



# SYMETRICS

## December Newsletter



### Upcoming Events

- **Senior Strong:** Next class starts January 20th, 2025! (Now taking names for registration!)
- **EXCEL:** Classes start January 21st, 2025!
- **Postpartum Exercise Program: TBD**
- **4th Menopause Workshop:** January 21st, 2025
- **5th Menopause Workshop:** February 25th, 2025

For every 5 Google Reviews, SYMETRICS will be donating \$20 to the North Bay Food Bank!



### Food Bank Donation



SYMETRICS will be collecting non-perishable food items for the North Bay Food Bank.

Our donation box can be found in the front vestibule. Thank you for your contribution!

### EXCEL: What is it?

**EXCEL** is the **EX**ercise for **C**ancer to **Enhance Living Well** study. This study provides an exercise program to Canadian cancer survivors in rural and remote areas.

#### Eligibility:

- Have/Had a cancer diagnosis
- Be pre-cancer treatment, currently receiving treatment, or within 3 years of treatment completion
- Able to participate in low to moderate physical activity
- 18+ years & able to consent in English
- Have access to reliable internet
- Able to participate in online OR in-person classes

**Cost: FREE**

**Call 705-497-1975 to reserve your spot today!**

### Online Booking

Interested in booking your appointments online? Ask your provider for access today!

### Holiday Hours

- **December 23rd:** 7am - 6pm
- **December 24th:** 7am - 2pm
- **December 25th: CLOSED**
- **December 26th: CLOSED**
- **December 27th:** 7:40am - 3pm (Chiropractic appointments only)
- **December 30th:** 7am - 6pm
- **December 31st:** 7am - 2pm
- **January 1st: CLOSED**

### Nipissing University Students!

Get 15% off NEW Physiotherapy and Athletic Therapy Assessments!

**15% OFF!**



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# SHOVELLING

**Shovelling is a normal winter activity up here in the North. It's important to remember these shovelling tips:**

- 1. Consider doing a small warm-up before you start shovelling**
  - 2. Step close to the load with 1 foot in front of the other. Keep your feet staggered to help with balance**
  - 3. Keep your elbows close to your body & knees bent. Reaching out too far away from the body can make the job harder & also cause injury**
  - 4. Keep your feet and shoulders in the direction that you will throw the load**
  - 5. Try to use both your right & left hand to shovel to avoid fatiguing/overusing one side of the body**
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