



New studio emphasizes holistic approach

By Bruce Stapley
Stouffville Free Press

Nadia Clarke Cordick has a string of letters after her name that would make anyone stand up and take notice. She has a BA (Bachelor of Arts) and a B Ed. (Bachelor of Education) for starters, which prepared her for an eight year term as an elementary school teacher with the York Region District School Board a few years back.

But it's her CPT (Certified Personal Trainer), SFN (Specialist in Fitness Nutrition) and SSC (Specialist in Sports Conditioning) that she is banking on to make her newly-opened enterprise on Stouffville's Innovator Ave. a success.

Nadia is the owner/operator of Repetitions Fitness Studio, offering a range of conditioning programs including yoga, high intensity interval training, strength and conditioning, ballet barre, metabolic training, yoga boot camp (yoga with weights) and Caribbean dance classes. The studio also boasts a vegan café with such choices as coffee, almond milk lattes, green smoothies, soups, salads and snacks – all plant and vegetable based with no additives.

"It's a very holistic approach," said Nadia. "Food and fitness go hand in hand. That's where the café comes in. We want to have a place for people to nourish their bodies before or after

they work out."

She points to the studio's recently commenced '21 Day Challenge' as an opportunity for members to track their food consumption as they undertake their fitness regimen. She describes the all natural approach to food intake as "mindful eating. Paying attention to what's going into your body. No processed foods, just whole natural ingredients."

When it comes to fitness initiatives, Nadia believes in practising what she preaches. The 38-year-old Stouffville resident is an avid competitor, competing in fitness shows, triathlons and various races. She has had several second and third place showings in the Figure Competitor category.

Nadia is pleased with the number of members the studio has attracted since opening its doors November 1. She plans to continue adding to the options available to people looking to maximize their fitness as well as their overall lifestyle.

"We're going to hold workshops, as well as healthy living book clubs and video viewings involving materials promoting health and wellness."

New Chamber Director

Stouffville's consummate retailer Graydon Card has returned to the board of directors of the Whitchurch-Stouffville Chamber of Commerce, a welcome development in the aftermath

of the pothole the chamber had to steer around recently after the sudden departure of the administrative officer and the chairman.

Graydon, whose business involvement in town dates all the way back to 1968, was involved in founding the chamber along with Ged Stonehouse and the late Jack Chambers back in the late 1970's. He was chamber president for several years in the early 1980's. His vice-president way back when? None other than yours truly!

Graydon is currently partnered with his daughter Ainsley in running Card's Appliances & Televisions in Downtown Stouffville.



Nadia Clarke Cordick is the owner of Repetitions Fitness Studio in Stouffville. Bruce Stapley photo

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A Salute To All Our Veterans

By Rochelle D'souza

We would like to salute all our veterans at the 55 Plus Club.

Bill Stedman laid the wreath on behalf of the club at the Remembrance Day ceremony at the Stouffville Legion. He was born in Toronto on July 17, 1920 and has five children and five brothers and sisters. One of his sisters is 95, and he has a brother of 93.

In his early years, Bill worked for a carbon company, doing mostly office work. He is a veteran who served in the army as a non-commissioned officer, training newcomers

of 16 and 17 years old. He recalled the times he would take these rambunctious teens far away from the camp to calm them down. He would then say, "Now walk to the dinner table." You can picture them running back.

Bill was very athletic, loved all sports and was on every team he could join. He enjoyed the competitive aspect of games and continues to show that spirit when playing cards. His favourite sport was softball, which he played until he was 84. Despite macular degeneration and hearing loss, he is still a competitive card player at the 55 Plus Club, playing with a group that helps him out when necessary.

He has a dear friend who helps him get around and cooks his dinner. "I have all my fingers still intact and I make my breakfast and lunch," he said, with a smile. Breakfast is porridge with prunes and he makes batches of soup, defying his disabilities by cutting up the veggies. Bill enjoys going on trips with his friend and is grateful to the wonderful pals who pick him up and take him to bridge and other places.

He credits his longevity to having super friends, and to his genes. Well done, Bill. Keep that competitive spirit going and we will see you at the next bridge session!



Bill Stedman participates in Remembrance Day ceremonies at the Stouffville Legion.