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Senior of the Week



Our senior of the week is 92 year-old Harry Gielen. Born in Holland, Harry farmed all his life in CREDITON and has 7 children, 19 grandchildren and 7 great-grandchildren.

If you would like to nominate someone for Senior of the Week, Contact us at 519-282-9595 (Phone) or 519-284-0042 (Fax), or info@exeterexaminer.com.

The Ex Files

- The OPP are calling the Civic Day long weekend the deadliest in recent history. OPP Sgt Kerry Schmidt says 16 people lost their lives on the weekend, in incidents on the roadway and waterway; most of which were preventable.
- It appears drivers have a heavy foot when driving through Dashwood. According to a recent report from the Police Board, there have been dozens of speeding infractions in the Dashwood area. South Huron Deputy Mayor Dave Frayne says one driver was caught going 140km/hr in a 50KM zone.
- Council has recently voted to support the bid for Grand Bend beach to be selected as host for the national senior volleyball championships in both 2016 and 2017.
- Huron County's first commercial winery and cidery has recently opened just west of Seaforth. The Maelstrom Vineyard spreads over a beautiful eight acres of land. The prized wine of the vineyard is the Frontenac Blanc, which is a white wine that started out with red grapes that mutated on the vine to create a fruity, light and semi-dry wine.

Business Of The Week

Whole Health Fitness - Lucan



Our Business of the Week are your whole-body specialists for health and well-being, Whole Health Fitness, located at 263 Main Street in Lucan and owned by founder Rob Mitchell.

Mitchell has a long list of athletic training experience and accreditation, including having played (and served as captain) for the OUA McMaster Marauders football team and trained under Spero Mantzavarakos, who is now working with Nazem Kadri of the Toronto Maple Leafs. Also an Ontario certified teacher, Mitchell said when he started Whole Health Fitness in May 2014, his vision was "to provide people a well-rounded approach to health and well-being," which meant more than just a focus on the physical.

So, while they do offer athletic academies, boot camp work out sessions and personal training, they also offer yoga and meditation classes. "As anyone knows, as you go through life, there are certain mental obstacles as well as physical obstacles," he said. "We often use the tagline: 'We do more than just lift weights.'"

Their yoga instructor Daniella Comacchio studied in India for close to a year and learned meditative skills there, he said.

As far as the physical side of things, Mitchell, 30, has been in and around gyms for over half of his life. This has left him with a firm opinion on what he thinks works, and what doesn't. "The one thing that always got me was that I thought people should have the

right to understand how to live a healthy active lifestyle, and not be nickel-and-dimed and signing contracts," he said. "I wanted to start this business where people could explore health and fitness at a reasonable rate."

A package of boot camp classes at Whole Health Fitness runs \$100 plus tax for 10 classes, or about \$10 per class. A discount of 20 classes for \$180 plus tax, or \$9 per class is also available. Yoga classes run at the same rate. "That's really geared towards even a student's budget," he said. As for their one-to-one personal training sessions, hourly rates start at around \$50-\$55 per session, he said. "I offer packages of 12 sessions, 22 sessions or 32 sessions," Mitchell said. "The more sessions you buy, the less you pay per session, and you end up saving some money."

Mitchell said he and his staff encourage people to train in ranges of motion, rather than muscle groups. "When you tie the motions together and develop a fitness plan around motions as opposed to muscle groups, you develop the body in a more harmonious way,"

he said. "We're looking at developing the whole body and not isolating."

Because of the level some of the trainers have competed at, their athletic academies also deserve the consideration of up-and-coming athletes. Besides Mitchell's OUA playing experience, staff member Jon Celestino played NCAA baseball at Division I school Illinois Tech. "To me, giving back is very important," he said. "To give back to these young athletes who want to play at that next level – even if they're not the most school-focused. We want to provide students with the opportunity to not only chase their dreams and maybe play at a professional level but, more importantly, give them avenues to explore and the opportunity to get a higher education as well."

Whole Health Fitness is open Monday to Friday from 6:00 am to 10:00 pm, Saturdays from 6:00 am to 8:00 pm and Sundays 6:00 am to 9:00 pm. To get in touch about booking an appointment, call 519-878-7270, email them at WholeHealthFitness@Outlook.com, or send them a message through their website, at

* Sudoku *

Medium difficulty rating

7								
3			9	4				2
4	5	7						
			7	8		2	6	
6	4	5						
2	1	6	4		3			
			2	3	1	5	8	
8	5				9			
1				5				

Solutions on page 19

* Sudoku *

Hard difficulty rating

7	2		5	8		6		
			9		2			5
			4				2	1
		6		4		9		
5	8		9					6
1	3							
			7	9	4			
			3					
				1	6			

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