



Bowden Physiotherapy and Gym

FEBRUARY NEWSLETTER



HAPPY VALENTINE'S DAY!

Issue No. 2/2011

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The greatest wealth is health. ~Virgil

NEW CANADIAN PHYSICAL ACTIVITY GUIDELINES RELEASED

On January 24, 2011, the Canadian Society for Exercise Physiology (CSEP) announced new Canadian Physical Activity Guidelines. According to these new guidelines, children aged 5-11 and youth aged 12-17 years require at least 60 minutes of moderate to vigorous intensity activity per day. Any activity that will make children to sweat slightly and breathe harder is considered moderate (ie: bike riding or skating). Activities that cause children to sweat and be out of breath are considered vigorous (ie: running or swimming). Adults aged 18-64 and older adults aged 65 years and older must get at least 150 minutes of moderate to vigorous intensity activity per week. Moderate activity will cause adults to breathe harder and sweat a bit. Some activities that are considered moderate are brisk walking or bike riding. Vigorous intensity exercises will cause adults to be out of breath and sweat. Some good choices for vigorous exercises are jogging, cross-country skiing or swimming.

As these are guidelines, Canadians should strive to exceed the minimum activity thresholds as the greater the variety, intensity and duration of the physical activity the greater the health benefit. It is also beneficial to add muscle and bone strengthening activities using major muscle groups at least 2 days per week.

For additional information on these guidelines or for assistance in reaching your fitness goals, please feel free to ask any of our qualified staff.

WINTER WALK DAY

FEBRUARY 9, 2011

Join the movement on February 9, 2011, and show how easy it is to maintain a healthy, active lifestyle year-round by stepping up for Winter Walk Day.

This annual event encourages Albertans to walk for a minimum of 15 minutes outdoors. What a great way to celebrate winter!

HOW CAN YOU GET INVOLVED?

Walk for at least 15 minutes on Feb. 9/11
Report your walk to us by stopping in or calling (403) 224-3929.

We will then register your participation with SHAPE
(Safe Healthy Active People Everywhere)

FEBRUARY IS HEART MONTH

This February, make it a goal to begin and maintain at least one heart healthy habit.

Physical activity can be a lifesaver – literally. When you're active 30 to 60 minutes a day, most days of the week, you can dramatically lower your risk of heart disease and stroke. Regular activity also helps prevent and control risk factors such as high blood pressure, high cholesterol and obesity.

Benefits may begin within the first week of regular activity. For example, your blood pressure may start to come down, and you could feel more energetic and relaxed. After three months you may experience better health, improved posture and balance, stronger muscles and bones, more confidence and a more positive outlook on life.

DON'T DELAY – START TODAY

RECIPE OF THE MONTH

HEART HEALTHY BROCCOLI CHEDDAR BAKE

Ingredients

4 cups chopped fresh broccoli
1/2 cup finely chopped onion
2 tablespoons water
1 1/2 cups egg substitute
1 cup fat-free milk
1 cup shredded cheddar cheese
1/2 teaspoon ground black pepper

Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Saute over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving.



MASSAGE THERAPY

Definition of Massage: *a systematic and scientific manipulation of the soft tissues of the body for the purpose of obtaining or maintaining health.*

There are two major categories of massage: relaxation and therapeutic. Relaxation massage is intended to relax and soothe the whole body and ease the nervous system. Therapeutic or deep tissue massage is intended to affect the function and structure of the body focusing more on particular conditions of specific areas of the body.

Registered massage therapists begin their training with relaxation massage which is a one year program of 500 -1000 hours of formal training. After the initial training, a second year of training equivalent to 2200 hours or more can be obtained in order to practice therapeutic massage.

BENEFITS OF MASSAGE:

- Improve circulation, bringing more oxygen and nutrients to cells and tissues.
- Aids in the removal of metabolic waste of toxins.
- Reduces edema (abnormal build-up of fluid beneath the skin)
- Reduces mental and physical fatigue.
- Reduces stress and anxiety and aids in relaxation.
- Decreases pain and muscle spasms.
- Promotes faster healing.
- Strengthens the immune system.
- Improves flexibility and posture.
- Relieves muscular tension and stiffness.
- Promotes deeper and easier breathing.
- Improves sleep patterns.
- Tones weak muscles.

The basic benefit of massage therapy is to help the body heal itself and increase health and well-being.

To fully experience the above benefits, be sure to make an appointment with our massage therapist!