



# Bowden Physiotherapy and Gym

MAY NEWSLETTER

HAPPY MOTHER'S DAY!!

Volume No. 5 Issue No. 3

Phone: (403) 224-3929

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." -John F. Kennedy

## EXERCISE OF THE MONTH

### Bent-Over Row

The bent-over row using a barbell allows you to use a stable weight while working all the muscles of the back. Take care with this exercise ensuring your abs are contracted to protect the lower back as you bend over.



1. With feet about hip-distance apart and hands a bit wider than shoulders on the bar, bend forward at the waist until you're at about a 45-degree angle. Keep the shoulders back, the knees slightly bent and the abs tight and look straight forward.
2. Begin the movement by taking the weight out in front of the knees.
3. Bend the elbows and contract the muscles between your shoulder blades to pull the weight in towards the bellybutton, following the line of the legs.
4. Bring the elbows just past the torso and squeeze the back.
5. Lower down and repeat for 2 sets of 8-10 reps

## FUN FITNESS FACT

If all 600 muscles in your body pulled in one direction, you could lift 25 tons.



## WHAT'S HAPPENING AT THE GYM

### DUATHLON TRAINING CAMP FOR BEGINNERS

Have you always wanted to try participating in the duathlon but didn't think you could do it? Or are you a regular participant who would like to improve last year's time? Join our training camp and discover your hidden potential. This class is geared towards beginners, but would challenge any returning participants.

Start Date: May 30, 2010

Monday and Thursday evenings for 8 weeks

Cost: TBA

Includes 16 training classes plus duathlon entry fee

To sign up, or for more information contact the gym at (403) 224-3929

### CONTRATULATIONS TONI-RAE ERIKSON

Toni-Rae won the April Incentive by winning the draw! Toni-Rae earned a total of 6 entries in the month-end draw.

### MAY INCENTIVE

Tic-Tac-Toe to Fitness

Check out the member's board for details on this month's exciting incentive. Don't miss your chance to win a free one month gym membership!!

## RECIPE OF THE MONTH

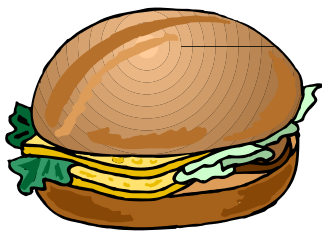
### CURRIED CHICKEN SANDWICH

“A HEARTY SANDWICH WITH A KICK”

- 3 Tbsp low fat yogurt or mayonnaise
- ½ tsp curry powder
- 1 ½ tsp dried cranberries or raisins (chopped)
- 2 buns or 4 slices whole wheat bread
- 2 Tbsp toasted slivered almonds or green pumpkin seeds
- 6 oz cooked chicken sliced or coarsely chopped
- Fresh Spinach

Stir yogurt with curry and raisins. Spread on both sides of bread (or buns). Sprinkle nuts over bottom halves. Pile on spinach, then top with chicken and remaining bun half or bread. Serve cold or toasted.

Aprox. 286 calories



## PHYSIO TIP OF THE MONTH

### MAINTAINING GOOD POSTURE

Good posture is important for good flexibility. Try this simple test:

Sit on a chair with your upper back stooped forward (assume bad posture). Now maintain this posture and try to lift up both of your arms above your head. Now straighten up (assume good posture) and try it again. Unless you have a shoulder injury, you will be able to elevate much further with a straight back than a curved one. By straightening up and maintaining good posture, you protect the upper back while extending, which you need to fully extend your arms. If you continue to slouch, the slack is taken up somewhere else, such as in your lower back, which can cause pain and lead to damage in your joints. If you feel you have limited range of movement in your joints, arrange to meet with our physiotherapist who will assess you and work out what is causing the reduction and steer you in the right direction to help improve your flexibility.

