

February 2012

Playoffs are quickly approaching and it is your time to step up. Randy is offering a **PLAYOFF TUNE-UP PACKAGE**. The package includes:

- *pre-game workouts*
- *pre-game stretches*
- *pre/post game meal plans*
- *and many other tips to help you recover and increase your energy during the playoffs*

The Playoff Tune-Up package is only \$100. Please speak with Randy or Mary if you are interested.

Upcoming BSI Hockey Camps



Elite Minor Atom Hockey Camp

July 2-6, 2012

Elite Atom Hockey Camp

July 9-13, 2012

Elite Hockey Camp

August 13-17, 2012

Visit our website at

www.bodysmithinternational.com or call 905-888-5000 for more information and to register.

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DRINK IT AND THRIVE!

I HAVE THE SECRET THAT CAN ...

Reduce inflammation

Relieve all types of pain

Improve allergies and chronic breathing problems

Support cardiovascular health

Energize your life

It's simple, just ask me.

RANDY

'experience wellness'

BodySmith would also like to welcome Dr. Sarah Birkett to the BodySmith clinic staff.

Sarah will be providing chiropractic and acupuncture treatment.

Dr. Sarah Birkett has recently received her Doctor of Chiropractic from the Canadian Memorial Chiropractic College this past June, 2011. She completed her undergraduate degree at St. Francis Xavier University in Antigonish, Nova Scotia and is originally from Scarborough, Ontario. Along with Chiropractic care, Sarah is certified as an Active Release Technique (ART®) provider of the lower limb, a Graston® Technique provider and is certified in Contemporary Medical Acupuncture. Sarah knows every athlete is unique and she looks forward to treating each injury individually to ensure optimal performance.

Contact Mary at 905-888-5000 if you would like to set up an appointment with Sarah