

*Summer 2010*



# LIVING WELL

products and services in Chatham-Kent that keep you looking and feeling your best



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**Russolo Physiotherapy & Employer's Edge**

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**Brand New Day Spa for  
Downtown Chatham**

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## welcome to ck living well.

Welcome to the 4th edition of CK Living Well!  
You will find this publication to be helpful as you go about bettering yourself and your surroundings. This publication highlights services and products in a variety of areas that offer you exactly what you need to look, feel and live your best!

Thank you to all of our advertisers for coming on board as we could not have accomplished this without you! Sincerely,

Andrew Thiel, President  
Nancy Schlereth, VP Sales  
Samantha Egan, Graphic Designer  
A.Thiel Marketing & Graphic Design

### COVER INFORMATION:

Photo Credit: Samantha E. Photography

Models: Joe Russolo

Nicole D'Hondt

Russolo Physiotherapy

Location: Russolo Physiotherapy

Join our email list and receive CK Living Well electronically as well as discounts and information from merchants and organizations within the Municipality of Chatham-Kent. Just email us at the address above and in the subject line write: sign me up!

A.Thiel Marketing is a complete media group specializing in creating marketing campaigns and website design within the Chatham-Kent marketplace.

With our four local publications - the CK Senior, CK Living Well, CK Outdoor Living, and Big Things Are Happening In Downtown Chatham, we pride ourselves on constantly bringing our clients together for cross-promotions and marketing opportunities.

If you are a brand new business requiring guidance in the local market, or an existing business that needs reinventing, we guarantee success.

From market research and branding to media production and placement, A.Thiel Marketing & Graphic Design delivers cost-effective solutions that always get results. Our wide range of unique and localized services is only matched by our energetic and creative team of professionals. We offer the perfect blend of a traditional full-service local marketing firm, with a team that embraces the non-traditional social media that is currently flooding the communications landscape.

## services

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**For more information about our programs, visit our website at [www.bigbrothersbigsistersofchatham-kent.com](http://www.bigbrothersbigsistersofchatham-kent.com) or call the agency at (519) 351-1582.**

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The Get It On boutique offers a wide range of casual and formal wear, as well as the latest trends in jewelry, handbags, shoes, and other accessories. Some of the lines carried include Get It On, Frank Lyman Designs, Nuevo, Uptown Girl, Samuel Dong, J.S Collections, and much, much more.



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**An afternoon of fun and discovery awaits you...**

## Remedy's Rx Chatham-Kent's Local Drug Store

426 St Clair Street  
Chatham, ON  
519.436.0005

As we quickly approach the hotter temperatures we find ourselves outside a lot more and exposed to the ultraviolet (UV) radiation which is part of the field of light that comes from the sun. Although most of the harmful radiation is blocked by ozone in our upper atmosphere, small amounts still come through. We all need natural sunlight for good health, however, too much exposure to the harmful UV rays increases our risk of sunburn.

Anita and Jeff White of Remedy's RX (426 St. Clair St.) carry a full line of sunscreens, so please drop by and they would be happy to help you pick out the best one for you based on your daily exposure to the outdoors.

### DID YOU KNOW?

- The sun is strongest between 11 o'clock in the morning and 4 o'clock in the afternoon or when the UV index is 3 or higher.
- The sun can burn your skin even when it's cloudy.
- Your sunscreen should be waterproof and have an SPF of 15 or higher.

*\*In addition to Ombrelle, Hawaiian Tropic, and Avène sunscreens, Remedy's Rx also carries Neutrogena sunscreen, which is endorsed by the **Canadian Cancer Society**.*



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At Russolo Physiotherapy Clinic we provide treatment for various conditions resulting from orthopaedic and sports injuries, motor vehicle accidents, and work-related injuries.

We offer assessment and individual treatment for acute and chronic musculoskeletal injuries and conditions. The sooner the treatment of an injury or condition begins, the better. Early intervention prevents a condition from becoming chronic, keeps muscles and other soft tissue structures from weakening through disuse, speeds healing, and, above all, increases the chances of full recovery.

