

Staying Hydrated during the Hotter Months



Erica Robinson
Active/Passive Care
Specialist

Hydration is critically important for health and will deserve your special attention in the summer months ahead. Even



slight dehydration results in a 3% drop in metabolism, so if you're aiming to get that beach-ready body, keep drinking water! By the time we feel thirsty, we are already dehydrated, so it is important to drink regularly to prevent this from happening. Our thirst mechanism is also so weak, we often mistake it for hunger, packing in unnecessary calories when all our body really needs is water. An easy way to rev up metabolism and decrease caloric intake is to drink 1 cup (250mL) of water the next time you feel hungry. It

results in temporary satiation and curbs dehydration with fewer calories. If you still feel hungry after your body has absorbed the water, you'll know it's food you require and will eat fewer calories as a result of drinking water first.



To calculate the water needs of your body, take your weight in

pounds and divide it by two. This is how much water you require per day in OUNCES. Divide this number by eight to figure out how much water you need in CUPS. (1 cup = 250mL; 4 cups = 1 litre). Pure water, herbal tea, and vegetable broth count toward this goal.

For every cup of alcoholic or caffeinated beverage you drink (coffee, green tea,

white tea, black tea, yerba mate tea, colas, energy drinks) add one additional cup of water to your daily needs to make up for the water LOSS these drinks cause. Ensure water intake before, during, and after exercise as well, and trade your sports drink for a colour-free, preservative free and white-sugar free coconut water like Vita Coco to provide electrolytes and other essential nutrients.

- Water – 0 calories
- Herbal Tea, hot or iced – 0 calories
- Vita Coco (Coconut water) 330mL – 60 calories
- Tim Horton's Medium Iced Cap – 220 calories
- Starbucks Grande Caramel Frappuccino – 390 calories

Chiropractic Works



Healthier Children with Chiropractic

“Chiropractic care for my child? Why? Her back doesn't bother her.”

Many parents appreciate the importance of regular check-ups for their children's teeth, hearing and vision but draw a blank when it comes to a spinal-structural checkup. Such a checkup could be one of the most important your children will ever



have! The spine protects billions of nerve fibers that send messages and energy to every part of their bodies.

Blockages In The Spine

If there is blockage of any of the nerves in the body, any nerve damage at all, then a state of “dis-ease” can develop. Dis-ease is a state of disharmony in the body which can

lead to lowered resistance to disease, organ malfunction, sickness and disease. Blockage of nerves in the spine and structural system is usually caused by subtle structural distortions of the spine and body that are known as **subluxations.**

Please visit
www.CCFFC.org

Article from

Dr. Jamie Garvey



Melissa Cabral
Active/Product
Care Specialist

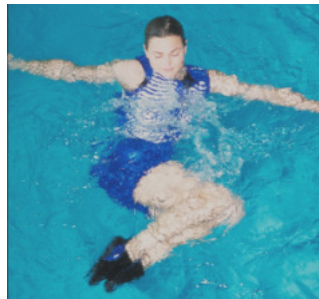


"My experience at Physiomed has been really good. The staff is amazing and helpful. I have gained a lot of knowledge and education."
Aditi B.

Aqua-therapy

What is Aqua-therapy?

Aquatic therapy or pool therapy consists of an exercise program that is performed in the water. It is a beneficial form of therapy that is useful for a variety of medical conditions. Aquatic therapy uses the physical properties of water to assist in patient healing and exercise performance.



fore motion and functional activity are more comfortable. Water supports the body, reduces joint stress, and provides resistance and assistance to movement. Patients can improve mobility, strength, and function rapidly during the healing process. Other benefits include:

- Increased cardiovascular function
 - Reduced stress
 - Decreased swelling
 - Increased circulation
 - Increased strength and endurance
 - Increased range of motion and flexibility
- Increased balance and coordination

Aquatherapy programs coming soon..inquire at the office with Melissa.

What are the benefits of Aquatic Therapy?

After an illness, injury, or surgery, a patient's sensitivity to pain may be increased or the ability to bear weight on the injured area limited. In water, the pull of gravity on the body is not as strong as on land, there-

- Improved muscle strength and tone



Morsel Sherzai
Registered Massage
Therapist



Massage Therapy

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems.

As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

PhysioMed 30 day Challenge: 100 Push ups and Crunches

For the month of June. We challenge you to participate in the 100 push up and sit up program. The challenge is to work on the proper function, technique and build strength within you core and your upper body.

