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MAGAZINE

Marco Sperduti

Reaching New Heights The Balance Between Two Worlds

A Mindful Practice of
Growth and Patience

Fitness Trends:
Strategies to Stay Ahead
and Become Your Best Self

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MAGAZINE



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REACHING NEW HEIGHTS

The Balance Between
Two Worlds

By Jessie Gurniak



Most challenges in life don't come with a finish line or a medal. They come with grit, perseverance, and the willingness to push forward despite uncertainty.

ASCENT-10

VINSON-9

ASCENT-8



STRATTON

EVEREST-17

ASCENT-16



For Marco and Elizabeth Sperduti, the 29029 Everesting Challenge was never about standing on a podium or earning bragging rights—it was about proving to themselves that they were capable of more.

The challenge, which takes place over 36 hours at select mountain resorts, asks participants to climb the equivalent of Mount Everest's 29,029-foot elevation—without actually traveling to Nepal. Instead, they ascend a designated mountain repeatedly, taking a gondola down after each summit before climbing back up again. It's an endurance test that requires physical strength, mental resilience, and a willingness to embrace discomfort in pursuit of a goal.

For Marco and Elizabeth Sperduti, the event was about more than just physical endurance. It was about setting a goal, embracing the process, and testing their resilience. With their kids getting older, they saw this as an opportunity to do something for themselves while also setting an example: difficult things are supposed to be difficult, but they're worth attempting. The preparation leading up to the event involved months of training, walking several kilometers each day, adjusting their schedules to fit in workouts, and mentally preparing for the challenge ahead.



Marco made it about 70% of the way through the challenge. While he didn't complete the full elevation, the experience was still a victory in its own way. Despite not reaching the final summit, Marco and Elizabeth walked away with a deep sense of accomplishment. They tackled something incredibly difficult and emerged stronger, more connected, and with a newfound appreciation for pushing their limits.

"Changing careers wasn't easy, and this challenge wasn't easy, but you move forward and eventually find your level," Marco reflected. His background as a funeral director for 22 years before transitioning into real estate has taught him the importance of perseverance, patience, and adapting to new challenges. This perspective was invaluable as he faced the physical and mental strain of the 29029 Everesting Challenge.

One key lesson Marco took from the event was the importance of preparation. "My hips gave out because I didn't do enough elevation training," he admitted. "If I had gone slower, I think I could have gone further."

As partners in both life and adventure, Marco and Elizabeth leaned on each other when the climb got tough. They held each other accountable, motivated one another, and ultimately walked away with an unforgettable story. The experience reinforced their belief in teamwork, whether in business, fitness, or personal growth.



"Changing careers wasn't easy, and this challenge wasn't easy, but you move forward and eventually find your level"



29,029-FOOT ELEVATION

“Pushing one’s own limits is what truly matters”

In today’s world, everything feels like a competition. But this challenge is not about winning. It’s about doing something extraordinary and getting out of your comfort zone. This lesson resonated deeply with Marco and Elizabeth. Too often, people measure success by how they stack up against others. But for them, success was found in the effort itself and the willingness to challenge themselves in a new way. They hope their children take this lesson to heart as they grow: that trying, even without guaranteed success, is always worthwhile.

The experience left them contemplating whether they’d attempt the challenge again. While they haven’t made a final decision, Marco and Elizabeth know that the effort itself was meaningful. As they look back on their journey, they are reminded of mountaineer Colin O’Brady, who has climbed the highest peaks in the world and is now training to summit Everest without supplemental oxygen. While their goal wasn’t as extreme, the philosophy remains the same: pushing one’s own limits is what truly matters.

Looking ahead, Marco and Elizabeth are carrying the lessons of 29029 into their daily lives. The discipline they cultivated in training, the resilience they built on the mountain, and the perspective they gained from the experience continue to shape their approach to new challenges.

Whether or not they decide to take on 29029 again, one thing is certain—they will continue seeking out challenges that push them to be better, stronger, and more resilient. Perhaps the biggest takeaway of all is that life is like a mountain: always there and waiting for those willing to take the first step.

