



REVIVE

RESHAPE REBALANCE REFORM

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FEBRUARY 2011 NEWSLETTER



Editorial: Queensland has taken a belting recently. Our thoughts and best wishes are with those affected by the January floods – hopefully some sense of normal is starting to return to your lives. Most of us also know people who have been caught up in the Cyclone that battered our Coast line as well with all of this new stress around it is more important than ever to pay attention to healthy habits so we can best cope with whatever comes our way – physically, mentally and emotionally.

What habits make us healthy? Eating breakfast – your blood glucose levels are lowest in the morning and we need glucose to make our brains work well. Make a habit of eating a well balanced breakfast with protein, high fibre cereal and breads, yoghurt and fruit. If you can't stomach breakfast first thing keep some cereal and fruit at work or make up a smoothie to drink on the go. In the long run you will tend to be slimmer as you will make better food choices throughout the day and not tend to over-eat.

Move more – take the stairs, park the car ½ hour from work and walk, don't sit all day at work and not move. You should be aiming for 10,000 steps per day to reap the benefits of improving fitness, posture and a healthy weight.

Regular resistance training – resistance training increases your muscle mass and thus your metabolism rate, it protects us from osteoporosis and releases endorphins to make us feel good. Improved muscle tone and definition and feeling good about your body are also benefits. You can use your own body weight to train doing lunges, push ups and dips – add some small weights as you get stronger to keep challenging your muscles to improve in strength and endurance.

So get moving today – we can assist you with implementing all of these good habits at Revive – sometimes having someone looking over shoulder keeps you honest!!

Take care and enjoy February - *Jules*

NEW CLASSES AT REVIVE IN 2011

REMEDIAL MAT PILATES

10am Saturdays

A special Pilates mat class designed for those who have injuries or issues or who are new to Pilates. It is taken by Physiotherapist Anne Wilby. This class is \$20 and can be claimed on your private health fund.



PILATES PROPS

11am Saturdays

A one hour class using small Pilates props such as, fit balls, foam rollers, fitness circles, bands and more. A great way to add variety and challenge to your workout



Exercise of the Month: **SPINE TWIST**



Start position: Sitting up tall, pelvis and spine neutral. Legs long in front of you. Arms out to the side, palms facing down, shoulders set. Inhale set core.



Exhale: Rotate spine, lengthen and try increase rotation.



Inhale: Lengthen spine and return to neutral start position.



Exhale: Repeat on the opposite side. Repeat 3—5 times each side.

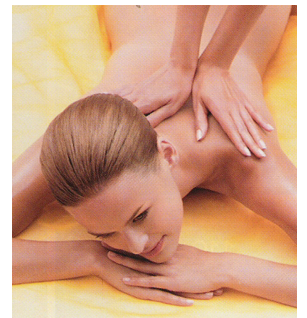


FEBRUARY SPECIALS



FOR THAT SPECIAL SOMEONE ON VALENTINES DAY

- 1 Hour Massage Pack of 3 \$250
(3 months to use)
- 1 Hour Massage Pack of 5 \$400
(5 months to use)
- 1 Hour Massage Pack of 10 \$750
(10 months to use)



ENDERMOLOGIE

14 Treatment Sessions \$1450
Save \$840 (4 months to use)

LIPO MASSAGE

14 Treatment Sessions \$750
Save \$890 (4 months to use)

SCHOOL BACKPACKS & KIDS WITH BACK PAIN



Back pain is becoming increasingly common in more children and adolescents. In many cases, back pain is caused by carrying excessive loads to and from school in ill-fitting backpacks.

A South Australian physiotherapy study of over 1200 high school students found that heavy back packs (average weight more than 5kg) are responsible for posture problems that may cause neck and back pain and could potentially lead to spinal damage later in life.

Ideally, the centre of mass of a backpack should be at waist height. It should fit the body comfortably and have adjustable buckles to lower or lift the pack into position once on the wearer's back. There should be a waist belt to keep the load in place when on the move, and separate compartments to allow heavy items to be packed close to the body. The pack should be padded where it touches the back, and should be made of firm material to prevent sagging. The PhysioPak, which is now endorsed by the Australian Physiotherapy Association, was developed in consultation with the South Australian researchers. Visit <http://www.spartanss.com.au/> or ask your physiotherapist for purchasing details.

Top tips for back packs

- Limit your load; plan ahead so you don't carry too much.
- Never carry more than 10% of your body weight.
- Pack heavy items closest to the spine.
- Take regular short rests when carrying a heavy pack.



Always wear your backpack over both shoulders.

DO YOU SUFFER FROM PAIN ON THE OUTSIDE OF YOUR KNEE?

IT COULD BE ITB SYNDROME



The iliotibial band (ITB) is a long band of connective tissue which runs down the outside of the leg, and attaches at the side of the knee. It has a large role in stabilizing the knee. Continual rubbing of the band during running or cycling can often cause this structure to become inflamed and tight pulling on the outside of the knee.

Iliotibial band friction syndrome is one of the leading causes of lateral knee pain in runners and cyclists. Pain may be described as an ache over the lateral aspect of the knee aggravated by running. ITBS can be a result of poor training habits, poor biomechanics or muscle imbalances.

This condition is initially treated with soft tissue therapy, rest, ice, compression and elevation. This is followed by stretching and activity modification. An assessment of your running or cycling technique may also be useful to assist with improvements in these areas.



Foam roller exercise to reduce ITB tightness

**We must become
the change we
want to see - Ghandi**

YOGA WITH LOUISE - TUESDAYS 6PM

Louise discovered Yoga at 17 years of age when she moved to Byron Bay. This was a transformational and evolutionary platform that sparked her desire for a life of holistic health and wellbeing. Louise completed her 200 hour certification with The Byron Yoga Centre in Purna (*complete*) Yoga, and is currently studying and exploring Prana Flow Yoga (Shiva Rea / Twee Merrigan) and has completed a module in Iyengar Alignment.

Vinyasa flow yoga at Revive is a holistic approach to physical, emotional and spiritual wellbeing. Clients will experience the breath of life through classical and creative flowing yoga vinyasas. Classes will cultivate inner and outer strength through dynamic fluid movement, sharpen your mind with focused attention, enhance relaxation with Pranayama and meditation, and soothe your spirit by transforming old mental and physical patterns.

YOGA COSTS AT REVIVE

* Casual class (Pay as you go yoga) - \$25

* 10 Class pass—\$220

* One on One Assessment - \$105 / hr

* One on One—\$105 / hr

