



Fab Your Life
Health & Wellness

FYL NEWSLETTER

June 2010

FYL Welcomes Doctor of Chiropractic Medicine

Dr. Howard W. Fisher is a natural physician with degrees in medicine and chiropractic, specializing in Anti-Aging medicine. He is the founder and senior clinician at the Glen Park Wellness Centre and the Director of the Banipur Institute of Medical Sciences.

In addition to his clinical practice, Dr. Fisher is an avid athlete who runs, plays hockey, and can be found on the golf course most afternoons.

To book a chiropractic treatment with Dr. Fisher, please contact info@fabyourlife.com

COMING SOON....

- ❑ **FYL on Twitter:** There will soon be a link to Twitter on FYL's website. Please check for updates regarding current events, upcoming events, availability and more!
- ❑ **Online Booking:** Clients will soon be able to book appointments via FYL's website. Look for the "Book Now" button to see your healthcare professional's availability and enjoy the convenience of booking any time of day or night.

2010 SUMMER SCHEDULE

Fabian Rayne, CK Certified Kinesiologist

Mon 10am - 8pm
Tues 10am - 8pm
Wed 10am - 8pm
Thu 10am - 8pm
Fri 10am - 7pm
Sat Appt. only

Genevieve Mailloux, RMT Reg. Massage Therapist

Mon 10am - 8pm
Tue 10am - 8pm
Wed 10am - 8pm
Thu 10am - 8pm
Fri 10am - 7pm
Sat Appt only

Shannon Weekes, CK & RMT Certified Kinesiologist & Reg. Massage Therapist

Tue 9am - 3pm
Wed 9am - 7pm
Fri 9am - 6pm

William Wong, PT Physiotherapist

Mon 1pm - 8pm
Fri 1pm - 7pm

Ashley Halket, AT & RMT Athletic Therapist & Reg. Massage Therapist

Thu 12pm - 8pm



FYL IN THE COMMUNITY – 2010 Walk to End MS

The FabYourLife team is once again pleased to have had the opportunity to participate in the 2010 MS Walk in Markham on April 18th. Thanks to 329 walkers, Markham-Stouffville raised an amazing \$94,211!

On hand were Fabian Rayne, William Wong and Katie Evans to answer health-related questions, as well as Genevieve Mailloux and Shannon Weekes who provided massage therapy services to MS Walkers.

In an effort to support Markham's Myelin Walking Team, Genevieve also served as a presenter for their last fundraising event the night prior to the MS Walk. The event was educational and featured local health professionals discussing how their services can benefit those living with MS.

We would like to thank Jeff Scott for including us in this wonderful event and for always ensuring that we have the resources needed to participate. Thanks Jeff!





UPCOMING EVENT: 4th Annual OKA 5K Fun Run for Diabetes

Scheduled the morning of Sunday August 22, 2010, this year's run continues with the theme "Moving Forward" which reflects the momentum the Kinesiology profession has, with Bill 171 passing and creation of the Transitional Council.

We have also added a **Kid's 1K Fun Run** to the event which was a huge success last year!

Participants can walk or run, so tell your family, colleagues, roommates or neighbors and register today!

Balmy Beach Club (Foot of Beech Ave) August 22, 2010

Registration 8:30am
Kin Warm-up 9:30am
5K Run 10am
Kids 1K Run 11am

Followed by post-run yoga class, live music, refreshments, entertainment, prizes and lots of giveaways!

Proceeds will be donated to the **Canadian Diabetes Association**.

Take advantage of early bird rates and register at www.runningroom.com

FYL NOTICE: CHANGES TO FEE SCHEDULE

Despite hundreds of petitions, HST will officially come into effect on July 1st, 2010. This means that several goods and services in which you only had to pay 5% GST, will now be taxed 13% HST.

For those who are not up to date, here's a sample of goods and services that may directly affect you: airfare, taxis, hotel accommodations, internet access, home renovations, gas, vitamins, rentals, entertainment tickets, haircuts, gym memberships, golf fees, massage therapy, personal training, etc...

For a complete list of services that will be subject to HST, please visit: <http://hstontario.com/hst-ontario/hst-changes-list/>

To accommodate this tax hike, FabYourLife Inc. will be increasing service fees as of July 1st, 2010.

Please review the new fee schedule to the right. If you have any questions or concerns, please do not hesitate to contact us.

