. Let us help you get back to doing what you want or need to do.  
Get started today—call or text us at 519-258-4795.



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# FINDING YOUR EVEREST



By Jessie Gurniak

The idea of reaching new heights usually refers to climbing the ladder of success, often referring to business endeavors. But what if it were more literal, and involved pushing your body and mind to their physical limits?

The 29029 Everesting Challenge is no ordinary endurance event. 29,029 feet is the total elevation of the famed Mount Everest. In this challenge, participants take on climbing this elevation without tackling Everest itself. Participants gather at a resort—usually in Idaho, Utah, or Vermont—and, over the course of 36 hours, climb a small mountain multiple times. Once reaching the summit, they gondola back down just so they can climb back up again. The total distance of the ascent will equate to the famed 29,029 feet.



People choose to take on the 29029 Everesting Challenge for a variety of reasons. For some, it's about testing physical endurance and pushing their limits. For others, it's a way to break free from the daily grind, to focus on something that requires absolute mental and physical dedication.

Despite their busy careers, Marco Sperduti, a local real estate agent, and Elizabeth Sperduti, a funeral director, found time to prioritize their fitness and endurance. Completing the challenge doesn't come with any physical grand prize, but instead comes with the glory of self-accomplishment and doing something incredibly unique. Marco describes this feeling as "finding your Everest" in which you set your heart on a major goal, one that may typically seem out of reach, and you use the power of self-motivation to take each step closer and closer towards the summit.

Before Marco became a real estate agent, he spent 22 years working as a funeral director. This experience shaped his deep understanding of people's emotions and life's pivotal moments.

His background gave him a unique perspective on empathy and personal connections, which has translated seamlessly into his real estate career. Now, with a successful business, Marco thrives in an industry that, much like endurance challenges, requires determination, commitment, and trust.


Marco's approach to both business and the Everesting challenge underscores the same belief: real growth comes from pushing beyond comfort zones. He says that the decision to participate in 29029 was about pushing himself to prioritize fitness while also allowing it to represent their personal growth and commitment. Plus, with their kids getting older, Marco and Elizabeth wanted to take the opportunity to do something for themselves while also using it to lead by example.

By participating in this event, the couple believes that they can show their kids that you can think outside the box and do something unique, maybe something that scares you a little, and do it not to win, but just to simply try. The fact that the challenge isn't easy is part of the appeal.



**Whether in life, business, or fitness, they've learned that success comes from working together, pushing one another, and staying motivated during the most challenging times.**



A man is seen from behind, walking on a dirt trail. He is wearing a light grey hoodie, dark pants, and blue sneakers. He is using two trekking poles. The trail is surrounded by green trees and foliage. The background is a bright, slightly hazy sky.

To train for this event Marco, with his wife by his side, has been dedicating to rigorous training regimens which includes walking several kilometres every day, with the distance changing depending on the demands of their day-to-day lives.

A crucial part in the success is support, and as partners in life and as well as partners on this adventure, Marco and Elizabeth understand the value of support. Having someone by your side, especially in a challenge like 29029, makes all the difference. It allows them to hold each other accountable, and remind each other to keep going when it gets tough. Whether in life, business, or fitness, they've learned that success comes from working together, pushing one another, and staying motivated during the most challenging times.

Finding your Everest is not about the summit—it's about the climb. Marco believes that real growth happens when you push past your comfort zone, whether it's in business, relationships, or physical challenges like 29029. Each step, whether in real estate or on the mountain, represents progress toward a larger goal. The shared moments of struggle, and ultimately the sense of accomplishment that comes from pushing themselves to their limits, that's what participating in this challenge is all about for him and his wife.

As they prepare to face the mountain and the 36-hour clock, Marco and Elizabeth are focused on not just reaching the summit but embracing the journey along the way. When Marco and Elizabeth reach their final summit and look back on the countless hours of preparation, the physical strain, and the emotional highs and lows, they will know they've conquered far more than a mountain—they will have conquered their own Everest.

# body

## TRANSFORMATIONS WITH CORY VOLUME 3



Photos taken at:  
MOVATI ATHLETIC, Windsor

## The Power of Prioritizing Fitness: Meet Steve Asher

In this month's *Body Magazine* Fitness Feature, we shine a spotlight on an inspiring individual whose commitment to fitness has transformed not only his life but also the lives of those around him: Steve Asher. It all started with Steve's generosity when he provided Cory Marchildon, our feature writer, with his first MOVATI FREE Pass. That pivotal moment sparked Cory's journey to make fitness a priority, and now, they're here to share that journey with you.

