



Newsletter

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HAPPY THANKSGIVING!

As a kid I never got the opportunity to play organized sports but recently realized – it's never too late to follow your dreams! Now in my forties, I'm trying to have a resurgent of my hockey career. One of my good friends suggested we try Yoga to be able to continue our "semi-pro" hockey careers for many more years to come. Kathy McIsaac, Fitness Professional was contacted to take on the challenge of keeping a group of mature misfit hockey players flexible. She graciously accepted this challenge and I'm happy to say year two of our careers looks very promising as a result of her dedication and hard work!

I've decided to include some of her fitness tips in my newsletter rather than a recipe. Kathy has provided her permission to reproduce the article on the back page.

Thank you Kathy and I hope you all find these tips as enjoyable as I do!

Pierre

FALL TIP

Many people have insurance coverage on their mortgage which they've obtained through their bank or credit union. Although this insurance offer was convenient to obtain at the time the mortgage was set up, I'd be remised if I didn't advise you that it could be less expensive to purchase this coverage through a life insurance company.

To find out more about this type of coverage, call my office to schedule a meeting!



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THE OFFICE ENERGIZER

Now that summer is coming to an end, everyone will start to return to their normal work schedule. Meeting deadlines and learning new procedures can create stress that sneaks up on us. During stressful times at work, our muscles will contract and shorten creating tension in the muscles and restricting blood flow. Most people don't even realize they are breathing less efficiently; taking in shallow breathes therefore less oxygen.

A little bit of movement and stretching at work can go a long way. The benefits of Office Exercises and stretches will; reduce fatigue, reduce tension, increase blood circulation, increase flexibility and will improve your overall mood and energy.

Here are some simple things you can do at work on a regular basis. To help you remember to do the stretches, simply set a reminder on your computer to take 5 minutes at the bottom or top of the hour. Here are a few simple exercises;

Trunk Stretch:

Place your hands on the front edge of your desk. Inhale as you reach your chest and head up to the ceiling and tailbone towards the back of your seat, then exhale as you draw down rounding your back and tighten your abdominals. Repeat 5 to 8 times slowly.

Side Stretch:

Sit up tall at the front edge of your chair with your feet flat on the floor. Place your right hand on the edge of your seat and hold onto it. Then reach your left arm up and over to the right as you press your left rib cage to the left as you breathe into your left rib cage.

Trunk Twist:

Sit tall in your office chair with your feet and knees together. Place both hands on the side of your left thigh. Inhale and lengthen your spine, then exhale as you rotate your spin toward your leg. Repeat on the other side and repeat another 2 times per side.

Just Breathe:

Sometimes all you need is to take time to breathe. Taking in slow deep breathes drawing the air deep down into the bottom of your lungs, helps to relax your body and your mind.

Remember our bodies were built to move. For every hour of sitting we require 5-10 minutes of movement. Take time for movement during your work day and you will feel better for it!



Created by Kathy Mclsaac, Fitness Professional.

If you are interested in booking an "Office Energizer" seminar or at work fitness classes, email A2KFitworks, the Corporate Fitness Specialists at A2KFit@mts.net. | www.A2KFitworks.com