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MARCH 2011 NEWSLETTER



Welcome to our March newsletter. Louise has just returned from a 3 week yoga course at Byron Bay glowing with good health. Some of what she experienced during three weeks of living a simplified life is that happiness and good health does not have to be complicated. When you slow down it gives you a chance to be grateful, to breathe deeply and consciously and to spend some time doing what give you bliss. Granted it is difficult to achieve this sometimes when life gets so busy and overwhelming, but that's when we need to do it most.

We can provide a place and space where you can stop for a while, breathe deeply and do something great for your body.

Small amounts of time-out can have an accumulative effect and allow you to experience some of the benefits gained from going slower even though you can't spend three weeks at Byron!

Take advantage of our great naturopathy special this month to get your health on track or treat yourself to some endermologie—it is a relaxing treatment that has the same benefits as massage and the added bonus of making you look great. Have a great month—*Jules*

Exercise of the Month: HUNDREDS



Starting Position: Supine, pelvis neutral with legs in table top. Arms by side. Inhale set core and stand.

Exhale: Contract abdominals and lift your chest up to slide the ribs towards the hips. Lift arms off mat in line with shoulders.

Inhale: For 5 counts, Exhale for 5 counts, continue to 100 counts maintaining spinal flexion

Exhale: Finish exercise by returning back to mat.

MARCH SPECIALS NATUROPATHY

Great value package on sale this month only Includes:

- Initial naturopathy consultation
- Two follow up consultations
- A complimentary half hour massage



Naturopathy can assist with weight loss, digestion problems, depression, skin conditions and many other ailments.

"Our health always seems much more valuable after we lose it"

ENDERMOLOGIE

14 Sessions—\$1450 (save \$ 840)

Includes free body stocking worth \$65 and Galileo machine sessions.

Get rid of the saddle bags or muffin top for your best beach body yet!



Lipomassage-

STAFF NEWS

Louise O'Sullivan has just completed her level 1 Yoga Teacher Training course after three wonderful weeks in Byron Bay and is now ready to share her yogi knowledge with you all. Lou is available for one on one yoga and is teaching our Hatha Flow Yoga class on Tuesdays at 6pm. The class runs for 85 minutes— All levels of experience are welcome.



Early last month Anne Wilby attended Pauline Chiarelli's Pelvic Floor and Incontinence workshop in Newcastle. She learnt a variety of assessment and treatment techniques for the management of these issues. If you suffer from incontinence or have experienced pelvic floor trauma as a result of labour then she can help! Call Revive to book in for a Women's Health appointment. Further information will be available on the website later this month. Cont over.....



**PILATES AND
PHYSIOTHERAPY
FOR TEENAGE GIRLS**

During puberty, the musculoskeletal system of female adolescents goes through many changes;

- Percentage of body fat increases
- Hip angle widens
- Pelvis tilts forward
- Shoulders tilt forward
- Centre of gravity shifts forward
- Ligaments soften from an increase in Estrogen

These changes can increase teenage girls risk for poor posture and ligament and joint injuries.

Teenage girls will be physically, psychologically and emotionally adapting to these changes, however with the right education, advice and therapy they will not only cope but flourish with this transition.

If your teenager is complaining of any pain or strain in their body or you are noticing that their posture is deteriorating, book them in for an assessment with one of our Physiotherapists.



TEEN'S MAT PILATES

Pilates at Revive Studio is a form of exercise that can improve the mind and body well-being for adolescents during these times of change. Bring your teen along to Pilates at 4pm on Wednesdays.

Staff news cont.....

We welcome onboard our newest physiotherapist Alex Mogilevski. Alex comes to us from Melbourne where he completed his physiotherapy degree and worked for a year in a private physio/pilates clinic. Alex will be available Monday evenings and Saturdays for physiotherapy and pilates appointments. Alex has moved to Brisbane to study Dentistry at UQ and we welcome him on board.

Farewells this month to Ann, Lizzi, Jamila and Trinh—thanks for everything girls and good luck from Revive!

CLIENT INFORMATION REGARDING RE ASSESSMENTS, RE-SCANS AND REPROGRAMS

From 1st of February there was a change in requirements and options for reassessments.

FOR CLIENTS CLAIMING ON PHYSIOTHERAPY COVER TO DO PILATES:

If you see a Pilates instructor and are claiming these sessions on your health fund under your Physiotherapy cover, you MUST have regular contact with a Physiotherapist. This is a requirement of your health fund in order for you to claim this way. You are therefore required to have a rescan and reassessment session (1 hour) with a Physiotherapist every tenth session. This reassessment session will be a chance for you to see your abdominal muscles correctly. The rest of the session will be re-assessing your stability, strength, flexibility etc to give you feedback about your progress and reset and revisit your goals. There will be some changes to your program based on this assessment – you may receive a couple of new exercises, some progressions or some changes. Your program will not change markedly but you should feel more focused and sure of your exercises. This is also a chance for you to speak to your Physiotherapist about your injury, mobility or pain issues and explore if Physio treatment concurrently with Pilates could be an option to accelerate your rehabilitation.



FOR CLIENTS WISHING TO MAKE MAJOR CHANGES TO PROGRAMS OR UPGRADE A PROGRAM:

If you are a regular Pilates participant, you will find from time to time the need to add to and progress your program. To prevent you getting bored with your sessions, you can completely change your program or just change some of it. You may just wish to be working harder and feel the need for a more challenging program. The option for you is to a REPROGRAM SESSION. You can book these sessions with a Pilates Instructor or a Physiotherapist (your choice). If you do this session with an instructor and you wish to claim the session on your health fund under Physio, you MUST have contact with a Physiotherapist within this hour. We have two Pilates instructors who are registered with health funds and you can claim on your Pilates cover from your fund if you see Lizzi or Jenny for these sessions. There is a price difference to have a reprogram with a Physiotherapist. Following any major changes to your program, we strongly recommend that you follow up with another one on one session to consolidate and learn your new exercises before returning to group training.

REASSESSMENT TYPE	PRICE	CLAIMABLE ON PHYSIO
Rescan Reassessment with Physiotherapist	\$130	YES
Full Reprogram with Physiotherapist + Scan	\$120	YES
Full Reprogram with Pilates Instructor + Scan	\$110	YES
Full Reprogram with Pilates Instructor	\$105	NO



A smile is a curve that sets everything straight