Registered Massage Therapy

| | |
|--------------------|----------------|
| 30 minute session | \$51.33 + HST |
| 45 minute session | \$61.95 + HST |
| 60 minute session | \$77.88 + HST |
| 75 minute session | \$97.35 + HST |
| 90 minute session | \$110.62 + HST |
| 120 minute session | \$132.75 + HST |

Kinesiology Services

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|----------------------------|----------------|
| Consultation | \$88.50 + HST |
| Therapeutic Exercise | \$77.88 + HST |
| Custom Program | \$110.62 + HST |
| Personal Fitness Training: | |
| 30 minute session | \$51.33 + HST |
| 60 minute session | \$77.88 + HST |

Athletic Therapy Services

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|--------------------|---------------|
| Initial Assessment | \$88.50 + HST |
| 30 minute session | \$51.33 + HST |
| 60 minute session | \$77.88 + HST |

Physiotherapy Services

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| Initial Assessment | \$85.00 |
| Subsequent Treatment | \$75.00 |

Chiropractic Services

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|----------------------|---------|
| Initial Assessment | \$75.00 |
| Subsequent Treatment | \$50.00 |



FOR FUN: No Rayne On Our Race Day Parade by Janice Leonard

Sporting Life 10k Race is an annual event that occurs the first Sunday of May each year. It is a glorious event in many ways. Its initial goal is to send kids with cancer to camp where they can receive their treatment and enjoy the fun activities that camp has to offer. The race takes place on the longest street in the world, Yonge Street and there is nothing like running down this street from Lawrence working our way towards Exhibition place. I have run this race for the past three years and this time I brought a new running mate with me.

The Background: My running companion is known to each of you; he is dynamic, energetic, enthusiastic, and has a glorious smile... well until he decided that he wanted to run a 10k race with me. I am an avid runner and my companion, an ex-pro football player who currently plays rugby has never run endurance races, he is built for and was trained for sprinting.

The Experience: Running 10k for me is good fun, running 10k for my new running mate; well what can I say a wee bit of a challenge. Well it started out to be a very warm day, it was 15 and sunny and it was only 730 in the morning. I was dressed in shorts and a tech shirt, shoes and I was already hot. I texted my mate and told him where I was and I must say when I first saw him I thought geese he is going to boil his B@#s off. He was dressed for Rayne. Usually the running rule is dress for 10 degrees hotter than the temperature, so at 15 degrees C, it will feel like 25 running. He was dressed literally for Rayne, I kid you not, and he was wearing long tights-Yikes!!! New never worn running shoes-Ewe!!! A windbreaker jacket-Yuk??? The official race tech shirt over the jacket-Huh??? A little warm I would say...

The Race: Well the race starts and we are off, I am running along on this glorious day and we share pleasantries for about 2k or so, then he starts to steam up, like a hot coal train engine-Oh my, this is not going to be pretty... By 5k he lost 12 lbs in water, he was the Rayne that day, I am not kidding, I witnessed it firsthand. For someone who did not train much he was doing quite well, I tried to talk with him on our run because that is what I am use to doing and he politely replied, "I am concentrating". I realized oh boy it is time to just lay back and enjoy the moment. I asked him if he wanted the Rayne to stop by unloading some of his excess clothing, he politely said he was fine. By 5k he finally disrobed all his excess clothing and while I was helping him, I could not believe he had a cotton t-shirt underneath it all no wicking the Rayne away this day-Whew!!!

The Journey: By the 7k mark my mate was maxed out, he has never run longer then 7k and with his muscular physique it was tough for him as he pounded the pavement with each step. I admired his perseverance, he was determined to finish there was no stopping at water stations for refreshments he wanted to keep going. We did and he was never so happy to see the 9k sign as we were close to completion. We finished at a great time, under 56 minutes for the both of us. He was proud, happy and was ready for more. We hung out, replenished ourselves and headed are way back to where it began for a nice breakfast with our friendly MT Gen... The lesson here is that it did not Rayne on Fabian's parade this day, he dug deep within and he quickly learned that less is better in endurance exercises such as running. Are we planning for another 10k race together??? You betcha... Later mates, J



Janice Leonard & Fabian Rayne "sporting" their medals

Looking for something fun to keep you fit this summer? Why not try some of these ideas:

| | |
|--------------------------|------------------------|
| <i>Run</i> | <i>Hike</i> |
| <i>Cycle</i> | <i>Canoe</i> |
| <i>Kayak</i> | <i>Rowing</i> |
| <i>Swim</i> | <i>In-line skating</i> |
| <i>Ultimate Frisbee</i> | <i>Volleyball</i> |
| <i>Tennis</i> | <i>Soccer</i> |
| <i>Tree-top Trekking</i> | <i>Bootcamp</i> |

No matter what activity you choose, remember to keep hydrated and drink plenty of water!