

Physioplus Health Group

Newsletter

Feel better...faster.

January 2009

In This Issue

[Poor Posture? Read This!](#)

[How Much Exercise is Enough?](#)

[Healthy Recipe](#)

Quick Tip

Do you often find yourself slouching at your desk?

Rearrange your office so that your papers, supplies, etc are NOT within "arms reach". This will force you to get up and move around, and will give your body a break from sitting. By changing positions in this simple way, you can help reduce strain on your body, improve your posture, and reduce that nagging neck & shoulder pain.

Quick Links

[Our Website](#)

[Our Services](#)

[More About Us](#)

Conditions we treat:

Back & Neck Pain
Sports Injuries
Sciatica
Muscle & Joint Pain
.Arthritis
Tendinitis
Repetitive Strain
Auto & Work Injuries

Dear Michelle,

The start of a new year is a great time to begin living a healthier lifestyle. To help you on your way we'd like to invite you to enjoy a free pilates class. See our coupon at the bottom of this newsletter for details.

Happy New Year!

How much Exercise is Enough?

When it comes to exercise the question, "How much is enough?", is a good one. Firstly, you should follow the recommendations given by your health care provider. But what then?

There are 3 basic principles to remember when it comes to exercise:

1. **Listen to your body.** Exercise is essential, but always listen to the signals of your body in order to get the most out of each exercise and help avoid injury.
2. **Keep it simple.** Try to find ways to make exercise a part of your day by choosing simple, practical exercises. Simple stretches, a couple of core exercises & some walking can go a long way toward a healthier body.
3. **Be consistent.** Chose exercises that fit into your lifestyle & try to make it a part of your daily routine. If a daily commitment seems impossible, create weekly goals.

With cardio exercise you should be able to hold a conversations while exerting yourself. In strength training, your muscles need to feel challenged but you must ensure that as you load your body you carefully observe your alignment. If you are not sure of the ideal alignment for an exercise, visit the clinic and ask for advice. Loading muscles and joints with misalignment will create pain and potential injury. Mix up your routine from time to time to prevent muscle adaptation and to better understand your body. Stretching needs to be done quietly and with patience. Try to find at least 15 minutes a day to slow down and stretch. Choose five or six stretches to do and take 2 - 3 minutes with each.

If a daily commitment seems impossible, create weekly goals. A realistic and maintainable weekly program could include: three to four 20 minute sessions of cardio, four 15 minute strength building sessions and 10 -15 minutes a day for stretching.

Starting an exercise program after an injury or inactivity can be difficult. If you're unsure how to start give us a call for some advice. We can assess your condition, and develop a safe exercise program that will help you achieve your individual goals.

Most importantly, **enjoy moving and keep it up!**

Auto & Work Injuries
...and more!

[Click here for more details.](#)

Tell others about our practice!

We always welcome
new patients and
your referrals are sincerely
appreciated!
Thank You For Helping Others.

::

Our Services

Physiotherapy, Osteopathy, Massage Therapy, Sports
Injury Rehab, Pilates, Custom Orthotics, Nutrition

To book and appointment or for more
information

call **416.760.8280**

or **email: info@physioplushealth.com**

Healthy Recipe



Whole Grain Muffins

1/2 cups whole wheat flour
3/4 cup ground flax seed
3/4 cup oatmeal
1 cup brown sugar
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 teaspoons cinnamon
1 cup shredded carrot
1 cup finely chopped peeled apple
1/2 cup raisins
3/4 cup milk
2 eggs
1 teaspoon vanilla

Preheat oven to 375. Lightly grease muffin tin.
Combine all ingredients. Spoon batter into muffin tins about 3/4 full.
Bake for 15-20 minutes.
Make 12-14 muffins depending on size.

Free Pilates Class!

**Want to feel stronger?
Want to feel less prone to injury?**

Come and try our pilates classes! Print this coupon and
present it to receive your first pilates class FREE.

Offer Expires: February 30, 2009