### A Family Man with a Passion for Fitness

Steve Asher is not just a dedicated fitness enthusiast; he is also a loving husband and father to two energetic boys, aged 10 and 8. Balancing family life and a demanding career is no easy task, yet Steve makes it look effortless. He wakes up at 5 a.m. each day, making it to MOVATI Athletic by 6 a.m. for his six-day-a-week workout routine. His morning workouts are not only a time for physical exercise but also a crucial moment for self-care, which he believes is essential for any busy parent.

### A Role Model for Busy Parents

Steve's message to fellow moms and dads is clear: it's essential to carve out time for yourself, even amidst the chaos of family and work life. He understands the common excuses—"I don't have enough time," or "I'm too busy"—but he emphasizes the importance of making fitness a priority. "You can be successful at home and at work while also taking care of yourself," Steve insists.



**"You can be successful at home and at work while also taking care of yourself," Steve insists.**





**Cory and Steve regularly push each other in fitness. “NO WAY that I let Steve lift more than me. I can’t have that” Cory Marchildon**

**A Successful Career**

Outside the gym, Steve thrives in his role at Supreme Services, a multi-divisional company specializing in restoration, renovation, handyman services, environmental solutions, and more. He oversees business development across all divisions including Laneway Homes, which focuses on building tiny homes. His construction background has allowed him to channel his creativity and skills into his family life as well, constructing a fitness structure in their backyard to inspire his sons to stay active. “American Ninja Warriors in the making!” he jokes.

**Strength Through Consistency**

Over the years, Steve’s dedication to his fitness regime has paid off. He can now bench press an impressive 275 pounds for 6-10 repetitions. His physical strength is a testament to his commitment, but Steve also recognizes the importance of mental resilience in both fitness and life. “Strong in work and strong in mind and body go hand in hand,” he notes.

**Nutrition: Finding What Works**

When it comes to nutrition, Steve takes a balanced approach. While he doesn’t adhere to a strict diet plan, he remains mindful of what he eats. He believes that the key lies in maintaining a consistent workout schedule that keeps his body fit and healthy.

**Making Time for Fitness**

Both Steve and Cory want to encourage readers to prioritize physical activity. It’s about more than just getting in shape; it’s about improving your mental health, boosting your energy levels, and enhancing your overall well-being. They urge you to challenge the narrative of “not enough time” and instead, commit to making time for your fitness journey.



**Steve with his 2 sons, Henry and Jonas**

**So, if you’re ready to take that step, why not join Steve and Cory early mornings at MOVATI Athletic Windsor? It’s never too late to start prioritizing your health and fitness—your body, mind, family, and work will thank you for it!**

**Both Steve and Cory can be reached by contacting Supreme Services. 519-946-0363.**



# The Power of Metabolic Health: Transforming Your Life from Within



By Patty Hladki  
Certified Health and  
Lifestyle Coach  
Connected Whole Health



**“The power to transform your health is in your hands,  
and it’s never too late to start.”**



The terms “metabolic health” and “metabolic syndrome” are commonplace today, but what do they actually mean? More importantly, why should you care? Metabolism refers to a complex set of biochemical processes responsible for converting food and stored energy (like fat) into fuel, powering every cellular function in your body. When functioning optimally, you feel alert, energetic, and full of life. But when out of balance, you tend to experience low energy, brain fog, mood swings, and a higher risk of chronic disease. To sum it up, metabolic health is essential to your overall well-being.

### THE BODY INCREDIBLE

The human body is an extraordinary, intricately woven system, consisting of approximately 30 trillion human cells and another 38 trillion bacteria, viruses, and fungi. Your brain alone has 100 billion neurons and over 100 trillion synaptic connections. Even more mind-blowing, nearly a billion biochemical reactions occur every second in each of those cells! All of this happens effortlessly, without any conscious effort on your part—a true testament to the body’s incredible design.

But all of this activity requires a LOT of energy! That’s where metabolism plays a crucial role, especially in the brain. While your brain accounts for roughly 2% of your body weight, it consumes a whopping 20% of your energy to keep those neurons and synaptic connections firing smoothly. Many people think of metabolism simply as the rate at which we burn calories, but it’s so much more than that. And when it’s not functioning well, the impact on your health can be broad and profound.

