



Sports Training...Is It In You?

With Fall fast approaching, teams are starting to gear up and hopeful athletes make ready for another season of sports. Why not fight for the competitive edge that will push you ahead of the competition. The short-term blood, sweat and tears will go a long way in preparing you for a grueling season and will help to prevent injuries.

Here at Westside Gym, we have trainers with a wide variety of sporting backgrounds and Certifications to ensure sport-specific training directed at what you need for your sport. Whatever your sport may be we have a trainer who plays it, and better yet, knows how to train for it. We can customize a training program to meet your individual needs and requirements no matter your level of experience is.

We can't forget about those busy parents who get more of a workout chauffeuring their prized athletes to and from practices and games. We offer training in a wide variety of styles to help you keep up to your favorite competitor.

Whether it is heart racing resistance training or the tranquility of yoga or pilates, at Westside Gym we ensure you can outlast your contestant.

As a graduate of the University of British Columbia (Bachelors degree in Human Kinetics), and as a Certified Strength & Conditioning Coach, I have extensive knowledge and insight into what makes up specific sports movements. I have extensive knowledge as to how the body is engineered and how it functions. I come from a competitive sports background, including baseball, hockey and international soccer — I know what it takes to win and how hard you have to work to stay on top of your game. This enthusiasm is shared by all of our trainers, as we learn from each other and adopt new skills into our own training. I look forward to passing on my skills and knowledge to any athlete looking to improve their game. My name is **Tony Carabetta, CSCS**.

Shiatsu (cont'd from inside)

How can Shiatsu benefit you?

Shiatsu is a preventative health care providing many long term benefits for people of all ages. Shiatsu has relaxing, toning, balancing, and restorative effects on the body.

Shiatsu is beneficial for the relief of:

- Stress, tension, and anxiety
- Headaches and migraines
- Neck and shoulder pain
- Lower back pain
- Muscular aches and pains

Shiatsu will improve and promote:

- Digestion
- Circulation
- Immune system
- General wellness

My style of Shiatsu

There are many different styles of Shiatsu. Some are more based on energy work; others have a more physical approach. Each Shiatsu therapist has his own style of treatment and expertise.

I like to work on both the physical and the energetic levels.

My treatments are focused on:

- Relieving muscular tension and pain
- Maintaining or achieving greater flexibility
- Increasing range of motion in major joints
- Improving overall posture and body awareness
- Improving awareness and importance of deep calm breathing
- Alleviation of mental stress and anxiety

by Ron Schreckenbach RST



Join Us For Our First Annual Fall Fair!

DEMONSTRATIONS • INFORMATION • FOOD • PRIZES

This year we are evolving our Open House into a more comprehensive Fair. We are collaborating with other companies interested in health and fitness in order to show you exciting ways to enrich your life. Enjoy a bit of hospitality while you check out our facility and all the great information booths. Have a free Thai, Chair or Shiatsu massage. Our resident chiropractor, Dr. Aaron Case, and acupuncturist Peter Wood will be on hand to share their knowledge as well. Personal Trainers will give demonstrations on Yoga, Pilates, Nordic Walking, Gymsticks and more!

And if that's not interesting enough...then eat! Stong's is generously sponsoring a BBQ and there will be other goodies too.



• LK Collection has a fantastic fitting bra sold only in chiropractic or massage clinics.

• Lady Sport is a fixture on the Vancouver's Westside and has provided fashionable and functional exercise clothing for women for many years. They have fitted more marathoners with the right shoes then we can think of.

• The mobile Bodycomp Imaging technology will be on site to perform body composition analysis. This technology accurately measures fat, muscle and bone mass and helps assess the impact of your fitness routine and lifestyle over time.

• If you enjoy active vacations or pampering vacations or both, North South Travel will be here to advise you on fabulous spa vacations.

• Spa Ethos will show how and where you can get pampered for an hour or maybe a day in our busy city.

