



JANUARY 2009 NEWSLETTER



Editorial:

Well 2009 is here already, and its time to make some goals!

Here at Revive, all staff members have added their goals to a poster on the wall in the staff room, so we can motivate each other.

Exchange your goals to family and friends so you can support and encourage each other to achieve what you want for yourself in 2009. Some examples of our goals are:

- Stick to a healthy eating plan
- Take time to read more books
- Get fit and drink more water
- Save more money
- Be positive

Tell us what yours are!

Jules

GET ON YOUR BIKE – BUT STAY INJURY FREE!

As the research keeps piling in on reasons why we must look after our health and stay fit, many people are turning to cycling as a way of achieving this. Cycling is ideal for people who want to minimize the effect of jarring on their joints. Unfortunately many people attend Revive with injuries that could easily have been avoided.

Bike frame too high – increases the need to point toes on the down stroke of the pedal causing overuse of the gastrocnemius and calf tightness. Too much lean on the handle bars can cause nerve compression in the wrist which in turn can refer up the arm to the neck.

Frame too long – increases the need to reach forward straining thoracic and shoulder region. Low back and buttock pain is often aggravated.

Frame too short – back has to bend to compensate causing problems in the neck, thoracic and lumbar spine. Good grab of the pedal to pull through is restricted making pedalling harder.

Frame too low – hips and knees bend more to compensate using the lower limb muscles in a poor position. This leads to quicker fatigue. Poor alignment of the hip over knee over foot often occurs and an overuse injury builds up.



Injury can be avoided if your bike is correctly set up. If you are experiencing pain your physio can discuss reasons this may be occurring. However better still bring a photo of you on the bike or even bring your bike in with you. Remember, prevention is better than a cure.

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RECOVERY – THE KEY TO SUCCESS!

A dip in cold water can help endurance athletes recover faster after a tough workout.

But according to new research alternating between hot and cold water is also beneficial. On the other hand, soaking in hot water was only slightly better than resting for the same amount of time in helping athletes to maintain performance.

At Revive, our physiotherapists will be able to advise you on how to optimise your performance with excellent recovery techniques. This is essential for injury prevention – book an appointment now to find out more.

Friends are notes to life's great songs,
a melody that carries you along.

Staff News...

In the new year we welcome a couple of new members to the staff. At Ashgrove Catalina Sanchez has come on board as our newest massage therapist. She is a Physiotherapist from South America who graduated in 2003 with experience in sports clinics and physiotherapist centres. Catalina is practicing as one of our massage therapists, specialising in remedial massage, lymphatic drainage massage and toning massage.

With the addition of Rachel Wells to our City studio, Louise O'Sullivan will be moving permanently over to Ashgrove. Rachel graduated from the University of Queensland in 2007, she has gained clinical experience treating a wide range of musculoskeletal conditions and sports injuries working with the Redcliffe Dolphins and Peninsular Power sports teams.

Our Irish massage therapist and endermologist Aideen left late December for Christmas at home and will be back to work January 22nd.

Angela is our newest receptionist at Ashgrove. She has a background in beauty therapy and admin.

WEIGHTS TRAINING

As we age our lean muscle mass naturally decreases and if we don't do anything to replace the muscle loss, it will be replaced with fat. Weight training can help you reverse the trend — at any age. Studies show that weight training and other types of strength training can improve quality of life and the ability to complete daily tasks for adults even in their 80s and 90s.



As your muscle mass increases, you'll be able to work harder and longer before you get tired. You'll maintain joint flexibility, increase bone density and better manage your weight. You may even improve your mental health and reduce the risk of depression — all great reasons to include weight training in your fitness program.

Revive Pilates and Physiotherapy offers weights classes on Wednesday mornings at 11am in the city and Tuesdays and Thursdays at 2pm at Taylor Range Country Club in Ashgrove. We use a variety of resistance equipment to keep things exciting and don't worry...you won't look like Arnold Schwarzenegger as we keep the weights low!

AIDEEN FARRELL

Lifestyle Overhaul coming in February 2009

Focus on HEALTH GAINS NOT WEIGHT LOSS

RESOLUTIONS AND GOAL SETTING FOR 2009

We are once again faced with a new year. Here at Revive we are on hands to assist you to Reshape, Rebalance and Reform. Below are a couple of handy hints to help you get back into the "spring" of things in no time.

1. Set small, realistic and achievable short term goals.
2. Your short term goals should enable you to achieve one to two bigger, long term goals.
3. Make a contract with yourself to achieve your goals and stick to it!
4. Review and reset your short term goals regularly.
5. Involve your family and friends so that you have a strong supportive network.
6. Reward yourself when you have achieved a few of your short term goals.
7. Don't give up when things don't go according to plan, evaluate what is and isn't working, reset your goals and start again with renewed passion.
8. Make sure you take time to enjoy the fruits of your efforts.

SELINA TANNENBERG



Tips for staying fit and healthy over Summer

Hydrate well—minimum of 2litres of water per day—more if undertaking vigorous exercise.

Exercise moderately at least 5x per week, for at least 30 minute sessions.

Eat all foods in moderation.

Seek out green areas (i.e. park), they're really good for relaxation and de-stressing!

Try meditating to keep your mind clear and focused!

Be sun smart!!

Staff Profile

Name: Louise O'Sullivan

Position: Physiotherapist & Pilates Instructor

Favourite Things: The beach, Byron Bay Markets.

Star sign: Aries

Fact: I grew up on a cattle farm. If I'm not reading, I'm running!



Lemon-grass Tea

This delicious, fragrant herb makes a refreshing and reviving tea. It can also be used as an excellent astringent cleansing wash, and added to the bathwater it revives and refreshes. Lemon grass cleanses oily skin and treats dandruff, spots and blackheads, soothes tired feet and makes a great hair rinse.

MAKES 2 CUPS

- Pour boiling water over lemon-grass leaves and infuse for 3 minutes.
- Serve with a slice of lemon.

Red Clover Tea

Red clover (available from health food shops as loose leaves with flowers) has long been considered beneficial for pregnant women and hormonal imbalances. It has also been used for centuries as a detoxifier that does wonders for the lymphatic system. A healthy, clean lymphatic system produces clear, clean, refreshed skin. To spring clean and detoxify the lymphatic system and the whole body, stick to fresh organic fruit and salads with red clover tea for one day a week.

MAKES 1 CUP

- Pour boiling water over 1 teaspoon of red clover and infuse for 3 minutes.
- To serve, strain and add organic raw sugar or honey to sweeten if desired.

For more recipes like this one check out Cyndi O'Meara's cookbook with over 200 delicious and healthy Australian cooking ideas (available in studio for purchase) or visit her website www.changinghabits.com.au.