### KEY MARKERS OF METABOLIC HEALTH

Metabolic health refers to how efficiently your body generates and uses cellular energy to keep everything functioning properly. But how can you tell if you’re metabolically healthy? Healthcare providers typically assess five key metabolic markers:

1. Excess belly fat (waist circumference over 35 inches for women, 40 inches for men)
2. High blood pressure (above 130/85 mm/Hg)
3. High triglycerides (above 150 mg/dL)
4. Low HDL cholesterol (below 50 mg/dL for women, 40 mg/dL for men)
5. High fasting blood glucose (A1C over 5.5% or  $< 36$  mmol/mol \*without medication)

Having three or more of these criteria is classified as metabolic syndrome. This condition raises your risk for serious diseases like diabetes, heart disease, stroke, cancer, and neurodegenerative disorders such as Alzheimer’s and Parkinson’s. It is estimated that one-third of North American adults have metabolic syndrome, and up to 80% exhibit at least one of the above markers. Without intervention, conditions tend to worsen over time, leading to more severe health complications.

### WHY THINGS GO WRONG

In most cases, poor metabolic health is driven by modern lifestyle factors, including a diet high in ultra-processed foods, chronic stress, and a lack of physical activity. While genetics can play a role, it’s rarely, if ever, the primary cause. The good news? You can significantly improve your metabolic health—and prevent chronic diseases—through daily lifestyle choices.

**“Many people think of metabolism simply as the rate at which we burn calories, but it’s so much more than that. And when it’s not functioning well, the impact on your health can be broad and profound.”**

## WHAT CAN YOU DO?

Below are the top three actionable steps you can take today to improve your metabolic health and feel more vibrant in the process:

## 1. FOCUS ON NUTRITION

Food is not just fuel; it's the building block for every cellular function in your body. Focus on eating nutrient-dense whole foods like colourful vegetables, fruits, whole grains, nuts, seeds, and pasture-raised meats and dairy. Avoid seed oils, minimize refined sugars, and be mindful of how often you dine out. Choose organic whenever possible to reduce your exposure to harmful chemicals and be sure to give your body a 12 to 14-hour break from food overnight. If you need help with meal planning, Dr. Mark Hyman's books, *Food: What the Heck Should I Eat?* and *Food: What the Heck Should I Cook?* are excellent resources.

**“In most cases, poor metabolic health is driven by modern lifestyle factors, including a diet high in ultra-processed foods, chronic stress, and a lack of physical activity.”**





## 2. MOVE MORE

Exercise offers profound benefits beyond weight management. Physical activity can reduce anxiety, lower blood pressure, improve sleep, and enhance mood. It also has neuroprotective effects, supporting cognition, and reducing the risk of neurodegenerative diseases. Additionally, when it comes to metabolic health and weight loss, the more muscle you have, the greater your ability to lower blood sugar and insulin. Whether you walk, dance, swim, or hit the gym for a lift session, the key is to keep moving.

## 3. PRIORITIZE QUALITY SLEEP

Getting 7 to 9 hours of quality sleep each night is crucial for metabolic health. Sleep deprivation increases cortisol levels, leading to heightened stress, blood pressure, and insulin resistance. Set a consistent bedtime, get 10-15 minutes of morning sunlight to regulate your body's internal clock, and avoid artificial light and screentime in the evening. Reducing caffeine and alcohol consumption and finishing meals at least three hours before bedtime can also help improve sleep quality.

## TAKING CHARGE OF YOUR HEALTH

The wellness world can feel overwhelming with conflicting advice, but your health doesn't have to be complicated. Your body thrives when supported with the right nutrition, movement, sleep, and stress management. The power to transform your health is in your hands, and it's never too late to start. Every small step—choosing a healthy meal, walking, or getting quality sleep—brings you closer to the vibrant health you deserve. Your body is designed to heal and thrive, so support it in doing what it does best!

