

RELIEVE YOUR ARTHRITIC PAINS WITH US AT LEAPS AND BOUNDS



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for [Oakville Fare Share Food Bank](#)! We will donate \$10 for every Google review we receive!



Welcome to our Fare Share Food Bank Oakville, where we are dedicated to fighting hunger and supporting our community.

**CLICK HERE TO DO GOOD &
LEAVE US A REVIEW TODAY!**

ARE YOUR JOINTS SENDING SOS SIGNALS? FIND RELIEF WITH US!

Hey there! Feeling a bit creaky in the knees or dealing with back stiffness that just won't quit? Arthritis might be the culprit, but guess what? You're not alone, and we've got your back (and knees!) at Leaps & Bounds!

Arthritis can be a real pain—literally. If you've noticed those twinges during squats or aching after a bit too much sitting, it might be time to check in. Morning stiffness giving you grief? Yeah, we get it. As arthritis marches on, it brings inflammation to the party, making your joints go, "Hey, remember me?" But fear not! There's a superhero team in town - that would be, physiotherapy, chiropractic, and athletic therapy services at Leaps and Bounds! Give us a call because we're ready to be your sidekick in this joint-saving adventure.

STAFF SPOTLIGHT:

DR. ROSLYN ENG (HONS BSC KIN, DOCTOR OF CHIROPRACTIC)



Dr. Roslyn Eng is a person-centred, evidence-based chiropractor passionate about understanding her patients and supporting their goals. Whether it be managing pain, optimizing performance, or getting them back to what they love doing, she is dedicated to empowering people through hands-on care, exercise prescription, and patient education. While completing her Honours Bachelor of Science Kinesiology degree at McMaster University, Dr. Roslyn Eng danced for the McMaster Competitive Dance Team, eventually becoming the President and Strength and Conditioning Trainer. She then obtained her Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College, where she founded a dance club and was awarded the Robert J. Cannon Performing Arts Award. She now provides individualized chiropractic care to the Oakville and Burlington communities, with a special interest in working with dancers and promoting healthy aging.

Dr. Roslyn Eng enjoys treating people from all walks of life for various musculoskeletal complaints spanning from head to toe. She encourages patients to actively participate in their care and uses a multimodal approach, which may include adjustments, mobilizations, soft tissue therapy, acupuncture, stretching, strengthening, and lifestyle modifications. In her free time, you can find Dr. Roslyn Eng at drop-in dance classes, rock climbing, running, trying new recipes, and caring for her extensive collection of house plants.

CALL US TODAY TO START HEALING: 905.847.5227

WHAT IS ARTHRITIS?



Picture this: your joints throwing a little tantrum, causing pain and inflammation. That's arthritis for you. There are over 100 types, but we're talking about the usual suspects—osteoarthritis and rheumatoid arthritis. Osteoarthritis is like your joints undergoing changes, whether from age, injury, or just being overused. It's like your cushion (cartilage) making a few adjustments, leading to bone-on-bone interactions and a not-so-pleasant inflammation party.

Now, rheumatoid arthritis is the rebel—it's your immune system going, "Let's shake things up in those joints!" Cue pain and inflammation, and it's like a concert you never wanted to attend. And guess what? Leaps & Bounds knows these arthritis rockstars inside out!

WHAT YOU CAN DO TO HELP YOUR ARTHRITIS PAIN

Now, here's the good stuff. Physiotherapy, chiropractic, or athletic therapy can be your go-to, way before you consider anything extreme. We're talking joint-friendly exercises, movements that make you feel like a superstar, and techniques that kick arthritis to the curb. No need for scary surgeries or sketchy and addictive pain meds!

But hey, we're not stopping there. We're spilling the beans on some daily hacks to make sure you stay ahead in the arthritis game:

- 1. Exercise** like your joints depend on it (because they do!). Think low-impact, joint-loving activities.
- 2. Meet your new best friends:** Glucosamine, Chondroitin, Omega-3, SAM-e, and Curcumin. They're like the Avengers but for arthritis relief (But check with your doctor if they're appropriate for you).
- 3. Ditch the junk**—say goodbye to inflammation-triggering fried and sugary foods. Your joints will thank you.

HOW CAN WE HELP RELIEVE ARTHRITIS?

Hold onto your hats because this is where the magic happens. At Leaps & Bounds, we're not just about exercises; we're about creating a program that's as unique as you are. We dig deep, figure out what makes your joints grumble, and then tailor a plan that includes everything from hands-on techniques to muscle-strengthening workouts. We want you back to doing cartwheels (or whatever makes you happy) ASAP! It's not just about fixing—it's about thriving!

