

THE SWEETEST TIME OF THE YEAR: **Elmira Syrup Festival 2024**

By Leanne Park – Registered Physiotherapist at S.O.S. Physiotherapy Elmira

Get ready to indulge your taste buds and celebrate the rich tradition of syrup-making because the Elmira Syrup Festival is just around the corner! Mark your calendars for April 6th as Elmira, Ontario gears up to host one of the most anticipated events of the year.

A TRADITION ROOTED IN HISTORY

For over four decades, the Elmira Syrup Festival has been a cherished event, drawing visitors from far and wide to partake in its maple-filled festivities. What started as a small community gathering has blossomed into a renowned celebration of local culture, culinary delights, and of course, syrup.

SYRUP GALORE

At the heart of the festival lies the star of the show: maple syrup. From traditional pancake breakfasts drizzled with fresh, golden syrup to maple-infused treats like candies, tarts, and even savory dishes, there's no shortage of ways to experience the sweet nectar of the maple tree. Local producers will showcase their finest syrups, offering visitors a chance to taste the distinct flavors and learn about the syrup-making process firsthand.

FAMILY FUN FOR EVERYONE

Beyond the syrup-centric offerings, the Elmira Syrup Festival promises a day filled with fun activities for the whole family. From live music performances to artisanal crafts, there's

something for everyone to enjoy. Take a stroll through the bustling streets lined with vendors, offering everything from handmade goods to maple-themed souvenirs. Don't forget to stop by the maple sugar bush tours where you can witness the magic of syrup production up close. Don't forget to stop by SOS Physiotherapy Elmira for some warm drinks and cookies.

EMBRACING COMMUNITY SPIRIT

More than just a food festival, the Elmira Syrup Festival is a celebration of community spirit and local pride. It's a time for neighbors to come together, share stories, and forge lasting memories. Whether you're a first-time visitor or a long-time resident, you're sure to feel the warmth and hospitality that Elmira has to offer.

JOIN US FOR A SWEET CELEBRATION

As we eagerly anticipate the arrival of spring, there's no better way to welcome the season than with a visit to the Elmira Syrup Festival. So gather your friends and family, and prepare your taste buds for a day of indulgence, laughter, and maple-infused delights. We'll see you there!



How Physiotherapy Can Help Your Posture



Do you catch yourself slouching throughout the day? Do you notice your spine gets sore those last couple hours of the school or workday? If you are experiencing aches and pains, especially in your neck or back, your poor posture may be to blame.

Most of us spend our day staring at a computer screen, riding in our car, or looking down at our phones. These slouched postures with our heads tilted forward or looking down cause stress to the muscles and joints of the neck and back.

The worse your posture is, the more intense your back and neck pain can become. Fortunately, your posture can improve with the help of physiotherapy. Call SOS Physiotherapy today to learn more about how you can improve your posture and lead a pain-free, active life!

WHAT ARE THE NATURAL CURVES OF YOUR SPINE?

Our spines are made up of four natural curves: the cervical, thoracic, lumbar, and sacral. When the spine is in its natural position, the vertebrae stack up over one another, and we call this "good posture" or sometimes "neutral spine."

These natural curves, along with the intervertebral discs, absorb and distribute stresses from everyday activities such as sitting, standing, walking, or more intense activities such as running and jumping.

When you slouch, the spine in your neck and lower back becomes straighter, while the upper back becomes excessively rounded. This produces a forward-head posture, humped upper back and flattened lower back.

Ideally, our postures will change depending on our activities. Unfortunately, we often sink into poor postural habits and lose the natural stacked position our spines were designed to have.

WHAT ARE THE MOST COMMON PROBLEMS WITH BAD POSTURE?

Very few people have perfect posture. We become so wrapped up in whatever tasks we are doing that we forget to think about how we are holding our bodies. Most people ignore their posture until they begin to notice aches and pains.

Over time the sustained postures will affect the muscles needed to keep you upright and functioning at your best. Your body is designed to align perfectly to allow for proper movement of your muscles

joints. When your spine is not stacked in the natural posture, it can affect breathing, digestion, and blood circulation.

If poor posture continues, it often leads to chronic conditions like back and neck pain. Poor postural habits can also affect your shoulders, especially reaching overhead. In more severe cases, the slouched posture can affect how you walk and negatively affect your balance.

WHAT TO EXPECT IN PHYSIOTHERAPY

Our physiotherapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

Here are a few steps you can take to have an immediate impact:

Limit How Long You Sit – Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time.