The **push ups** can be done in a variety of ways. As long as,



you perform the downward motion. **See picture.** Ladies can perform knees down

your core muscles do not droop, sag or bow to the floor, before

can perform push ups from their knees.

Crunch: A simple crunch can be performed with your knees bent and feet flat to the floor. The key is to perform a crunch. By lifting your shoulders off of the floor, try to lift and curl as high as you can. You have completed a crunch!!

Come on in and see Active Care Specialist Colin Cummins for more info!!



Sam Jarman
Active Care Specialist



Turn Your Local Soccer field Into your own personal gym

Soccer fields range from approximately 80-100 metres from goal post to

goal post. This is a great distance for people of all fitness levels to do interval training and possibly add circuits to the intervals with no equipment needed!

Aside from providing a pre-marked and manageable distance, soccer

fields offer the added benefit of being grass. Grass is a considerably

more forgiving surface than pavement or even a dirt or rubber track

and will reduce the impact on your joints.

It would be helpful to ensure that you have no undelying issues that

would make interval training on a soccer field detrimental to you

by being assessed by our physioed staff before including these training principles in your fitness routine. If you have already been assessed and there are no contraindications then feel free to enjoy these principles on a soccer field near you!

The most basic workout that you can do is simple intervals from one end of the field to the other. Begin with a proper warm up. Once warmed up you will begin the workout by running from one goal post to the other at a pace that you feel is somewhere between 75% and 85% of your maximum running speed. When you have gone from one goal post to the other you have completed one repetition. Take 10-15 seconds as rest and run back to the original goal post again between 75% and 85% of your maximum running speed. You will perform 6 repetitions and then

take a rest between 3 and 5 minutes (unless you need longer). Repeat

the above workout as a set until you have completed 3 sets (or 18 total lengths of the field).



Summer Outdoor gym: A soccer field is a

When you are able to comfortably finish this workout on it's own you can increase the intensity by adding pushups and and planks on opposite ends of the field. Start

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for more info**

Turn Your Local Soccer field Cont'd

with 10 pushups before the first interval run and then do a 30 second plank when you reach the other side of the field. By the end of the workout you will have done 90 pushups and 4 1/2 minutes of planks. As your tolerance for

This workout increases you will be able to perform more pushups and hold your planks longer or, if you are honestly ready, you can do varying plank and pushup progressions. In less than an hour you can enjoy the sunshine, have a high intensity workout on a forgiving surface, and get closer to your fitness goals!



Simple MOVEMENT and Prevention: Hip and Glute Activation



Colin Cummins:
Active Care Specialist



Your lower back problems maybe a symptom of poor hip and gluteus major/minor movement or function. These two areas are involved in providing the lower back

(Lumbar spine, sacrum and coccyx) stability, absorption from

shock and compression.

Here is one simple movement that can help guard against lower back strain:

Standing Hip and Glutes (Buttocks) Activation:

Stand facing a wall or window. Place your hands shoulder high on the wall or window. With your chest, hips and feet pointed

square towards the wall or window.

Lift your right knee/leg as high as possible. By raising your leg, the glute muscle on the standing leg will contract and activate. (See picture on left) Hold that position for an 8 second count, As an added movement, you can turn your raised leg outwards to activate your hip joint.

Next Month: *Shoulders and the Thoracic spine*



Physiomed Burnhamthorpe

1100 Burnhamthorpe Rd. W
Mississauga, Ontario
L5C 4G4

Phone: 905 281 3911
Fax: 905 281 3912
E-mail:



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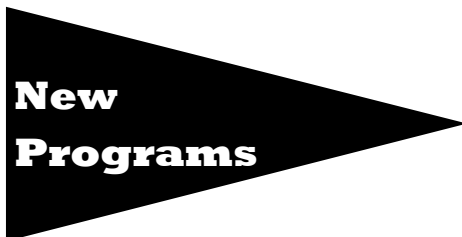
Clinic Director's Cut



Andrew Candido
Clinic Director

Most people have never experienced Active Physiotherapy from an Active Care Specialist. We at Physiomed Burnhamthorpe can help you. Our highly skilled clinicians have provided physical health care in a multidisciplinary setting to the Mississauga community for over 10 years.

After participating in one of our treatment plans, you will have developed better knowledge to maintain a proactive healthier lifestyle



Nutrition with Erica & Aqua-therapy with Melissa

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