

APRIL NEWS LETTER—COMMONWEALTH GAMES



Editorial...

I can't believe the Games are here! When I signed up to volunteer as a physiotherapist for the Games it seemed like an eternity away and now I'm about to pack my bags and head to the Goldie for 2 weeks of hard work, fun and a change of environment.

I also worked at the Sydney Olympics as a volunteer Physio (my youngest at the time was 3 months old!) and I still remember the thrill of being part of such an amazing event. I really do feel grateful to be able to experience the Games from the perspective of a physio – we have a unique and privileged interaction with the athletes – to make a difference and help them overcome an injury or niggle at a time they most need to be physically 100% OK. I will be reporting back regularly to the clinic with updates and news – so stay tuned for the stories! – **Jules**



Commonwealth Games 2018

We are so excited about the upcoming Commonwealth games and proud that 2 of our physiotherapists will be working with athletes at the games.

Julie is working as a volunteer in the Poly-clinic (athlete recovery centre) in the Village as a Senior Physio and Anouska is working with Team Britain's cycle team.

It was in 1930 that the first ever Commonwealth Games (then known as the "British Empire Games") took place in Hamilton, Canada and featured only 6 sporting events. Often referred to the "Friendly Games" only single sport competitions were included in the tournament until at Kuala Lumpur in 1998, team sports such as Netball, Cricket, Rugby 7's and Hockey took place.

This Issue

From the Editor	P. 1
Dynamic Warm up Benefits	P. 2
How to Get Your Kids Moving	P. 3
April Specials BIG Pilate Packs	P. 4
Client of the Month	P. 4



On April 4th the 2018 Commonwealth Games will begin. 6,500 athletes and officials; over 70 countries 11 days; 17 sports; television audience of over one billion; hundreds of thousands of spectators.

The Event represents the atmosphere, it represents witnessing heroes in action, it represents sharing memories and claiming bragging rights and it represents a coming together of a community and of the Commonwealth.

The Benefits of a Dynamic Warm Up!

Most people know that a warm-up is important in optimising performance in each and every workout, practice and game. However not many know that a comprehensive dynamic warm up is far superior to just static stretching for few minutes.

The specific advantages of a dynamic warm-up, by comparison with the more traditional 'sit and stretch' are:

1. It creates and maintains warmth in your muscles and other soft tissues ready for exercise – static stretching will actually cause a decrease in core

body temperature

2. It encourages tight tissues to let go and lengthen – preparing the muscles and joints in a more sport specific manner
3. It enhances coordination and motor ability as well as revving up the nervous system – benefits which are particularly important for younger athletes who are still 'learning their bodies'
4. It prepares the mind for the workout ahead - the dynamic warm-up forces athletes to focus and concentrate on the task at hand.
5. The points outlined above are very important in reducing the risk of injury.

Example of a Dynamic Warm Up

Should take 10-15 minutes and you should have begun to sweat a little bit.

- Light Jog or bike: To get blood



flowing, heart rate increased

- High Knees: Form not speed, get knees up as high as possible
- Butt Kicks: Staying on the toes and quick feet
- Side Shuffle/gallops
- Frankenstein March: Legs kick as high as possible trying to touch hand
- Prisoner Lunge: Lunge forward with hands behind head
- Quad Walk: Walking forward, pull ankle to butt and touch toe with opposite hand
- Leg swings: hold onto a bar or wall and swing leg side to side.

TREAT YOUR BODY LIKE AN ATHLETE

Athletes are the ultimate example of how you should love and care for your body. They spend time and effort on activities that make sure they don't get injured, they maintain their strength and flexibility, do things that assist with their balance and co-ordination and sports specific skills. They also pay attention to nutrition and diet to fuel their bodies optimally and they increasingly pay attention to their mind and mindset. So you should also respect your body in the same way – you sport is your life and



if you adhere to these principles you will benefit by being able to live in the best version of your body!

Lower Back Pain? The Experts Agree, Movement is Medicine!

According to a comprehensive review of medical literature, exercise combined with exercise education provided by a health professional (such as a physiotherapist) may be the most effective way to reduce your risk of a spate of low back pain. The literature was described in an article published online by [JAMA Internal Medicine](#), in which Daniel Steffens, PhD, and his co-authors focused on 23 published reports encompassing 21 randomized clinical trials.