Physiotherapy provides preventive, diagnostic, and rehabilitative services to help you achieve your highest level of physical function.

Joe Russolo, RPT is a licensed physiotherapist with over 27 years of clinical experience in the treatment of orthopaedic and neurological conditions based on a customer-focused, outcome-oriented philosophy.

Our services include extensive musculoskeletal and functional assessments to determine the cause of your symptoms. We offer relief through a broad range of treatment techniques. We can create custom exercise and therapy programs to minimize your dysfunction as well as offer expert advice on how to manage your injury, disease, or disability.

Check out our website for more information, [www.russolophysiotherapy.com](http://www.russolophysiotherapy.com)  
Please do not hesitate to call with any questions, 519.358.1590.

**russolo**  
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## a multi-faceted approach to employee wellness

**Employer's Edge** is a wellness company that provides its clients with workplace wellness initiatives. These initiatives result in savings through improved productivity, lowered absenteeism rates, enhanced energy, and decreased health premiums and claims.

**Employer's Edge** offers customized programs that target all employees. The success of these programs hinge on the ability to work with individuals and to modify their behaviors. Our model ensures that a wellness program, tailored for each specific company, will achieve maximum results.

A main objective is to change the culture in the workplace – developing programs that help boost morale and energy in the workplace. **The EDGE Comprehensive On Site Wellness Program** takes a multi-faceted approach to on site employee wellness. This comprehensive approach has proven to successfully address the needs of both the individual and the organization.

“Accountability, follow-up, and evaluation are the key factors to a results-based wellness program,” says Nicole D’Hondt, Executive Assistant and Wellness Consultant. “We offer one-on-one consultations, health coaching, lunch ‘n learns, group exercise programs and so much more.”

Joe Russolo, Certified Corporate Wellness Specialist, says, “We encourage a preventative, proactive approach to employee wellness, enhancing wellness, one step at a time.”

Is your company ready to take the next step in improving employee morale, lowering absenteeism, and decreasing health premiums and claims? Contact Nicole D’Hondt or Joe Russolo for your free consultation.



151 Thames Street, Chatham • 519.358.1582 • [www.employersedge.ca/chatham](http://www.employersedge.ca/chatham)



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# The Chef's Table

*CK's best kept dining secret!*

397 McNaughton Avenue West, Chatham • 519.436.0559 • [chathamchefstable.com](http://chathamchefstable.com)

**Customized Menus - Allergies? Low Sodium? Low Carb?**  
**Chef Mike Moccia specializes in a custom menu for everyone!**

On May 1st, Chef Mike Moccia and Mauro Pippo celebrated their first year as Co-Owners of "The Chef's Table." They thank all of their loyal customers for making this first year successful and for all the great memories made.

Their Mediterranean cuisine features Spanish, Italian, Greek, and Portuguese influences. To keep it interesting, they offer a new menu monthly, but if you have a favorite dish at the "Chef's Table" it will always be available. "If it's not on the menu just ask for it," says Pippo. "Want lobster? We will get it in and prepare it to your specifications." As many of us may have special needs, allergies, or might be on special diets, "The Chef's Table" takes pleasure in accommodating your requests and are more than happy to serve up what you're craving.

"One of our most popular dinner requests is the Chef's Mood," says Pippo. The Chef's Mood is a four course dinner prepared by Moccia and his apprentice chef, Joshua Deneau. It is actually made personally for you, and everyone at the table who orders the Chef's Mood will receive a different dish! It's an amazing experience and great for sharing!

Moccia's passion for cooking and desire to serve only the best takes him to our local shops daily for fresh ingredients. His enthusiasm in the kitchen keeps his menus fresh, interesting, and delicious. It's common place for Moccia to

leave his kitchen and visit with his customers and assure they are enjoying their dinner.

