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Fitness for Mental Health

78% of Canadians report their primary motivation for exercise is to improve their mental and emotional well-being



Fitness is a powerful tool for improving mental health. Regular exercise reduces stress, anxiety, and depression by releasing endorphins, the body's natural mood boosters. It also increases serotonin levels, which help regulate mood, sleep, and appetite.

Beyond these biological benefits, fitness routines provide structure, giving you a sense of control and accomplishment. Physical activity boosts self-esteem and confidence by improving your overall health and fitness. Exercise can also act as a form of mindfulness, helping you focus on the present moment and take a break from daily stress.

Whether it's running, yoga, or walking, staying active is an effective way to enhance mental well-being and maintain a positive mindset.

An In-Depth Look at Weighted Vests



Weighted vests have become a popular fitness tool for people looking to increase the intensity of their workouts.

In recent years, weighted vests have sparked interest in the fitness community. A variety of types exist, but the basic idea is the same: a **compact vest that wraps around your torso, usually with pockets to add or remove weight. Unlike a heavy, uncomfortable backpack the key feature of a vest is the ability to **distribute the weight equally** on your body.**

One of the biggest benefits of weighted vests is **versatility. They can be used during cardio, strength training, or even simple activities like hiking or stair climbing. Because the weight is evenly distributed across the torso, weighted vests allow for natural movement while still increasing physical demand**

Weighted vests help **improve posture and **bone strength** when used correctly. However, it's important to start light and increase weight gradually to avoid strain or injury. Proper fit and good form are essential. It's recommended to start with a vest that's **10% of your body weight****

Overall, weighted vests are an effective way to level up workouts, challenge the body, and add variety to fitness routines in a simple and practical way

FITNESS FORUM



If you're struggling to start, Dr. Joel offers **Personal Training** to help you make fitness a priority! Work 1-on-1 at your own pace to meet your personalized goals

Feeling Sore?



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Buffalo Chicken Pasta



This saucy, spicy pasta by **Ree Drummond** brings game day flavor to the table any night of the week in less than 30 minutes!

Ingredients

- 12 oz rotini pasta
- ½ cup all-purpose flour
- 2 ribs celery, sliced thin
- 2 tbsp butter
- 2 tbsp olive oil
- 1 ½ lb boneless skinless chicken thighs, cut into bite-size pieces
- 3 garlic cloves, minced
- 1 small white onion, diced
- ¼ cup light lager beer
- 1 cup heavy cream
- 1/3 cup Buffalo-style hot sauce
- ½ cup crumbled blue cheese (feta or cottage cheese works too)
- salt and pepper to taste

Directions

1. Bring a large pot of water to a boil and cook pasta according to package directions, drain and set aside
2. Heat butter and oil in a large skillet over medium-high heat
3. Season chicken with salt and pepper, then dredge in flour and add to skillet. Brown and turn, then remove and set aside
4. Add celery, garlic and onion to skillet and cook until softened. Add beer to deglaze and stir
5. Add heavy cream and hot sauce, bring to a simmer
6. Add chicken and pasta, stir and season. Add more Buffalo sauce if desired to adjust spice level
7. Serve pasta topped with cheese



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