



REVIVE

RESHAPE REBALANCE REFORM

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2011 SEPTEMBER NEWSLETTER



This month we have a number of exciting things to report. Jess Doolin (Physio) has returned to Revive after 18 months overseas. A warm welcome back to Jess! We also have the Baby and Toddler expo this weekend - Anne, Catalina, Allie and Carol are manning our booth so pop in and see us - you could win an Endermologie package that we are giving away. On a clinical note Lucy has been on a course on exercise therapy and running technique, Mel is attending a workshop on the pelvic floor and I am attending a course on myofascial techniques. Revive's falls prevention program has started and our Weight management program has also commenced. We are all excited to be adding weight management to the services we can offer. Weight issues can often compound joint conditions and effect mobility and general health- so if you are concerned about your weight, make sure you book in to see Allie to discuss your goals. On a very happy note, we can also now announce that Catalina is expecting her second baby - congratulations to Cat and her husband. Anouska is away this month on a conference in Germany and then on to Denmark as Physio for the Australian Para cycling Team.

Busy Busy Busy - enjoy September - *Jules*

Exercise of the Month: SPINE TWIST



Start position: Sitting up tall, pelvis and spine neutral. Legs long in front of you. Arms out to the side, palms facing down, shoulders set. Inhale set core.



Exhale rotate spine, lengthen and try increase rotation.



Inhale: Lengthen spine and return to neutral start position.



Exhale: Repeat on the opposite side. Repeat 3—5 times each side. You may need to sit on a small box if you have short hamstrings.

SEPTEMBER SPECIALS

EQUIPMENT PILATES

30 Group Pass \$1050

(Save \$360)

40 Group pass \$1360

(Save \$520)

50 Group Pass \$1650

(Save \$700)



FALLS PREVENTION PROGRAM



This education and exercise program is aimed at over 70s with supervision from two Physiotherapists. Starts Friday 2nd September at 10am and running for 8 weeks only.

The cost for this 8 week program is \$240 and is claimable on your private health. Bookings are essential and places will fill fast so call 3366 0500 to secure your spot.

Bridge to Brisbane: The importance of warming up and cooling down

Warm-up and cool-down activities should be incorporated into training and competition routines whenever possible. The warm-up prepares the body for activity and may assist in helping to prevent injury to muscles which can be more susceptible to injury when cold. The cool-down helps the body clear lactic acid and other bi-products that build up during any activity. Less lactic acid means less soreness and stiffness the next day!

What is the ideal warm-up?

The ideal warm-up should be sport specific and include all the muscle groups and movement that are required during competition, training or activity. The intensity of the warm-up should begin at a low level and gradually build to the level of intensity required during training or competition. For most people, 10 minutes is enough to prepare the body for exercise. However in cold weather the duration of the warm-up should be increased.

The warm-up aims to:

- Prepare the body and mind for the activity
- Increase the body's core temperature
- Increase heart rate
- Increase breathing rate



What about the cool-down?

The cool down is just as important as the warm up however it is often neglected. After vigorous exercise the body needs time to slow down and it is an important step in aiding recovery. The cool down should occur immediately after training activities and should last at least 5 to 10 minutes.

The cool-down can be the same sort of exercise as the warm-up but with low intensity body movement such as jogging or walking substituted for running. Stretching after activity helps to ensure maximum flexibility, relax the muscles, return them to their resting length and helps develop long-term attitudes to maintaining healthy lifestyles.



REIKI AT REVIVE

We are taking expressions of interest for the introduction of Reiki as a service at Revive. Reiki uses energy exchange to assist the body to heal itself through unblocking our energy channels. This can be on a physical, emotional (fear, anxiety or anger) level. Reiki aims to reduce stress in our systems and create relaxation in order for the body to heal itself.

Some of the benefits of Reiki include:

A sense of lightness and deep relaxation, better sleep, easing of chronic pain, support for the immune system, spiritual growth and emotional clearing.

Karen Lang is a local Reiki practitioner who is passionate about helping people heal with Reiki.

If you are interested in seeing Karen at Revive please express your interest at reception.

REVIVE'S WEIGHT MANAGEMENT AND NUTRITIONAL CLEANSE PROGRAM

A six week program to achieve your weight loss and wellness goals

GET READY FOR SUMMER NOW

DON'T BE SCARED TO GET INTO YOUR

BATHERS ON THE BEACH



The program includes:

- Three consultations plus phone support from our naturopath and massage therapist Allie
- ISAGENIX 30 day weight loss program of protein shakes, vitamins and nutritional and herbal supplements. The Isagenix program is based on meal replacement and increasing metabolism through cleansing and detoxification – these two things together optimise fat loss
- Haemaview blood analysis to establish your overall health baseline
- Blood pressure and pH testing to fine tune your diet and exercise program
- ½ hour massage and advice session with Allie
- 20% off all mat Pilates, yoga, circuit training and personal training at Revive for the 6 weeks of the program
- You can start the program whenever you like and it runs for six weeks from your start date

COSTINGS

Your investment: \$900 up front or \$160 / week for six weeks

SPECIAL OFFER

Bring a friend on your weight loss journey (it makes it a bit easier to make changes when you aren't alone!) and receive a \$50 voucher to use on other services at Revive.

REVIVE IS ONLINE!



Connect with Revive and keep up with the latest news, specials and classes on offer. Alternatively you can also visit www.revivestudio.com.au

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