

Deb Matthews Joined us to celebrate!

June 3, 2013



LONDON- Our government invested \$30,000 to help St. Leonard's Community Services London and Region and Just Sweat Fitness Studio deliver exercise training and nutrition classes to clients to encourage healthy living. Clients from Hutton House, London Abused Women's Centre and WOTCH were also given the opportunity to participate in the program. Deb Matthews, MPP London North Centre, joined the organizations and Just Sweat to celebrate the success of their program. "I'm delighted that our government is supporting healthy choices and active-lifestyles," said MPP Deb Matthews. "This program shows how government, businesses and agencies can work together to provide support and create opportunities for people in our community. Learning how to get active, stay fit and lead a healthy life is a key ingredient for success."

St. Leonard's teamed up with Just Sweat Fitness Studio to create a healthy living program for their clients, who don't often have access to these types of services. The program, which began in September, consists of three sessions that run for 12 weeks, with two classes each week. Each new session has four participants from each organization. The sessions include a workout, nutrition education, cooking demonstrations and guest speakers.

"This program fits with our mission to assist with helping individuals realize their full potential," said Heather Callender, Executive Director at St. Leonard's Community Services London and Region. "We believe in the value of the program because there are many of our clients that do not have access to these types of services and inherent in this is the access to low quality food items. The combination of the fitness and nutrition program allows them to focus on ways to improve on the external while also working on the inside."

The combination of physical activity and nutrition helps clients focus on ways to improve their physical fitness, health, mental health and confidence. Participant's progress is tracked and at the end of the session, they're able to see positive results, both physically and mentally.

"The Just Sweat Team is so grateful for the experience that was made possible by the Healthy Community Living Fund," said Tara Robbins, owner of Just Sweat Fitness Studio. "Facilitating a health and fitness promotion program for community members that would not have had the opportunity has been an incredibly rewarding experience."

Supporting healthy, strong communities is part of the Wynne government's commitment to provide Ontarians with access to programs that help them live healthier, more active lives.