



Bowden Physiotherapy and Gym

August NEWSLETTER

Issue No. 8/2011

Phone: (403) 224-3929

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”
~ Edward Stanley”

SPORT

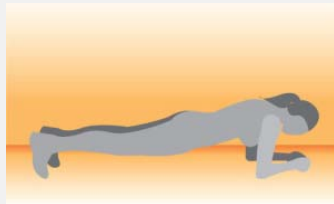
**“TOES DOWN”
NEVER LET YOUR
KNEES GO OVER YOUR TOES***

❖ **GOLF AND HORSEBACK RIDING**

THE PLANK

KEEPING A STRONG CORE WHILE RIDING OR PLAYING GOLF IS VERY IMPORTANT AND THE PLANK WILL HELP YOU STRENGTHEN IT.

- ELBOWS ON THE FLOOR
- KEEP BUTT DOWN
- ABS TIGHT
- HOLD AS LONG YOU CAN



If you do nothing else here are some exercises that can help you train for your sport.

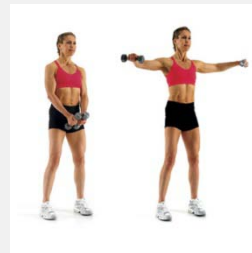


❖ **BASEBALL AND LACROSSE**

LATERAL RAISES

HAVING STRONG ROTATOR CUFF MUSCLES IS IMPORTANT FOR THROWING IN BOTH THESE SPORTS.

- KEEP ABS TIGHT
- START WITH ARMS BESIDE YOUR BODY
- SLOWLY RAISE THE DUMBBELLS TILL 90 DEGREES
- KEEP YOUR HEAD UP



❖ **VOLLEYBALL AND RUNNING**

JUMP SQUAT

THIS POLYMETRIC EXERCISE HELPS INCREASE LEG STRENGTH AND JUMP HEIGHT. ALSO MIMICS A PUSH OFF FOR RUNNING BY ENGAGING YOUR CALVES.

- REACH AND SIT BACK WITH YOUR BUTT
- BEND DOWN TILL LEGS ARE AT 45 DEGREES
- PUSH THROUGH

HEELS.

❖ **BIKING AND SOCCER**

LUNGE

YOUR QUADRICEPS CREATE POWER IN BIKING RUNNING AND KICKING. LUNGES STRENGTHEN YOUR QUADRICEPS.

- TAKE A LONG STRIDE FORWARD
- DROP STRAIGHT DOWN FOLDING AT THE KNEES
- PUSH BACK UP TILL BEGINNING POSITION



RECIPE OF THE MONTH

Yogurt-Granola Parfait

This is a quick and easy lunch addition, breakfast, snack and or dessert.

Per serving:

Calories 400, Calories from Fat 46, Total Fat 5.1g (sat 1.6g), Cholesterol 6mg, Sodium 217mg, Carbohydrate 77, Fiber 5.4g, Protein 11.4g

Ingredients

- 1 cup sliced strawberries
- 1 large sliced banana
- 2 cups vanilla or strawberry yogurt
- 2 cups granola

Instructions

In four glasses or goblets, alternately layer strawberries, yogurt, granola, and banana, finishing with a light sprinkling of granola on top, with a few slivers of strawberry for garnish. Chill or eat immediately. Serves 4.



Recipe From:

<http://lowfatcooking.about.com/od/breakfastandlunch/r/Yogranolaparfai.htm>

Duathlon Results

Top Times:

1st John Buyks: 19:58:00
2nd Lloyd Richards : 20:45:00
3rd Karen Fagan: 22:14:00
4th Kim Lanier: 23:21:00

Team Results

1st Diane Buyks and Ingrid Buyks: 22:40:00
2nd Garth Richards and Alma: 26:32:00
3rd Rob Stuart and Ryan Stuart: 26:42:00
4th Beth Kuntz and Cornell Kuntz: 29:06:00

RECORD TIME

Still held by Cameron Leel with a time of 17 min 1 sec.

New Record

Youngest person to do the Bowden Duathlon is now Dylan Sparks, 12 years old

\$381.95 was raised for Tools for School

Thank you to all our sponsors for making this event possible, hope to see you next year.

