



Bowden Physiotherapy and Gym

DECEMBER NEWSLETTER

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HAPPY HOLIDAYS!!!!

Phone: (403) 224-3929

“One kind word can warm three winter months.” - Japanese proverb

EXERCISE OF THE MONTH

CARDIO WORKOUTS

With the holidays, comes indulging in our favourite holiday foods. This often leads to weight gain during the winter season. To ensure a healthy holiday season, keep up with your cardio routine. This will allow you to indulge every once and a while and not feel guilty about it.

Try these cardio weight loss tips:

1. Up the intensity – go faster or add hills into your workouts.
2. Try interval training – instead of going one solid pace the whole time, add sprints of 30 seconds into the mix. This will tax your body in a way it's not used to and you will see faster weight loss results.

DID YOU KNOW?

“Typical winter conditions that include a little more than an inch of snowfall and chilly temperatures that dip below 20 degrees cause death rates from heart attacks to triple among men 35 to 49 years old. One of the main culprits responsible for this upswing is snow shovelling.”



WHAT'S HAPPENING AT THE GYM

SPORTS PERFORMANCE PROGRAM

Bowden Physiotherapy & Gym is proud to be developing a sports performance program targeting local athletes. This program has been designed to enhance our local athlete's current training regimes and help them tap into their unknown potentials. In addition to specialized gym programs, they will be working in close contact with our physiotherapist to ensure a safe and maximally effective program.

Members of the Meadow Creek Vaulting club have commenced training under this program with the goal of working towards the 2012 World Championships. You will see them working hard in the gym over the next few months, enhancing their skills.



RECIPE OF THE MONTH

HEALTHIER BROWNIES

- 16 whole chocolate graham crackers (8 ounces)
- 2 tablespoon(s) unsweetened cocoa powder
- 1/4 teaspoon(s) salt
- 2 large eggs
- 1 large egg white
- 1/3 cup(s) packed light brown sugar
- 1/3 cup(s) granulated sugar
- 2 teaspoon(s) instant coffee granules
- 2 teaspoon(s) vanilla extract
- 2/3 cup(s) chopped pitted dates
- 1/4 cup(s) semisweet chocolate chips

Directions

Preheat oven to 300°F. Coat an 8-by-11 1/2-inch baking dish with cooking spray.

Pulse graham crackers into crumbs in a food processor or place in a large plastic bag and crush with a rolling pin. You should have about 2 cups crumbs. Transfer to a small bowl; add cocoa and salt and mix well.

Combine eggs, egg white, brown sugar and sugar in a large bowl. Beat with an electric mixer at high speed until thickened, about 2 minutes. Blend in coffee granules and vanilla. Gently fold in dates, chocolate chips and the reserved crumb mixture. Scrape the batter into the prepared baking dish, spreading evenly.

Bake the brownies until the top springs back when lightly touched, 25 to 30 minutes. Let cool completely in the pan on a wire rack before cutting.

PHYSIO TIP OF THE MONTH

SAFE SNOW REMOVAL

Snow season is upon us again and many of us are starting our days shovelling snow. The opportunity to breathe in some fresh air and get some exercise will release endorphins which will improve your mood. In addition, the push of blood around the body will help repair tissues and invigorate you. It can even help you think more clearly by increasing blood flow to the brain – helping you wake up for the commute to work!



This is a necessary job and we need to make sure we are doing it correctly in order to prevent injuries. Some simple precautions can ensure that you feel good for the rest of the day after clearing your drive-way.

Before rushing out, a few simple rules apply:

1. Never shovel snow after prolonged sitting – get up and move around for about 10 minutes first.
2. Use your leg and bum muscles to do the lifting.
3. Keep the handle of the shovel as close to the middle of your body as possible.
4. Use an ergonomic shovel. They make pushing easier and when lifting, hold the handle in the middle and at the end and keep your body close to the middle of the handle. Then, stabilize the middle of the handle, while pushing down on the end. You will find this considerably reduces the load.

Happy shovelling and enjoy those benefits!!!