

Are you ready to shovel!?



Shoveling can be a pain... literally!

Check out our 10 tips to shovel safely with strong body mechanics this winter:

1. Brace your back when you shovel
2. Keep a neutral spine - try not to bend your back
3. Bend with your hips AND knees - like a squat
4. Use your legs and arms to throw the snow rather than generating the force from your back
5. Push the snow as much as you can rather than lifting
6. Support your shoulders by keeping your arms tucked in and the force you produce close to the core of your body
7. Push with your hips while bracing your core
8. Shovel for no more than 15 minutes at a time without a break
9. Shovel and lift multiple small chunks of snow rather than a few larger chunks
10. Take your time and dress warmly!

We hope that these tips help you conquer what winter has to offer. Keep your body safe and strong this winter. We are always here to help you stay active and healthy. Happy holidays everyone!



HOLIDAY FOOD DRIVE

This year, we are hosting a holiday food drive for the Burlington Food Bank. The community of Burlington has always been there for us and we are doing our part to give back.

Please see our list of items most needed:

1. Canned meat
2. Rice
3. Peanut butter
4. Cookies
5. Canned tomatoes
6. Personal hygiene products
7. Hot cereal
8. Canned fruit
9. Large soup
10. Condiments

All non-perishable items are welcome!



Do you need new orthotics for the end of the year?



If you need to renew your orthotics or compression stockings, now is the time! You have until December 20th to renew them with us before your calendar year is up.

You don't want to miss out! Call us at 905-315-9955 to find out how we can help you get your new orthotics in time for the holidays.