"The Chef's Table" keeps a list of more than 30 wine varieties available for their customers, offering both full and half bottles. In fact if you have a favourite, call ahead and if they don't have it, they will arrange to have it for you. They also offer "Flights of Wine," which is a trio of wines chosen by Pippo, that compliment your dinner order. Each glass contains 2 oz of wine and is a treat for both amateur drinkers and aficionados.

You may also choose from their extensive Tropical Martini List and end your evening with an Espresso made for you!

The attentiveness to their customers' questions and requests is second to none and keeps their customers coming back again & again. "The Chef's Table" makes for a fun evening of delicious food with wonderful presentation, great service, and a real personalized feeling! Come enjoy CK's best kept dining secret!

## Healthy Benefits of Red Wine Include:

- Anti-oxidants - promotes anti-aging
- Polyphenols - reduces the risk of cardiovascular and cancer
- Resveratrol - lowers sugar levels, boosts immune system
- Cholesterol Benefits



**Mike Moccia & Mauro Pippo, Co-Owners, The Chef's Table**



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# ***Performance Health & Fitness***

## **TAKING FITNESS OUTDOORS FOR MAXIMUM RESULTS!**

Meet Matt Stirling and Jay Hallatt, the dynamic team behind the success of Maximum Performance Fitness (Boot) Camp. This boot camp is an hour fitness class held two days a week at Blythe Park on Tweedsmuir Avenue West.

Normally, you will find these two hard-working personal trainers putting patrons through their paces at the Performance Health and Fitness Club at 162 Queen Street. But the two realize that people want to be outside during the warmer weather, so they designed a fitness program that they could take outdoors.

Maximum Performance is a program designed to push the group both physically and mentally. If you have a bad back, a bum knee, or a shoulder which has been holding you back from going to the gym, these two will work to design a program that still gives you a workout without causing any more damage to the injured area.

Matt is a Master Trainer who has specialized in movement training. While Matt knows that there will be a few from the club who are planning on attending the boot camp, they are not the only ones Matt hopes to see come out. Matt says that they have tips and techniques that are perfect for seniors, students, and those who have shied away from the gym or exercise in general for one reason or another. Fitness needs to start somewhere and under the watchful eye of a

Movement Training Specialist is a great place to start.

Kickboxing is the other area that Jay specializes in and he knows it will appeal to the younger crowd, but is also looking forward to the challenges and exercises he will have to change up to meet the needs of the entire group. Fitness, he explains, is not just focusing on one element, it is working on the whole body.

Both Matt and Jay hope that people from all age groups feel comfortable about coming out to the next Maximum Performance Fitness (Boot) Camp which starts July 19, 2010 at 6:30 at Blythe Park. It will run for six weeks and is scheduled to finish August 25, 2010. They say that their "Punch Card" ensures that you will get all twelve workouts even if your holidays coincide with these dates. Any unused classes can be picked up in the next session.

Still not sure? For those still wanting to try or to check out the program but who are uncomfortable with the concept of spending their money on a program they may not use, Performance Health and Fitness suggests that you TRY BEFORE YOU BUY. That's right! The Performance Health and Fitness team suggest you come out on July 14, 2010 at 6:30pm and see if this program is really the right choice for you. Matt and Jay are convinced that your will body will be glad you made the commitment.

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**[www.performancehealth.biz](http://www.performancehealth.biz)**

**Try Before You Buy!**

**MAXIMUM PERFORMANCE FITNESS (BOOT) CAMP  
July 14, 2010 at 6:30pm**

The Maximum Performance Fitness Camp is an outdoor group fitness class. It was developed by our Personal Trainers to get MAXIMUM results in an hour class format. This program will push you physically and mentally while having fun and meeting new people. It is a "6" week program, 2 days per week. Each week has new challenges and exercises to keep our minds and muscles guessing. We limit the size of our camp so instructors can give more individual attention.

LOCATION: Blythe Park  
DAYS: Mondays & Wednesdays  
TIME: 6:30pm-7:30pm  
Start Date: July 19, 2010  
End Date: August 25, 2010



Matt Stirling & Jay Hallatt

**For more information or to register for Maximum Performance Boot Camp, please call (519) 436-1530.**



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