



## OCTOBER 2008 NEWSLETTER

### Editorial:



Spring is here! No better time to have a clean out of all your clutter! Getting organized is unquestionably good for both mind and body—reducing the risk of falls, helping eliminate germs and dust and making it easier to find things like exercise gear. Anecdotal, decluttering your house, living and work spaces often leads to weight loss as you subconsciously declutter many levels of your life and make a decision to let go of your weight as well!

Having lots of stuff cluttering up your house and your life is not going to be solved by buying more storage to put it in. The problem is not the stuff it is your behavior. Excessive clutter and disorganization are often symptoms of a bigger health problem. Attention deficit disorder, depressions, chronic pain and grief can prevent people from getting organized or lead to a build up of clutter. You need to learn the skills and change your behavior to be able to group, sort, set priorities and discard. One tip to help you get started is to create one organized and uncluttered part of your home. Keep your pre-packed pilates/yoga bag in this space to make it easier for you to prioritise exercise.

*Happy Spring - Jules*

## WEIGHT TRAINING AT REVIVE FOR BONE HEALTH



Did you know that we run controlled weight training classes to help you improve muscle and bone mass? Suitable for anyone interested in being stronger and those looking for a weights session to cross train but also suitable for those at risk of low bone density. Regular weight training has many benefits besides improved bone health, such as increased muscles mass (this elevates your resting metabolic rate and assists with weight loss), improved strength in everyday activities, better body awareness and posture. These classes are also suitable for those who may already have osteoporosis—recovery of bone minerals, renewed energy levels and increased activity levels well result.

At Revive Ashgrove, Healthy Bones classes are held at Taylor Range Country Club, 28 Greenlanes Road, Ashgrove on Tuesdays and Thursdays at 2pm. Sessions go for 45 minutes and are run by Julie Campbell (Sports Physiotherapist and Pilates Clinician). Health fund rebates are available on these sessions. In our city studio we also offer a weights class on Wednesdays at 11am run by Rachel Serrano Bookings are essential for classes.

### Reformers for sale!

Revive City have two used DMA reformers for sale. Please register your interest with reception.



Level 2, 21 Mary St

Brisbane 4000

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[www.revivestudio.com.au](http://www.revivestudio.com.au)

337 Waterworks Road

Ashgrove 4060

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[apilates@bigpond.net.au](mailto:apilates@bigpond.net.au)

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### Trigger Points: Self Massage with a Pocket Physio

The pocket physio was developed by physiotherapists as an inexpensive tool to release muscle tension. Trigger points are specific areas within muscles that cause increased muscle tightness and occasionally, referred pain. The below examples, accompanied with the Pocket Physio show simple ways to self manage or treat these points.

Hold trigger point for about 10-30 seconds. As the trigger point is worked the pain should subside. Various points along the muscle can be worked

Ask your physiotherapist how to use your Pocket Physio!

### OPTIMAL WELLNESS SEMINAR

This month, make a start on a better, healthier life. Come along to listen to Dr Karen Coates speak at Gwinganna's OPTIMUM WELLNESS SEMINAR.

Dr Karen Coates is a leading medical practitioner with an extensive background in women's health and nutrition. Dr Coates will provide valuable new information, tips and ideas from Gwinganna to help you achieve Optimum Wellness

Date: Monday 20th Oct

Venue: Sofitel Brisbane, Sorrento Room

Time: 6.15 to 8 pm

Tickets are \$30 per person, payable in advance, including light refreshment and great prizes. Register now @ [info@gwingana.com](mailto:info@gwingana.com) or on 1800 219 272. RSVP by Oct 14th



### Staff News...

#### City News

Congratulations to Lori who had a boy on the 12th September. We look forward to seeing her and baby Rylan Nicholas Forner!

Nicole is back from her overseas jaunt—full of beans and ready to assist you with your physiotherapy needs.

Natalie is away for a few weeks to get married and have a honeymoon—we wish her all of the very best and miss her crazy laugh!

