



REVIVE

RESHAPE REBALANCE REFORM

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DECEMBER 2009 NEWSLETTER

Editorial:



They say that what you resist the most is what you most need. During a recent visit to my favorite health retreat, Gwinganna, I was confronted with the ugly truth that my Yin and Yang are out of balance. I am always ready to take things on full speed—the harder and faster the better. What really challenged me during my stay wasn't the hiking, boxing, weights and deep water

running, it was the meditation, deep breathing and Thai Chi—the slow controlled centred stuff that reduces stress and anxiety, helps you connect to your breath and reconnect with your soul. It is very confronting when you realize that you really don't know how to get into the space and place where you can rest a busy mind, calm your whole system and actively achieve relaxation (while you are still awake). What is also intriguing about this sort of practice is that it also reduces your cortisol levels—cortisol is one of the stress hormones that if not regulated properly will cause poor sleeping habits and make it impossible for you to lose weight. High cortisol levels over a long period of time will make you tired, fat and cranky. By understanding the underlying physiology of stress and hormones you can better plan your exercise regime and factor in some more Yin activities—give it a try if you dare—you will feel more energized and calm—good tools to arm yourself with this time of year.

I would like to extend to all of my wonderful staff a big thankyou for everything they have done this year looking after you our valued clients. Best wishes for a safe and restful Christmas and thankyou to you all for your support this year.

Take care over the festive season -

Jules



Gwinganna Lifestyle Retreat is in the Talebudgerra Valley

REVIVE GIFT VOUCHERS ARE AVAILABLE FOR GREAT CHRISTMAS GIFTS—MASSAGE, PILATES AND ENDERMOLOGIE PACKS OR A VOUCHER OF ANY VALUE FOR YOUR LOVED ONE TO SPEND AS THEY WISH!!



Preventing Shoulder Pain



The shoulder joint is comprised of the ball and socket joint of the glenohumeral joint (made from the humerus and shoulder blade), the shoulder blade (scapula) resting over the rib cage, and the joints in which the collar bone attaches to both the sternum and scapula.

We need a wide range of movement for function of the shoulder and because of this stability can be compromised. Correct function of the joint requires the muscles attaching to the scapula, humerus and rib cage to work together to stabilise both the ball and socket joint, and the scapula as you move your arm. Think of the glenohumeral joint (ball and socket joint) as a seal with a ball on its nose. To keep the ball on the nose the seal must keep the nose central under the ball. In the same way, as the humerus moves to lift/reach with your arm, the shoulder blade must move to catch up with it. The 4 rotator cuff muscles work together to keep the ball central in the joint as you move.

Pain can often arise when these muscles become dysfunctional. Dysfunction is often caused by poor posture, in which the shoulder is held in a forward position. Over time, the muscles at the front of the joint (pectoralis major/minor) become short and tight, and the muscles at the back (rotator cuff) become lengthened and weak. These changes inhibit the muscles from stabilising the joint correctly and can lead to impingement of the rotator cuff tendons as you lift or reach with your arm.

Often you can have these changes to the muscles around the shoulder without realising it. It is not until you start a repetitive movement (ie. Swimming or tennis) or lift an object awkwardly that the tendons are caught and the cycle of injury and pain begin.



This can all be avoided by speaking to your physiotherapist about appropriate stretches and exercises to maintain the balance and function of your shoulder. Postural advice and an ergonomic desk set up are crucial to prevent unnecessary strain on the shoulder joint.

Rachel Wells, Physiotherapist

MICRODERMABRASION

Revive has teamed up with Sue Cohen, owner of BodyRev in Ashgrove, offering a new dimension in anti-ageing solutions and body enhancement services. Sue believes everyone deserves to look as young as they feel. The good news is as technology improves it is easier to erase the damage that time has inflicted on your skin to help you look your best. Cosmetic treatments today are less invasive than ever before and require very little or no recovery time.



BodyRev is offering a fantastic package exclusive to all Revive clients:

Microdermabrasion can be used to remove sun-damaged skin, lessen the appearance of scars and age spots and improve the skin's texture. As an ongoing rejuvenation treatment, nothing compares to regular microdermabrasion to maintain optimum skin health.

Purchase a package of 6 treatments for \$720

and receive your 7th treatment FREE

Phone Sue on 3510 2117 to make your bookings.

Exercise of the month: Side Bend Prep...with Lori

Supporting knee on mat. Hand in line with knee. Develops strength and initiation through arm, shoulders and scapular stabilizers.

To prepare, inhale...



Exhale: stabilise supporting shoulder and lift pelvis toward ceiling, keeping bottom knee on mat and creating bow shape from hand to knee. Reach arm overhead.

Inhale: lower pelvis to mat and return to starting position.

Modification



Starting position: Seated on one hip, facing side, pelvis and spine neutral. Knees flexed with top leg laterally rotated, flat foot on mat slightly forward of sit bones. Bottom leg resting on mat with foot behind top foot. Torso supported on one hand in line with hip, arm extended. Top arm extended, resting on knee, palm up.



Inhale: Stabilise supporting shoulder, and lift pelvis toward ceiling, laterally flexing torso, extending knees and connecting inner thighs to create a bow shape between hand and feet. Simultaneously, reach arm overhead; eye focus straight ahead.

Exhale: flex knees and lower to mat, returning to starting position. Lower free arm to knee.

Repeat 3-5 times each side.

GROUP PERSONAL TRAINING

We are excited to introduce group personal training to the studio.

A mixture of cardio and resistance based training for clients wanting

Increased general fitness, strength and muscle tone.

All fitness levels welcome! You will be using equipment such as skipping ropes, dumbbells, bosus, medicine balls and fit balls

\$90 for 1 hour

3-4 people per session

(\$22.50 - \$30 per session)

Use the dynamic of exercising on a group to add motivation and fun to your workouts

Call the studio on 3366 0500 for times and bookings

BOOT CAMP

This class starts with cardio, followed by weights and circuit training. It focuses mainly on toning up and increasing endurance. Weight training has been proven to be very effective in fat loss and can also help reduce back pain by increasing the strength of the core. Come and join Anne (exercise scientist and student Physio) for an energetic start to your weekend!

Organise a time for you and your friends to get started today!

