



WESTSIDE GYM



state of the art equipment • broadcast vision fitness cinema • spinning • boxing • yoga

Your Workout Choice on the Westside

Having trouble sticking to your new years resolution to stay healthy and active? Westside Gym and staff can help you stay motivated and on task in 2007. Come and enjoy the numerous group training classes here at Westside Gym that will not only provide motivation, variety, and a great workout but will leave you feeling energetic and thirsty for more.

If group training is not for you we also offer personal training to spice up your workouts. Whether you need one or ongoing training when you are finished an individualized program will be given to you that will allow you to continue implementing the new and exciting exercises to your routine.

Looking to get ready for the upcoming road season?

For only \$25 a month you can participate in one of the best spin classes in the lower mainland. With our new bikes and highly qualified instructors you are guaranteed to increase your efficiency, strength, and speed while on the road this summer.

So come in and enjoy the quiet and friendly atmosphere of Westside Gym and let our experts assist you in reaching your fitness goals.



the fitness file™

QUARTERLY NEWSLETTER : SPRING 2007



Body & Soul
health and fitness

personal training • yoga and pilates • massage • chiropractics and rehabilitation • outstanding amenities

Put A Little Spring Into Your Life...



Spring is finally here...and the season of growth and newness is the perfect time to bring a little "rejuvenation" into your life. Start a fitness program, enjoy the benefits of massage, confront some nagging aches and pains you've been living with, or simply discover a great place to do your favourite workout routines.

In this issue of The Fitness File, we'll discuss the world of Massage — what the different forms are and how they can contribute to your overall health and sense of well-being. We'll also talk about a solution to a common repetitive stress injury that too many of us suffer from; a healthy way to bring a little flavour into your life; and we'll introduce you to two people who have made Body & Soul a part of their lives. Finally, a little reminder to all of our readers...bathing suit season is just around the corner!

Massage

At Body & Soul we are proud to offer a variety of therapeutic Massage regimens to our clientele. Since the world of Massage is broad, we are presenting this informative article to assist you in making choices that are right for you.

Massage is the practice of applying pressure, tension, motion, or vibration manually to the soft tissues of the body, including muscles, tendons, ligaments and lymphatic system, to achieve a beneficial response. Massage can aid in the process of injury healing, provide stress relief, manage pain, and improve circulation. At Body & Soul, we offer four types of massage:

- Registered Massage Therapy
- Chair Massage
- Thai Massage
- Shiatsu

continued inside

NEW

the cornerstone of change



Profile: Larry Stefan



I joined Body & Soul approximately five years ago. I sit at a desk all day talking to people, and although I have inherited genes that make me look fit, thin, and muscular (sort of), I suffer from severe 'crippled' (my term for limited range of motion in all my limbs and countless aches and pains). I honestly do not like to exercise, and the old adage, 'use it, or lose it,' I found, really applies to me. If I stop going to Body & Soul for a month or two, e.g., holidays, my body deteriorates and my 'crippled' returns. Also, I am highly social; my trainers know I get bored easily and so are very creative in developing new exercises that challenge and keep me fit while providing me with someone to talk to while I work-out. As a professional psychologist, even I am always amazed at the mental benefits of exercise. I come into Body & Soul totally absorbed in my day's challenges, and exercise is the farthest thing from my mind. I know that if I did not have a commitment to meet one of my trainers at a certain time, I would find many excuses not to exercise that day. Within 15 minutes into my workout, however, my mental outlook transforms. I have forgotten about the problems of the day and leave tired but refreshed, and with a smile on face.

Profile: Karen Stierhoff (Stefan)



I have been working with personal trainers at Body & Soul for approximately four years and can't say enough about the positive and encouraging environment they provide. I've almost always been physically active and strongly prefer high activity sports. I have never liked working out in gyms and really don't like stationary exercise equipment (I feel like a hamster!). Thus, I could never maintain a workout program. My trainers know these things about me and work hard to keep my training sessions focused and challenging. In fact, in virtually every workout I've had there (there's probably been between 150-200 of them so far), I'm asked to do at least one exercise that I've never done before!

