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Indie Head Massage



Jenn Van Horne, RMT, is proud to announce a new service at In Motion: Indie Head Massage

Indie Head Massage is a therapeutic technique rooted in Ayurvedic traditions. It focuses on massaging the upper back, shoulders, neck, scalp and face, promoting relaxation and well being.

Benefits It is great for people who are experiencing stress, anxiety or mental fatigue, suffer from headaches or migraines, have tension in their neck and shoulders, people with sleep disorders or people with dry scalp, dandruff or other hair issues.

Additionally nourishing oils as well as specific essential oils are added to calm the mind, improve scalp health, promote hair growth, alleviate headaches and hydrate your hair.

Indie Head Massage visits are 45 minutes in length and eligible for direct billing to most EHC companies

What's More Effective for Weight Loss?



If you're like most Canadians, you are trying to drop a few pounds. Many wonder what the key factor is for weight loss: diet or exercise? Read on to find out which one plays a crucial role in shedding extra pounds

Which has a bigger impact on weight loss?

When trying to lose weight, a solid balance between a healthy diet and regular exercise is important. Weight loss comes down to creating a **calorie deficit**. Exercise helps burn calories and improve health, but it's difficult to resist food after a hard workout!

Dietary changes directly control calories, which allows you to maintain a consistent deficit. Studies show **diet** contributes significantly more to weight loss than exercise (but activity is key for maintaining weight loss and fitness). Most people believe exercise leads to weight loss but overlook the number of calories consumed- even in healthy foods!

Common Myths:

Specific Exercises for Fat Loss

Fat loss happens across the entire body, you can't target one specific area

Eat Whatever You Want, Just Exercise

Exercise is important but watching what and how much you eat is also vital. You can't outrun a bad diet!

How to Balance Diet and Exercise

To be successful, focus on a sustainable diet that limits processed food and added sugars. Pair this with regular physical activity like strength training. This will help you maintain muscle mass, boost metabolism, and can support long-term weight maintenance.

Get Fit Before Christmas!



Kristi Kleinsmith is offering some new and old favorites before the holiday rush is upon us! **Lunch Express** is still happening twice a week, in addition to outdoor boot camp, low back rehab, yoga, and more!

Do Your Feet Hurt?



ORTHOTIC DEADLINE

Chiropractor Adam Grey can help! The deadline to order orthotics for 2024 is **December 6th**. Assessments are comprehensive and billable to most EHC plans

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Marry Me Chicken Soup



Cozy soup season is upon us now that the air is crisp. This rich and creamy soup has taken social media by storm for good reason: it's a comforting, bold flavor-packed experience!

Ingredients

- 2 tbsp sun-dried tomato oil (from jar)
- 1 onion, diced
- 4 cloves garlic, minced
- 4 tbsp sun dried tomatoes, chopped
- 3-4 chicken thighs, sliced into pieces
- 1 ½ cup fire-roasted tomatoes (canned)
- 1 L chicken broth
- 1-2 cups orecchiette pasta
- ¾ cup heavy cream
- 1 tbsp pesto
- 2 cups spinach
- 1 tbsp fish sauce (optional)
- Salt & pepper to taste
- Fresh grated Parmesan, for garnish

Directions

1. Heat oil in a large pot over medium heat. Add diced onion and sauté until translucent. Stir in garlic and sun-dried tomatoes, cook until fragrant
2. Add sliced chicken thighs and season with salt and pepper. Sauté until browned and cooked through
3. Pour in tomatoes and broth, stir to combine.
4. Bring soup to a simmer and cook 10-15 minutes
5. Add orecchiette and simmer another 10-12 minutes until pasta is cooked
6. Reduce heat to low. Stir in heavy cream, pesto, and fish sauce. Simmer 2-3 minutes to allow soup to thicken and become rich and creamy.
7. Stir in spinach, cook until softened.
8. Season to taste and serve hot. Garnish with freshly grated parmesan.



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