CALL TODAY FOR AN APPOINTMENT

So, if arthritis is cramping your style, give Leaps & Bounds a ring! We're not just a clinic; we're your partners in bouncing back. Let's kick arthritis to the curb and get you back to living your best pain-free life. Dial us now because your joints deserve the VIP treatment!

HOLIDAY RECIPE: CUT-OUT SUGAR COOKIES

DON'T FORGET TO LEAVE THOSE COOKIES OUT FOR SANTA!

COOKIE DOUGH

- 3 c all-purpose flour, plus more for surface
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1 c (2 sticks) unsalted butter, softened
- 1 c granulated sugar
- 1 large egg
- 1 tbsp milk
- 1 tsp pure vanilla extract

BUTTERCREAM FROSTING

- 1 c (2 sticks) unsalted butter, softened
- 5 c confectioners' sugar
- 1/4 c heavy cream
- 1/2 tsp pure almond extract
- 1/4 tsp kosher salt
- Food coloring, for decorating

INSTRUCTIONS:

In a large bowl, whisk flour, baking powder, and salt until combined. In another large bowl, using a handheld mixer on medium-high speed, beat butter and sugar until fluffy and pale in color. Add egg, milk, and vanilla and beat until combined. Gradually add dry ingredients and beat on medium-low speed until combined and no dry streaks remain. On a clean work surface, shape into a disk and wrap in plastic wrap. Refrigerate 1 hour. Preheat oven to 350°. On a lightly floured surface, roll dough to 1/8" thick. Cut out shapes and transfer to 2 parchment-lined baking sheets. Freeze 10 minutes (so your shapes hold while baking!). Bake cookies until edges are lightly golden, 8 to 10 minutes. In a large bowl, using handheld mixer on medium-high speed, beat butter until smooth, then add confectioners' sugar and beat until no lumps remain. Add cream, almond extract, and salt and beat until combined. Bake cookies until edges are lightly golden, 8 to 10 minutes. Let cool. Frost and decorate cookies as desired.



<https://www.delish.com/cooking/recipe-ideas/a45588530/cut-out-sugar-cookie-recipe/>

HAVE YOU USED YOUR YEARLY BENEFITS?



HAVE YOU USED YOUR YEARLY EXTENDED HEALTH BENEFITS?

We're coming near the end of the year, and for many individuals, the extended health benefit's renewal date is December 31st.

Do you take advantage of allied health services covered under your plan? Considering you are paying into these health benefit plans - often automatically withdrawn from your pay cheque - you should know your plan and coverage, and use it!

If you wish to maximize your extended health benefits, give us a call.



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

GET IN TOUCH

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CLICK HERE TO SCHEDULE YOUR APPOINTMENT

**PERFORM BETTER
RECOVER FASTER
STAY IN THE GAME**

3 HEALTH TIPS FOR THE HOLIDAY SEASON

Feeling a bit overwhelmed about keeping up with your health this winter? Don't fret! Here are three easy-to-follow tips to help you stay fit and fabulous during the holiday season.

- 1. EMBRACE THE ZZZS: MAKE SURE YOU'RE GETTING ENOUGH SLEEP:** In the hustle and bustle of December and January, finding more hours in the day may seem like a tempting solution. However, skimping on sleep is a no-go. Your body needs those precious hours of rest to recover and recharge. Poor sleep habits are linked to an increased risk of heart disease, cognitive decline, and mood swings. Make it a goal to snag 7-8 hours of shut-eye every night, and your body will thank you for it.
- 2. MOVE AND GROOVE: STAY ACTIVE:** Exercise isn't just for burning off those extra holiday calories; it's a powerhouse for your mental and physical well-being. The best part? There's no shortage of ways to get active! Whether it's a stroll in the park with the family, a neighborhood walk, a bike ride, a yoga session, or hitting the gym, find an activity that suits your lifestyle. Exercise is a gift you give to yourself, so unwrap it regularly!
- 3. SMART EATING: DON'T SKIP MEALS:** With lavish holiday feasts on the horizon, the temptation to save room by skipping meals during the day can be strong. But beware—this strategy can lead to unhealthy choices and throw off your diet balance. Opting for one big meal a day might sound enticing, but it can spike your blood pressure and cholesterol. Instead, prioritize regular, balanced meals with lean proteins, fruits, and veggies to keep your nutrition in check. This holiday season, let health be the gift you give yourself.

With these three simple tips, you can navigate the festivities with confidence, knowing you're taking care of your well-being. Cheers to a happy and healthy holiday season!



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