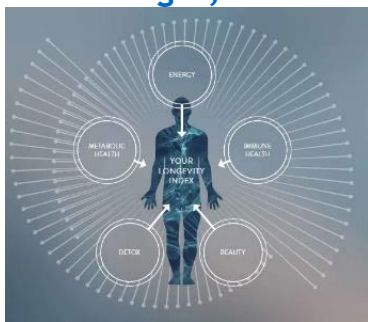


In This Issue

- **Back-to-School Routine**
- **Longevity Focus**
- **Fall Weeknight Pasta**

Invest in a Longer, Healthier Life



Fitness is becoming more about longevity and healthy aging, with a shift towards health span and mobility

Longevity isn't simply about adding more years to your life, it's about making those years healthier, stronger, and more fulfilling. A longevity-focused lifestyle prioritizes habits that support long-term physical and mental wellbeing.

Regular movement, nutritious food, quality sleep, stress management, and strong social connections all play important roles. Instead of chasing quick fixes, the goal is to **build sustainable routines** that protect your health over time.

Strength training will maintain muscle and independence, while cardiovascular exercise supports heart and metabolic health. Eating a diverse, nutrient-rich diet provides essential fuel and supports healthy aging. Meanwhile, meaningful relationships and continued learning can contribute to emotional resilience and cognitive wellbeing.

Ultimately, longevity is about playing the long game. Small, consistent choices made today can compound into better health, greater energy, and a higher quality of life for years to come.

Safe Return to School



Returning to school is an exciting time filled with new opportunities, friendships, learning, and activities. A safe return starts with simple habits that help students stay healthy, comfortable, and prepared throughout the school year

Good **hygiene** remains one of the easiest ways to reduce the spread of illness. Students should wash their hands regularly, especially before eating and after using the restroom. Getting enough sleep, eating balanced meals, and drinking plenty of water can also support concentration, energy, and overall wellbeing.

Backpack safety is important, too. Choose a backpack with comfortable, adjustable straps and encourage students to carry only what they need. Regularly cleaning out unused items can help keep the load manageable and reduce strain on the back, shoulders, and neck.

The start of school often means the beginning of **sports seasons**. Students should ease into training, warm up properly, stay hydrated, and use appropriate protective equipment. Rest days matter, and injuries should always be taken seriously.

Mental health deserves attention as children adjust to new routines, academic expectations, and social pressures. Parents and caregivers can check in regularly, listen without judgment, and encourage children to talk about their feelings. Making time for relaxation, play, friendships, and enjoyable activities can help manage stress.

With healthy routines and strong support, everyone can help make the new school year positive and successful.

Protect Yourself!



Concussion Baseline Testing

One of the first steps in concussion management is knowing how an athlete performs **before** an injury occurs

*Testing is valid annually.
Assessments are covered by most EHC plans.*

Open in Petrolia



Our satellite clinic in Petrolia is thriving! Services available include:

- **Chiroprody**
- **Chiropractic Care**
- **Acupuncture**
- **Orthotics**
- **Massage**

Book with us by calling or via email
info@sarniainmotion.ca
or call (519) 882-0019



www.facebook.com/SarniaInMotion



Follow us @sarniainmotion

Instagram

Fall Weeknight Pasta

This simple autumn-inspired pasta dish is perfect for a busy weeknight! It can also be batch cooked ahead for delicious lunches on busy weekdays.



Ingredients

- 1 tbsp olive oil
- 4 oz thick-cut bacon, diced
- 8 oz butternut squash, diced
- 1 bunch kale, cut into 1" pieces
- ½ lb orecchiette pasta (bowtie or elbow can work as well)
- Fresh grated Pecorino Romano or parmesan cheese, to taste
- Salt and pepper

Instructions

1. Drizzle bacon and squash with olive oil and roast in 400°F oven for 30 mins.
2. Stir kale into bacon and squash and roast another 10 mins.
3. Bring a pot of salted water to a boil and cook pasta according to package directions for al dente.
4. Drain pasta and return to pot.
5. Add sheet pan contents to pasta and toss with cheese
6. Season with salt and pepper to taste

This recipe is Test Kitchen-Approved! Check out the how-to video [here](#), or visit [Food52.com](https://www.food52.com) for more fall weeknight recipe ideas



www.sarniainmotion.ca 519-542-6060