

Spring Renewal

Spring is the season of renewal, and that applies to more than just your garden. It's a perfect time to rediscover all that the great outdoors has to offer. There's something for everyone.

Remember though, easy does it. If you've taken the winter off from exercise, it's easy to cause an injury when you get started again, whether you're gardening, spring cleaning or playing tennis. So make sure you warm up and stretch before any activity, and don't try to do too much at once. Each new activity puts stresses and strains on your body, so ease into it. There will be lots of beautiful days ahead to get everything done.

Before jumping into any exercise routine, it's a good idea to consult a chiropractor or fitness professional about what's best for you and your body. Work with these experts to discuss your fitness goals and develop a balanced workout program. Let them know if you are training for a specific sport or if you have an old injury you could aggravate. Talk about any dietary considerations to enhance your fitness, and what types of cross training (or varying activities) they would recommend.

Whether you want to lose weight, out-jog your neighbour or win gold at the Olympics, the following are the key elements of a well-balanced fitness program:

Cardio endurance: How well your heart and lungs supply oxygen to your body when you exercise. You build cardio endurance by regularly doing a minimum of 15 to 20 minutes of activities like running, walking, swimming, biking or ballroom dancing.

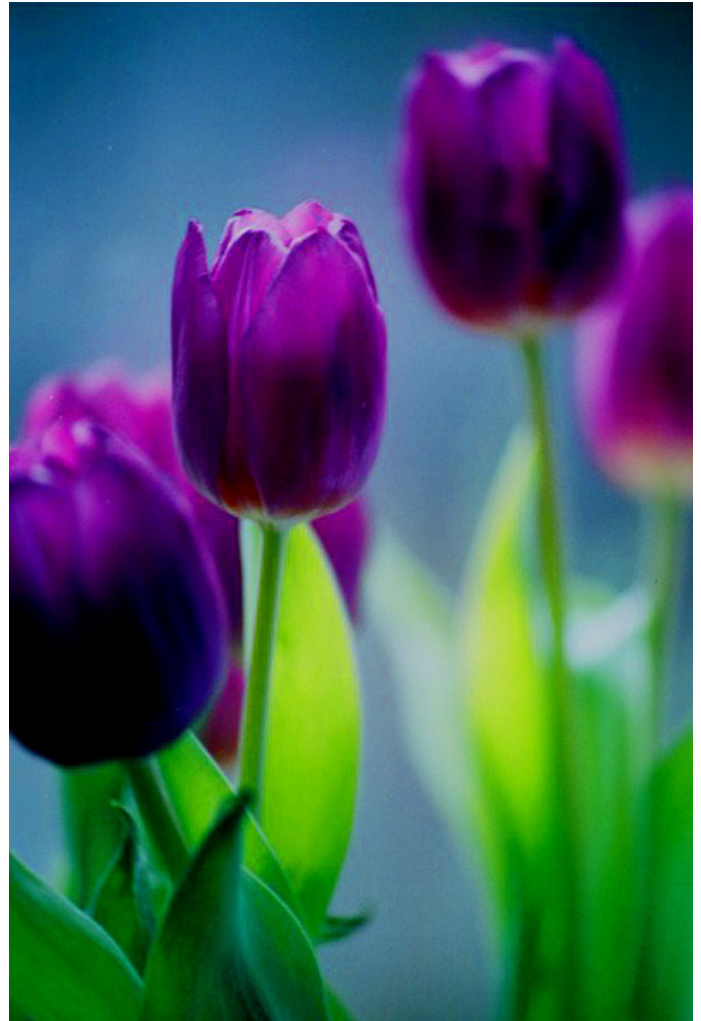
Muscular endurance: How long you can repeat a movement or hold a position. Weight training and other activities that work your muscles will help you build muscular endurance.

Muscular strength: How much weight you can comfortably and safely lift. Again, many activities contribute to muscular strength, but working with weights is key to increasing your ability to lift.

Flexibility: How limber your body is. Activities like yoga, as well as a good program of stretches, help you increase and maintain flexibility.