Find Your Natural Posture – The spine does not like to remain in any one position for extended times. By finding your natural posture, you can counteract the slouching you do throughout the day. Start by lifting your breast bone (i.e., sternum) towards the sky. This will naturally cause your spine to straighten out which will lift you into your natural posture.

Start Strength Training – Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Train the muscles of your hips, pelvis, and spine – your core muscles – to help your posture.

Physiotherapists are movement experts, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

As part of your physiotherapy treatment, we can teach you to find your natural posture to protect your body from future injuries and make sure you stay healthy!

www.sosphysiotherapy.ca

SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS! CALL ANY ONE OF OUR 3 LOCATIONS

Belmont Clinic
Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
TEL: (519) 743-8787

Elmira Clinic
Behind Wellness Centre (Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic
Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070



Exploring Nature's Sweet Secret:

Sugar Bush Tours in Elmira, Ontario

As spring gently ushers in its warmth and sunshine, there's no better time to immerse yourself in the age-old tradition of maple syrup production. Nestled in the heart of Ontario's countryside, Elmira invites you to embark on a journey through its lush sugar bushes and discover the magic behind this sweet elixir.

A TASTE OF TRADITION

For generations, the art of maple syrup production has been deeply rooted in Canadian culture, and Elmira is no exception. Every spring, as the maple trees awaken from their winter slumber, local producers gear up to collect the sap and transform it into liquid gold. Now, you have the opportunity to witness this time-honored process firsthand through sugar bush tours.

A FEAST FOR THE SENSES

Step into the tranquil surroundings of Elmira's sugar bushes, where the air is filled with the earthy aroma of maple and the gentle sound of sap dripping into buckets. Guided by knowledgeable hosts, you'll learn about the intricate methods of tapping trees, collecting sap, and boiling it down into pure, delicious syrup. Along the way, you'll have the chance to taste samples of freshly harvested syrup, each batch boasting its own unique flavor profile.

EDUCATIONAL AND ENRICHING

Sugar bush tours in Elmira offer more than just a culinary experience; they provide a valuable educational opportunity for visitors of all ages. Children can marvel at the natural beauty of the forest while learning about the science behind syrup production, from the role of photosynthesis to the chemistry of sap transformation. It's a hands-on lesson in environmental stewardship and agricultural heritage that's sure to leave a lasting impression.

CONNECTING WITH COMMUNITY

Beyond the educational aspect, sugar bush tours also foster a sense of community and camaraderie among participants. Whether you're a seasoned syrup enthusiast or a curious newcomer, you'll find yourself surrounded by like-minded individuals who share a passion for nature, food, and tradition. It's a chance to forge connections, swap stories, and celebrate the simple joys of rural life.

PLAN YOUR VISIT

If you're eager to embark on a sugar bush adventure, now is the perfect time to plan your visit to Elmira, Ontario. Be sure to check with local producers for tour availability and reservation details, as spots tend to fill up quickly during the spring season. Whether you're seeking a family-friendly outing, a romantic escape, or a solo adventure in nature, Elmira's sugar bush tours offer something for everyone.

EMBRACE THE SWEETNESS OF SPRING

As the trees come to life with the promise of a new season, there's no better way to celebrate than by exploring the enchanting world of maple syrup production. So pack your bags, don your walking shoes, and prepare your taste buds for a journey you won't soon forget. Elmira's sugar bush tours await, ready to delight, educate, and inspire.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

MEET OUR ELMIRA CO-OPS!



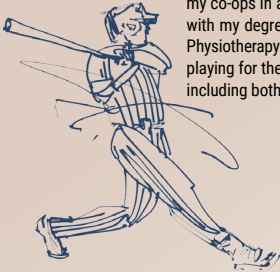
MEET MADDIE

Hi! My name is Maddie and I am a second year student at the University of Waterloo in the Kinesiology program. I am currently completing my first co-op placement with SOS at the Elmira clinic and I am loving my time here so far! You will find me most often at the front desk. In my spare time, I like to stay active by doing spin classes, going for walks and weight training.



MEET SEAN

Hi, my name is Sean and I'm currently a co-op student at SOS Physiotherapy Elmira. I am in my 4th year at the University of Waterloo for Kinesiology and this is my 4th co-op placement. I have done my co-ops in a variety of different careers, but once I am finished with my degree at Waterloo, I am looking to pursue a Master of Physiotherapy. When I am not in the clinic, I spend a lot of my time playing for the UW baseball team where I play a lot of positions including both infield and outfield.



