



# REVIVE

RESHAPE REBALANCE REFORM

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## 2011 NOVEMBER NEWSLETTER



The national APA conference was held in Brisbane last month and a number of our staff attended to make sure we are keeping abreast of all of the latest advances in our profession. This is just one of the ways we can let you know that we care about the quality of service that we provide to you. On a recent trip to Sydney when

I spent some time doing retail therapy—I found that it is hard to find people out there doing their jobs that really care about the customer—(Brisbane has way better customer service by the way). I know that all of my staff care about our clients and put your needs on top of their priority list. As therapists we are intuitively caring and give a lot of ourselves to our clients on a daily basis. We spend time and effort making sure our support staff listen actively to you and treat you in a friendly, caring and punctual manner.

So I just wanted to let you know that we care about you all and do our best to make sure your experience at Revive is a

positive one—always. Have a great month— *Jules*

### 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.

### CHRISTMAS SPECIALS

30 Pass Equipment Pilates = \$1050 (save \$360)

40 Pass Equipment Pilates = \$1360 (save \$520)

50 Pass Equipment Pilates = \$1650 (save \$700)

Start Up Pack = \$620 (save \$80)

Massage 5 Pack = \$400 (save \$50)

Massage 5 Pack = \$700 (save \$200)

Unlimited Mat Classes!!

1 Month \$160

3 Months \$420



### Staff News

\* **Anne-** Is off to Melbourne as the physio for the QLD Junior Indoor Netball Team for Nationals. Go QLD!

\* **Shauna-** Will be away for a week having a well deserved holiday

\* **Louise-** Louise has started Thursday morning Yoga classes from 7-8am, suitable for beginners. Please come along and try the class! Louise is also away for a week up the coast on holidays enjoying the sun.

\* **Anouska-** Will be away for a few days to attend a bike fitting course in Sydney

\* **Lyndsey-** Is leaving us to start up her own business venture. We all wish you well Lyndsey and you will be missed!

\* **Jess-** Will be starting a beginner Matclass on Saturday mornings from 11-12pm. All welcome!

\* **Lucy/Anne-** The falls prevention group has finished their 8 week program with some fantastic results. Everyone made some significant gains in strength, balance and confidence and some of the group will be moving to a pilates reformer group.

## Tips to prevent falls!



- **It's never too late to start exercising!** - balance is a skill you can keep or recapture at any age.
- **Exercise regularly** - this keeps the balance 'tuned up' and bones and muscles strong.
- **Exercise within your limits** - problems such as diabetes, arthritis or asthma should not stop you exercising. Your physiotherapist can tailor a specific exercise program for you.

- **Maintain good posture** - good spinal care throughout your life will assist your balance.
  - **Walking aids such as sticks and frames should be correctly prescribed and fitted** - not borrowed from other people.
  - **Choose proper footwear** - firm fitting, flat shoes improve your stability.
  - **Take extra care on uneven ground** - surfaces such as gravel and grass are more challenging to the balance.
  - **Good vision helps your balance.** Be careful if lighting is poor and avoid walking in the dark.
  - **Be aware of home hazards** - slippery mats, dangling electrical cords and clutter can turn your home into an obstacle course.
- Have a 'Falls Emergency Plan'** - know how to summon help if you do have a fall. Ask your physiotherapist to show you the easiest way to get up off the floor.

*The greatest glory is not in never falling, but in rising every time we fall.*

## Post Noosa Recovery....and Im not talking about beer!!

As this newsletter goes to print the Noosa Triathlon 2011 will be done and dusted for another year and with that there will be a lot of stiff and sore bodies walking around. Therefore it's time to talk about RECOVERY!!! What are the ways you can improve the way your body heals itself so that you can get back into training and feel good ASAP?

**Hydration-** fluid AND electrolytes. Aim for approximately 2L of water each day as well as 750ml-1L of fluid per hour of exercise. If race conditions have been hot and humid add a bottle of Gatorade OR 1 gastrolyte tablet OR 1 shotz tablet for the following 2-3 days to ensure your electrolytes are back in balance.

**Nutrition-** Ensure your diet is well balanced with fresh fruit, vegetables and salad and aim to include a small amount of protein in each meal to assist with muscle healing after intense exercise. Aim for 5-6 smaller meals each day.

**Stretching-** Include stretching daily, long, slow and sustained stretches focusing on the muscles you have used in competition e.g. quads, glutes, calves, lats, pecs, lower back

**Exercise-** Post race gentle exercise is beneficial to allow the muscles to stretch through range and improve circulation to allow bi-products such as lactate to be removed from the muscle. Ensure your heart rate stays low (around 60-65% of max) to allow the body to recover adequately.

Congratulations on competing in Noosa 2011 and happy recovery! Please contact us if you have any questions regarding your recovery after Noosa or any other events you may have competed in. If you need any assistance with injuries or niggles please make an appointment with one of our fantastic physios.

## CORE CLASS

**Physiotherapist Louise, uses body weight floor exercises as well as equipment pieces to challenge abdominal strength, upper and lower limb stability and dynamic core strength. Ideal for injury free people looking for a little bit of sweat in a fun but challenging class.**

*Don't be afraid to look good this Summer!*



**Individual Class:** \$25

**5 Class Pass:** \$110

**10 Class Pass:** \$220



**CLASSES ARE TUESDAYS AT 5PM**

**Bookings are essential as maximum numbers apply.**

**\*Classes also claimable on Private Health Cover**

## Client of the Month—Katherine Quick

*Katherine had never done any form of exercise before she started at Revive. She is on her first equipment pilates program and currently does a group and a 1:1 with Mel every week. In the short time Katherine has been with us, she has improved beyond words. After a slow start, Katherine now leaves the studio feeling much stronger. "I didn't think Pilates would work this quickly, it's amazing" she said after a few weeks.*

*Congratulations on all of the effort you have put in Katherine! We hope you enjoy your free massage!*