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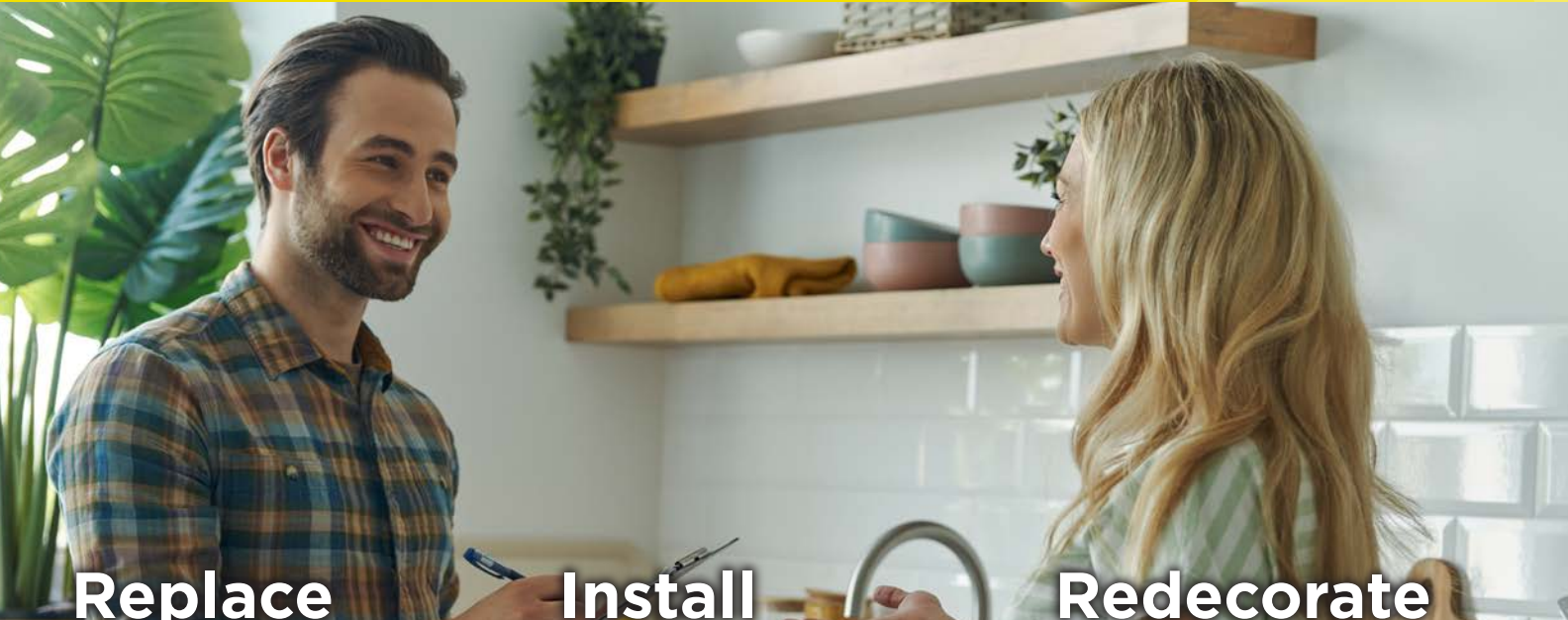
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CHATHAM-KENT HEALTH ALLIANCE FOUNDATION: STRENGTHENING HEALTHCARE THROUGH COMMUNITY SUPPORT

By Andrew DeBoer

Healthcare is the heartbeat of any thriving community. In Chatham-Kent, that heartbeat is driven by the dedication and generosity of those who support the Chatham-Kent Health Alliance Foundation (CKHAF).

As the fundraising arm of Chatham-Kent Health Alliance (CKHA), CKHAF plays a vital role in ensuring that the hospital and its staff has access to the resources necessary to provide high-quality, patient-centred care.

A Mission of Caring and Innovation

CKHAF inspires and engages the community through philanthropic efforts to enhance local healthcare. Its mission is clear: to raise funds for equipment renewal, program innovation, and modernized facilities at CKHA's Chatham and Wallaceburg sites. These funds impact the hospital's ability to provide cutting-edge treatments, improve patient outcomes, and create an environment where both staff and patients feel supported.



The Foundation's vision is one where every donation contributes to a healthier, more resilient Chatham-Kent. Built on values of integrity, collaboration, and accountability, CKHAF ensures every dollar raised is used effectively and transparently.

The Power of Community Support

Government funding alone is not enough to cover the cost of vital medical equipment. Hospitals rely on community-driven initiatives to bridge this gap, ensuring that medical staff have the tools they need to provide exceptional care.

Through the generosity of donors, businesses, service clubs, grateful patients, and many other community members, the Foundation makes a tangible impact on local healthcare. Donations help fund life-saving diagnostic equipment, upgrade patient care areas, and introduce innovative medical technologies. Every dollar raised stays in the community, directly benefiting CKHA and the thousands of patients it serves each year.

In the current fiscal year alone (which ends March 31st, 2025), CKHAF has committed nearly \$1.4 million to CKHA. This commitment will help fund crucial equipment like a new Fluoroscopy machine, Rapid AI Automated Stroke Imaging software, a Bladder Scanner, two new ECG Stress Testing CASE Systems, and much more.



**EVERY DONATION,
NO MATTER THE SIZE,
MAKES A DIFFERENCE.**



Fundraising Initiatives That Unite and Inspire

CKHAF has developed a stellar reputation for their unique and engaging fundraising initiatives that bring the community together in support of local healthcare, raise much-needed funds, and help foster unity and shared purpose.

These initiatives include their **Igniting Healthcare 50/50 Fundraisers**, which run three times per year with campaigns in the Spring, Summer, and during the Holiday season. These thrilling lottery draws offers participants from across Ontario a chance to win significant cash prizes while supporting CKHA.

