



JUNE 2009 NEWSLETTER

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Editorial:

The statistics on osteoporosis in Australia are quite confronting. Osteoporosis affects at least 600,000 Australians, mostly women and men of middle-age and over. 1 in 2 women over the age of 60 and 1 in 4 men over the age of 60 will suffer an osteoporotic fracture in their lifetime. In 2007, osteoporosis

imposed a huge burden on the quality of life of Australians over 50, with approximately 25% of those who sustain a hip fracture dying within 12 months of sustaining the fracture. Of those who do not die following their hip fracture, - 50% require long-term help with routine activities and cannot work unaided and 25% require full-time nursing home care.

Not a pretty picture but something that we can do something about. Bone mineral density is developed during our childhood and teens— if we deposit as much calcium in our “bone bank” in these years, it means you can afford more withdrawals later in life. Teens should be encouraged to be active in weight bearing exercise to optimize their bone mineral density. As we age, we should make every effort to maintain a degree of weight bearing exercise, a healthy diet and avoidance of behaviors that increase the risk of osteoporosis. Amongst the list of risk factors are genetics, sedentary lifestyle, smoking, alcohol consumption, (eg over 4 units of alcohol/day can double the risk of hip fracture), low body weight, and falls. 90% of hip fractures result from falls.

Prevention is always better than cure and this holds true for OP as well.

It is important to have a bone mineral density test once you are 50 years old so you are aware of the state of your bones. Knowledge is power—this will also tell you your “fracture risk”. Your GP may prescribe medication to counter the bone loss, however you can actively reduce the risk of fractures and even slightly improve your bone density with appropriate exercise. We run weights classes at Revive that are perfect for the prevention and treatment of osteoporosis and we incorporate balance activities and exercises to further reduce the risk of a fall.

Our class timetable in on the website—don't delay—if you are concerned about Osteoporosis you can do something about it today.

Take care and have a great June— *Jules*

June Specials*

Physiotherapy

New clients who book an initial physiotherapy consultation receive a

30 minute massage free

Equipment Pilates

Rescan-Reprogram

If you've not been in for an Equipment Pilates session in the past 2 months we'd love to welcome you back with a special **1/2 price** reprogram to get you back on track.

\$55

Pilates Start Up Special

Three one on one sessions including an assessment with a Physiotherapist and real time ultrasound of your deep abdominals and your personalised equipment Pilates program
Plus 10 Group equipment sessions.

\$520 (Value \$730)

Mat Pilates

Half-Price Initial Equipment Pilates for existing mat class clients who have not done Equipment Pilates before.

Massage

5 x 1 hour massages for **\$350**

10 x 1 hour massages for **\$600**

*Conditions Apply. This ad must be mentioned when booking



Are you looking after your ankles?

If you have sprained your ankle once the chances are you will do it again! Much research has been done looking at why this is the case and what can be done to prevent it. Previously it was thought that muscle strength of the muscles that stop the ankle rolling in, the peroneals, was a problem but this does not appear to be the case. Much has

since been done with balance which is reacting to losing your balance and your body's way of correcting quickly. It has now been found that it is your “feed forward” systems that must be trained. This means that if your ankle is exercised with the stresses and strains placed on it that you will need for your sport, your brain will learn a whole series of ways to react and will be pre-prepared to deal with any of these sudden movement placed on it. Try exercises such as standing on the bosu or dura disc with someone pushing you – be careful, and always be directed by your physio before trying something too difficult.



“Give to another...

Whatever you choose for yourself, give to another. If you choose to be happy, cause another to be happy. If you choose to be prosperous, cause another to prosper. If you choose more love in your life, cause another to have more love in theirs. Do this sincerely—not because you seek personal gain, but because you really want the other person to have that - and all the things you give away will come to you.”



Have you noticed new classes at Revive?

If you're planning a snow holiday we have the perfect class for you! **Get Fit To Ski** with Aideen started at the beginning of May and has been an excellent success. It is designed to prepare you for a great ski/snowboarding holiday this winter. Skiing and snowboarding are high-risk activities but by ensuring you have adequate aerobic endurance, flexibility, strength, agility, balance; this will decrease the chance of you being the one with the bandaged limbs! A sports specific prehab program is the best way to ensure that your fitness is at it's best prior to your first 'run' of the season.



Resistance Training on a Thursday night has also become very popular! To help you tone up, lose weight, increase stamina and strength and reduce joint and back pain, Anne has designed a circuit to keep you on your toes. Don't forget about our **Weights Class** on Wednesday at 11am with Aideen!

Yoga is now being taken by our new instructor Veronique. She teaches a unique blend of Hatha Yoga which includes traditional yoga positions linked together in sequence to strengthen the mind and body.

Pushed for time to exercise but want the benefits of weight training?

Why not try our Galileo machine (**whole body vibration**)

Whole Body Vibration was developed by the Russians in the 1970's to combat the problems of bone and muscle wasting in their cosmonauts as a result of spending time in zero gravity. Impressed by the speed with which the cosmonauts regained their strength, Russian athletics trainers saw the potential for their athletes and used Whole Body Vibration to gain a competitive strength advantage over those outside the Eastern Bloc.

The Galileo consists of a vibrating platform that the user stands on to perform various exercises. These vibrations stimulate muscles in a manner that promotes their rapid development.



The body reacts to the movement of the plate with a spontaneous muscle contraction and these strong contractions are able to be repeated at a rapid rate. (This speed and intensity of contraction is not possible purely with a conscious contraction).

Significant effects can be achieved with an exercise time of only **8-15 minutes, 2x per week for 4-8 weeks** , depending on your condition and goals. Therefore the Galileo is a very effective and time saving training device, which is less exhausting than most other forms of training. With minimal effort you will achieve maximal effects! We thoroughly assess you prior to exercising

with the Galileo and establish an individual training plan that will achieve maximum training effects for you while preventing any health risks.

At Revive we use the Galileo whole body vibration equipment which is an extremely high quality machine in which most of the research conducted on vibration exercise was based on. Research has shown that the Galileo increases muscle strength and performance, bone density, core stability, blood circulation and balance and co-ordination.

Speak to your therapist or the girls at reception for further information.

Exercise of the month

Hundreds with Lori Forner

To begin...



Legs in tabletop, pelvic floor and deep abdominals drawn in, slight imprint of spine.

Inhale: on the ground



Exhale: gently nod your head, slide shoulder blades down your back as you lift your upper body and arms off the ground, reaching through your fingertips

Inhale: for 5 breaths/counts, maintaining this position while doing small pulses with your arms (as if pressing against a tennis ball)

Exhale: for 5 breaths/counts, continue to pulse arms.

Repeat: inhale x5/exhale x5, 10 sets (total 100)

Finish: inhale, remaining in position and exhale to return to starting position

Progression:



1) keep in tabletop for 5 counts then straighten legs for 5 counts (lower legs slightly towards ground as long as you can maintain your imprinted spine).

2) Straighten legs as low as imprint can be maintained and hold for the total 100 counts.

FOUR FOR YOUR HEART

A 10 year study carried out by the Medical University of South

California found that people who integrated four specific habits into their lifestyle were 35 % less likely to develop heart disease than those who didn't make the change.



Here are the healthy heart habits:

- **Eat at least five fruits and vegetables daily**
- **Exercise a minimum of 2.5 hours per week**
- **Keep your body-mass low**
- **Stay smoke free**

Thirsty for weight loss?



Drinking a glass of water 10—15 minutes before a meal can reduce your hunger levels as we often mistake dehydration signals from your body as hunger and eat unnecessarily.