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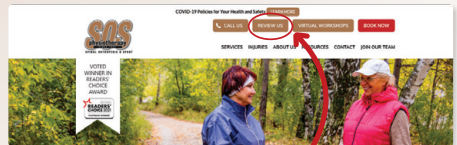
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Maple Glazed Salmon with Roasted Brussels Sprouts



Ingredients

FOR THE MAPLE GLAZED SALMON

- 4 salmon fillets (about 6 ounces each), skin-on
- ¼ cup maple syrup
- 2 tablespoons soy sauce
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 tablespoon olive oil
- Fresh parsley, chopped (for garnish, optional)

FOR THE ROASTED BRUSSELS SPROUTS

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- Salt and pepper, to taste

Instructions

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with cooking spray.
2. **Prepare the Maple Glazed Salmon:** In a small bowl, whisk together the maple syrup, soy sauce, Dijon mustard, minced garlic, salt, and pepper until well combined. Place the salmon fillets skin-side down on the prepared baking sheet. Brush the maple glaze generously over the salmon fillets, coating them evenly. Set aside while you prepare the Brussels sprouts.
3. **Roast the Brussels Sprouts:** In a large mixing bowl, toss the halved Brussels sprouts with olive oil, salt, and pepper until they are well coated. Spread the Brussels sprouts out in a single layer on the other half of the baking sheet, making sure they are not overcrowded. Place the baking sheet in the preheated oven and roast for about 20-25 minutes, or until the Brussels sprouts are tender and golden brown, tossing halfway through cooking.
4. **Bake the Maple Glazed Salmon:** Once the Brussels sprouts are in the oven, place the baking sheet with the glazed salmon in the preheated oven. Bake the salmon for 12-15 minutes, or until it is cooked through and flakes easily with a fork. Cooking time may vary depending on the thickness of the fillets.
5. **Serve:** Once the salmon and Brussels sprouts are done, remove them from the oven. Transfer the salmon fillets to serving plates, garnish with chopped parsley if desired, and serve alongside the roasted Brussels sprouts.

Enjoy your delicious maple glazed salmon with a side of savory Brussels sprouts, perfect for a cozy dinner any night of the week!

CHEF'S TIP

For an extra burst of flavor, you can drizzle a little extra maple glaze over the salmon just before serving. Pair this dish with some cooked quinoa or wild rice for a complete and satisfying meal.

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Spring Into Action



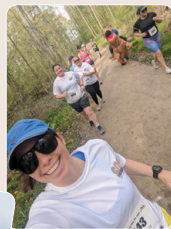
GRADUAL RUNNING PREP WITH PHYSIOTHERAPY EXPERTISE

As the chilly grip of winter begins to loosen its hold and the days grow longer, many of us feel the pull to lace up our running shoes and hit the pavement. Running is not just a form of exercise; it's a liberating experience that allows us to connect with nature, clear our minds, and challenge our bodies. However, after months of inactivity or limited activity during the colder months, it's essential to approach the transition to running with caution to avoid injuries and setbacks. That's where your trusted physiotherapy clinic comes in.

PREPARATION IS KEY

Before you dash out the door and start logging miles, it's crucial to lay the groundwork for a safe and successful return to running. Here are some expert tips from our physiotherapy team to help you prepare effectively:

- **Assess Your Readiness:** Schedule a consultation with a physiotherapist to evaluate your current fitness level, address any underlying issues or concerns, and create a personalized plan tailored to your needs and goals.
- **Start Slow:** Resist the urge to jump back into your previous running routine at full speed. Instead, gradually reintroduce running into your exercise regimen, starting with short, easy runs and allowing your body time to adapt and build strength.
- **Focus on Form:** Pay attention to your running technique to prevent injuries and optimize performance. Maintain good posture, land softly on your feet, and aim for a mid-foot strike to reduce stress on your joints.
- **Incorporate Strength Training:** Incorporate strength training exercises into your routine to improve muscular balance, stability, and resilience. Target key areas such as the core, hips, glutes, and lower limbs to support proper running mechanics and reduce the risk of overuse injuries.
- **Listen to Your Body:** Be mindful of any signs of pain, discomfort, or fatigue during and after running. If you experience persistent or worsening symptoms, consult with a physiotherapist to address underlying issues and modify your training as needed.



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