CKHAF’s annual **Charity Golf Tournament**—which is slated to return on Friday, June 6th—brings together local business leaders, healthcare advocates, and Foundation supporters for a day of friendly competition, philanthropy, and a blend of golf and entertainment that can only be found in Chatham-Kent. Funds raised directly support the purchase of essential medical equipment.



Finally, the Foundation's annual **Parade of Chefs Gala**—scheduled to take place later this year on Saturday, September 27th—is a one-of-a-kind culinary experience that showcases a wide variety of local restaurants and talented chefs. Guests can indulge in gourmet dishes from some of the best eateries in the region while enjoying a night of unique entertainment unlike anything else in Chatham-Kent. This gala truly offers an unforgettable evening that highlights the creativity, the unique beauty, and the generosity of the community in support of local healthcare.

Looking Ahead: A Future Built on Philanthropy

As CKHAF continues its mission, it remains committed to engaging the community in meaningful ways. As part of a unique and vibrant region, the Foundation is committed to forging partnerships with other local non-profits to build upon the tremendous culture of generosity that exists in Chatham-Kent. By working tirelessly with donors, volunteers, businesses and other local partners, the Foundation team continues to achieve its goals, ensuring that CKHA remains at the forefront of patient care.

Every donation, no matter the size, makes a difference. Whether through monthly giving programs, one-time donations, planned giving, gifts of securities, or event participation, there are countless ways to contribute to the health and well-being of the community.

In Chatham-Kent, healthcare is not just about hospitals and equipment—it's about people. It's about ensuring that every patient receives the best care possible, close to home. And it's about building a legacy of compassion, generosity, and innovation that will benefit generations to come.

To learn more about how you can support the mission of Chatham-Kent Health Alliance Foundation, visit www.ckhaf.ca.



A Mindful Practice of Growth and Patience

As winter fades and the days start to lengthen, the anticipation of spring brings with it the perfect opportunity to start planning your garden. While outdoor gardening may not be possible just yet, planting seeds indoors provides an excellent way to jumpstart the growing season.

But beyond the practical benefits of growing your own food and flowers, the act of gardening has powerful mental wellness benefits. Gardening can reduce stress, increase a sense of accomplishment, and provide a creative outlet during the quieter months of the year. Here's how you can prep your seeds for a vibrant spring garden while nourishing your mental well-being.

Choosing the Right Seeds: A Fresh Start for the Mind and Garden

The first step in preparing your spring garden is choosing the right seeds to start indoors. Whether you're growing tomatoes, peppers, herbs, or flowers, selecting seeds offers an opportunity to connect with your intentions for the upcoming season. Gardening is often about hope, anticipation, and looking forward to the future—and choosing the seeds to plant is a simple, uplifting act that helps you mentally focus on what's to come.

Planning your garden also gives you a sense of purpose, a mental boost that can help combat feelings of stagnation. Taking time to explore different plants and deciding what to grow can also provide a creative outlet. Knowing that these seeds will eventually bloom into vibrant flowers or produce delicious vegetables is a source of motivation and inspiration.

Gathering Supplies: Creating a Calming, Organized Space

Once you've chosen your seeds, it's time to gather your supplies. This includes seed trays, containers, seed-starting mix, and tools. The process of organizing these materials is a small but important step that can bring a sense of order and calm. This simple task can help clear mental clutter, providing a feeling of control and stability in an otherwise unpredictable time of year.



“By practicing patience and mindfulness through plant care, you also practice self-compassion and self-care, important aspects of maintaining positive mental health.”

Creating a designated space for your gardening supplies or setting up your indoor seed-starting station can also be a therapeutic practice. By preparing your environment, you're setting the stage for a focused and positive activity. In a world where everything seems to move quickly, taking your time to set up your seed-starting area allows you to be present and mindful, reducing stress and promoting a sense of tranquility.

Planting Seeds: A Mindful Practice of Growth and Patience

Planting seeds indoors is an act of mindfulness. As you carefully place each seed into the soil, you're

engaging in an activity that requires focus and patience. The act of nurturing something, even on a small scale, can be incredibly soothing. Watching seeds sprout over time reinforces the idea that growth—whether in the garden, or in life—takes time, effort, and care.

This process can help bring a sense of calmness and presence to your day. It's a reminder that change and growth are gradual, and every step of the process contributes to something larger. Planting seeds can also serve as a metaphor for personal growth, teaching you to have patience with yourself as you work through challenges and nurture your mental wellness.



Caring for Your Seedlings: Nurturing Your Well-Being Through Plant Care

Taking care of your seedlings—watering, adjusting light levels, and checking their progress—can be a form of self-care. As you care for your plants, you’re also caring for your own mental state. Gardening allows you to focus on a small task that requires attention and consistency. This can provide a much-needed break from the usual daily stresses, allowing your mind to reset and relax.

The nurturing aspect of gardening offers emotional benefits. There’s something deeply satisfying about watching your plants thrive under your care. It creates a sense of accomplishment and pride, helping to boost your self-esteem. By practicing patience and mindfulness through plant care, you also practice self-compassion and self-care, important aspects of maintaining positive mental health.