Nutrition Tip: Spring Sorbet

For a spring berry sorbet for two, toss 2 cups of frozen mixed berries or strawberries (about 15) into a blender with 4 tbs. of orange juice and, if you like, a splash of lime juice. Blend until smooth, then scoop into two bowls and serve immediately.



Did You Know?...

...Tennis elbow (AKA lateral epicondylitis) is a condition that is more common in other sports, occupations and daily activities than it is in tennis players!

Whether it be golf, rock climbing, computer work/typing, hammering, rowing, or driving, any repetitive movements at the wrist and/or forearm including any combination or gripping, turning, twisting, small finger movements can cause 'tennis elbow pain'. These repetitive strain injuries are caused by long muscles that start at the fingers and wrist and eventually attach to the elbow. These muscles tighten up, reducing blood flow to the area

thereby producing sticky adhesions within and between muscles, tendons, ligaments and/or nerves, causing pain and limited movement and activity in order to (over) protect the area. Once these adhesions form, stretching and strengthening are beneficial but typically only temporarily mask the underlying cause of pain and reduced mobility.

Dr. Case uses a combination of Active Release Techniques, Graston Instruments, (as well as laser and mobilization, and manipulation if necessary) to get at the root cause before stretching and strengthening can effectively rehabilitate the effected area.

Philosophy of Yoga

In any of the different yoga forms, the ultimate goal is to achieve the liberation from worldly sufferings and the cycle of birth and death. Yoga's goal is to ultimately master the body, mind, and emotional self. According to the followers (Yogi), the Yogi eventually reaches the enlightened state of the end of thought and an experience of the union of soul and body.

Common to most forms of yoga is the practice of concentration and meditation. Meditation often will lead to feelings of peace and joy. The focus of meditation may differ from one Yoga discipline to another, e.g. meditation of the heart center or the 'third eye' (the region just above the eyebrow); or meditation on a particular deity, or on a quality like peace.

Massage (cont'd)

Registered Massage Therapy

Registered Massage Therapists (RMT's) have over 2500 hours of education including anatomy, physiology, neurology, pathology, as well as practical skills training in assessment and massage techniques. Some of the techniques used by RMT's are Swedish massage, Myofascial Release, Trigger Point Therapy, and tractioning (of the joints). Massage Therapists also educate their clients about stretching and other remedial exercises. Massage therapy can be beneficial for a number of ailments including muscle strain and stiffness caused by occupational, postural or emotional stress, as well as sports injuries, tendon and ligament injury (tendonitis and sprains), arthritis, headaches, circulatory disorders, anxiety and insomnia. RMT is covered by most Extended Health Plans.

Trigger Point Therapy

A trigger point is a localized area of hyper-irritable muscle fibers within the hypertonic (tight) band of muscle or fascia (connective tissue), which is characterized by pain at rest, upon pressure or with movement. The trigger point often will have referred pain or sensation to surrounding areas and will cause restricted range of motion and weakness. The therapist will try to relieve the trigger point by first warming up the muscle with Swedish techniques, and then applying manual point pressure.

Myofascial Release

Involves stretching of the connective tissue surrounding muscles, joints and tendons to release adhesions caused by injuries, postural habit, stress, and overuse. Releasing adhesions by applying shearing forces, compression or tension in various directions, and by "rolling" the skin and underlying fascia can help to eliminate pain, increase range of motion and help to balance body mechanics. RMT's may also do "deep tissue therapy" (a variation that includes Trigger Point Therapy).

Chair massage

Chair massage, also known as corporate massage, can be a convenient method of massage therapy. A chair massage session typically lasts 12-24 minutes, and is performed while fully clothed.

Thai massage

The recipient wears loose, comfortable clothing and lies on a mat or firm mattress on the floor. The massage practitioner leans on the recipient's body using hands and forearms to apply firm rhythmic pressure to almost every part of the body. Traditional Thai Massage reverses the gradual stiffening that we experience with age. This helps increase circulation, decrease muscle pain and release stress.

Shiatsu massage

Shiatsu is a hands-on technique originating in Japan. Various styles incorporate aspects of Japanese massage traditions, Chinese Medicine practice, and "western" anatomy & physiology. The fingers and palm of the practitioner's hand apply pressure to particular sections on the surface of the body for the purpose of correcting imbalances of the body, and for maintaining and promoting health.