



# REVIVE

RESHAPE REBALANCE REFORM

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## JANUARY 2011 NEWSLETTER



Welcome to our January newsletter. Hopefully you have had a great break with family and friends and are ready to face the year ahead full of enthusiasm and focused on your health and fitness goals for 2011.

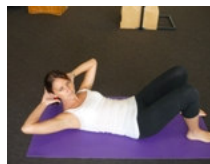
After such a difficult year last year, I know a lot of people are looking to make sure they have that elusive balance between work and life (leisure and family) this year and to make sure they look after their health to be able to enjoy their lives.

With this in mind, I encourage you to write down your goals and revisit them often. Maybe it's to get your chronic back pain finally sorted out, maybe it's to lose weight and feel great—either way, we have a great range of services available to help you achieve your goals and support you along the way. The dedication of our staff to your health is never in question so don't let another year go by without investing in your health - you don't own a more valuable asset—take care of it—have a great month—*Jules*

### Exercise of the Month:



**Start Position:** Lying on back, knees bent. Hands behind head, and shoulders set.



**Exercise Movement:** Inhale set core. Exhale lift up and rotate upper body



Inhale return to centre



Exhale repeat the opposite side. Do each side 5 or 6 times each. Maintain neutral pelvis at all times.

### JANUARY SPECIALS

**Equipment Pilates Start-Up Pack \$580 (save \$150)**

Three one on one sessions plus 10 equipment groups  
Includes initial assessment, u/s scan and personalised program  
(This package expires 30th April 2011)

**Equipment Pilates Group 40 Pass \$1360 (save \$440)**

(This package expires 31st January 2012)

**Equipment Pilates Group 50 Pass \$1650 (save \$600)**

(This package expires 30th April 2012)



### Post Christmas Blowout?

We all did it—ate too much, drank too much, a few more cm's on the thighs! Nothing like a new years resolution to get that body back in shape. Why not try a **Galileo program** - this whole body vibration training has been shown to give the same benefits of a 2 hour gym work out in just 20 minutes.



**Pilates** is the ultimate way to tone up that tummy. Why not book an ultrasound scan to watch the muscles as they work so ensuring you get the correct muscles working. Or get a personalized equipment program designed to tone up specifically where you need it.



Our classes offer a great range of exercises to a range of abilities; **yoga, reformer classes, power pilates, weights and more-** Ask our staff for more information.



**Endermologie** is the ultimate cellulite removal treatment. This specially designed state of the art technology stimulates your circulation, allowing cells to regain their ability to eliminate fat and toxins. Not only does it provide a great cure, but also promotes a feeling of well being.

### BEAT THE PRICE RISE

It has been three years since we have adjusted the prices on our services. Due to the increasing cost of running the studio, there will be price rises across all services from February 1st. Our new price list is available at reception. Pilates services will increase by approx 5%

**You can lock into 2010 prices by purchasing some of our larger packs now on offer for 40 and 50 groups.**

## Stay fit and keep cool this Summer!

Summer is the season you exercise *for*, but now that it's here, how do you keep your fitness routine in check without collapsing from the heat? Here's how to stay cool and in shape during those hot summer months.

Ever wonder why it's so hard to keep exercising in the heat? Instead of blood going to the muscles, the body diverts it to the skin instead to keep it cool. As a result, it becomes harder and harder to exercise during the summer.

It's important to take precautions when working out during the summer. Things like staying hydrated, applying sunscreen, and wearing light clothing become more important.



With that out of the way, here are a few tips on how to avoid the heat and stay in shape throughout the summer —

### Pick Up the Right Sport

Some sports become more popular in the summer as a way to stay cool. If you're near a body of water, water sports like surfing, swimming, and diving allow you to stay cool under water's refreshing and cooling properties while still keeping you outdoors. Summer's also a great time to learn a more off-beat, off-season indoor sport like ice hockey, speed skating, and figure skating. These winter sports always require a cold temperature to keep the ice frozen, so you'll have no problem beating the heat by finding an indoor rink.



