



REVIVE

RESHAPE REBALANCE REFORM

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MAY 2011 NEWSLETTER



Welcome to May! Now we are back into some sort of routine after Easter and public holidays, we can all settle into cooler months and recover from the craziness of school holidays and Easter eggs. I love this time of year when the days are gorgeous and you actually feel like exercising and have more energy. Take advantage of our Mother's Day packs and treat your Mum to some health and fitness or a pamper pack of massages— they all deserve it.

A big "HAPPY MOTHER'S DAY" to all Mums out there—may you be spoiled appropriately on Sunday.

With cold and flu season approaching, think about seeing our Naturopath for some preventative natural medicine to keep the bugs at bay. Make this the month to eat well, sleep well and stay well—take care

Have you noticed some clients in the studio sporting brightly coloured tape?

In the last few years dynamic taping has become a prominent fixture amongst many of the elite sports stars we see competing. With the bright colours and interesting look Rocktape is a fantastic addition to any injury whether your taping to alleviate chronic pain or reduce swelling in a new injury. Unlike traditional athletic tape that binds and doesn't stretch, ROCKTAPE is engineered to mimic the human skin. This stretchiness is the secret behind

ROCKTAPE.

ROCKTAPE is a technique based on the body's own natural healing process. It exhibits its efficacy through the activation of neurological and circulatory systems. The Rocktape Method is applied over muscles to reduce pain and inflammation, relax overused or tired muscles, and to support muscles in movement on a 24hr/day basis. It is a non-restrictive type of taping which allows for full range of motion. When applied properly, ROCKTAPE lifts the skin away from the muscle, increasing circulation. Resulting in more oxygen available to the muscles and promoting lymphatic drainage, which can assist in the removal of lactic acid.

Examples include: carpal tunnel syndrome, lower back strain/pain (subluxations, herniated disc), knee conditions, hamstring, groin injury, rotator cuff injury, whiplash, tennis elbow, plantar fasciitis, patella tracking, pre and post surgical edema, ankle sprains, athletic preventative injury method, and as a support method.



Exercise of the Month: SPINE STRETCH



Start position: Seated upright and spine neutral. Legs long in front of you shoulder width apart. Hands between legs on mat. Inhale stay and set core.



Exercise movement. Exhale articulate spine into flexion starting for the neck. Keep pelvis still.



Inhale: stay in this position



Exhale: Articulate spine from tailbone to head until you return to start position sitting upright. Repeat 5-6 times.

Mothers Day Special

Treat you mother this Mothers Day with a Revive Gift Pack that will have her feeling replenished and full of vitality!

MAT PACKAGE:

10 Mat Classes

+ A 1 Hour Massage

\$180



MASSAGE PACKAGE:

3x 1 Hour Massages

\$200

MAINTAINING A HEALTHY WEIGHT—CREATING LIFE-LONG HABITS

The secret of successful weight loss lies in changing your habits, not in dieting. To lose weight and keep it off, small but permanent changes to your lifestyle need to be made. This can be a struggle as there can be many obstacles to losing weight including:

- Lack of exercise.
- Body shape
- Genetics
- Medical complications
- Our sedentary lifestyle



These factors make it hard to control weight, but need not be overwhelming. Be realistic in your expectations and concentrate on changing your behaviour. Rather than fixating on the scales, focus on the changes in your body shape. As you begin to lose weight, these changes will help to keep you motivated and boost your confidence and self esteem.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit”. Aristotle.

When you lose weight, you lose it as fat and muscle, but when you regain it, it only comes back on as fat.

Every time you lose this muscle, you reduce your ability to burn fat. It gets harder and harder to lose weight unless you exercise. Exercise and increased levels of activity are essential in preserving and building muscle as well as reducing fat. Exercise also enhances your self-esteem, making you feel more alive and positive about yourself.

Exercise also delays the decline in general fitness that accompanies ageing. Your overall physiological capacity declines with age unless you participate in regular and effective exercise.

Just because you are busy or “on the go” all day, it does not mean that you are active enough and don’t need to exercise. If you are overweight, your body has got used to this level of normal daily activity.

The best combination of exercise to promote healthy and long-lasting weight loss is a mix of aerobic exercise and resistance exercise. Walking, swimming or bike riding for 15—30 mins 3—5 times a week and a strength session of weights or pilates 2 times a week to build lean muscle mass will have you looking and feeling better within a matter of weeks.

Why wait till tomorrow? -
GET STARTED TODAY!

ARE YOU SICK OF CATCHING COLDS AND ‘FLUS?

We are now at the beginning of winter, the season of the dreaded colds and ‘flus. The good news is you do not have to put up with runny noses, sinus pain, fevers, sore throats, coughs and generally feeling unwell. Now is the time to look at which natural supplements may help support your immune system so you can enjoy a symptom free winter.



VIRUSES CAN CAUSE COLDS AND ‘FLUS

Contrary to popular belief, viruses cause colds and ‘flus - not bacteria. Viruses are minute infectious agents which invade and hijack your cells. The immune system recognises viruses as invaders and attempts to destroy them before they can invade your cells. If the immune system is out of balance however, it may not have the ability to destroy viruses and viral infections can occur. Common symptoms of viral infections include sore throat, fever and fatigue.

HERBS AND NUTRIENTS

If your immune system is struggling to defend you this winter, don’t despair - Natural Medicines may help! Particular herbs and nutrients may help you to manage your cold and ‘flu symptoms naturally, as well as improving underlying immune imbalances. The following herbs and nutrients may be beneficial for fighting colds and ‘flus.

- **Fever and sore throat** - Andrographis
- **Productive cough** - Aster, Pinellia, Magnolia, Cynanchum
- **Dry irritating cough** - Licorice, Marshmallow, Fritillary, Dwarf lilyturf
- **Sinus congestion** - Anti-microbial essential oils such as: Eucalyptus, Peppermint, Lavender and Thyme used in a sinus spray
- **Frequent colds and flu's** - Vitamin C, Vitamin D, Zinc, Probiotics



DO NOT SUFFER THROUGH ANOTHER WINTER

By making some simple changes to your diet and lifestyle and by taking the appropriate supplements, you can reduce your risk of catching colds and ‘flus this winter.

Speak to our naturopath about the best way to manage your colds and ‘flus naturally and enjoy a symptom free winter!

“Nobody can go back and start a new beginning, but everybody can start today and make a new ending”

STAFF NEWS

Lyndsey is back from her Honeymoon where she broke her arm falling from a quad bike (or so she says !)- she will still be available for Pilates appointments, however is unable to treat for a number of weeks - we will keep you posted as to when you will be able to book back in with her for Physio appointments.

We would like to welcome onboard our new massage therapist Kirsten. Kirsten will be working Saturdays. She is not claimable on private health, however we have lowered her prices to the following to compensate for this:

1/2 Hour: \$47 & 1 Hour: \$75.