

City Life

**Relax,
Revitalize,
Rejuvenate**

with our
Health &
Wellness
Issue

**Jennifer
Nicole Lee**

Shares her fitness story

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City Search

By Sera Ozel

Get pampered and stay fit at five of the city's top wellness centres. It's time to take care of yourself, so indulge in fitness and nutrition, relaxing massages and acupuncture sessions at any one of these centres. Looking and feeling your best has never been so easy!

● WHISPER WELLNESS

Start from the inside out. Located in serene Kleinburg, Ont., Whisper Wellness is the ultimate way to renew yourself. With yoga and meditation classes, holistic cooking lessons, body purification and more, Whisper Wellness will transform your life with its natural services.
www.whisperwellness.com

● THE BODY CLINIC

In its prime location in the Bloor-Yorkville area, The Body Clinic offers some of the most sought-after services in the city. Offering computer neck and Swedish deep tissue massages, acupuncture and aromatherapy body blasts, The Body Clinic will revitalize you and release you from your day-to-day stresses.
www.thebodyclinic.ca

● HERBAL MAGIC

Herbal Magic offers weight management programs for adults, teens and people suffering from diabetes. Using a BMI calculator, Herbal Magic employees find your healthy weight and create a personalized program for you to follow in order to safely lose weight, gain energy and build self-esteem.
www.herbalmagic.ca



● THE DAILY APPLE CENTRE

With the motto "Green Fitness, Green Food, Great Fun," The Daily Apple Centre provides natural food and natural fitness to its customers. When possible, business partners Lesley Stoyan and Chris Trussell head outdoors with their fitness classes for a truly natural exercise experience. To eliminate energy consumption, the centre has limited its equipment to yoga mats, exercise balls and exercise bands. While you are busy in classes and seminars, there are specialized children classes scheduled daily to keep your kids active and healthy.
www.dailyapple.ca



● ADELAIDE CLUB

With some of the most stunning interior design, Adelaide Club has become one of the most chic health clubs in Toronto. Recently renovated, an all-women's fitness area has been added, while the exceptional services remain, well ... exceptional. Membership to the club includes group exercise classes, access to a squash court, personal training, a café, and more. Inside the same doors and open to the public are pilates classes, a spa and a health clinic. The health clinic offers personal and family medical care, chiropractic care, physiotherapy, nutritional consulting, acupuncture and much more.
www.adelaideclub.com