In Health,  
Patty



### QUICK CAJUN SALMON *(servings 4)*

Prep Time: 5 minutes. Cook Time: 15 minutes

#### Ingredients

- 4 salmon fillets
- 1 tablespoon olive oil
- Salt and pepper, for seasoning
- 4 tablespoons unsalted butter, at room temperature
- 4 teaspoons Cajun seasoning, divided

#### Instructions

Pat salmon fillets dry on both sides with a paper towel. Rub all over with oil, then season with salt and pepper to taste. Sprinkle 1 teaspoon of Cajun seasoning on top of the salmon fillets. Heat a pan over medium-high heat, place salmon fillets, skin side-up (if using with skin), and sear the tops for about 4 to 6 minutes, flip the salmon, and cook an additional 6 to 8 minutes, until the salmon flakes separate easily. Turn off the heat. Salmon cooking times will vary by the thickness of the salmon pieces. While the salmon cooks, combine the softened butter with the remaining 3 teaspoons of Cajun seasoning (1 tablespoon) in a small dish. Place a generous dollop of Cajun butter on top of each salmon fillet, allow it to melt for 30 seconds and plate the salmon. Use the back of a spoon to spread Cajun butter over the top.



### SAVORY LEMON & HERB BAKED TOFU

#### Ingredients

- 2 tablespoons lemon juice
- 2 teaspoons olive oil
- 1 teaspoon garlic
- 1 teaspoon dried thyme
- 1 teaspoon rubbed sage
- 1 teaspoon black pepper
- 1 (14 ounce or 400 gram) package extra firm tofu, drained and pressed for at least 30 minutes

#### Instructions

Stir the lemon juice, olive oil, garlic powder, thyme, sage, and pepper together in a small bowl. Cut the tofu into cubes, slabs, or whatever shape you like, and place the pieces into a bowl or shallow dish. Spoon the marinade over the tofu and allow it to marinate for 30 minutes at room temperature, turning the pieces halfway through. Preheat the oven to 400°. Line a baking sheet with parchment paper and arrange the tofu pieces in a single layer on top. Reserving any excess marinade. Bake for 15 minutes, then flip the tofu pieces and spoon any reserved marinade over them. Bake for another 15-20 minutes, until the marinade has dried up and the tofu pieces have shrunken a bit and taken on a chewy texture.

### BASMATI RICE

#### Ingredients

- 1 cup raw white basmati rice
- 1 tablespoon butter
- 1 tablespoon oil
- 1/2 cup diced yellow onion
- 1/8 teaspoon white sugar
- 1/8 teaspoon saffron threads
- 1 1/2 cups low- water
- 1/2 teaspoon kosher salt, (use less or more according to your liking) Instructions

#### Instructions

In a bowl, soak the rice in cold water for 20 minutes. Rinse the rice with cold water until the water is clear. Drain it well. Set it aside. Finely crush the saffron threads with a pestle. In a bowl, pour a 1/4 cup of hot water then soak the saffron for 10 minutes. Set it aside. In a saucepan, melt butter and heat oil over medium heat. Cook the onion until soft. Add the garlic and stir just until fragrant. Add the rice and stir for 2 minutes. Add salt, sugar, and saffron (including the liquid). Give it a stir for a few seconds. Add water and bring the mixture to a boil over medium-high heat, quickly scrape off the bottom of the pan. Continue boiling until you see the little holes with steam coming through the rice and the water volume has reduced to almost the rice level. Cover the pot and cook for 10 minutes on low heat. Remove the pan from the heat and let the rice sit for 10 minutes before opening the lid. Fluff the rice with a fork.



### BEE'S KNEES

- 1 oz Gin
- 1 oz fresh squeezed lemon juice
- 1 oz honey simple syrup  
(1:1 water:honey)

Shake vigorously, strain finely.  
Zested lemon peel garnish

The lemon top notes compliment the citrus in both dishes. Honey syrup can be substituted with low cal sweetener, to also make it vegan.

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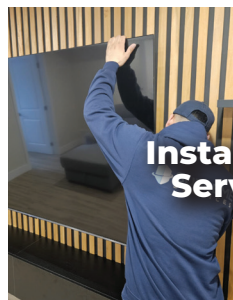
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# AUTUMN GLOW

## Hydration is the Key



By Vanessa Steele  
Esthetician/Owner  
Steele Beauty Clinic

One of my personal favourite seasons of the year- autumn. As we embrace the change in weather and the colours of the leaves around us, we too must prepare our skin for the season's transition. This article will provide you some personal and professional tips on how not only our skincare regime changes, but which treatments are most beneficial for your skin after the summer months. Let's dive into what I always suggest to my clients as owner and operator of Steele Beauty Clinic, a medical spa located in the heart of Walkerville.

