



Bowden Physiotherapy and Gym

e: (403) 224-3929

Exercise of the Month



- Begin with a 5-10 minute warm up of light cardio (walking in place, etc.)
- Perform each exercise for 12 repetitions, resting when you need to, and start with no weights or light weights

Did You Know?

40 to 45% of American adults make one or more resolutions each year. Among the top new years' resolutions are resolutions about weight loss, exercise, and stopping to smoke. Also popular are resolutions dealing with better money management and debt reduction.

account. ~Oscar Wilde

What's Happening at the Gym?

CONGRATULATIONS to Larry Werner for winning the December challenge.

Introducing our new Massage Therapist, Ursula Campbell. She joins us from Carstairs and she's booking appointments on Wednesday and Thursday. For a soothing massage to ease away your aches and pains or to deal some specific problem, come and see Ursula!!!

Auriel Tyjeas is also available every other Monday of the month.

We are starting 2 CLASSES in January & February:

A Back Class, for those of you with back problems. If you want to exercise safely with a sore back and want to learn more about your back and how to maintain it, then this class is for you. Learn to use a Gym Class: Ever really wanted to understand how to use a gym? Ever wanted new ideas for the gym equipment? We have the right class!!! Every Tuesday, we will hold a class here at the Bowden Gym, to teach you how to use the equipment safely with good form and show you how to get the most out of your visit to the gym. New exercises and using different equipment keep you motivated and prevent boredom. Being aware of good form prevents injury. The class comes with a one month membership, so you can come and

practice on your own, then, you will be able to continue here or use another facility safely and effectively. Start date to be announced.

Bowden Physiotherapy is offering a home-based physiotherapy. If the client is unable to get to the clinic, we are now offering home visits. Our Physiotherapist will visit you at home and provide you with your treatment. This service is available on Wednesday and Friday. Cost is \$ 100 plus travelling. Please phone (403)224-3929 for more details.

Physio Tip of the Month

Snow shovelling season is upon us. Most people recognize that shovelling snow is very hard work, and can put severe stress on your heart. However, fewer people recognize the stress and strain that it places on the lower back. Snow shovelling, especially if the snow is wet, is like picking up heavy weights. One full shovel load of wet snow can weigh as much as 25 pounds!

Take the Following tips into consideration when tackling the driveway or sidewalk:

· **Choose a shovel that's right for you** – The best type of shovel is an ergonomically designed one. These shovels have curved handles that reduce the strain put on your back when shovelling. They make a huge difference!

· **Lift the snow properly.** Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist.

· **Step in the direction in which you are throwing the snow.**

· **Take frequent breaks** when shovelling. Stand up straight and walk around periodically to extend the low back.

· **If you have a health problem or are not in good shape, do not even consider snow shovelling.**

Recipe Of The Month

Stir-Fried Bok-Choy with Tofu



Stir Fry is a healthy way to cook vegetables so they retain their flavour, crunchy texture and nutrients. Bok Choy is high in vitamin C, folic acid, and beta-carotene and it contains plenty of fibre and nitrogen compounds. Tofu on the other hand, is rich in both high quality protein and B-vitamins.

INGREDIENTS:

- 8 large bok choy stalks
- 1 package (14 ounces) firm tofu
- 2 tablespoons cornstarch
- 3 shallots
- 2 tablespoons olive oil
- 2 tablespoons oyster sauce
- Salt & Pepper to taste

DIRECTIONS:

1. Remove leaves from bok choy stems. Cut leaves into 2-inch pieces; cut stems into 1/4-inch diagonal slices (do not combine leaves and stems). Cut tofu into 1/4-inch slices. Coat tofu with cornstarch. Cut shallots into thin slices.
2. Heat wok or 12-inch skillet over high heat. Add 2 tablespoons olive oil; rotate wok to coat side. Add 2 pieces tofu; cook 1 minute, turning once. Repeat with remaining tofu, removing tofu as necessary. Return tofu to wok. Add oyster sauce; toss until tofu is evenly coated. Remove tofu from wok.
3. From the same pan. Add shallots; stir-fry 30 seconds. Add bok choy stems; stir-fry 1 minute. Sprinkle salt and pepper according to your desired taste. Add tofu and bok choy leaves; cover and cook 1 minute.

