




# NEWS

## ***SPRING* into HEALTH**

*Decrease Stress, Increase Fitness and Detox.  
Now is the time!!!*

### **The Truth about Exercise and Stress**

A new study of 135 college students proves what you've probably already experienced: People who make time for walking, hiking and other exercise report less anxiety and fewer physical problems (such as headaches, nausea and fatigue) during periods of heavy daily stress than sedentary folks. The results of the study, conducted at the University of Texas M.D. Anderson Cancer Center in Houston, suggests that something about doing physical activity itself is the key to destressing, rather than how fit you become through your workouts, says lead author Cindy L. Carmack, Ph.D., a clinical psychologist. In the study, people who got high marks on a treadmill test for aerobic fitness were just as likely to report being stressed as folk who were less fit. That means the other benefits of exercise—perhaps the distraction or the sense of self-confidence it provides—likely explain the stress-relieving results. The bottom line: You don't have to run a marathon—getting 30 minutes of moderate exercise most days of the week will help mellow you out. Doing more ups the benefit, says Carmack, as long as you don't overtrain.



## **TIPS**

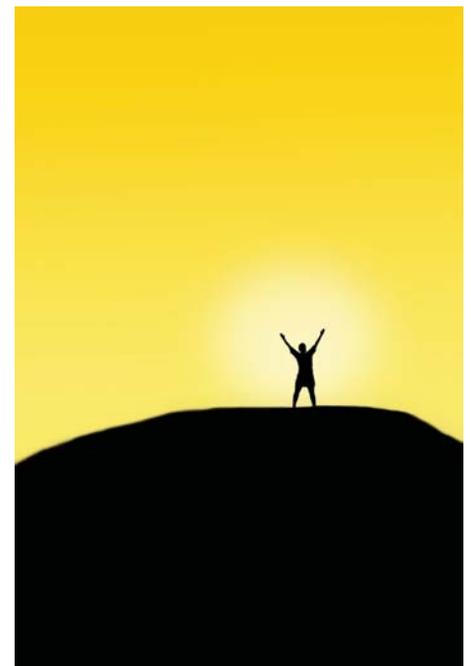
### **Foods to build muscle:**

Foods with high levels of vitamin C, amino acids (muscle building blocks), calcium and magnesium are essential for building and fueling muscle.

1. Steak
2. Honey
3. Low-Fat Ice Cream
4. Almonds
5. Broccoli
6. Brown Rice

## **Achieving Your Goals**

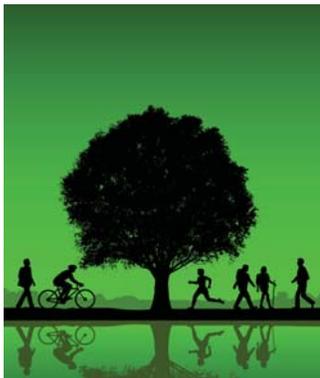
1. Be specific: 'Run faster' or 'lose weight' can be too vague. Set measurable targets, such as cutting your 5k time by 30 seconds or losing 5lbs.
2. But be realistic: Overzealous goals lead to frustration, easy ones are boring. Stay motivated without setting yourself up for disappointment.
3. Give yourself a deadline: The lack of a set-point will lead to procrastination. Pick a date and put it on your calendar.
4. Keep track: On low-motivation days review your log and reaffirm your progress.
5. Make it public: Tell your friends and family exactly what you plan to do – you will think twice about skimping on your plan if it is not a secret.



## Reasons to Exercise

Studies show that people who make time for exercise experience less anxiety and fewer physical problems in their everyday, stressful lives. Getting 30 minutes of exercise most days of the week will help to keep you functioning optimally, physically and mentally.

1. *Decrease in stress levels*
2. *Increase in self confidence*
3. *Increase in nutrient & oxygen delivery*
4. *Increase in energy throughout the day*
5. *Increase in calories burned at rest*
6. *Improves brain function*
7. *Can be a part of daily activity (stairs)*



## It's Spring - Time to Detox

*Now that spring is here, it is time to de-tox...It is the optimal time to re-boost the body and organ systems aiding in the adjustment to seasonal change.*

According to Traditional Chinese Medicine there are five season cycles; spring, summer, late summer, fall and winter. They represent the five major changes in the quality of the organ systems, energy levels and circulation throughout the year. We see spring as the the season of birth and growth. Spring is a time for renewal and spending more time outdoors increasing daily activity. Specifically supporting the Liver and Gall Bladder as well as associated organs through acupuncture will promote detoxification and stimulate metabolism. Acupuncture will help fine tune the body for increased energy, and decreased stress.



## THANK YOU



to all  
who  
voted us  
**Best  
Massage  
in Town!**

## How to Lose 1 Lb.

*Slow and steady is best for weight loss.*

You can cut 3,500 calories (=1lb) by eliminating 250 calories (that pm chocolate bar, for instance) every day for 2 weeks or by walking an extra hour every day for two weeks. Better yet, combine the calorie reduction and exercise and it will take just one week.

**Mount Pleasant is now a BIA (business improvement area).**

**We are working to build a greater sense of community in the neighbourhood.**

**Corey is on the BIA board of management.**

**Let us know your thoughts.**

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