Creating a Green Indoor Space: Enhancing Mood with Nature

Starting seeds indoors doesn’t just prepare your garden for spring—it also allows you to bring nature into your home. Research shows that having indoor plants can reduce stress, enhance focus, and improve overall well-being. By tending to your plants, you’re filling your living space with life and vibrancy, which can have a positive impact on your mental state.

Surrounding yourself with greenery helps create a peaceful atmosphere, offering a sense of connection to the natural world, even if it’s still cold outside.

The presence of plants in your space can promote relaxation, creativity, and a sense of tranquility, which all support mental wellness. As you watch your seedlings grow, you’re reminded that change and renewal are always possible, no matter the season.

“Starting seeds indoors for your spring garden is more than just a way to prepare for the growing season—it’s a way to nurture your mental wellness.”



Harden Off Your Seedlings: Gradual Transitions for Growth

Once your seedlings are ready, it's time to prepare them for the outdoors—a process called hardening off. This is a period of gradual exposure to the elements, allowing your plants to adapt to their new environment. It's also a great reminder that transitions take time, whether in gardening or in life. Just as your plants need a gradual change before they're fully ready to face the outdoors, we, too, need time and care to adjust to new experiences and challenges.

By gently introducing your seedlings to the outside world, you're practicing the art of patience and careful planning, two valuable tools for mental wellness. This process is also an opportunity to reflect on how far your plants—and you—have come since the start of the season, reinforcing a sense of progress and growth.

Final Thoughts: Sowing Seeds for Your Garden and Your Mind

Starting seeds indoors for your spring garden is more than just a way to prepare for the growing season—it's a way to nurture your mental wellness. The act of gardening helps create a sense of purpose, offers a creative outlet, and provides the joy of watching something grow and flourish. As you care for your plants, you're also caring for yourself, providing a gentle reminder that growth and renewal are always possible.

Happy planting and take good care of both your garden and yourself!





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about a listing—highlighting unique features in each home that fit our vision but also being transparent about things that might affect the future sale of the home or be a source of extra spending after ownership. We truly appreciated their candor with us about the homes we saw, and also sharing the experience with us about prior sales of homes. It took us 3.5 years to finally find the home that fit all of the checkboxes. Leading up to this time we never felt pressured by Mark and Tina to make an offer on a home that did not fully click.

Throughout the process they were incredibly patient, committed to finding us a home we completely loved and nothing less. We feel grateful to have had Mark, Tina, and Donna by our side as we went through the entire process of becoming first time homeowners. They are attentive to your needs as homebuyers, give you honest feedback regarding any home you may see, and look out for your long-term well-being as their clients. We highly recommend Mark, Tina, and Donna for anyone looking to buy a home and cannot speak more highly of someone who we saw as an ally and friend in our search for a home.

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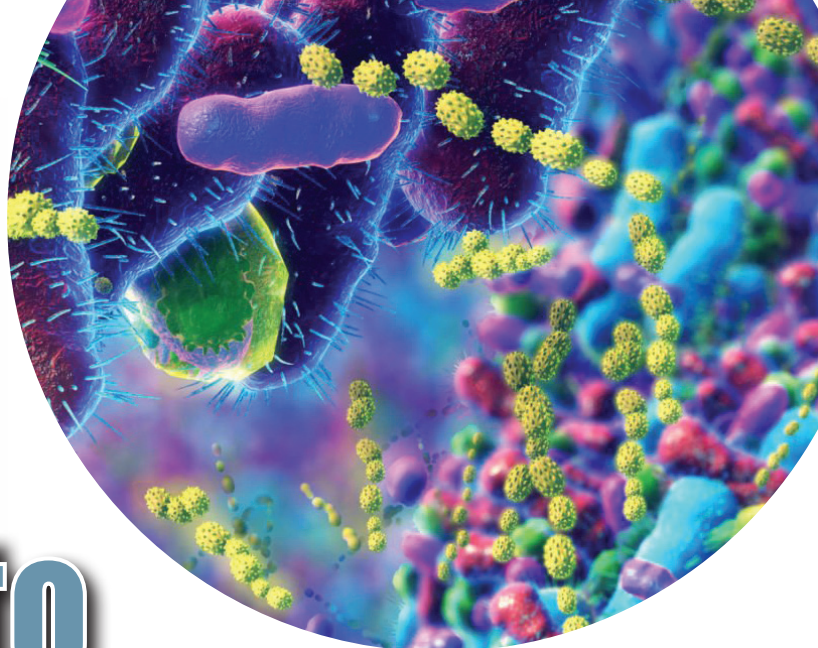
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The Miraculous Microbiome: Unlocking the Key to Your Health



By Patty Hladki
Certified Health and Lifestyle Coach
Connected Whole Health



Welcome to Your Inner Garden

The gut microbiome is one of the most exciting frontiers in health science today. While much remains to be uncovered, one thing is abundantly clear: the status of your gut microbiome influences your health and vitality in vast and profound ways. It's not just about digestion—your gut influences everything from energy and mood, to immunity and overall well-being.

Ready to harness its power?

