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How to Live an Active Lifestyle in the Time of Covid-19

Throughout Covid-19, gyms and fitness centers across Canada have been forced to shutter for weeks and even months at a time throughout 2020. These spaces, generally associated with health and wellness, are currently considered a hazard. A startling example of this is the [80 cases of Covid-19](#) that have been traced to an indoor cycling studio in Hamilton, Ontario.

While the fate of many fitness centres and facilities remains uncertain, fortunately, *what is certain*, is that there are many alternatives available that Canadians are embracing. If you need or crave, exercise here are some of the best ways to do it in this Covid-19 reality.



Photo Courtesy of: Pixabay

Just Run Outside

In cities like Toronto, sidewalks, parks, and streets are dotted with twice the usual amount of joggers. Many annual marathons and races made a clever pivot to “virtual runs.” The [Canada Running Series](#) website has links to all of the previous and upcoming races. Virtual races require runners to register online and complete the run by a specific date. The participants choose a route near their home and time their own run. As with standard races, there are optional charitable donations or fundraising. Upon completion, a runner may enter their time website. The Canadian races have no official winners as the runners’ times were gathered on the honour system. The process of running and racing can be a reward in and of itself. According to Torontonians Aaron Yeger, he ran in three races, “To feel a sense of motivation and accomplishment to have a tangible goal and mark the progress of my daily runs.”

Join an Outdoor Class

Attempting to stay in business and maintain their social communities, many fitness studios and facilities have been holding outdoor classes. From Barre to yoga to Bootcamps, every type of class has been attempted in parks across Canada. Participants work out at a safe distance from each other, and the equipment is thoroughly sanitized. In Toronto’s Trinity Bellwoods Park, circles spaced six feet apart have been painted to designate proper distance for individuals attending classes.

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Inevitably, as Winter sets in, most classes or individual activities will have to migrate indoors.

Join a Virtual Class

Many of the same gyms and classes that have been held outdoors during the pandemic have also been reimagined online. Body Buster Fitness, with locations all over the GTA, has been offering virtual classes via zoom. Like the park workouts, the virtual classes are meant to maintain a sense of community and supporting fellow participants holding each other accountable.

One benefit of a virtual class or marathon is that geography won't limit your options. Someone in a rural community can easily participate in their first 5k run or try a Pilates class that isn't offered in their community. These online options can also provide a unique opportunity to experiment with new types of fitness. It could also encourage people who would usually be intimidated by a class to try it for the first time from the comfort of their own home.

Or Just Use YouTube

Much like casual running or jogging, this fitness option is most often free. Many fitness influencers and gurus are constantly producing and uploading videos of curated and targeted workouts.



Photo Courtesy of: Jacob Lund

Create a Home Gym

Covid-19 has provided the perfect excuse for people to purchase fitness equipment they've been considering for a long time. In 2020 there are so many styles of machines and devices for any home. According to many news outlets, fitness equipment has been selling at record numbers, and things like dumbbells are becoming hard to find. In the days leading up to Thanksgiving weekend, a Fitness Depot location in Mississauga, constant lineups of customers guaranteed to purchase something. According to management, it was "their craziest time ever" and that certain products, especially stationary bikes and treadmills, were selling out. Although some home exercise equipment can be expensive, the overall cost can be less than gym memberships.

Even though Covid-19 has caused gyms to struggle, it's clear that Canadians are still passionate about being active. Being able to exercise is one area where anyone can feel a sense of control and normalcy over their routine. Moreover, having so many options for fitness creates a spark of empowerment during these chaotic times.

BRYNN BYRNE WRITER

High energy, high-quality live music for all ages.

Kick your event into high gear with one of a kind
Rock & Roll experience that is
all fun and **NO DRAMA**

NO DRAMA IS...

Tim Byrne - Lead Vocals
Wayne Durant - Lead Guitar
Glenn Gregory - Bass/Vocals
John Kosti - Drums/vocals
Rick Barrette - Keyboards/vocals

NO DRAMA has been entertaining music fans and partygoers across Southern Ontario since 2014. Based in Lakeshore, Ontario, the band has become known for its high-energy performances and world-class musicianship. No Drama was founded by a collective of seasoned musicians with lifelong passions for Rock & Roll. Musical influences include Led Zeppelin, The Tragically Hip, The Allman Brothers, The Rolling Stones, and Queen. What started as a jam session in a Garage in Woodslee, Ontario, has evolved into an in-demand "supergroup" booking performances all over the province. No Drama's talent is undeniable, but so is their chemistry and pure LOVE of performing. Some of the band's performance highlights include playing The Relay for Life, New Year's Eve at The Fort and the Windsor Weekend Pit Party. No Drama frequently plays at bars and restaurants all over Essex County. They can most often be found rocking the house at Mr. Biggs in Belle River, Grand Central Tavern in Essex, and Jake's Roadhouse & Blues Joint in Windsor.