### Take Your Exercise Indoors

It's great to take your workouts outdoors, but when the temperature gets a bit too high, the easiest way to avoid the heat is to stay inside altogether. Synonymous with air conditioning, gyms provide a good way to skip the heat. Gyms become overly packed in the summer for this reason, but if you can, try sticking to off-peak gym times to avoid the massive influx of people trying to stay in shape. People most often tend to hit the gym in the early morning or evening, right before or after work.

### Avoid the Sun When It's Strongest

While we recommended that you head inside earlier, where there is likely to be air-conditioning, the thought of being surrounded by sweaty people in a claustrophobic exercise room doesn't appeal to some people. There's still nothing that beats fresh cool air, combined with a daily jog. If it's possible, try avoiding exercise when the sun is at its strongest, in the middle of the day (between around 10am and 4pm). Instead, opt for some exercise in the early morning or late evening, when it's most likely to be cool out. In some places around the country, depending on how hot it gets, it's not odd to see people



briskly jogging in the wee hours of the morning or closer to midnight. For security, run with a friend if you are running very late or early.

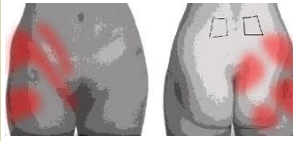
### Exercise in Short, Regular Bursts Outside

The heat can be oppressive, but another option to stay outside is to exercise in short bursts throughout the day instead of in one long, concentrated stretch. Instead of exercising outside for an hour, try exercising in four 15-minute segments throughout the day. As long as you're exercising at your target heart rate, the quality of your exercise regimen should not suffer. This method allows you to exercise outside, without putting you in the sun for long periods of time, and reduces the risk of heat stroke.

## INJURY CLINIC

### Hip or groin pain

**Where is the pain?** - pain in the hip or groin area can occur for a number of different reasons. Generally true hip pain is



felt in the groin and can refer down the front of the leg and into the knee. Pain from hip bursitis is felt on the outside of the hip joint just under the bony lump on the outside of the hip (this pain often stops you

being able to sleep on the affected side). Pain in the groin can also be from the deep hip muscles and tendons that cross the front of the hip joint (hip flexor muscles and tendons), it can be referred from your back or could be from an adductor (inner thigh) muscle strain or tendonitis. Catching groin pain can indicate pathology deep in the joint and may indicate joint change (arthritis of the hip joint) or a tear in the labrum (a cartilage structure that acts like a washer to deepen the joint socket). Hip joint pathology is usually accompanied by loss of movement in the hip joint as well.

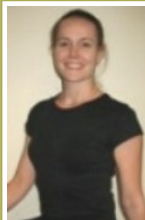


**Do I need an x-ray?** We will carry out a number of tests on your hip, lower back and pelvis to determine the most likely source of your pain. If after treatment directed towards this source does not give relief, we may refer you for an x-ray or scan of the hip, lower back or pelvis.

**What can be done?** After a thorough assessment, physiotherapy treatment is directed towards the problematic structures. This usually involves joint mobilization, deep tissue and trigger point releases, stretching and strengthening exercises. Often modifying your activity or sport can help alleviate pain while structures are given a chance to heal. We also use taping, ice and ultrasound to assist inflamed tissues to heal and unload or facilitate them as needed. If it is apparent that hip joint arthritis or a labral pathology is present you may be referred to a specialist for an opinion regarding surgery and ongoing management if necessary. If you do have hip arthritis it is important that you maintain the health of the joint to prevent further deterioration—this means maintaining a healthy weight, managing your diet and a well structured exercises program to maintain muscle strength and endurance. Your physiotherapist can give you advice on these and other lifestyle changes that will assist you living with arthritis and keep you as active as possible.

Julie Campbell (Sports Physiotherapist)

## STAFF NEWS!



We would like to welcome Anne Wilby to our team of Physiotherapists! Anne has been working as a Massage Therapist and Pilates instructor with Revive and has now graduated from Griffith University with a double degree in Physiotherapy and Exercise Science! She will be starting as a Physiotherapist from the 11th of January and will work Tuesday, Wednesday, Thursday, Fridays and Saturdays. She will also be completing a course in Woman's Health in February 2011 and will become our Woman's Health physiotherapist. Ann is also has a background in dance and has a special interest in falls prevention. To book an appointment with Anne in the New Year just call 3366 0500.