

The holidays have come and gone, and the weather keeps getting colder. This month, we focus on ways to stay fit and injury free during the winter months. Feel free to forward our newsletter to friends and family if you feel they can benefit from any of the information we provide. We welcome any questions, comments or suggestions you may have.

Enjoy!

**Special Interest Articles:**

- *Getting Back on Track After the Holidays* (page 2)
- *Far Infrared Sauna* (page 3)
- *Injury Prevention: Snow Shoveling* (page 4)

**FYL UPDATES**

**Schedules**

With new teaching schedules for both Fabian Rayne (CK), and Genevieve Mailloux (RMT), hours of availability at FYL have slightly changed. If you would like to book an appointment, feel free to call the office at **905-475-LIFE (5433)** or contact us individually.

**Fabian Rayne, CK**  
**Certified Kinesiologist**  
Cell: 416-451-6304  
Email: [fabian@fabyourlife.com](mailto:fabian@fabyourlife.com)

Monday	9 am - 8 pm
Tuesday	9 am - 8pm
Wednesday	9 am - 8 pm
Thursday	9 am - 8pm
Friday	Not available
Saturday	By appointment only

**Genevieve Mailloux, RMT**  
**Registered Massage Therapist**  
Cell: 647-988-4363  
Email: [genevieve@fabyourlife.com](mailto:genevieve@fabyourlife.com)

Monday	9 am - 8 pm
Tuesday	3 pm - 8 pm
Wednesday	9 am - 8 pm
Thursday	12 pm – 8pm
Friday	9 am - 6 pm
Saturday	By appointment only

**New Addition to FYL**

We would like to take this opportunity to welcome Louisa Chow to the FabYourLife Health & Wellness team. Louisa is a Registered Physiotherapist. She graduated from D'Youville College in Buffalo, New York with a Masters in Physiotherapy. She has previously worked as a Certified Kinesiologist for 5 years and holds a Bachelor of Arts in Kinesiology and Health Science from York University.

With a background in sports, she has trained in Wing Tsun Kungfu for 12 years and was also member of the York University varsity rugby team and Markham Rugby Football Club.

As a healthcare practitioner, Louisa firmly supports evidence based practice that provides results and optimal quality patient care.

*Many extended health care plans cover physiotherapy services. To book an appointment with Louisa, please call **905.475.LIFE (5433)** or email her directly at [louisa@fabyourlife.com](mailto:louisa@fabyourlife.com).*



## Getting Back on Track after the Holidays

Most of us, if not all, indulged over the holidays. Who can resist the temptation of turkey, mashed potatoes, gravy, bread, cheese, and cookies. Let's face it...we all do it. But now it's time to get your health back on track. Here are some pointers to help you spring back into shape and stay healthy.



### Stay hydrated

Most people don't drink enough water during the day. In fact, most mistake thirst as being a sensation of hunger. Rather than reaching for water, they choose to eat instead. Many also believe they are drinking enough water during the day since there's water in their coffee and/or tea. Unfortunately, that is not the case. In fact, drinking coffee or tea can dehydrate you, which means you need to consume even more water to maintain a healthy balance. The general rule of thumb when considering water intake, is to drink half of your body weight in ounces. Therefore, a person who weighs 160 lbs should drink approximately 80 ounces of water, which is the equivalent of 5 water bottles (500 mL water bottle). By staying hydrated, you will no longer mistake thirst for hunger and ultimately improve the body's physiological functions.



### Keep a variety of fruits and veggies close by

Having fruits and vegetables on hand will decrease the chances of you reaching for that high carb snack and help you get the recommended daily servings. Fruits and veggies are the most readily available snacks you can eat without feeling guilty. Healthy snacking will also help you stay energized during the day and will prevent you from overeating during mealtimes.



### Choose fun activities

Most people choose to lose weight as their New Year's Resolution. They are very keen for the first few weeks, by going to the gym regularly and eating well. However, they often lose their drive usually due to boredom. Exercising does not necessarily mean doing the same cardio workout on the same machine everyday. For a guaranteed fun workout, try cross-country skiing, snowshoeing, skating or running in the snow. If outdoor activities do not appeal to you during the winter months, why not try some indoor activities such as squash, racquetball, tennis or basketball. This will surely avoid the monotony of cardio machines and keep your mind and body stimulated.



### Find reasons to move throughout your workday

Many are stuck sitting at a computer all day long, making it very difficult to get exercise. So instead of sitting in a regular office chair, why not consider sitting on a Swiss ball. This will force you to use your core muscles, assume proper posture and ultimately avoid the aches and pains of being sedentary. Instead of emailing that message to your coworker or boss, why not walk over and deliver the message in person. If you're above the first floor, consider taking the stairs instead of the elevator. Lastly, park far away to get a few extra steps into your day and get closer to the recommended 10,000 steps per day.



