



PAIN FREE LIVING

Energy Boost

ENERGY is an elusive entity of which, many of us wish we had more. A thorough evaluation can reveal the cause of low energy, which allows your health care provider to recommend the best possible care. If pathological causes have been ruled out or treated, other approaches can help put more spring into your step.

- **A regular diet rich in plants, high-quality fats and proteins** can maintain blood sugar and provide energy-generating nutrients.
- **Exercise is known to boost energy.** Blood circulates more efficiently, waste is removed and brain chemicals involved in mood are positively affected.
- **Physical therapies** can contribute to improved circulation of energy and body fluids, as well as promote elimination.
- **Stress depletes** our bodies of nutrients, affects blood sugar, contributes to pain and weight gain, impairs digestion, and ultimately contributes to poor energy.



Herbs, nutritional support, adequate sleep, physical therapy and lifestyle counseling can all be beneficial in reducing the perception of stress and boosting energy. Low energy is a multi-factorial concern with a variety of solutions. Each of the practitioners at The Neighbourhood Clinic are well positioned to help you identify the cause of low energy and achieve greater levels of get-up-and-go.

TIPS

Foods to Beat Stress:

Some foods are perfect for relieving fatigue and sore muscles. They are able to facilitate the reduction of stress and the increase of energy and circulation.

1. Ricotta Cheese
2. Whole Wheat Pasta
3. Dark Chocolate
4. Turkey Sausage
5. Papaya
6. Milk

Exercise; Effective Anti-Aging Medicine

Regular exercise can help people remain healthy and independent as they grow older. Research suggests that much of the decline associated with the aging process is actually a result of a sedentary lifestyle. Growing heavier, weaker and stiffer is not an inevitability.

Gerontologists tell us that exercise is the closest thing to an anti-aging pill that exists today. People who are physically fit, eat a healthy & balanced diet and take nutritional supplements can test at ages 10-20 years younger biologically than their chronological age dictates.

Start exercising today! You can be free from mental & physical disease and degeneration for years longer than you ever thought possible. Go ahead, start now!



Reasons to Eat Breakfast

Almost one third of Canadian adults do not eat breakfast regularly. Eating breakfast will help you to meet daily vitamin requirements, prevent you from bingeing and sets a good example for the whole family.

Try to choose breakfast foods that are nutritious, low in fat and high in fibre.

1. *Less likely to store calories as fat*
2. *Helps to maintain healthy weight*
3. *Keeps metabolism at an optimum*
4. *Lowers cholesterol levels*
5. *Helps maintain energy levels*
6. *Leads to a healthy heart*
7. *Fuels brain power*



5 Simple Weight Loss Tips!



by Alex Savva, CK, B.P.H.E.
founder of CircuitFIT

1. Eat every 3 hours – even if you're not hungry. This will keep your metabolism fired up for maximum calorie burning and will help curb any potential night-time binges!
2. Plan your meals in advance. Then, fix your meals in advance and freeze them. It's important to shop at least once a week. This will help ensure you're fully stocked up on healthy and nutritious foods so you're not tempted to go off your game plan.
3. Do circuit training 2-4 times per week. This is the best way to quickly burn body fat and tone up. Keep your workouts to 30 minutes each and bump up the intensity to set your body up for the "after burn" effect associated with this type of high-intensity training.
4. Be consistent with your exercise routine and nutrition program. Your best bet is to make a lifestyle change that you can stick with week in and week out.
5. Hire a personal trainer for extra motivation. A personal trainer can help you get the most out of your training and make sure you stay on track for success. Make sure you hire someone that is fully qualified and has a good reputation to ensure safety and results.

CircuitFIT is located at 542 Mount Pleasant Road.
For more information please visit www.circuitfit.com



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Exercise myth

Some women avoid weight training because they don't want to bulk up. However, strength training is a critical element to maintain a healthy weight and strengthen your body.

The average woman doesn't typically gain size from strength training because she doesn't have the amount of testosterone necessary to build massive amounts of muscle.

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for voting us
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