

**For Immediate Release**

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## **In Motion offers residents of Sarnia-Lambton more healthcare options on Pontiac Drive**

In Motion: Health-Wellness-Fitness, the 2011 Small Business of the Year, will celebrate its five year anniversary in a new and expanded location on Pontiac Drive, beside the Rapids Family Health Team.

Opened in January 2007, In Motion has operated on Lambton Mall Road, providing a broad range of healthcare services, rehabilitation and personal training. “We have grown from a team of seven in 2007 to eighteen today, with the intention for that growth to continue” said Dr. Carney Kilian one of the two owners.

“Realizing the need to expand our facility to accommodate our growth, it seemed a natural transition to join the range of other health care businesses that share space at 1150 Pontiac Drive, including the Rapids Family Health Team”. In Motion is set to open at this new location on December 6, 2011.

Several new healthcare providers have joined In Motion and our community in the past year including; Dr. Jane Pilkey, chiropractor; Amber Kowal, physiotherapist; Adam Gray, chiropodist; and Shaylin Aarsen, nutritionist and registered dietician candidate. “Being able to recruit and employ new, young professionals in our community is one of the most rewarding tasks we have running this business” offered Dr. Winegard.

“We have plans to add another physiotherapist to our team in the coming months as well” added Dr. Winegard. “We are always focused on providing our clients the highest level of customer service, and part of that is providing options in terms of service providers and hours of operation. Our new facility will allow us to continue providing our clients with both.”

In Motion has also recently formed a partnership with Fit-To-Go, a local, outdoor Boot Camp Fitness business operated by Kristi Kleinsmith. “Bringing a successful fitness business under our umbrella at In Motion just makes sense for us. We have respected the work Kristi has done to build her brand locally over the past several years and integrating her into our team allows us to continue providing innovative options for our clients” said Dr. Winegard.

“We hope to continue forming strong relationships with the other healthcare providers at 1150 Pontiac,” added Dr. Winegard. “Taking stock of all the providers available in that building now, you’d have to look to the hospital for a larger group of health professionals.”

“It is our hope that 1150 Pontiac Drive will become the hub for medical, rehabilitation and wellness services in Sarnia,” said Dr. Carney Kilian, “and we are excited to be part of that growth.”

In Motion offers a broad range of services including:

- Sports Medicine
- Chiropractic
- Physiotherapy
- Registered Massage Therapy
- Acupuncture
- Active Release Technique
- Chiropody Services
- Custom Orthotics
- Custom Orthopedic Bracing
- Nutrition/Weight Loss Counselling
- Personal Training
- Indoor & Outdoor Boot Camps
- Rehabilitation/Pre-habilitation
- Sport Specific Training
- Wellness Assessments
- Corporate Health Programming

For photos, interviews and additional information:

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