Photo Courtesy of: No Drama

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S P E C L A N D I N G P A G E

No Drama's memorable performances and infectious energy have created quite the buzz.

What the fans have to say...

"WOW, each time NO DRAMA plays, the boaters and campers party!!! We then hear,
"Make sure you bring them back."

-Tom Beattie, Beatties' Family Marina, LaSalle

"Our campers love NO DRAMA! Each season, campers request us to bring that great
band back."

- T Mazella, Entertainment Director, Sturgeon Woods Campground, Leamington

"I think NO DRAMA is the best all-around band in our area. They are ENTERTAINERS!
They give a great show with FABULOUS song selections."

- Lisa Stiles, TV Host/Producer CogecoTV, Windsor

No Drama was also featured in an interview with lead singer Tim Byrne for Windsor Drive Magazine. Read the article [here](#).

No gig is too big or small for No Drama. They've done it all!

Outdoor summer festivals

Private Parties

Live music for Bars and restaurants

Charity fundraisers

No matter the size of the gig or venue, No Drama is guaranteed to bring down the house and get people on the dancefloor. In addition to their growing list of original songs, No Drama has a setlist that includes hits from many styles of music:

Classic Rock

Contemporary Rock

Blues

Country

Each No Drama show is a fun and dynamic experience. The band brings their own professional sound and lighting equipment and even--costume changes!

Are you interested in booking No Drama for your next event? Please fill out the contact form and be sure to include details of your event and any special song requests.

****Please note due to the Covid-19 Pandemic, No Drama currently has no scheduled upcoming shows****

The band looks forward to ROCKING Windsor-Essex County once it is safe to gather once again.

Why Indoor Spaces Need Plants

Whether in a home or office, humans greatly benefit from indoor gardening.



Plants have multiple health and wellness benefits.

Scientists backed by NASA have asserted since the 1960s that plants are the most effective air purifier for indoor spaces. These studies, led by Bill Wolverton, removed many dangerous toxins from the air, which greatly reduced the potential harm of those working in or inhabiting “sick buildings.”

Some of the best air purifying plants are Snake plants, Peace Lillies, Boston Ferns, and Ficus. Cleaner air leads to better breathing and more restful sleep. While these plants benefit the air quality, they can be harmful to pets. It's essential to research every plant brought into a space.

Certain plants offer multiple health benefits. Aloe Vera plants are the source of many popular home remedies for skin care. Aloe Vera can relieve minor burns and soothe a variety of irritations. All of this plant's unique benefits can be extracted directly from the plant itself. Aloe Vera can also alleviate constipation and heartburn.

Additionally, Indoor plants have a positive impact on mental health and brain function.

Some studies have concluded that indoor plants reduce stress, and improve focus, making them an ideal office or homework companion. Many of the same studies have linked the presence of indoor plants to productivity in both the home and the workplace.

The act of successfully caring for indoor plants instills a sense of purpose in people of all ages, improving overall self-esteem. Taking care of plants also teaches children responsibility. Moreover, handling soil itself has unique psychological benefits. Scientists have proven that bacteria in most soils release serotonin and thus acts as a sort of anti-depressant.

Plants are not only beneficial to indoor spaces for mental and physical health, but their aesthetic qualities are timeless.

In short, plants make a home or workplace more decorative. They are an affordable accessory that always brings life and colour into spaces. A few thoughtfully arranged plants can instantly soften a modern monochromatic room, and regardless of personal tastes, plants never go out of style.

Finally, some houseplants create more houseplants. The Pilea Plant, also known as a Chinese Money Plant or a “friendship plant,” is a super propagator. This plant sprouts offspring, which are called offsets. These offsets can be harvested and potted for yourself or to pass on as a gift. These types of plants are economical and the ultimate eco-friendly accessory for a home or office.