Let's get started!

Your gut is home to a vibrant ecosystem of trillions of microorganisms—bacteria, viruses, and fungi—collectively known as the gut microbiome. This internal garden plays a vital role in your health, helping to break down complex carbohydrates, produce essential nutrients, protect against pathogens, train your immune system, support detoxification, and even modulate your nervous system.

This delicate ecosystem thrives on balance and biodiversity, and much of its health starts with your choices. While stress and environmental factors play a role, what you put on your plate determines how well these microbes work for you. Sadly, today's modern, ultra-processed diet deprives these beneficial bugs of the rich plant fibers they need while bombarding them with harmful chemicals and additives. Think of your gut as a garden: nourish it with wholesome, nutrient-dense food, and it will flourish. Neglect or poison it, and the effects ripple through your entire body. As the saying goes, "You reap what you sow."

"While stress and environmental factors play a role, what you put on your plate determines how well these microbes work for you."



GUT-BRAIN CONNECTION



“Where there’s a leaky gut, there’s often a “leaky brain.”

The Gut-Brain Connection

Where there’s a leaky gut, there’s often a “leaky brain.” It’s important to understand that the gut and brain are intimately connected via the autonomic nervous system, the hypothalamic-pituitary-adrenal (HPA) axis, and the enteric nervous system (ENS)—aptly nicknamed the “second brain.” In fact, the emerging field of Nutritional Psychiatry has gained remarkable momentum in recent years as our understanding of the profound connection between gut health and brain function—including mood, cognition, and mental health—continues to deepen and evolve.

The Gut: A Complex and Critical System

Your digestive system is nothing short of extraordinary. Spanning an impressive 15–20 feet in length, the adult intestinal tract houses a small intestine with an absorptive surface of nearly 250 square meters—the size of a tennis court! Its primary role is to break down food, absorb vital nutrients, and efficiently remove waste and harmful toxins. The intestinal membrane, a single-cell, mucosal-lined layer, works as a gatekeeper, carefully balancing two critical jobs: facilitating nutrient absorption while maintaining a tight barrier to block pathogens. To put it bluntly, there’s not much separating the sewer in your gut from the rest of your body—so keeping this system healthy is key!

Leaky Gut: The Hidden Culprit Behind Chronic Health Issues

Leaky gut, also known as intestinal permeability, occurs when the intestine lining becomes compromised. This allows bacteria, toxins, and undigested food particles to escape into the bloodstream, triggering an inflammatory immune response. The fallout can manifest in countless ways, from food sensitivities and digestive upset, to brain fog, mood disorders, hormonal imbalances, and even autoimmune conditions.



“Over 2,500 years ago, Hippocrates, the father of modern medicine, proclaimed, ‘All disease begins in the gut.’ Modern science is starting to catch up.”

What Causes Leaky Gut?

Several factors can weaken gut health, potentially leading to this condition. While no single factor is to blame, here are three major culprits and actionable steps to protect your inner garden:

1. The Modern Diet: Ultra-processed foods filled with chemicals, artificial additives, sugar substitutes, and pesticides damage your microbial ecosystem and impair the gut lining. Instead, fuel your body with minimally processed, nutrient-dense, organic whole foods rich in fiber. Opt for grass-fed, pasture-raised meats and limit sugar, alcohol, and excessive caffeine.

2. Medications: Overuse of antibiotics, NSAIDs (like ibuprofen), and acid blockers can disrupt the gut microbiome. Work with your healthcare provider to balance treatment with gut protection, and never stop medication without professional guidance.

3. Food Sensitivities: Unmanaged sensitivities, especially to gluten and dairy, or undiagnosed histamine intolerance can inflame the gut lining. Keep a food and mood journal to track how certain foods make you feel, or try a short-term elimination diet to identify triggers.

Gut Health: An Old Concept Revived

Over 2,500 years ago, Hippocrates, the father of modern medicine, proclaimed, “All disease begins in the gut.” Modern science is starting to catch up. While many traditional healthcare systems overlook gut permeability, integrative and functional medicine practitioners recognize it as a root cause of chronic illness. I’ve witnessed firsthand the profound toll leaky gut can take on our health—and the incredible, often rapid transformation that unfolds when properly addressed.

Taking Control of Your Gut Health

No matter where you are on your health journey, improving your gut health is within reach. Start small: introduce more fiber-rich, whole foods into your meals, reduce processed foods, and get curious about how your body responds to different choices. Involve your family or friends—it’s easier (and more fun) when you have support.

Remember, your body is a brilliantly designed system capable of healing and thriving when given the right tools. With a little care and intention, you can cultivate a flourishing inner garden and reclaim your vitality. The power to transform your health starts in your gut—take care of it and it will take care of you!

Unlock Your Body's Natural Healing Power with a Fasting Lifestyle!



Are you a high-performing woman struggling with weight, energy, or hormonal shifts?