FIRST THINGS FIRST: stay hydrated. Taking care of our insides with enough water intake is the best way to ensure our skin stays healthy on the outside. During this season, there is less humidity in the air, cooler temperatures, and with that is lack of moisture. The key is to keep hydration balanced on a daily basis so our skin can continue to feel subtle and soft, instead of dry and flaking. Our skincare routine may want to include a more hydrating cleanser and lotion, to feel less stripped and dry. Hyaluronic acid serums are a fantastic option as well to give the added boost in your skincare regime. Some of my personal go-to items from ZO Skin Health, a medical grade skincare line that I carry at Steele Beauty Clinic for my clients is the Hydrating Cleanser, a more gentle, calming cleanser that minimizes dryness and irritation, and the Hydrating Creme as a daily moisturizer that normalizes the skin barrier while improving dry, rough skin textures and reduces inflammation and redness. Two excellent products that your skin feels the difference during this transitional period. While the skin on our face requires the need of extra hydration, so does the skin on our bodies. Adding in thicker body lotions or oil-based formulas (such as almond or coconut oils that have become more popular) is a great choice to keep our skin looking and feeling healthy through the colder and dryer effects of the seasons to come.

NEXT TIP: exfoliate less. Yes, our skin on the face does need some exfoliation as part of our regimes with a gentle scrub or using a loofah sponge for our bodies while showering, but trying not to over-exfoliate is so key when wanting to protect our skin's barrier from less humidity that is in the air and to keep it naturally moist and soothed. Even while using products such as retinoids, which are my favourite to kick up a notch during these months with less sun exposure, knowing to balance with soothing skincare items is always key to keeping your skin feeling youthful and rejuvenated. ZO's Exfoliating Polish is by far one of my top selling items on the shelf as it was designed to gently dissolve oil and dullness, while replenishing hydration, so every client feels so smooth and hydrated even after a good exfoliation. My only suggestion is having them use it either less frequently or guiding the perfect amount of use for each individual skin type and concern.



Hydrafacial treatment, available at Steele Beauty Clinic





Clear + Brilliant laser, available at Steele Beauty Clinic

Now, let's talk about fall skin treatments! The perfect time of year to get back into complete skin rejuvenation treatments from lasers, to resurfacing, microneedling, and peels. Not having to worry about as much sun exposure during these cooler months, comes time to plan to have holiday ready glowing skin! My go-to for clients is my personal favourite that I stay faithful to during fall/winter is the Clear + Brilliant Laser that gives such a wow factor to the skin even after your first treatment. I am able to target not only sun spots and scars, but texture, fine lines, and provide the most youthful, dewy glow that satisfies every single client that I treat. A simple, award-winning, minimal downtime laser that stands by its name, Clear + Brilliant! Slough away that layer of dullness and feel your skin jump-start into a fresher looking version of you! Safety and skin preparation is always key to enhance results, so be educated and feel most comfortable with your aesthetician prior to deeper treatments. Not ready to dive in as deep? Chemical exfoliation peels are just for you! Working with medical grade peels has been a game changer with skin as it exfoliates from within all the dead skin, texture, active acne, and

more, while providing a healthier glowing skin barrier after each treatment, with no downtime at all. With so many treatment options out there, I enjoy customizing a treatment plan to each individual client to ensure they are constantly seeing the results they are wanting to achieve and maintain. Knowing there are treatment options for each individual season.

LASTLY: sunscreen is always key! No matter what season we are in, sunscreen is your key ingredient in your skin care regime that is meant for all year round. Even on those cloudy and gloomy days, put on sunscreen. Protecting your skin from the UV rays is the most important step to protect not only your investment in treatments but to continue to see improvement by preventing sun damage and most important of all, skin cancer. Opt for an SPF of 30 or higher as it is the best preventative for the skin after you apply your skincare items.

Wishing you all a wonderful fall season, stay happy, stay hydrated, stay glowing!

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Dressed By an Olive's collection goes beyond traditional oils, offering blends that cater to specific culinary needs, like pairing a Tuscan herb-infused oil with roasted meats or a blood orange variety with salads and desserts. Each bottle is crafted to help you elevate your meals with wholesome, natural flavours, giving you the freedom to cook with creativity and a focus on health.

