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Pilates is an exercise discipline that focuses on developing the body's core postural muscles to promote proper support and alignment of the spine. The goal of this discipline is to create an awareness of "neutral" spinal alignment—neither perfectly flat nor overly arched—to promote spinal health as well as total body conditioning. When your core muscles are strong you benefit more from your chiropractic adjustments.

Pilates is an excellent tool in minimizing excessive movement of the intervertebral discs and joints and in turn preventing degeneration within this region. In addition, postural asymmetries can be improved, thus decreasing wear and tear resulting from uneven stresses on the intervertebral joints and discs.

Pilates improves strength, flexibility and suppleness of the muscles of the hip and shoulder girdle. Fluid and supported movement through these joints helps prevent unnecessary twisting on the vertebral column, and therefore reduce stress and strain on the nervous system!

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:

**Brendan Britten
Pina Muraca
Duncan Marshall**



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

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exercise
c4w newsletter
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Summer is nearly here...

As summer approaches it is difficult to not want to get outside and enjoy these longer, warmer days. It's now time to get back into some serious exercising before summer comes along!

The benefits of exercise are numerous, including maintaining an ideal bone density, increasing your body's metabolism and increasing your 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.

As we approach the warmer months it is important to not get over heated when exercising. Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat!

In other news Mel Anderson has joined the chiropractic4wellness team as our new Chiropractic Assistant, so please make her feel welcomed!

Have a great month!

thought for october

Do not follow where the path may lead. Go instead where there is no path and leave a trail

Lyndall Hendrickson

Components of a great exercise regime...

A great exercise regime should consist of a number of different workouts, including the following types of exercise:

- Cardiovascular training
- Strength training
- Stretching

Cardiovascular training

Cardiovascular 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. 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. It is important when starting a weight training program to get good advice about technique, as incorrect technique may mean that your training causes more harm than good. Good technique maximises weight training and you get better results sooner.

Weight bearing exercise is extremely important to help maintain and increase bone density, particularly in the older population. E.g. 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.

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Core strength training is important as it helps the organs to maintain proper function and assists the spine in maintaining correct posture and alignment. 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.

As our lives are often busy it may seem challenging to fit in all three types of exercise, but keep in mind, most activities provide more than one type of exercise. Walking, for instance, is a great all-around exercise that improves endurance, strength, and flexibility. Swimming, too, combines all three types of exercise.

Ideally, a fitness plan should include several kinds of exercise to ensure all fitness areas are covered. But, physical activity does not have to be exercise in the traditional sense. Gardening, house cleaning, dancing, and playing with children can contribute to fitness. You might try a yoga class several times a week, walk on other days, and spend some time on the weekends working in your garden!