• Jugo Juice will refresh you with delicious smoothies.

This event is made possible with the help of our suppliers: Katz Networks Inc., At Your Service, Chung Chun International, Metropolitan Fine Printers Inc, Peter Twist Inc., Green Earth Organics, Fitness Town, Fitness Fixations Inc., AG Hair Cosmetics, and Relaxus.

the cornerstone of change



Profile: A.J. Bond



If it weren't for Body & Soul I probably wouldn't make it to the gym at all! It's hard enough to motivate yourself to exercise, let alone plan a balanced and safe workout routine. Body & Soul makes it easy; you just show up and let their experienced trainers guide you. The gym is refreshingly attitude free and everyone is friendly and knowledgeable, it actually makes going to the gym a relatively painless experience!

Nutrition: The Mighty Pomegranate

If you're going to have a martini, at least make it a pomegranate one. This fall fruit has higher antioxidant activity than red wine and green tea, which may be why a number of studies show it may prevent skin cancer and kill breast and prostate cancer cells. It also helps to **Fight Alzheimer's disease**. Researchers at Loma Linda University found that mice who drank pomegranate juice experienced 50% less brain degeneration than animals that consumed only sugar water. The

pomegranate drinkers also did better in mazes and tests as they aged. It will also help **Guard your arteries**. A group of diabetics who drank about 2 ounces of pomegranate juice a day for 3 months kept their bodies from absorbing bad cholesterol into their immune system cells (a major contributing factor to hardened arteries), discovered Israeli researchers.

By Denise Foley, *Prevention magazine*

Profile: Sisley Killam



I began coming to Body and Soul in 2006 after my mom suggested I try a few training sessions. I had just finished a two-year graduate program and had been sitting in front of a computer and doing little in the way of regular exercise. Admittedly, while I love hiking and outdoor recreation, I had always considered going to the gym torturously boring. I enjoyed those first couple of sessions and my trainer Carol

McGrath, though kind and fun, knew how to be just tough enough to push me past my grumbling and excuses. I was hooked. My mother and I decided to make an exchange. For years I have been teaching people how to prepare nutritionally balanced food. My mother was very busy and didn't always have time to plan meals. We agreed that she would trade me some of her training sessions and in return I would keep her fridge stocked with healthy food. Through well-balanced eating and the structured training at Body and Soul we are both enjoying healthy transformations.

Knee Injuries & Winter Sports

Unfortunately, knee injury is the most common disabling injury for skiers and boarders. Knee injuries account for 25% of all ski injuries and occur in about 1.5 per 1,000 skier days. Knee injuries can range from simple muscle/tendon or meniscus/cartilage tears, to more severe injuries such as ligament tears or even complete dislocations. Why? Your feet and ankles are relatively locked into your skis. In a situation where your ski is torqued (twisting force) but does not release, the joint that sustains the most force is the knee. Medial collateral ligament (MCL) injuries (inside of knee) occur most frequently in beginning and intermediate skiers and boarders. For skiers, this is due to the fact that beginning skiers use a snow-plow type of stance to stop and turn which places a tremendous amount of stress on the inside portion of the knee. Fortunately, a majority of these injuries can be treated without surgery. A brace, time and other rehabilitation techniques can usually take care of these injuries. Despite engineering advances in skiing and snowboarding equipment which have reduced the rate of lower extremity

fractures, these advances have failed to reduce the incidence of ACL (deep knee ligament) injuries.

Specific suggestions to prevent knee injuries include:

- Keep your knees flexed, and don't try to straighten them during a fall since a straight leg provides a longer lever force against the knee.
- When you're down, stay down; don't try to stop the fall. You can not predict which way your leg is going to twist.
- Fall forward. Don't land on your hands backward. Keep your arms up and forward. Falling backwards places abnormal forces across the ACL.
- Don't jump unless you know where and how to land. Land on both skis and keep your knees flexed. Furthermore, it is best to heal an old injury (or other injury for that matter) before testing it with winter sports. Chronic overuse of the knee as well as surgery can leave unwanted scarring and adhesions that can contribute to new knee injuries and re-aggravations. **Dr. Aaron Case** is available to diagnose, treat and help rehabilitate knee and other sports injuries.