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# FALL INTO FITNESS:

EMBRACING FLEXIBILITY, HEALTH,  
AND A NEW SEASON OF TRANSITION



*By Jono Macri*



As the crisp air of autumn begins to settle and we ditch margarita Monday's for pumpkin spiced lattes, there's no better time to shift gears and focus on health and fitness this fall. Much like the changing seasons, our bodies benefit from regular transitions—whether it's adjusting workout routines, focusing on flexibility, or rethinking nutrition to fuel our goals. In this article, we'll explore how you can make the most of this season to enhance your fitness, increase flexibility, and build long-term health habits that will propel you during these last 2 months of the year and beyond.

## 1. Embracing the Change in Seasons: The Perfect Time to Reset

With summer behind us and the holiday season beginning, fall is the ideal season for a fitness reset. The cooler weather makes outdoor workouts more comfortable, and the seasonal shift offers an opportunity to establish new habits and routines. Use this time to reflect on your goals, assess your current routine, and make adjustments that align with a healthier, stronger version of you this fall.

*Key Tip: Take advantage of the fall's cooler temperatures by incorporating outdoor activities like hiking, jogging, or cycling. The changing scenery will keep your workouts refreshing and invigorating. Bonus points if you have a furry companion to take along with you for your workouts.*

## 2. Building Strength and Flexibility: A Dynamic Duo

Strength and flexibility are often seen as separate pillars of fitness, but when combined, they create a powerful foundation for overall health. During the fall, consider incorporating different classes or exercises that promote both. Yoga and pilates are fantastic for building core strength while enhancing flexibility. Adding resistance training to your routine will support muscle growth and joint stability.

*Key Tip: Dedicate two or three days a week to strength training, focusing on both upper and lower body workouts. Supplement this with at least one day of flexibility training to enhance your range of motion and prevent injury.*

## 3. Nutrition for the Fall: Fueling Your Fitness Journey

As the weather cools, it's natural to crave heartier, warmer foods. However, it's important to stay mindful of nutrition choices. Opt for seasonal vegetables like squash, sweet potatoes, and pumpkins, which are rich in vitamins and nutrients. Make sure you're also incorporating lean proteins with every meal to ensure you're hitting your daily protein goals.

*Key Tip: Experiment with seasonal recipes like roasted vegetable bowls, hearty soups, and slow-cooked stews, and remember to be easy on the sugar filled lattes.*





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#### 4. Transitioning to a New Routine: The Power of Consistency

With the change in season comes the perfect opportunity to reevaluate your fitness routine. Whether you're an early riser or prefer evening workouts, consistency is key. Transitioning from high-energy summer activities to a structured fall routine will help you stay focused and avoid the end-of-year slump.

*Key Tip: Set a realistic schedule that includes a mix of cardio, strength training, and flexibility exercises. Consistency doesn't mean doing the same workout every day—it's about finding a rhythm that keeps you engaged and progressing.*

#### 5. Mental Health Matters: Mindfulness and Fitness Go Hand-in-Hand

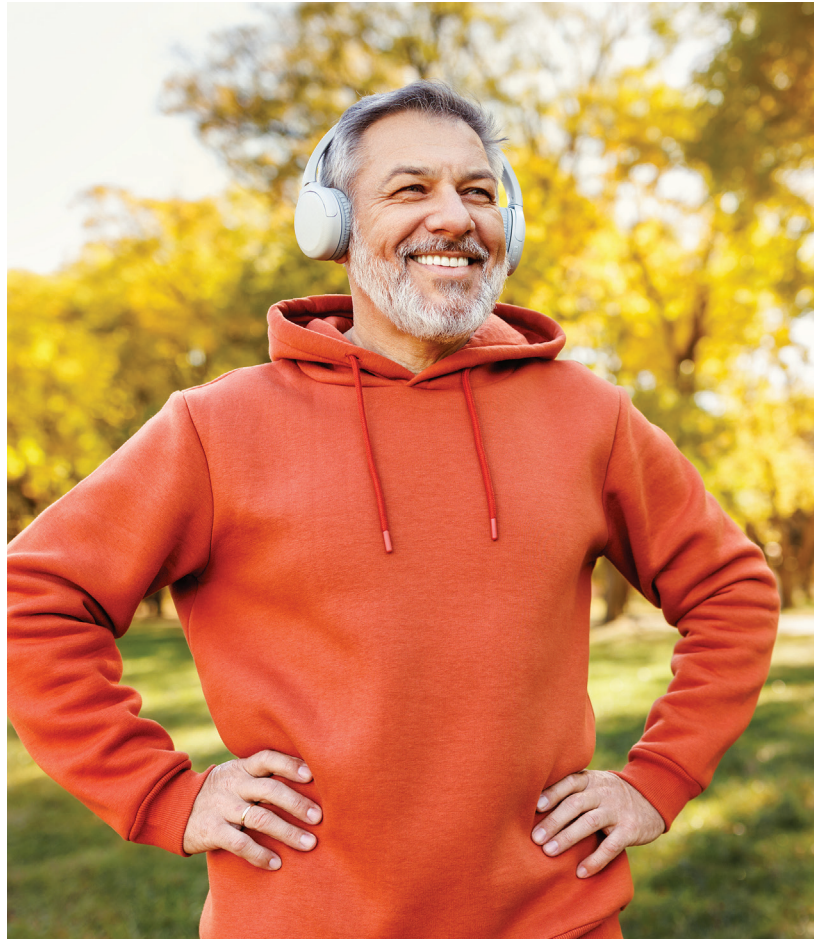
Fitness isn't just about physical strength—it's equally important to maintain mental wellness, especially as we transition into the busy fall months. Incorporating mindfulness practices such as meditation, breathing exercises, or even a simple walk in nature can help reduce stress and keep your mind as healthy as your body.



