



REVIVE

RESHAPE REBALANCE REFORM

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REVIVE - 2008 SEPTEMBER NEWSLETTER



Editorial:

Hi and welcome to September! Here comes Christmas (just joking). But it's not so funny the way time flies—are we taking enough time to smell the roses and maybe even pick some of them instead of picking them up at the convenience store? I have discovered recently that our state of happiness is influenced by three things: genetics (50%), environment (10%) and what we can change or affect (40%).

These ratios are based on years of psychology research into happiness. So it appears we can influence 40% of our happiness state—this means that the action of doing the things that you enjoy, expressing gratitude, showing kindness and other activities that bring you joy, directly influence how happy you are. The things you have and your environment (houses, cars, material things, where we live etc) are only 10% of the big picture. So maybe we should all start slowing down and savoring the time we spend exercising, catching up with friends and doing fun stuff—we will all be happier I suspect. Stay well - *Jules*

SEPTEMBER SPECIALS *

Treat yourself or someone special to some great

Massage

1 Hour Massage: \$65
5 x 1 Hour Massage: \$320
10 x 1 Hour Massage: \$640

With certain therapists only—please enquire about conditions



Don't forget Revive T-Shirts and water bottles are now in stock!

T-Shirts available in Ladies sizes 8 - 16 in Black or white.

\$30

Water bottles—\$10

Exercise of the Month...CAT STRETCH



- Starting position: kneeling with equal weight on both your hands and knees, keeping knees slightly apart. Make sure your hands are directly under your shoulders and knees directly under your hips. Keep spine in a neutral position, neither arched nor flattened.



- EXHALE—start from your tailbone, round spine allowing your head to bend towards the arm

- INHALE—hold the position and tighten your abdominal muscles



- EXHALE—beginning again with your tailbone, return spine to the starting position, bringing your head up last. Keep your eyes looking down throughout the entire movement.

- Complete 3—5 repetitions

Do not perform any exercise that causes you pain. Consult your physiotherapist before doing this exercise if you have neck or back issues.

Best-ever Guacamole

SERVES 4

3 ripe avocados

1 avocado stone

2 tablespoons fresh lime juice (or lemon juice)

2 cloves garlic, crushed

1/3 cup chopped spring onions

1/8 teaspoon ground cumin

1/8 teaspoon organic raw sugar (or rapadura sugar)

1 ripe tomato, chopped

2 teaspoons sea salt

freshly ground pepper to taste

Mash avocado with lime juice and garlic until creamy.

Add remaining ingredients and mix well.

Place avocado stone in centre of dip to prevent browning and refrigerate, covered, for 2 hours. Remove stone before serving.

For more recipes like this one check out Cyndi O'Meara's cookbook with over 200 delicious and healthy Australian cooking ideas or visit her website www.changinghabits.com.au.



Can I furnish my home with it?

THE WUNDA CHAIR

Joseph Pilates honestly felt every home should have this as originally he designed it to be doubled as a small living room side chair that when flipped on it's back became a small gymnasium. This way you could eat, sleep and sit with posture and optimal functional strength in mind. Basically, the chair is a box with one side that can be pressed down against resistance of 2-4 springs, like a pedal. Newer models now have a split in the pedal in order to increase the independent challenge to the arms and legs as well as the core, again making some exercises more functional or even sports-specific. For instance, challenging stability of the pelvis during cycling. Exercises can be done in sitting, standing and lying and can be tailored to help with basic movements or challenging to the difficulty. Come in and try the wunda chair as part of our private and group equipment pilates sessions.



CONTROL YOUR NECK PAIN AND HEADACHES

Regular small bouts of movement exercises at work have been shown by recent research to dramatically reduce neck pain and headaches in office workers. 200 government employees did mini work outs throughout the day to stretch their neck and an 8 month follow up demonstrated an almost 50% decrease in neck pain and headaches. A Physiotherapist at Revive can instruct you on a basic exercise routine that is brief and easy to complete, providing regular relief for you neck!

KIDS PILATES!!!

Our fun loving Pilates Instructor, Shauna is running another set of Kids Pilates sessions through the September holidays. Her class will be held down at Taylor Range Country Club at Ashgrove and is a gentle stretching and strengthening routine to help set kids up for a lifetime of health and wellbeing. Suitable for ages between 8 and 14 years. Contact our Ashgrove studio on 3366 0500 for more information. We also have Kids Pilates DVD available for sale at both City and Revive Studios.



Injury Clinic

Tennis and golfer's elbow



Symptoms: Your elbow is so tender that it aches when you squeeze a tube of toothpaste or turn a doorknob. Pain may radiate down your elbow to the thumb side of your forearm (tennis elbow) or to the pinkie side (golfer's elbow).

How it happens: The grip on your tennis racquet is too small, or there's too much tension on the strings. Or you're gripping a golf club or baseball bat incorrectly. Another possibility: You're bending your wrist when performing biceps curls and upright rows. Most of the time this condition occurs however, in non-tennis or golf players!

What's going on: The muscles of your forearm have become weak and degenerative where the muscle attaches to the bones of the elbow. This creates abnormal forces on the tissues around the elbow and this causes pain.

Treatment: As elbow pain can be referred from your neck and upper back, you need to be assessed by a physio to determine the cause of your pain. Treatment locally includes joint mobilizations, deep tissue massage, specific strengthening exercises for your forearm and shoulder. Generally a 6 week rehabilitation program is needed. Taping or a brace may help.

Prevention: Get your tennis or golf grip assessed by a physiotherapist. Strengthen your elbow, wrist and shoulders as directed by a physiotherapist. Ensure you have good posture and no neck problems, stretch your forearm muscles after playing golf or tennis.



Staff News...

City News

A warm welcome to our Beatrice Avila (Physiotherapist and Pilates instructor) and Aideen Farrell (Massage therapist) who have both joined us in August.

Lori has left to have her baby—due in the next couple of weeks. We wish her and her husband all the best. Lori will be back on board in six months.

We also say goodbye to Juliana as she is moving back home to Brazil with her husband. Juliana will be sadly missed at Revive.

Natalie is getting married and will be away until 13th October—we wish her all the best for her special day.

Ashgrove News

We welcome Emily to Ashgrove this month as our new receptionist.

We will soon say a fond farewell to Bronwen Kendall after many years at Ashgrove - we will miss you Bron.

Simone is leaving us to resume her dancing career overseas—thanks for your great work Simone.

Justine will be working more hours at Ashgrove taking classes and groups in the studio.

Jess, Melanie, Rose and Julie are our physios at Ashgrove, Jenny, Shauna and Justine our Pilates instructors and Jamila and Jenny our massage therapists.

Staff Profile

Name: Natalie Scholtes.

Position: Physiotherapist/Pilates Instructor Revive City

Favourite Things: Eating out, puppies, travelling.

Star sign: Aries.

Fact: Obsessed with magazines and dedicated to saving moon bears.

JOIN THE REVIVE CITY WALKING GROUP!

Mondays: 12.30pm

Fridays: 1pm

40 minutes brisk walk around the botanical gardens followed by a stretch.

\$10 per walk or you can use your pass card.

Please express your interest or book at reception.



MASSAGE AT ASHGROVE

Currently our massage therapist Jamila is taking bookings for Thursday afternoons and is now available from 9am-2pm on Wednesdays! Please book at reception.

