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Collagen Essentials



Collagen supplements offer several benefits for skin, joints, and overall health.

Collagen is a major structural protein in the body that supports skin elasticity and hydration. With age, natural collagen production declines, leading to wrinkles and sagging skin. Supplementing with collagen peptides can help reduce these signs of aging by improving skin texture and firmness.

Collagen also supports **joint health** by maintaining cartilage, potentially reducing joint pain and stiffness, especially in older adults or those with osteoarthritis. Additionally, collagen may promote stronger hair and nails and aid in muscle mass maintenance.

Some studies also suggest collagen supports **gut health** by strengthening the intestinal lining. These supplements are typically easy to digest and absorb, especially in hydrolyzed or peptide form.

While individual results vary, consistent use of collagen supplements, along with a balanced diet, may provide a safe and natural way to support overall vitality and healthy aging from the inside out.

Digital Detox



It's tough to avoid screen time when we're cooped up indoors all winter long, but summer provides the perfect opportunity to unplug.

A **digital detox**—the intentional break from devices like smartphones, computers, and social media—offers a wide range of mental, physical, and emotional benefits. In today's hyper-connected world, constant exposure to screens can lead to information overload, stress, and reduced attention spans. Taking time away from devices allows the brain to rest, promoting better focus, creativity, and mindfulness.

Mental Health

Excessive screen time is often linked to anxiety, depression, and poor sleep. Disconnecting can help reduce these symptoms by decreasing exposure to blue light and limiting comparisons fueled by social media. People often report feeling more relaxed and emotionally balanced after even a short detox.

Physical Benefits

Reducing screen time can alleviate eye strain, headaches, and poor posture associated with prolonged device use. It can also improve sleep quality, by restoring natural sleep cycles.

Relationships

By unplugging, individuals are more present with those around them, leading to deeper, more meaningful connections with family and friends. It encourages face-to-face conversations and shared real-world experiences.

Productivity

Without the constant distraction of notifications and digital multitasking, people often find they get more done in less time.

Overall, regular breaks from devices, whether for a few hours, a day, or longer, can help restore balance, enhance well-being, and promote a healthier relationship with technology.



New Service Alert!



The team at In Motion is happy to announce the addition of **Pelvic Floor Rehabilitation** to our services!

Book an appointment today if you're suffering with:

- Incontinence
- Pelvic pain
- Postpartum recovery
- Chronic constipation
- Pelvic prolapse



Book with us online or via email
info@sarniainmotion.ca
or call (519) 542-6060



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Summer Chicken Caprese Pasta

This easy, fresh recipe is perfect for warm evenings and ready in under 30 minutes!



Ingredients

- 8 oz (about 2 cups) pasta (penne, fusilli, or your choice)
- 2 cups cherry tomatoes, halved
- 2 cups cooked chicken (grilled or rotisserie), shredded or chopped
- 1 cup mozzarella balls (bocconcini), halved
- 1/2 cup fresh basil, chopped
- 2 tbsp olive oil
- 1 tbsp balsamic glaze or vinegar
- Salt and pepper to taste
- Optional add-ons: sliced avocado, arugula, or grilled corn

Instructions

1. Cook pasta according to package instructions. Drain and rinse with cold water to cool slightly.
2. In a large bowl, combine pasta, chicken, tomatoes, and mozzarella.
3. Add olive oil, season with salt and pepper, and toss well.
4. Gently fold in fresh basil.
5. Drizzle with balsamic glaze just before serving.



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