"Our review found evidence that exercise alone or in combination with education is effective for preventing low back pain," said Chris Maher, PhD, a co-author of the study and also the head of the musculo-skeletal division at The George Institute in Australia. "The effect is quite large: Exercise halves your risk of getting low back pain."

Physical Activity in Children

With the TV coverage of the games being front and centre for the first 2 weeks of April it's a great time to ignite your kids' interest in sport!

Childhood health and wellbeing is rapidly becoming a serious issue in Australia with 1 in 5 children being overweight or obese. Maintaining a healthy weight is important to your child's health now and in the future. A healthy weight now reduces your child's chances of:

- adult obesity
- emotional and social problems
- joint and musculoskeletal problems
- and the development of serious health disorders such as type 2 diabetes,

cardio and respiratory disorders.

As well as a healthy diet, there are many benefits to staying active – it's for the body and the mind but not all kids are keen on sport today the multitude of other activities available to kids and the lure of T.V and computer are contributing to

contribute rapidly to your children's health and wellbeing. Easy lifestyle changes can include limiting screen time, giving opportunity for active play outside of school hours, and building activity into everyday life such as family walks or bike rides.

This increase in activity can help



many kids being less active.

Making some simple changes in your family's lifestyle can

balance your child's energy intake, control appetites, decrease stress levels, prevent disease, and increase social

interactions.

Another opportunity to build more physical activity is getting involved in sports. Talk to your child about what sort of sport or exercise may appeal to them. Understandably rough and tumble team sports don't appeal to all kids. There are lots of "individual" pursuits for kids who are so inclined. Sports like cycling, tennis, and dance are growing in popularity and accessibility. Always be prepared to switch activities and try out different options to get them involved in an activity that they really enjoy.

Working with your child to get them involved in physical activity will do more than benefit their physical health but will help to engage them in a lifelong habit of maintaining a healthy lifestyle.

FOOD RECOVERY

Consuming the right foods pre and post work out varies depending on the sport you are completing, however, there are some basic rules one can follow to ensure you are rehydrating correctly. Rehydrating should begin as soon as you have finished your training session, the urgency of carbohydrate and protein post workout depends on how long you have until your next session. The body is most effective at replacing carbohydrate and promoting muscle repair and growth in the first 60

-90mins after exercise. It is important to also remember that your body will continue to repair for another 12-24 hours

What to eat pre and post work out?

Everyone is unique and what they need does vary however incorporating a good source of protein and carbohydrate into your meals is important. During your workout carbohydrates play a big role, they're your



Main fuel during moderate-high intensity exercise. Protein is essential to help recover your muscles after your session. Examples include, a lean chicken and salad sandwich, protein balls or a smoothie with coconut water to include electrolytes.

Antioxidant Foods

High intensity workouts increase your oxidative stress on the body, therefore, your body needs extra antioxidant-rich foods to support recovery when you're in periods of high training. Ensure you are consuming fresh fruit such as berries and a wide variety of coloured vegetables in your diet to boost your antioxidant intake.



Equipment Pilates packs

20 pack - \$880 (Save \$80) \$44
per class

30 pack - \$1290 (Save \$150) \$43
per class

40 pack - \$1640 (Save \$280) \$41
per class

50 pack - \$1950 (Save \$450) \$39
per class

60 pack - \$2220 (Save \$660) \$37
per class

Referral Rewards!!

Yes we love your referrals and
will reward you for each one.
Ask our lovely front desk ladies
for your referral cards and
don't lose out!

CLIENT OF THE MONTH

Selina is a very familiar and friendly face around Revive – attending Pilates twice weekly for the past 7 years.

Selina is a psychologist and busy mum of two, who uses Pilates as a means to maintain a healthy spine and strong body given she has a scoliosis.

Her program incorporates exercises to address postural control and elongation, core strength, upper and lower body strength.

Over the years Selina has developed into one of our strongest clients – performing advanced exercises with ease on the equipment and “wowing” both staff and clients with her control and technique.

CONGRATULATIONS Selina – we hope you enjoy your massage !

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Bookings:




REVIVE
PHYSIOTHERAPY PILATES MASSAGE