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Patty Hladki
Certified Health & Lifestyle Coach
Connected Whole Health

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- Supports natural **hormonal balance** and **metabolic flexibility**
- Boosts **energy, mental clarity,** and **fat-burning**
- Helps **detox and repair the gut** for better digestion and immunity
- Empowers you with a **sustainable, science-backed approach to health**

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AHI TUNA

Ingredients

- 1 pound ahi tuna steaks
- 2 tablespoons white sesame seeds
- 2 tablespoons black sesame seeds
- 1 teaspoons cajun spice

Instructions

1. Place the sesame seeds and cajun on a plate and stir to combine
2. Place each tuna steak on the plate of sesame seeds and cajun.
3. Press the seeds all over the fish
4. Heat the oil in a large pan over high heat
5. Add tuna steaks to the pan cook for 10-15 seconds per side
6. Remove the tuna from the pan let rest for 2 minutes the cut into slices
7. Plate salad, top with tuna and mango salsa

SPINACH SALAD

Ingredients

- 6 oz of baby spinach
- 1 table spoon of shredded Asiago cheese
- Balsamic vinaigrette of your choice
- Mix in a bowl

MANGO SALSA

Ingredients

- 2 ripe mangos peeled and diced
- 1 onion finely chopped
- 1 red onion finely chopped
- 2 green onions finely chopped
- 1/4 cup fresh parsley chopped
- 1 tablespoon white balsamic vinger
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

MANGO BERRY BRIER: A RIFF ON A BRAMBLE COCKTAIL

Ingredients

- 3 Pints blackberries
- 2 cups water
- 2 cups turbinado sugar or sweetener substitute (scale sweetness)
- 2 cups cider vinegar
- 3 ripe mangos

Prep

1. Dice and puree mangos, add water to thin
2. Bring to boil: blackberries, 2 cups water, sweetener
3. Turn down the heat and simmer for 10 mins
4. Let cool / strain liquid = Brier Shrub

Cocktail:

1. Add 1 oz mango puree to 1 oz Brier Shrub - Shake
2. Strain over crushed ice
3. Garnish with seasonal fruit

Alternative Cocktailing:

Non-Alcohol Shrubs
 Shrubs aka drinking vinegars, have many potential health benefits, including:

- Improved digestion
- Blood sugar stabilization
- Weight loss
- Heart health
- Liver detoxification
- Skin health
- Inflammation reduction
- Antioxidants
- Purifying qualities

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2025

FITNESS TRENDS:

Strategies to Stay Ahead
and Become Your Best Self



By Jono Macri



The fitness industry in 2025 is breaking new ground, driven by innovation, accessibility, and a more holistic approach to health. Whether you're a seasoned gym-goer, a home workout enthusiast, or someone new embarking on your fitness journey, staying ahead of the latest trends can help you achieve better results and maintain a healthier lifestyle.

Here's an in-depth look at the top fitness trends shaping this year, and how you can make the most of them, no matter your background or fitness level.

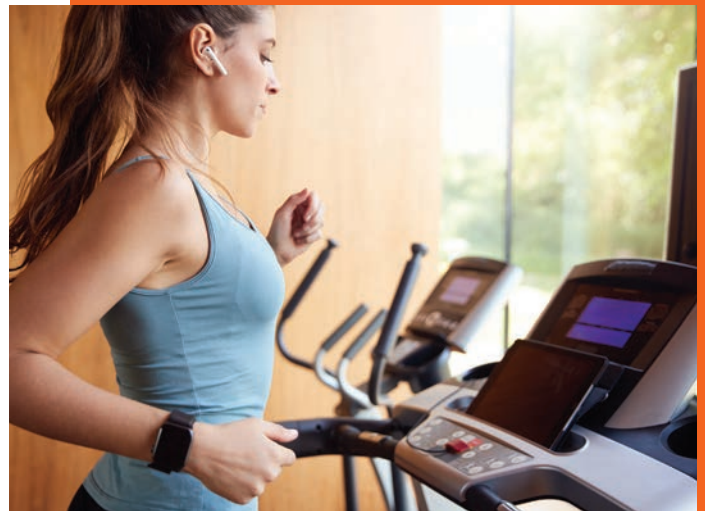
Hybrid Workouts

The rise of virtual training platforms continues to redefine fitness routines, allowing people to combine in-person and online workouts. For instance, many individuals now attend a few gym classes weekly while supplementing their routines with virtual options like Peloton or Apple Fitness+. This combination offers flexibility and access to expert trainers while keeping the social energy of in-person classes alive. Hybrid fitness is particularly effective for those with packed schedules, letting you balance your commitments without sacrificing progress.



AI-Powered Personalization

Artificial intelligence is transforming fitness by offering highly personalized workout plans and nutrition advice. Apps like Fitbod and Future analyze your fitness level, track your progress, and adapt your training in real time. Imagine an app suggesting a lighter recovery session after noticing fatigue from previous workouts, or customizing your nutrition plan to support an upcoming endurance challenge. By incorporating these tools, you can approach fitness with efficiency and precision, ensuring each workout supports your goals.