Body composition: The ratio of fat to bone and muscle in your body. There are guidelines for the ratio based on your height, weight and body type.

Talk to a fitness professional about which exercises will address your needs and, above all, are safe for you to do. A chiropractor may be able to guide you in selecting activities that will limit aggravation of old injuries. It's es-



sential to always use the right techniques for any sport or fitness activity. Check with a trainer or health club staff for the recommended way to use weights and other equipment.

What does fitness do for my back?

Exercising regularly has great benefits for your body – including your back! Weight bearing activities such as hiking, brisk walking, stair climbing and dancing all strengthen your bones, and may help protect you against osteoporosis (a serious disease that results in deterioration of bone mass, especially in older people). If you have strong abdominal muscles, this too will benefit your back. An oversized waistline leads to weak muscles in your abdomen, which means your organs and lower spine are not being held correctly inside your body. This may lead to back pain. Exercise doesn't have to be vigorous to be beneficial. Even a little activity three times a week can go a long way to improving your overall health and well being.

Good Night, Sleep Right

Lack of sleep is no joke and getting a good night's rest eludes quite a few people. We spend about one-third of our lives sleeping, so getting the most out of it is important. While there might not be a lot you can do to prevent work-related stress or worries that keep you up in the night, a few simple lifestyle and nutritional changes can work wonders when it comes to waking-up feeling refreshed.

For a good night's rest

- When choosing a mattress, look for one that is comfortably supportive. A mattress should be flexible enough to adapt to your body's shape, while providing firm support for your spine. If you share a bed, choose a mattress that provides independent support for each sleeper. Generally, your mattress should be replaced every 8 to 12 years to ensure the proper support and comfort.
- Be selective when choosing a pillow. When lying on your side, your head, neck and shoulders should remain level with your mid and lower spine. When lying on your back, your head and neck should remain level with your upper back and spine. Avoid pillows that are so thick or thin that they angle your head and neck away from your body.
- Your sleeping position is also an important factor in how you will feel when you wake-up. It's best to sleep on your back or side, not on your stomach. Lying on your back or side allows your head, neck and spine to relax into their natural alignment. This will help you avoid feeling stiff and wake-up feeling rejuvenated in the morning.
- If you have low back pain and are sleeping on your back, place a pillow under your knees to take some of the pressure off your back. If you sleep on your side, place a pillow between your knees for added support.

Things to keep in mind

- Limit your intake of caffeinated beverages such as coffee, colas and tea in the evening. Caffeine is a stimulant and can make it difficult for you to fall asleep. Similarly alcoholic beverages close to bedtime may make you feel sleepy, but can disrupt your sleep pattern and cause a restless night.
- Don't eat a large, heavy meal just before bed. A late dinner may interfere with sleep as your body works to digest the food you've eaten. Try to eat dinner at least two hours before bedtime.
- A regular exercise program can also help you sleep more soundly at night. Exercising in the mornings is best, but if you must exercise in the evenings, do so at least two hours before bedtime. Any later, and your increased heart rate can interfere with your sleep.
- Try to go to bed at the same time everyday. This includes weekends! This will help to keep your sleep cycle in a regular rhythm. Similarly, avoid naps during the day. If you are especially tired, and feel as if you absolutely must nap, try to sleep for less than 30 minutes and before 3:00 pm in the day.
- Expose yourself to bright light/sunlight soon after you wake up. This will help to regulate your body's natural biological clock.



Spring Into Action 2010! An Invitation by Tasha Hughes R.M.T.

What if I were to tell you about something that would improve your sense of well-being, decrease stress, decrease pain, decrease the likelihood of injury, increase the number of years that you could be active in life, improve your athletic performance, assist you to get a better night's sleep, and the best part - IT'S FREE.

A daily STRETCHING routine, combined with proper breathing, can do all of that. Typically we think of stretching as a way to improve flexibility or make a muscle longer. What you may not realize is that stretching is an excellent way to improve circulation and remove toxic build-up (by-products of stress, injury, improper posture and repeat use) from an area. This toxic build-up aggravates the pain receptors (a clever way for your body to signal that there is a problem) and congests the area, somewhat like a traffic jam, so that nothing good (such as fresh blood, oxygen and nutrients) can get in, and nothing bad (such as toxic waste) can get out. Stretching facilitates this process and is an integral part of muscular and joint health. It's also a fantastic stress-reducer!

