



BODY 'N BALANCE PHYSIOTHERAPY

950 Mosley Street Wasaga Beach, ON L9Z 2G8

705-429-9619

<http://www.bodymbalancephysio.com/>

NEWSLETTER



Elements Yoga at Body 'N Balance

JULY / 2011

An ancient discipline that explores, develops and enhances the body, mind and spirit. Yoga systematically strengthens and lengthens the muscles through out the body, increases circulation and quiets the mind. The style of yoga offered is Hatha, with an Anusara influence. Anusara is a newer style of yoga that is heart-oriented, spiritual and yet has a deep knowledge and appreciation for the body's alignment in poses.

Offerings

6 week yoga packages

Starting: July 26 2011 at Body N Balance

Physiotherapy (upstairs)

Tuesday July 26th– Aug 31 2011 7:15-45 pm

\$72 per person/6 week Yoga package

WELCOME

Laura Connor & Jennifer Tadashore

Laura: a Registered Massage Therapist will be working Monday, Tuesdays and some Fridays

Jennifer: A Registered Physiotherapist working with us on Monday's and Wednesdays afternoons, bringing nine years of clinical experience along with a love of running, cycling skiing and snowboarding to our team.

Stroke support group

Stroke support group open to all people affected by stroke, including care givers, friends and family.

Held every last Wednesday of the month

Sessions held on July 27th and August 31st

in the upstairs of Body n'Balance

For more information please contact Lorie at 705 429 9619

SERVICES PROVIDED AT BODY 'N BALANCE:

- *Physiotherapy*
- *Athletic Therapy*
- *Massage Therapy*
- *Acupuncture*
- *Therapeutic Taping*
- *Yoga Classes*
- *Exercises Classes*
- *Women's Health and Incontinence*
- *Running Assessments*
- *Falls Prevention*
- *Stroke Rehabilitation*
- *Work Related Injury Rehabilitation*
- *Motor Vehicle Accident Rehabilitation*
- *Work hardening*
- *WSIB / MVA*
- *Third party FCE*
- *Peri-natal / pelvic floor*
- *Bracing*

*HELPING YOU
ACHIEVE YOUR
WELLNESS GOALS!*

Affective Responses to Exercise are Dependent on Intensity rather than Total Work.

Purpose: The purpose of the study was to compare affective(emotional) responses for two bouts of cycle ergometry with differing duration and intensity, but equal total work in kilocalories.

Method: Thirty-seven participants (20 male, 17 female, mean age 23.9 yr) completed a multistage cycle ergometer protocol to determine *ventilatory threshold (VT)* and *peak oxygen consumption* (mean = 34.9 mLxkg⁻¹xmin⁻¹). Two cycling trials were prescribed: 30 min at 85% of VT (50.1% VO₂ reserve) and an average of 24 min at 105% of VT (64.7% VO₂ reserve). The length of the 105% of VT bout was adjusted to yield equal total work in each exercise trial.

Results: Using repeated-measures ANOVA, heart rate and exertion were significantly higher, and affective valence was significantly less positive ($P < 0.01$) for the higher-intensity, shorter-duration bout, with no differences in felt arousal ($P > 0.05$). Additionally, affective valence became less positive during the higher-intensity bout ($P < 0.01$) but not the lower-intensity bout ($P > 0.05$).

Conclusion: These data extend previous findings by showing that the decline in ratings of pleasure during higher-intensity exercise is not dependent on differences in total caloric expenditure. Additionally, results from this study support continued promotion of prescriptions that focus on exercise intensity that does not exceed the ventilatory threshold

Cancer Information Night

September 15th 2011, we are pleased to host and open house for cancer patients, survivors and care givers. This evening will provide information and be the beginning of our monthly Cancer Support group

It will be held at 7 pm in the upstairs of Body'n Balance.

For further information and questions please contact Lori @ 705 429 9619

Slow and Steady wins the Race!

Practically speaking, the results of this study indicate that exercise at a comfortable rate will likely result in **more enjoyment and better adherence** with a program than would a program at a higher intensity. Since everyone can not assess their VT (ventilatory threshold), work/exercise at a level that allows you to talk while working out or use the following calculation:

Estimate Your MAXIMUM Heart Rate To Get Your Best Workout Heart Rate:

220- your age=100%
(220-your age)x0.8=80%
(220-your age)x0.5=50%

Generally it is recommended that you keep your heart rate between 50% to 80% of your maximum heart rate for safety while you exercise. Keeping in mind the previous study, try to keep your heart rate between **50% to 65%** to help stick with the program and gain more enjoyment from your workout. As an added bonus, less aggressive workouts put less stress on your heart, lungs, and joints. Remember that walking 3 km versus running 3km use up the same calories and result in the same weight loss but there is no weight lost if you quit the program so **BE SURE TO ENJOY YOURSELF WHATEVER YOU DO!**

Note: A few high blood pressure medications lower the maximum heart rate and thus the target zone rate. If you're taking such medicine, call your physician to find out if you need to use a lower target heart rate. This calculation only gives you an average and should only be used as a guideline. Always check with a health professional before starting a new exercise program.

*Medicine & Science in Sports & Exercise. 39(8):1417-1422, August 2007.
KILPATRICK, MARCUS ; KRAEMER, ROBERT ; BARTHOLOMEW, JOHN ; ACEVEDO, EDMUND ; JARREAU, DENISE*

WE'RE ON THE WEB AND FACEBOOK!

www.bodynbalancephysio.com
