



Bowden Physiotherapy and Gym

OCTOBER NEWSLETTER

HAPPY THANKSGIVING & HALLOWEEN!!

Issue No. 10



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Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

EXERCISE OF THE MONTH

PROPER SQUAT TECHNIQUE



1. Standing, with feet shoulder width apart, engage your abdominal muscles to ensure you support your lower back.
2. Keeping your chest forward and head up, bend from your knees, ensuring your back stays straight.
3. If you look down, ensure your knees are behind your toes and your knee cap is in line with your second toe. Most of your weight should be through your heels.
4. Push through your heels back to standing and repeat.

WHAT'S HAPPENING AT THE GYM

CLASSES



Bowden Physiotherapy & Gym is taking a fresh new approach to traditional fitness classes. In our experience both as fitness

trainers and physiotherapists we have noticed that fitness class participants often do not get the specific direction or attention that they require in order to get the most out of the class. Or in the worst case scenario, actually injure themselves as a result. Our classes are not only smaller in size, allowing for one on one attention, they are aimed at performing each exercise to perfection, allowing the participant to get the most out of the class. These new skills can then be taken, with confidence, to any fitness class offered (boot camp, yoga...etc). Our current class is full, but keep your eyes open for future classes coming your way!! If you would like to be put on a waiting list, or would like further information, please give us a call at (403) 224-3929.

DID YOU KNOW?

The most commonly injured body part in a fitness facility is the hand. This information was derived from a study which examined 980,000 weight training injuries over a 20 year period.



CONGRATULATIONS TO
DAWN NOVAK
for winning the September Incentive

RECIPE OF THE MONTH

PUMPKIN BANANA MUFFINS

- 1 1/2 cups all-purpose flour
- 2 cups whole wheat flour
- 2/3 cup rolled oat
- 1/2 cup oat bran
- 4 teaspoons baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 4 teaspoons cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon nutmeg
- 1 teaspoon pumpkin pie spice
- 3 ripe bananas, mashed
- 1 cup applesauce
- 15 ounces canned pumpkin
- 4 eggs, lightly beaten
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 1 cup chopped walnuts, toasted



Directions:

1. Preheat oven to 350 degrees F.
2. Grease or line muffin tins with paper liners.
3. Combine flours, bran, oats, baking powder, spices, baking soda and salt in a medium bowl.
4. Using whisk or spoon, stir until well mixed.
5. Combine remaining ingredients (except nuts) in a large mixing bowl; beat until smooth.
6. Gradually beat in flour mixture.
7. Beat just until combined.
8. Spoon into prepared pans or tins (fill cups until just about full).
9. Bake for 25 to 30 minutes, until toothpick inserted in the middle of the muffin comes out clean.
10. Remove muffins from pan and cool on wire rack as soon as they come out of the oven.

PHYSIO TIP OF THE MONTH

Staying safe in the gym

We all think of going to the gym as a healthy choice, but it is also a place that can be filled with hidden dangers and many risks of injury. Lack of knowledge about the proper ways to warm up and cool down can result in pain and injuries that will keep you out of the gym for a period of time. Lack of knowledge of certain exercises will keep you from getting maximum benefits from your workouts, and even cause injury if exercises are done improperly. Before you head out to get fit, make sure you find out what steps you need to take to stay safe at the gym.

It is always important to warm up your body before any type of exercise, since straining cold muscles can result in pain and injury. A warm up can be as simple as five to ten minutes of easy walking on the treadmill. Likewise, a cool down period will allow your body to recover after hard exercise is completed, and can be done with additional light walking or some gentle, active stretching. During your workout, you should always have a water bottle at your side, since dehydration is another risk during strenuous exercise.

Proper form is extremely important in any type of workout to avoid injury, whether you are walking on the treadmill or pumping iron in the free weight area. If you are new to the world of fitness, it is a good idea to begin with a personal trainer who will guide you in the proper ways to use the equipment and design a program that will fit well with your goals and fitness level. Once you have the hang of your workout, you can go solo. However, it is important to always focus on your form and the proper way to complete the exercise to ensure that you do not hurt yourself.

Going to the gym is a wonderful, healthy habit to get into, as long as you take a few precautions to avoid illness and injury. By following these tips you will be able to enjoy safe workouts as you strive to meet your fitness goals.

For further information on specific exercises or a workout program, please feel free to contact one of our trainers or physiotherapists. Someone is always here to help you!!