Shiatsu Massage Therapy ~ Relieving Pain & Stress The Japanese Way

Shiatsu is a Japanese massage therapy. It incorporates the knowledge of Western medical concepts and traditional Asian medical practice. Shiatsu treatments are aimed at eliminating acute/chronic patterns of tension and pain caused by physical/psychological stress.

How does it work?

• In Shiatsu, deep and gentle static pressure is applied to specific acupuncture points and areas along the body. These points stimulate the

nervous system and thereby the function of the organs and the musculo-skeletal system.

- Traditional Shiatsu is performed on a futon (large padded mat) which gives a "grounding" effect for the body. It also provides support for gentle stretching techniques.
- Clients remain clothed during the treatment and no oils or aromatherapy are used.
- The style of treatment depends on the client's needs, and can be gentler or more dynamic.

Gymstick Nordic Walking

By Carole McGrath and Rachel Freeman,
Body & Soul Trainers, Licensed Gymstick Nordic Walking Instructors

We are proud to announce that Body & Soul and Westside Gym are the first BC facilities to implement Gymstick Nordic Walking as a fresh, enjoyable option to its group fitness participants and clients. This innovative fitness concept was designed in Finland, and has recently been introduced to BC. Clients who have used this system to date have found the workout to challenge their strength, coordination, core muscles, balance, and cardiovascular systems in new and different ways. What's even better is that it's all done outside in our beautiful neighborhood parks!

The Gymstick Nordic Walking poles are unique in that they have embedded retractable resistance tubing and come in a variety of strengths ranging from 1 – 20 kg. The convenience of using this new

tool is that it is compact, light, and portable. Here are just a few facts: Gymstick Nordic Walking increases energy consumption by 20%: burning up to 40% more calories than regular walking. It targets every muscle in the body and does a great job of working the smaller supporting muscle groups.

Body & Soul and Westside Gym will offer three levels of these outdoor classes in six week sessions. At Body & Soul, Rachel will be leading the beginner class, focusing on Gymstick Nordic Walking technique and resistance exercises with the poles. Carole will lead the intermediate class, implementing circuit training and new exercises. Darnelle will lead the advanced class, intensifying the cardiovascular workout and building on the first two levels.

Acupuncture

Great news! My name is Peter Wood. I'm the new Acupuncturist joining the wellness team at Body & Soul and I'm excited to be back at work in a fitness center environment. Acupuncture's ancient and rich history has been combined with new standardization by the World Health Organization, and is being rediscovered as one of the most effective modalities to treat musculo-skeletal pain and injury. I've achieved the highest level offered in Traditional Chinese Medicine in B.C., the five-year Doctor of Traditional Chinese Medicine program. I also studied and trained for 2 months in the Anhui Hospital in Hefei, China. My training in acupuncture is in addition to an undergraduate degree in Kinesiology.

We're now midway through another Vancouver summer of fun, fitness, and

sport and some of us are feeling the effects of wear and tear on our bodies. Acupuncture is a way to restore balance and integrity to our beat up bodies, reduce pain, and rehabilitate acute and chronic injuries. Acupuncture increases local and systemic blood flow, reducing healing time. According to the theories of Traditional Chinese Medicine, pain is due to blockage of energy in the body. The effect of acupuncture is to move those blockages restoring proper flow, thereby reducing and eliminating pain. If you're currently working with a chiropractor, a massage therapist, or any other wellness practitioner, acupuncture is a great supplementary modality to speed up your recovery.

Most extended medical plans cover acupuncture. Check with your provider to find out the details of your coverage.

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