

Kinected

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BALANCING PROFESSIONAL LIFE WITH HEALTHY LIVING

THE KIN STUDIO
Rehab Fitness Function



4 QUICK WAYS TO RELAX YOUR BODY AFTER A DAY OF TEACHING

Teaching can be stressful. From morning commutes to challenging classes and hours of prep, it can seem like there's little time left for you. Add to that the number of hours spent on your feet, it is no surprise that the body tightens up. Try these 4 easy techniques to reduce stress and relax your body from head to toe.

[CLICK HERE TO START RELAXING!](#)



MIND

REDUCE STRESS WITH THIS QUICK MINDFULNESS TECHNIQUE

When patience is low and stress levels are high, use the "3 minute breathing space" technique for a quick and powerful shift toward emotional regulation...Click to Continue Reading



BODY

THE BEST CORE EXERCISE COMBO YOU'RE NOT DOING

Imagine if three core exercises, repeated three times each, only using your body weight, could provide a balanced core workout, help improve posture and back pain, while providing spinal stability. Click Here For Our "Big 3"



FOOD

MANAGE CRAVINGS WITH THIS ENERGY BOOSTING RECIPE

With a great recipe and very little time you can prepare nutritious snacks that will regulate blood sugar, decrease cravings and increase the chances of sticking to a balanced eating plan. Enter Nicole's Power Bites!...Click Here For The Recipe!

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