

Exciting News

We are proud to announce that our Wasaga Office is now open! Call today to schedule your appointment!

Review Us!

We make it easy to review! Just scan the QR code for the location you would like to review. We would love your feedback!



**Georgian Bay
Location**



**Stayner
Location**



STAYING ACTIVE AND BECOMING BETTER BALANCED

Georgian Bay Location

1 First Street Unit 102
Collingwood ON
L9Y 1A1

M 8:00a - 8:00p
T 8:30a - 8:00p
W 8:00a - 8:00p
Th 8:00a - 8:00p
F 8:30a - 4:00p

Phone: 705-446-2551
Fax: 705-446-1897

Stayner Location

7460 County Road 91
Unit 3
Stayner, ON L0M 1S0

Phone: 705-446-2551
Fax: 705-446-1897

Wasaga Location

102 - 14 Ramblewood
Drive, Wasaga Beach,
ON L9Z 0C4

Phone: 705-446-2551
Fax: 705-446-1897

M 10:00a - 3:00p
T 8:00a - 3:00p
W 8:00a - 3:00p
Th 10:00a - 3:00p
F 10:00a - 3:00p

Hours subject to change due to COVID-19. Please call in advance.

INSIDE:

Staying Active and Becoming Better Balanced
It's Never Too Late To Be More Active · Staff Spotlight





Staying Active and Becoming Better Balanced

There are a million and one tips that are passed down generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family; others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.

Mental and Physical Balance

Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them — work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee

and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside with the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. **During these difficult times, physiotherapy is considered essential** and at Peak To Shore Physiotherapy we are offering Telehealth Services if you are unable to attend in person. **To learn more about what our clinic is doing to prevent the spread of COVID 19, contact our office today.**



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



WE ARE CHECKING THE TEMPERATURE OF EACH PATIENT



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS



OUR EMPLOYEES ARE WASHING HANDS REGULARLY

It's Never Too Late To Be More Active

Think about the percentage of time that you spend working during the week. For most people this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better — including those hobbies that you love, but also being active and engaging with the people you care about.

Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.

It's Never Too Late

You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than you currently are. **There are plenty of ways to incorporate light activity into your lifestyle, such as:**

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in light weight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life. If you feel that your physical health or an old injury is holding you back from being active, contact us. **Working with a physical therapist can help you achieve improved balance and a healthy lifestyle.**



Exercise Essential



 SimpleSet Pro

STEP DOWN

Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Pilates
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy

Staff Spotlight *Dr. Brad Baldwin, B.A. (Hons.), DC*

Brad graduated from the University of Western Ontario in 2006 with an Honors Bachelor of Arts degree and from Canadian Memorial Chiropractic College (CMCC) in 2011 with his Doctor of Chiropractic Degree. Since his studies, Brad has been certified in Contemporary Acupuncture, Active Release Techniques, Graston Techniques, and is currently certified to provide concussion assessment and treatment.

Brad has had the opportunity to work with numerous professional and olympic athletes, providing treatment for the National Artistic Gymnastics program, the Women's national squash program as well as the national sailing, track and field, synchro swimming programs. Brad has also worked with various athletes from the University of Toronto track and field team. He looks forward to bringing his skills and experience to the Peak to Shore team.

To learn more about the entire Peak to Shore team, visit PeakToShorePhysiotherapy.com



Reducing Stress With Mindfulness



There are several stressors that each of us deal with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard not to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to Help Guide, mindfulness has been found to be a key element in stress reduction and overall happiness. Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgement.

If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

To learn more about stress management, give one of our clinics a call!

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!

Georgian Bay Location

1 First Street Unit 102
Collingwood ON L9Y 1A1

705-446-2551

Stayner Location

7460 County Road 91 Unit 3
Stayner, ON L0M 1S0

705-446-2551

Wasaga Location

102 - 14 Ramblewood Drive
Wasaga Beach, ON L9Z 0C4

705-446-2551