



# Newsletter

SPRING 2011



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## **HAPPY SPRING!**

### **Can you feel it in the air? Yes, I think spring is finally here!**

With it comes the too often used word in Manitoba this time of year - FLOODING. To all my friends who are being affected by the inconvenience and stress of the flood, my thoughts and prayers are with you.

I've been reviewing my "book of business" and suddenly realized that I am dealing with a lot of third generation clients. I am very honoured to have this bestowed upon me. So my tip for this Spring Newsletter is to make sure that all of you and your children/grandchildren over the age of 18 are contributing to a Tax-Free Savings Account (TFSA). You are eligible to contribute \$5,000.00 a year either by a lump sum payment or for ease of saving for the future, by making monthly contributions. The benefit of investing in a TFSA is that it allows you the flexibility to withdraw these savings at any time on a tax-free basis, for any purpose. To take advantage of this investment strategy, feel free to call our office - say hello to Pamela and have her mail you out a TFSA kit ASAP.

Once again, I've included a fitness tip from Kathy and she has provided her permission to reproduce the article on the back page.

### **Have a safe spring and great summer!**

#### **SPRING CLEANING**

Many people do a thorough "spring cleaning" of their homes this time of year – what a more opportune time to also take a look at your current insurance coverage and/or investment portfolios. Call my office to schedule a review meeting at your convenience, to ensure your needs are being met!



**WELLINGTON WEST**  
*Financial Services Inc.*

# URBAN POLE WALK

## your way to Fitness this spring and summer!

As I drive from class to class lately I can't help but notice everyone out walking. Yes spring has arrived and people are getting active outside again. We all know that walking gives us excellent health and fitness benefits. 80 Million Americans cite walking as their main form of exercise. The standard recommendations are 20-30 minutes of brisk walking, 3 to 5 times a week. But the one thing I notice again and again is the technique of walkers. Although the stride of the legs is strong and long, the upper body usually remains motionless thus, contributing to poor posture and upper body muscle imbalances.

Since I took my training with the Urban Pole Walking last year, I find myself wanting to yell out my car window; "You should be walking with poles! You need to move your arms more!" Walking with poles increases energy output by 30%, and uses 90% of your body's muscles. Urban poles help to improve posture, strengthen core muscles, reduce chronic fatigue, and improve overall fitness and wellbeing. This kind of exercise is for everyone! Urban Pole walking is very beneficial for chronic knee and back pain as well.

So why not learn to walk with poles! Doing the same walk with poles will burn more calories, keep your upper body strong and I won't have to yell at you out my car window! If you would like to read more about Urban Poling, check out their website at [www.Urbanpoling.com](http://www.Urbanpoling.com). If you would like to learn how to Urban Pole walk, join me and my Urban Pole Walking Clinics this spring! Then you can take your urban poles around the neighbourhood, to the lake or with you on vacation! You will love them!



### Learn How to Urban Pole Clinics

Lead by Kathy McIsaac, Certified Urban Pole Instructor.

Learn how to use these excellent high quality urban poles. Proper technique will be taught to climb hills, walk on pavement and trails along with learning a few stretch and strength exercises.

**Register by email at [A2Kfit@mts.net](mailto:A2Kfit@mts.net) or call Kathy at 792-0456 for more info.**