



Imagine treating yourself to a yoga class with a side of Pilates while your children take a cooking class designed just for them. You sip a green tea after a rejuvenating naturopathic treatment; your kids munch on homemade oatmeal chocolate chip cookies. On the way out, you pick up a couple of organic, ready-made meals to round out your family's supper at home.

Unrealistic, you think? Not at all.

Daily Apple Wellness Services is delighted to announce the opening of its new home in January 2008. Located in the heart of North Toronto at the corner of Lytton and Duplex, the Daily Apple Centre will offer a unique constellation of services and products designed to promote a naturally healthy lifestyle: fitness and exercise classes, nutrition and cooking classes, naturopathic medicine, a children's centre with creative fitness and arts programs, and a retail kiosk offering Daily Apple's delicious baked goods and savoury dishes --- only available on a limited basis, until now.

Signature fitness classes---taught with energy and humour---include Buff Body Bootcamp, Martini Yoga, Aroma Yoga and Hard Core Fusion. The veggie-shy will enjoy "It's So Easy Eating Green" cooking series. And Daily Apple's culinary take-aways are fast becoming Toronto's best-kept secret: their spelt-chocolate Little Miss Muffins and spicy Couch Potato casserole are recurrent favourites of online hipsters sweetspot.ca.

Daily Apple was founded in 2006 by Lesley Stoyan, a graduate of George Brown College and a certified Fitness and Lifestyle Management Coach. A personal trainer and a yoga instructor, Lesley worked in the corporate sector managing employee wellness for more than fifteen years. She is a dedicated vegan cook who adores food and founded Daily Apple in order to combine her passions in a vibrant, eco-friendly way.

She is partnered by Chris Trussell, a professional actor/singer (ACTRA/CAEA) and certified fitness instructor specializing in children's sports, drama, and music. He founded AppleTree Kids in early 2007 to complement Daily Apple's goals of "green fitness - green food - great fun."

Directing Daily Apple's new natural medicine division is Christine Matheson, a licensed naturopathic doctor and certified yoga instructor (www.christinemathesonnd.com) who has operated a diverse practice since 2002. Christine has shown a passionate commitment to women's & family health issues and was one of the first NDs in Canada to work in a hospital setting, the former Women's Pelvic Health Centre at Women's College Hospital in Toronto (2002-2004). She is relocating her private practice to the new Daily Apple Centre in the New Year.

The Daily Apple Centre (35 Lytton Blvd) will be open for business on January 2nd 2008 with programs beginning the week of January 7th. Complimentary classes will be offered to 1st timers and package incentives will run throughout the season.

green fitness • green food • great fun

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