Functional Fitness for Longevity

Functional training—focusing on exercises that mimic real-life movements—has become a key trend for people of all ages. Older adults use functional fitness to maintain mobility and independence, while younger athletes rely on it to build well-rounded strength and avoid injuries. Movements like resistance band exercises, or bodyweight circuits that mimic daily actions can easily be added to your routine. Tools like Functional Movement Systems (FMS) also allow you to assess and improve your balance, flexibility, and coordination for a more sustainable fitness journey.





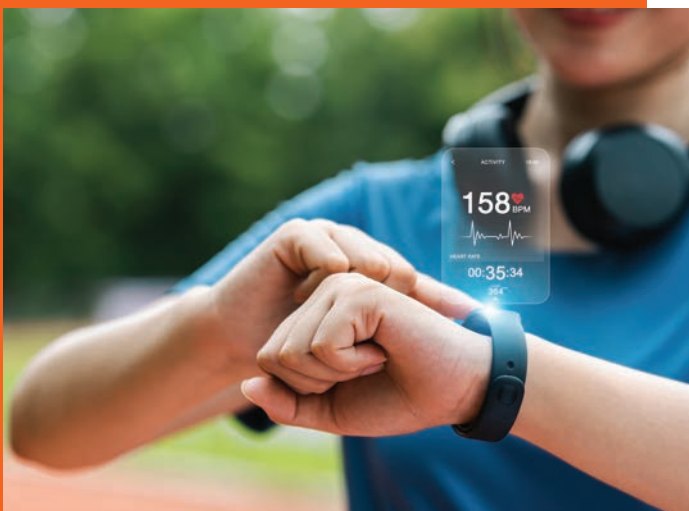
Recovery Focused Training

In 2025, recovery has moved to the forefront of fitness, with tools like massage guns, compression boots, and ice baths and saunas gaining widespread use. While devices like Hyperice and Therabody cater to high-performance recovery, simpler tools like foam rollers and stretching apps such as StretchIt make recovery accessible to everyone. For example, dedicating 15 minutes after a workout to deep stretches or using a massage gun to target sore muscles can help reduce fatigue, prevent injury, and improve overall performance. Recovery isn't just for elite athletes anymore—it's an essential part of achieving your goals.



Mental Health Integration

Fitness is no longer just about physical gains; mental wellness is now a core focus. Workouts like yoga, Pilates, and breath work not only improve flexibility and balance but also help reduce stress and enhance emotional resilience. Apps such as Headspace and Calm now integrate mindfulness into their fitness offerings, providing guided meditations or breath work exercises to complement your physical workouts. For example, starting your day with a 10-minute yoga session can set the tone for better focus and a calmer mind, while also benefiting your body.



Wearable Tech and Biometrics

Wearables are smarter than ever, offering detailed insights into performance, recovery, and overall health. Devices like the Garmin Venu 3 and Oura Ring track metrics such as sleep quality, heart rate variability, and stress levels. These insights can guide your fitness journey, ensuring you know when to push harder and when to prioritize recovery. Imagine using a wearable to discover you're not getting enough restorative sleep—this feedback can prompt adjustments to your routine, such as incorporating more mindfulness practices, or refining your recovery strategy.



Sonny Borrelli,
National Director
Miss Universe® Canada

Madison Kvaltín,
2023 Miss Universe® Canada

BREAKING NEWS



MISS UNIVERSE CANADA

2025 PAGEANT COMING TO WINDSOR, ONTARIO SATURDAY AUGUST 9 - CHRYSLER THEATRE

Local businessman Sonny Borrelli has been appointed as the National Director of Miss Universe® Canada and is bringing the prestigious competition to Windsor. This is a monumental event, as the winner will go on to represent Canada on the global Miss Universe® stage.

The event will feature over 100 contestants from across Canada, competing for the coveted title. This marks the 74th year of Miss Universe® Canada, one of only two countries with such a longstanding history in the pageant.

Exciting Highlights:

Miss Universe® Canada, officially affiliated with Miss Universe®, will take place August 9th, 2025 at the Chrysler Theatre, with the Preliminary event taking place August 7, 2025. Tickets will be available for both events. The reigning Miss Universe® Canada, Ashley Callingbull, will be in attendance, proudly wearing her crown. The competition celebrates women, providing them with a platform to showcase their talents, advocacy, and ambitions.

Commitment to Giving Back:

Every year, Miss Universe® Canada raises funds for charitable causes, including support for children in developing countries. This year, the organization is partnering with the Canadian Mental Health Association to make a meaningful impact. Every contestant's fundraising efforts will contribute to this noble cause, with hopes of breaking records and reaching a \$300,000 donation goal before crowning the winner.

Be Part of the Legacy:

With new leadership and management, the focus is on producing an unforgettable show that uplifts and inspires. Sponsorship opportunities are available for local and national companies looking to support this prestigious event.

For more info visit missuniversecanada.ca or contact Sonny Borrelli, National Director at 519-818-9963 or email mucword@gmail.com



2024 Reigning Miss Universe® Canada **ASHLEY CALLINGBULL**

Ashley Callingbull is an actress, model, TV host, and First Nations activist from the Enoch Cree Nation. She has starred in shows like Blackstone and Tribal and was a contestant on The Amazing Race Canada. As a motivational speaker, she has addressed audiences at Harvard, TED Talks, and WE Day.

