

HEALTHY Lifestyles



J. A. BEAL, D.C.

Doctor of Chiropractic
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Let Us Relax You

Jacyn Skulmoski and Autumn Graves,
Certified Chair Massage Practitioners

Chair massage, also known as on-site massage, is a short massage routine done through the clothes in a specially designed chair for the purpose of relaxation, focussing on your key tension areas - i.e. neck, shoulders, arms and back.

While chair massage has been around for years, only recently is it becoming recognized as one of the most effective, beneficial methods to reduce stress, tension and anxiety, leaving your body relaxed and your mind alert. In a corporate setting, on-site massage can boost employee morale, loyalty and production.

This massage is done through the clothes in a seated position so there is no psychological discomfort. It is done out in the open, so you can see before you get a massage exactly what to expect, so there are no unpleasant surprises, and it's clean - no messy oils to deal with.

It takes very little time, usually no longer than the time it takes for a coffee break. It's accessible, we can bring the benefits of relaxing touch to you (hence the term "on-site massage"), and because a chair is used rather than a table, it takes very little space.

The massage routine is designed to give the maximum benefit in a short amount of time, really reducing the cost.

There is a definite need for this type of massage to be made available in the workplace, and it is a perfect addition to corporate wellness programs, special events, etc.

If you are planning a "girls' night in", a bridal or baby shower, why not treat your guests to a relaxing chair massage right in your own home.

Drop by Healing Force, 6333 Main St., Stouffville, every Friday between 11 a.m. and 2 p.m. or call 905-640-2760 or 416-990-6668 for an appointment.

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What is a Healthy Lifestyle?

Sue Gerard
Registered Physiotherapist

People have different ways of describing a healthy lifestyle. But for most it means living life in a way that helps the person to be both physically and emotionally healthy. Two important facets of developing a healthy lifestyle are healthy eating and exercise. At Joint Venture Fitness we can help you develop strategies to address these two aspects of a healthy lifestyle.

Our staff will develop a fitness program for you to meet your individual needs, no matter what age or present physical condition. We will recommend an exercise program just for you to meet your lifestyle goals.

Joint Venture also offers physiotherapy services for a wide variety of treatment. Our specialities are sports injuries and orthopaedic treatment including back and neck pain, total joint replacements or injuries resulting from a motor vehicle accident or the workplace.

Each program is individually tailored; not "one size fits all". Our physiotherapist is available for consultation and her expertise is used to ensure that an exercise program will meet your goals and be safe. If you have hesitated to start an exercise program because of a previous injury, a painful joint or other condition, we will plan a program that will suit your needs.

To round out our services to promote a healthy lifestyle, Joint Venture Fitness offers nutritional counselling and ongoing weight management programs provided by a registered dietitian. We also offer the services of a registered massage therapist.

Many of our services are covered by extended health care programs. We always offer special rates for our fitness memberships. We do not charge an initiation fee and our exercise programs are included in the price of membership.



Dr. Barbara Frackowiak
D.D.S., Cert. Ortho.
Specialists in Orthodontics

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Autumn Graves & Jackie Skulmoski

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