#### Ashgrove News

Rose is now more available for appointments at Ashgrove as is Jamila (our wonderful massage therapist) who is now available on Weds 8.30 to 1.30 and Thursdays 2.30—7.30.

This month we say goodbye to Bronwen and Melanie as they pursue their paths elsewhere. Thanks to you both for all you have given to Revive.

Is that a torture device?

## THE CADILLAC



Also known as the Trap Table (because of the trapeze attachment), the somewhat intimidating Cadillac was the first piece of pilates equipment that Joseph Pilates created in the 1920s. The design came from a hospital bed in which he rigged up with bed springs in order to help the wounded WW1 soldiers continue to exercise while being bed-bound. The machine has a table, leg springs, arm springs, a push-thru bar, a trapeze and fuzzy loops to hang from. It is an excellent machine that can be used to break down functional movements into smaller segments in order to restore the correct motion pattern. On the other end of the spectrum, challenging exercises resembling circus-training can also be performed. This piece of equipment is used in our private and group equipment classes.

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### City Elevators

If you find yourself having trouble getting into the city studio building i.e. both lifts are stuck at one floor, please don't hesitate to call us and someone will collect you and bring you up through the stairs.

At Revive we are committed to providing you with the best experience possible.

Give us your feedback and win a home program package valued at \$280!

The package includes:

- One on one Pilates session to create home program.
- 1 x Pilates mat.
- 1 x 55/65cm Fitball.
- 1 x Small Comfitt Pilates Ball.
- 2 x Therabands.
- 1 x Foam Roller.

Client feedback surveys and testimonials are located in the waiting area, the gym and the reception desk.

### MATWORK AT REVIVE ASHGROVE

Changes to the Ashgrove floor class timetable have been made where we will be holding an additional mat class on Tuesday nights at 6.15pm rather than yoga. Please contact the studio on 3366 0500 if you require further information or would like the new timetable sent to you.

### Beleura for massage



Our massage therapists at Revive, Kath, Aideen, Jenny and Jamila, have begun using a new water based oil called Beleura Relax Oil which is a quality oil perfect in assisting in the rehabilitation and rejuvenation of fatigued or sore muscles. It was developed by physiotherapists as a relaxation oil that can be used to assist with the relaxation of muscles and soft tissues. It contains the active ingredients lime, lavender and bergamot.

The oil contains Lime which may help with apathy, anxiety and depression. Lavender which may be effective for headaches and may assist with alleviating stress. It's used to promote natural sleep and may provide antispasmodic and antidepressant properties. Bergamot may be used for the relief of stress and may help reduce anxiety, depression, and nervous tension.

As well as the oil, we also have an anti inflammatory cream from Beleura for sale in the studio which can be used for the relief of pain, inflammation and to promote healing of damaged tissues and an active cream, which can be used pre or post sporting/exercise activities or as a part of a recovery program for injuries, aches and pains.



### Staff Profile

**Name: Rachael Serrano.**

**Position: Pilates Instructor.**

**Favourite Things: Hanging out with her two boys, movies and travelling.**

**Star sign: Aquarius**

**Fact: Born in New Zealand but is now an Aussie!**



### Simple Fruit and Nut Cereal

SERVES 2-4

3/4 cup grains (such as rolled rice, oats, barley, rye, millet, buckwheat, corn)

1-2 cups filtered water

1/4 cup crushed nuts (such as macadamias, cashews, fresh walnuts, almonds, pinenuts)

3 different fruits, chopped, grated or mashed

1/4 cup sweetener (such as pure maple syrup, organic raw sugar, rapadura sugar, honey, fresh juice)

1/3 cup organic natural yoghurt

- In a saucepan cook the grains with the water until soft, using packet instructions as a guide (approx. 10 minutes) and allow to cool slightly.
- Place all ingredients in a glass bowl and stir vigorously with a wooden spoon. The yoghurt can either be mixed in at this stage or spooned on top at the last minute.
- Serve chilled.

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](http://www.changinghabits.com.au).