

get some advice...

Getting sensible advice from experts before you start an exercise program is essential. More often than not people exercise incorrectly or subconsciously compensate and change the way they exercise leading to poor habits and injury. Some sessions with a personal trainer is a fantastic way to make sure you are always exercising correctly. Techniques improve as new research comes to light, so even if you have exercised on and off for years you may need a refresher. Also make sure your footwear is right for the type of exercise you want to do. Footwear for jogging is different to footwear for walking. If you do a variety of exercise then make sure you have a cross-training footwear. Make sure you enjoy the type of exercise you do. If you find it boring chances are you won't last very long!

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Tim Clayton
Margaret Trudgeon
Emma Smith



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday 19th August 2008

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exercise
c4w newsletter
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welcome to a
greater life!

olympic effort

The last month of winter is upon us. We are starting to come out of hibernation and realising that we have developed a few extra wobbly bits over the winter months. It's now time to get back into some serious exercising before summer comes along.

The benefits of exercise are numerous, one being an increase in immune function. You may notice that a change of season brings on hay fever and colds, even though the days are getting warmer. Exercise, along with a good diet and rest can help to increase the body's ability to fend off viruses and other nasties.

With the Olympics starting on the 8th of August, our newsletter this month is about the benefits of exercise.

In other news Dr. Daniela will begin her maternity leave on August 22nd. In her temporary absence Dr. Con Constantinou will be looking after her clients. We wish Daniela and Sam the best of luck and can't wait to meet their baby."

Speaking of babies Caitlyn and Nick are delighted to announce they are expecting! The baby is due in February '09.

Have a great month!

thought for august

Look to your health; and if you have it, praise God, and value it next to good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.

- Izaak Walton

a well rounded exercise regime...

Research shows that when the Tour De France is on there is an increase in bicycle sales. Similarly when the Olympics is on there is an increase in gym memberships. Now is the time to be inspired about your health and fitness.

Your workouts should include the following types of exercise:

- Cardiovascular training
- Strength training
- Stretching

Cardiovascular training

Cardiovascular fitness, also called cardiorespiratory fitness, is the ability of the lungs to provide oxygen to the blood and the heart to transport the oxygenated blood to the cells of the body. It is also the ability of the body to sustain an activity for an extended period of time. Engaging in cardiovascular workouts help the body to decrease blood pressure, lower body fat, decrease cholesterol, increase heart function, increase the ability to handle stress and anxiety, and many more. Keep in mind the F.I.T principle when doing cardio exercise: frequency, intensity and time. Aim to increase your heart rate 3 to 5 times a week, vary intensity during your work out and work out for at least 20 - 30 minutes.

Strength Training - weights, weight bearing exercises and core strength training.

Weight training increases the strength and ability of muscles, increases the body's metabolism, and therefore the ability to burn fat, improves appearance of the body, increases energy, increases physical capacity ie. do more with less effort, and decreases risk of injury. As we age our body's metabolic rate decreases. It is important to increase muscle mass which keeps the metabolic rate high.

cont...

One very important part of weight training is getting good advice about technique. Many people lift weights incorrectly and cause themselves more harm than good. Good technique maximises weight training and you get better results sooner.

Weight bearing exercise is extremely important to help to maintain and increase bone density, particularly in the older population. Examples of weight bearing exercise include walking or jogging. If you find jogging hard on your joints make sure you have correct footwear and jog on the grass - its an excellent shock absorber.

Core strength training is important as it helps the organs to maintain proper function and assists the spine in maintaining correct posture and alignment. When your core muscles are strong you benefit more from your chiropractic adjustments. Pilates and fit ball exercises all work on strengthening the muscles of the torso. You can incorporate core strengthening exercises as part of your weight training sessions, however be mindful of your core every day. Standing with your pelvis slightly tilted forward and slightly contract your abdominal muscles to maintain good posture and keep core muscles working. Pelvic floor muscle contractions for men and women are great too.

Stretching and Flexibility

Flexibility is an essential part of any exercise regime and is often forgotten or ignored. Stretching improves stress levels, increases blood supply and fluids to joints, increase co-ordination, increases performance and reduces risk of injury. Stretching should be performed both before and after exercise. Yoga. Pilates and Tai-chi are all great for flexibility . You can also pick up a stretching brochure from us too! When stretching you should aim to gently increase the stretch and hold the position for 20 - 30 seconds. Never bounce. It is better to repeat the stretch 2-3 times and increase the intensity as you go.

