



Rehab Plus
Rehabilitation & Fitness Centre



December 09 Newsletter

THE POWER OF CHOICE by cliff Harvey

"Destiny... is not a matter of chance, it's a matter of choice; it is not a thing to be waited for, it is a thing to be achieved"- William Jennings Bryan

Lasting changes and the reaching of goals results from: belief in oneself, belief in the ability to change and actually committing to actions that both change behavioral patterns and lead to real changes in one's very being.

Everything that we have ever been exposed to conditions us in some way. We condition ourselves into patterns of actions based upon all the relationships that we have been exposed to over our lifetime. This conditioning determines much of how we act and we can end up reacting to situations instead of responding in ways that will lead us closer to the life that we want to be living.

This repetition of acting trains us to act more and more in that fashion! We create neural networks and pathways associated with that thought/emotional process and it becomes our natural set point. This has enormous ramifications for what we see as 'Personality'.

We all have genetic coding that at least partially determines personality and makes us more prone to certain psycho-emotional states. But we reinforce this by repeating actions over and over again (like what happens in strength training). We become better at anything we do through practice and repetition. And the reason we become better in strength activities is not solely because of muscular changes. In fact, in studies of strength, it has been shown that the physiological changes in the muscle are only responsible for about 1/3 of the increases in strength- the rest is due to the creation and localization (where our neural networks become more specific and efficient) of the neural connections in our brain.

Where patterns that become strengthened are negative ones, it leads us into poor health and lowered life satisfaction. Addictions are the most obvious examples of this. But we can change the way we act, just as we can change how we move and how strong we are.

We have the choice and unlimited power to change our lives. By recognizing why we act in the way we do now, we are able to see, moment by moment when we are reacting to situations in a way that is pushing us further away from our goals rather than responding in a way that will lead us closer to them.

When we 'catch' ourselves acting or about to act in a way that is not conducive to the goals we have set, and to becoming the person we want to be, we are able to immediately change course.

By developing our faculty of critical awareness through meditation and mindfulness we can often see the rationale, the motivation for the way we act, even as we are doing it. We can see the events in our lives, past situations, fears and insecurities that lead us to act.

Knowledge is power and knowing the basis for our actions, by seeing the action taking place and knowing where we want to be going, we can change course and create a different path through the way we act.. instead of simply reacting.

Life is a choice. We have in our possession right now, the ability to begin living the life of our dreams. We just have to choose it.



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TIPS FOR HEALTHY EATING OVER THE HOLIDAYS By Paul Plakas

DURING THE HOLIDAYS, THE AVERAGE NORTH AMERICAN GAINS SIX TO SEVEN POUNDS. MANY PEOPLE NEVER RECOVER FROM THIS WEIGHT GAIN AND JUST ADD TO IT THE FOLLOWING YEAR. MAKING HEALTHY CHOICES THIS HOLIDAY SEASON CAN GET YOU BACK TO ROUTINE QUITE EASILY AND KEEP ACHIEVING YOUR FITNESS GOALS.

1. EAT A HEALTHY MEAL BEFORE GOING TO A PARTY-party foods are often very rich and high in calories, if you arrive full, you are more likely to try a small sample.
2. AVOID DRINKING LIQUIDS WITH CALORIES- alcohol, pop, eggnog, special coffees are high in calories making it easy to consume large amounts without feeling full. It is easy to drink in excess of 1000 calories at any one event.
3. HOLIDAYS ARE STRESSFUL-Your body tends to store fat and hold onto fat more easily as a coping mechanism to the stress. Make a point to take some time each day for yourself. Do something that relaxes you. Exercise is a great way to de-stress.
4. WATCH OUT FOR CLASSICAL MUSIC-research shows that when eating out at restaurants that play classical music, you will eat 20% more calories than if no music was playing. Music calms you mind, making you more susceptible to have an extra glass of wine or order a dessert.

MAKE WISE CHOICES THIS HOLIDAY SEASON SO YOU CAN START THE NEW YEAR WITH A SOLID FOUNDATION!

Diabetes and Cardiovascular Disease Current Issues in Cardiac Rehabilitation and Prevention

The prevalence of diabetes (predominantly type 2 diabetes) has been steadily increasing over the years. Diabetes is a well-known risk factor for cardiovascular disease and the overwhelming majority of diabetic patients will succumb to cardiovascular disease sometime in their lifetime. This has led to a number of national organizations to label diabetes as 'equivalent' to cardiovascular disease with respect to risk management and treatment. Therefore, it is not surprising to see a large proportion of patients in cardiac rehabilitation programs with diabetes, with and without overt cardiovascular disease. This is appropriate as many of the elements of cardiac rehabilitation have a favorable effect on the management of blood glucose levels important to the treatment of diabetic patient.

Physical Activity and Type 2 Diabetic Patient

Population-based studies have shown that more frequently active and/or aerobically fit type 2 diabetic individuals have a much lower risk of cardiovascular disease, cardiovascular death and overall mortality compared to their more unfit, sedentary counterparts. Exercise is also an important part of secondary prevention, improving aerobic capacity and healthy-related quality of life in individuals recovering from cardiac events.

For information about THE CARDIAC REHABILITATION AND CHRONIC DISEASE LIFESTYLE PROGRAM offered here at Rehab plus, Please give us a call at 264-4050 and ask for Becky



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705-264-4050.

Happy Holidays!!