Spring Into Action Plan - Tune-Up Tuesdays: Calling all Runners and Weekend Warriors!

In order to assist you to prepare for an upcoming event or to recover from an injury, I will be offering AIS, myofascial assisted-stretching techniques which promote functional and physiological restoration of muscle, tendon, fascia and joints. Combined with massage therapy techniques to reduce existing muscular adhesions, an improvement in range of motion, flexibility, speed and agility can be achieved very quickly. Wear shorts or yoga pants.

Tuesdays, 30 minute sessions, April and May, introductory price \$35 (covered under massage therapy plans)

Did you know? ...

Only 15 minutes a day will get you started on the way to many health benefits:

- Better heart health
- Improved circulation
- Greater flexibility and strength
- More stamina
- A brighter outlook

Sits Ups Be Gone...Planks Instead!

If you dread the part of your workout that involves crunches you'll be happy to hear that you can stop. Yes, research has shown that crunches can actually damage your spine! Stuart McGill is a professor of spine biomechanics at University of Waterloo and has spent a lot of time determining which positions, activities and postures can be harmful to our backs. According to his research, sit ups generate too much force around the spine, 3350N to be exact, which is well above the U.S. National Institute for Occupational Health and Safety recommendations.

Alternatives to sit ups to strengthen the core muscles include planking, bird-dog and many stability ball exercises. All of these will strengthen the abdominal muscles without putting the spine in a potentially dangerous flexed posture.

Anyone who has had a bout of low back pain will attest to modifying activities that put their backs in a vulnerable position. An easy way to prevent low back pain is to avoid flexed postures and sit ups!

Consult with your chiropractor today to develop a core strengthening program that is specific to your needs and doesn't place unnecessary stress on your low back.





The "Back" Page

Health Quiz - How well do you know your body?

- How much calcium do you need each day if you are between the age of 15-50?
 - A) 1000mg
 - B) 1500mg
 - C) 800mg

- How much calcium if you are over 50?:
- A) 500mg
 - B) 1200mg
 - C) 1500mg

- At what age do we start to lose bone density?:
 - A) 20
 - B) 50
 - C) 30



Omega-3 Tropical Smoothie

- 1/2 cup orange juice with pulp
- 1/4 cup frozen mango chunks
- 1/4 cup frozen pineapple chunks
- 1/2 banana

- 1-100g container probiotic French vanilla yogurt
- 1 Tbsp fresh lemon juice
- 1 fish oil tablet

Don't throw the fish tablet in the blender! Remove oil from tablet by piercing the end with a sharp knife and gently squeeze both sides in a downward motion.

Whirl everything in the blender until smooth. Divide between 2 glasses.

Fish oil can be difficult to get into our diet. The fruit in this smoothie camouflages the fish oil, so even picky eaters shouldn't notice the brain food.

QUIZ ANSWERS:

- Age 15-50: Correct Answer: A: 1000mg.
Over age 50: Correct Answer: C: 1500mg
- By age 30 we start to lose bone mass. Calcium and vitamin D help us maintain the bone we have.

Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at info@backtohealthchiro1.com



Our Team:



Dr. Jim Harvey
Chiropractor



Shawn Chapin
RMT



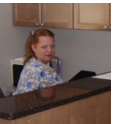
Debbie Admin



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Penny Admin

Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
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- Orthotics
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- Assessments
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Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.
Visit us on the web:

www.backtohealthchiro1.com

Monday	9:00pm – 12:00pm	2:00pm – 8:00pm
Tuesday	Open for Massage Therapy	
Wednesday	8:00am – 12:00pm	2:00pm – 6:00pm
Thursday	closed	2:00pm – 8:00pm
Friday	8:00am – 12:00pm	closed
Saturday	9:00am – 12:00pm	closed
Sunday	closed	closed

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