



Stefanie Moser recently travelled to Vancouver to cheer our teams on at the *Winter Olympics*. She then went with Canada's U18 Women's Hockey team to the *World Championships* in Chicago, where Canada brought home the gold! It was a busy month supporting our Canadian Athletes. Go Canada Go!



Let Apple Creek help make your workplace a happier and healthier place with our **Corporate Health Package**. The package can include massage days, on-site core strengthening with exercise ball programs and free lunch and learns. Drop in to pick up a pamphlet or email the clinic to learn more.



The **Performance Lab Spring schedule** is now available. Programs include Therapeutic Yoga, Intro to core strength on the exercise ball, TRX Suspension training, BOSU stability training. Check out the attached schedule or our website to view the calendar and see a description of the programs that are being offered.



Are you ever unsure about when it's safe to put an athlete back into play after a concussion. **ImPACT Concussion Testing** at Apple Creek can help. Ask one of our athletic therapists about how you can incorporate this easy to use, inexpensive software tool into your teams' upcoming season.



Chiro Corner with Dr. Micheline Joubran
Helpful Tips for a Healthy Gardening Season

Using the right tools and positioning can go a long way to reduce strain on muscles and joints when gardening. Here are some useful tips to help you minimize aches and pains during the gardening season.

- A hose is easier to manage than a watering can
- A good cart, or dolly, makes moving heavier loads a breeze
- A wheelbarrow that is lightweight and has two wheels is a good idea
- Separate a large load into several smaller ones
- Select comfortable, thick soled, supportive shoes
- Cover up with a thick brimmed hat, gloves and sunscreen
- Use ergonomically designed, long handled, lightweight tools

Just Remember to maintain a 'HEALTHY BACK''

- H**ave the right tools for the task at hand
- E**nsure you drink plenty of water
- A**lternate between light and heavy loads
- L**ift correctly
- T**ake frequent breaks
- H**eavy loads should be shared
- Y**our feet should be protected with thick soled supportive shoes

- B**efore you start, warm-up your muscles
- A**void muscle strain, learn the right techniques
- C**hange position frequently
- K**neel to plant and weed



Spring Detox with Dr. Kristin Heins, ND

With spring here, what better way to kick-start your body into summer shape than with a detoxification program! Detoxification, like breathing, is something your body does continuously. Every moment of every day, organs of elimination like your liver, intestines, kidney and lymphatic system are working to process unwanted waste product from your internal environment.

Depending on your lifestyle, health status and environmental exposure – your body may be struggling and inefficiently working to reduce your toxic burden. Chronic toxin accumulation can lead to a host of symptoms including headaches, fatigue, water retention and difficulty managing your weight.

If you suffer any of these symptoms your body may be in need of supplemental support.

Dr. Kristin Heins, ND is offering a **four week spring detoxification program**. You can start the program whenever it best fits your schedule. The program combines ongoing support, nutritional and herbal supplementation and an easy to follow home care regime. **No fasting or intense food restriction required!**

Call today to book an appointment to get your spring detoxification program started. Don't hesitate...your body will thank you.