Her achievements include the Top 20 Under 30 Award, Canada's Top 10 Power Women, and the Youth First Nations Award from Indspire. She was also inducted into the Circle of Honour at the Esquao Awards and received the UN Role Model Award on Global Dignity Day.

Ashley made history as the first Indigenous First Nations woman to become a Sports Illustrated model and appeared on Fashion Magazine's September 2024 cover. She is an In-Game Sports Host for the CFL, NLL, and NHL, and has a book deal with Harper Collins.

Now, she becomes the first Indigenous Cree woman to hold the title of Miss Universe® Canada and the first over 28 to do so. She is also the first Indigenous First Nations woman from North America to compete at Miss Universe®.

Vitamin K:

The Key to Wellness You Didn't Know You Needed

From blood clotting to bone strength, discover why this vital nutrient deserves your attention.



Written by Paula Just

Healthy living goes far beyond dedicating yourself to physical exercise—it all starts on your plate. Without a balanced diet, even the most intense workout loses its impact. However, maintaining a nutritious diet can seem impossible with most people's busy routines.

This is where a great ally comes into play: understanding the vitamins and nutrients in your foods. Nutritionists recommend this practice, which makes creating a more nutritious meal plan easier and ensures that you prioritize ingredients packed with benefits for your body.

One vitamin that often goes unnoticed, and that you should learn about, is vitamin K. Danish biochemist Henrik Dam and American researcher Edward Doisy's discovery of vitamin K was so significant that it earned them a Nobel Prize in Medicine. Understanding the existence of vitamin K was vital in learning how the body regulates blood clotting and related processes.

Vitamin K is so crucial that it is administered to all newborns to prevent bleeding in the first months of life. Newborns naturally have low levels because this nutrient does not cross the placenta in large quantities, and breast milk contains only small amounts. For this reason, it is common to administer K injections right after birth to prevent hemorrhagic disease in infants.

Bacteria in the intestines also produce K2, but its total contribution to the body is limited. K2 has garnered increasing attention in medical literature and among specialists in recent years. Studies indicate that it also plays a significant role in maintaining bone health.

Beyond blood clotting, American research has been exploring vitamin K's benefits in various health areas. A study conducted by the Cold Spring Harbor Laboratory in the United States found that menadione, a precursor of vitamin K, may slow the progression of prostate cancer. In experiments with human cells and mice, menadione proved effective in depleting an essential lipid called PI(3)P, leading to the death of cancer cells. These findings pave the way for future human clinical trials, offering hope for people with this disease.

These investigations highlight the therapeutic potential in different contexts, from preventing chronic diseases to treating specific conditions, emphasizing the continued importance of scientific research in this area.



Groups That May Benefit from Vitamin K

People with blood clotting disorders

Individuals with conditions like hemophilia may have difficulty clotting and, in some cases, may benefit from vitamin K supplementation.

Individuals with nutrient absorption issues

People with conditions that affect fat absorption, such as celiac disease, Crohn's disease, cystic fibrosis, or those who have undergone bariatric surgery, may struggle to absorb the nutrient, increasing the risk of bleeding.

People on prolonged antibiotic use

Long-term antibiotic use can alter gut flora, reducing intestinal bacteria's natural production of vitamin K2 and increasing the risk of deficiency.

Individuals with liver diseases

The liver produces clotting proteins dependent on vitamin K. People with liver diseases (such as cirrhosis or severe hepatitis) may suffer from clotting issues and benefit from paying closer attention to this vitamin.

Elderly individuals and those with fragile bones

While vitamin K's primary function is clotting, it also affects bone health. Older adults or individuals with osteoporosis may need support to improve bone density.

It's crucial to remember that vitamin K supplementation should always be done under medical supervision. This is especially important when using anticoagulants or for specific health conditions. By being cautious and responsible, you can avoid potential complications.

Foods Containing Vitamin K

Vitamin K1 (Phylloquinone)
Predominantly found in green leafy vegetables and other plant-based foods.

Examples include:

- Dark leafy greens: Spinach, kale, arugula, lettuce, swiss chard.
- Cruciferous vegetables: Broccoli, cauliflower, cabbage, brussels sprouts.
- Fresh herbs: Parsley, cilantro, basil.
- Vegetable oils: Soybean oil and canola oil.
- Some fruits: Kiwi and avocado (in smaller quantities).

Vitamin K2 (Menaquinone)

Found in animal-based foods and fermented products.

Examples include:

- Animal products:
 - Liver (chicken or beef).
 - Egg yolks.
 - Meats, especially chicken.
 - Whole milk products, such as cheese and butter.
- Fermented foods:
 - Natto (fermented soybeans, widely consumed in Japan, rich in K2).
 - Aged cheeses (the more mature, the higher the concentration).
 - Probiotic yogurts.

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