



# Bowden Physiotherapy and Gym

AUGUST NEWSLETTER

Issue No. 8

Phone: (403) 224-3929

“Talent is only a starting point” – Irving Berlin

## EXERCISE OF THE MONTH

### BALL WALK-OUT WITH PUSH-UP



1. From behind the ball, roll out over top of the ball, with abdominals contracted.
2. Slowly, with control, “walk out” with your arms until your knees are in the middle of the ball.
3. Keeping your abdominals tight, bend at the elbows and lower your body to the floor.
4. Straighten the arms out and return to “walk-out” position.
5. “Walk” back with your arms to the start position.
6. Repeat the sequence 8-10 times.

## DID YOU KNOW?

According to the American College of Sports Medicine, walking uphill increases your calorie burn by 10% for each degree of incline. That means if you walk uphill at a 5% incline, you will burn 50% more calories than if you were on flat terrain!



## WHAT'S HAPPENING AT THE GYM

### DUATHLON RESULTS

Congratulations to everyone who participated in the Bowden Duathlon! The final results are as follows:

#### INDIVIDUALS

1<sup>st</sup> Place – John Buyks – 21:12

2<sup>nd</sup> Place – Tracy Reid – 21:45

3<sup>rd</sup> Place – Kelly Brewster – 21:51

#### TEAMS

1<sup>st</sup> Place – Daniela Raduner & Sandra Popp – 23:17

2<sup>nd</sup> Place – Sara Willert & Jennifer Wood – 23:35

3<sup>rd</sup> Place – Ceri Richards & Kendra Reimert – 23:37



A HUGE THANK YOU TO ALL OF OUR SPONSORS AND VOLUNTEERS WITHOUT THEM, THIS EVENT WOULD NOT BE POSSIBLE.

SEE YOU NEXT YEAR!!!

# RECIPE OF THE MONTH

# Physio Tip of the Month

## Back Health - Sleeping Postures

## WHEAT FREE/GLUTEN FREE LASAGNA

- 1 pound ground turkey or ground buffalo
- 1 1/2 rice lasagna noodles
- 1 tablespoon olive oil
- 1 large shallot
- 2 cups broccoli florets, chopped
- 2 small zucchini
- 2 cups spinach
- 15 ounces reduced fat tofu, firm (or cottage cheese)
- 1/2 cup low-fat ricotta cheese
- 4 cups organic marinara sauce
- 125 grams fresh buffalo mozzarella cheese, sliced into small rounds
- 3/4 cup low-fat mozzarella cheese, shredded
- 12 fresh basil leaves
- Salt and pepper, to taste



Cook pasta according to directions, rinse with cold water and drain and lay flat on foil to cool. Heat oven to 375 F. In a small bowl combine ricotta cheese and tofu.

In large nonstick skillet, sauté shallot in olive oil for about 5 minutes. Add ground turkey or ground buffalo and cook until ground turkey or ground buffalo is nearly cooked through.

Add 3 cups marinara sauce meat mixture and add broccoli, zucchini and spinach and cook for about 5 more minutes. Spread half-cup of plain marinara sauce in bottom of 13 x 9 x 2-inch pan. Arrange 4 noodles lengthwise over sauce and one across the bottom, overlapping edges. Spread one-half ricotta-tofu mixture over pasta, followed by 1 1/2 cups pasta sauce. Repeat layers twice, ending with a third layer of pasta. Spoon remaining marinara sauce (and any remaining vegetables) over pasta. Sprinkle lightly mozzarella cheese, fresh buffalo mozzarella and fresh basil. Cover lightly with foil. Bake for 30 minutes, remove foil and bake 10 more minutes or until hot and bubbly. Let stand 10 minutes before serving.

*Per Serving: 410 Calories; 13g Fat (29.8% calories from fat); 24g Protein; 45g Carbohydrate; 4g Dietary Fiber; 52mg Cholesterol; 648mg Sodium*

Do you wake up in the morning feeling stiff and sore in your back? Do you find your back aches during the night? One reason for this could be your mattress. Ask yourself how long you have had your mattress and has it recently shifted to give you back problems?

Mattresses, due to the construction, which depends on spring and/or foam gradually weaken over time. For a quite a long time our backs can accommodate the changes, but at a certain point the mattress no longer supports your joints during the night and you start to experience pain and stiffness. When we sleep we move through different levels of sleep. In our deepest sleep we are extremely relaxed and so our muscles are unable to support the joints. If your spine is allowed to turn or bend at the same time, it can stress your spinal joints giving problems over time. If you need to choose a new mattress, you have many options. Take a partner with you. When you lie on the mattress on your side, have someone ensure your spine is straight.

There should be sufficient give in the mattress to allow your hips and shoulders to sink in. Curvy people will need a slightly softer mattress such as a pillow top. People who have little curves need a harder mattress. The mattress can really help, but good posture and muscles also contribute.

See our Physiotherapist, Sian for any further problems with your back.