### Don't be so hard on yourself!

Don't let one unhealthy decision ruin the rest of your day. Just because you ate that piece of chocolate, doesn't mean your whole day is shot and you may as well be bad the rest of the day. Allow yourself those little indulgences. Depriving yourself of the foods you love, will only make it harder to stick to your nutritional plan. Moderation is the key. Make sure to savor your treat and know when to stop.

## Far Infrared Sauna: A Service at FYL You May Not Know About



### What is an infrared sauna?

Far infrared saunas are quite similar to traditional saunas, but instead of using moist heat, they use dry heat that warms the body in the same manner as natural sunlight.

### Why use an infrared sauna?

Our body is inundated daily with many chemicals, such as pesticides, fragrances, synthetic clothing and smog, just to name a few. The skin can eliminate approximately 30% of the body's wastes through sweating. Using an infrared sauna on a regular basis can facilitate this process and help detoxify the body.

### What are the benefits of using an infrared sauna?

Detoxifies the body  
Improves heart, liver and kidney function  
Improves tone and texture of skin  
Enhances the immune system  
Increases relaxation

Improves circulation  
Lowers blood pressure  
Speeds recovery from injuries  
Reduces stress  
*and much more....*

### What makes far infrared saunas different from traditional saunas?

Infrared saunas tend to be safer and more sanitary than traditional saunas...

Traditional saunas use moist heat and temperatures that can reach as high as 150 to 200 degrees F, while the infrared saunas use dry heat with an average temperature of 100 to 140 degrees F. These lower temperatures are much more tolerable and allow users to stay longer. Dry heat is also easier to breathe in than moist heat, especially for those with breathing difficulties. Last but not least, moist heat tends to be a great environment for bacterial growth which can potentially be inhaled by users, while dry heat essentially nullifies this potential risk.

Infrared red saunas have greater detoxification capabilities than traditional saunas...

Even with lower temperatures, the heat created by far infrared saunas penetrates the skin deeper than traditional saunas. This deeper penetration allows more blood circulation to the skin, which in turn allows better oxygenation of tissues, better elimination of toxins and wastes, and ultimately nourishes damaged tissues. The deep heat penetration is also the reason why sauna users tend to sweat sooner and in greater quantity when using far infrared saunas versus traditional saunas.

***If you would like to experience the benefits of our far infrared sauna, call us at 905.475.LIFE (5433) to book a session. (Fee = \$15.00 per 30 minute session)***

## Injury Prevention: Snow Shoveling



Kids love it, while adults hate it. Can you guess what it is? Snow of course. Snow equals shoveling, which for many can be quite a chore. Often shoveling results in increased muscle tension, soreness, strains, and/or spasms. If done properly, shoveling can be quite enjoyable and also a great way to burn calories, improve cardiovascular health and increase core strength. So put your snowblower away and try the following suggestions to get a safe and effective workout into your day. Oh....and a clean driveway!

### Bundle up!

If an area of the body is exposed to cold, the muscles within the area will start to contract to create local heat. This increased muscle tension can lead to muscle spasms, pain and an increased probability of straining or injuring muscle tissue. By dressing appropriately for the weather, muscles will stay relaxed and work more efficiently to get the job done.



### Push it rather than lift!

Most low back strains that occur when shoveling, are typically caused by improper lifting when throwing the snow. Most people will twist or “torque” their body to throw the snow. This motion is usually too fast and abrupt. So consider pushing the snow rather than lifting it. There are shovels that are specifically designed for that purpose. If it is absolutely necessary to lift the snow, avoid twisting or “torquing” your back. Also, walk to where you want to deposit the snow, rather than throwing it.

### Bend your knees!

Everybody knows the proper way to lift things off the ground. However, most people don't actually do it properly which often leads to lower back injuries. It is essential, no matter how light or heavy the object (in our case...snow) that you bend your knees. By doing this, you will burn more calories and prevent lower back injuries. If you find that you are starting to bend at the back rather than using your legs to lift, it is most likely time to give yourself a break. Since it is usually more energy consuming to perform a lift properly, the body will naturally get tired. During your break, take the opportunity to hydrate and perform light stretches. This will allow your muscles to recover and resume shoveling safely and effectively.



### Widen your stance!

Especially if you need to lift the snow, widening your stance will give you a better base of support and also encourage you to use your legs rather than your back. If your legs are glued together, you will inevitably use your back and increase the chance of injury.

If for any reason you injure yourself during shoveling, the best thing you can do is place cold over the injured area. Cold will decrease inflammation, pain, and spasm. We've had several FYL clients who have made the mistake of using heat when they hurt themselves. Heat, during the initial stages of an injury, will increase circulation to the area, and therefore encourage swelling, pain, increased muscle tone and potential muscle spasms. Bedrest, unless ordered by your physician, is usually not recommended. You want to keep the muscles moving in a pain-free manner to prevent adhesions and maintain mobility. Never hesitate to contact or see your healthcare provider.