*Key Tip: Dedicate just 5-10 minutes daily to mindfulness exercises, whether it's deep breathing, journaling, or stretching. This small investment can make a significant difference in your overall sense of well-being.*

### **Fall into Fitness with Intention**

Autumn offers a unique opportunity to reset, refocus, and transition into a healthier, more balanced version of you. By embracing flexibility, building strength, and staying consistent with your routine, you can make the most of this season's natural energy to support your fitness goals, as well as put you in a perfect position to enter 2025 ahead of schedule. Looking and feeling your best doesn't happen by chance, it happens by choice.



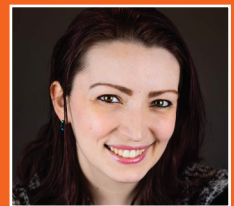
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# SIMPLE STRATEGIES FOR A STRONGER IMMUNE SYSTEM



By Jessie Gurniak

Your immune system is your body's first line of defense against infection and disease. When it's functioning properly, you're less likely to get sick. But when it's not, you're more susceptible to illness. With the cold and flu season upon us, now is a good time to start thinking about ways to boost your immune system. A strong immune system is your best defense against getting sick. There are a number of things you can do to boost your immune system, including eating a healthy diet, getting enough sleep, and exercising regularly. By taking some simple steps to improve your health, you can help keep yourself healthy all season long.

We all know that vitamins and minerals are essential for good health, but did you know that there are some specific nutrients that can help to boost your immune system? Here are a few of the best supplements to take for a healthy immune system:

**Vitamin C:** This vitamin is a powerful antioxidant that helps to protect cells from damage. It also helps to stimulate the production of white blood cells, which are vital for fighting infection.

**Zinc:** Zinc is an essential mineral for immunity, as it helps to regulate the activity of many different immune cells. It's also necessary for wound healing, so be sure to get enough zinc if you're recovering from an illness.

**Omega-3 fatty acids:** These healthy fats help to reduce inflammation throughout the body and support the function of the immune system. You can find omega-3s in fish oil supplements or by eating oily fish such as salmon or tuna.

**Vitamin D:** Vitamin D is important for many aspects of health, including immunity. It helps the body to produce antimicrobial peptides, which destroy harmful bacteria and viruses. You can get vitamin D from exposure to sunlight or from taking a supplement.

**Probiotics:** Probiotics are live microorganisms that offer health benefits when consumed. They can help to restore balance in the gut microbiome, which is important for immunity.





There are also a number of foods that contain vitamins and nutrients that can also help boost your immune system, such as garlic, turmeric, green tea, yogurt, and much more! A nutritious diet is essential for a strong immune system. Eating plenty of fruits, vegetables, and whole grains helps your body to function at its best. Avoid processed foods, sugary drinks, and excessive alcohol, as these can all weaken the immune system.

If you have questions or concerns about boosting your immunity, it is always best to speak with a medical professional before making dietary changes or taking supplements. Talk to your doctor for further information on boosting your immune system!

**“A nutritious diet is essential for a strong immune system. Eating plenty of fruits, vegetables, and whole grains helps your body to function at its best.”**

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