



**Rehab Plus**  
Rehabilitation & Fitness Centre



# January 10 Newsletter

## Helping you put your Fit-Goals into Action

New Year- New Goals and Resolutions to achieve. When it comes to fitness Rehab Plus is here to help. As always included with a one-month or greater membership is a fitness assessment with a certified fitness consultant/kinesiologist. The fitness assessment provides baseline measures of your strength and weaknesses, as well the time is also used to discuss your personal fitness goals. From there, a personal program will be designed to suite your individual needs, you will review the program with a certified trainer with follow up appointments as required to vary the training program as you progress.

For more personalized attention each workout, we also offer personal training or small group training (4-6 people) sessions with a personal trainer.

Rehab Plus also offers a large variety of Group Classes offered during lunch hour, after work and later in the evening. Our GroupEx schedule offers classes for both beginner level to more advanced level of fitness in a fun and motivating atmosphere.

For those individuals with medical limitations Rehab Plus also offers a Cardiac Rehab and Chronic Disease Lifestyle Program. The program runs twice a week in a supervised setting with a physiotherapist and kinesiologist and is focused on individual needs.

For more information on any of our services please do not hesitate to contact us @264-4050

## Bringing Back Balance- by Cliff Harvey

Balance- It's a word we use a lot in health and wellness fields. We all strive for a degree of balance in our lives, and when that balance isn't there, we feel, well.. unbalanced.

This feeling of imbalance tells us that at least one of the faces of our health is lacking.

Our mental, emotional, spiritual, and physical healthy are dependent upon one another, and when one is out of balance it affects all the others. It is easy to become overly concerned with one or a few of these areas at the detriment of the others. But really is there any way to succeed and have an enjoyable quality of life if any of these things are drastically lacking? Can you indeed even optimally achieve in any one of these areas if the others are lacking? The answer is no. We are such complex animal that success in one area often leads to success in others. Achievements of a physical nature have a drastic effect on mental and emotional areas, and vice versa. Conversely, failure to achieve in any one area will negatively affect others.

Many of us have the idea that balance is something unachievable and that it is somehow extraordinary. However, all facets of life are intertwined and interdependent and the only way to be healthy is to have balance.

How to have balance?

1. Look at your lifestyle in its entirety and highlight the areas that are less than optimal or that are causing dissatisfaction.

Always bear in mind that your own resolution to succeed is more important than any other. -Abraham Lincoln



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2. Decide what you are going to do about it to improve the situation. Have a plan.
3. Do it now. Avoid putting things off. The best way to deal with procrastination is to simply do what has to be done. Keep on keeping on.
4. Be gentle with yourself. Nothing is going to ever be perfect. The best thing you can do is to make better and better choices over time. If you make a mistake or don't stick to the plan that you have set, don't beat yourself up about it, but do learn from it! Get back on track and remember what happened that time that things didn't go to plan.
5. Be Happy! But you don't have to be satisfied with everything in your life. Many people think they should be content with their weight, their job, their partner, or anything else that is providing a nagging doubt in their mind. While you don't have to be satisfied, you should always be happy where you are now. Dissatisfaction can drive you to make positive changes but unhappiness just clouds constructive processes.

Several additional concepts are important to the creation of balance.

## 1. Quality over quantity

We have become so hung up on analyzing our food choices that most people have become thoroughly confused about what to eat. The reality is that the type of foods we put into our mouths are so much more important than the amounts.

## 2. Do most things right...most of the time.

Our bodies are pretty resilient machines...The reason they break down is not because of the occasional treat or indiscretion but is instead the result of a culmination of negative stressors. If we can make even a small effort to provide good nutrition and a good environment to our bodies, minds and souls, and make small incremental increases in the good things we are giving ourselves while reducing some of the negative inputs, we can achieve a great state of balance without all the stress.

## 3. Take care of the big things...the small things should fall into place!

Nutritional supplements are a great example of where we have become too prescriptive in our attempts to encourage greater health. There are literally thousands of nutritional compounds that can be taken in a supplemental form, and many of them have been proven in studies to have at least some healthful effects. The problem is that if you tried to take them all, you'd be popping pills all day and you'd go crazy in the process.

There are also several contradictory studies and research showing that particular compounds whilst being of benefit to some people may be detrimental to others. Certain compounds also impede the absorption and utilization of others, so it can be very hard to know exactly what you should be taking. The reality though is that most people don't eat anywhere near well enough to worry too much about what supplements they should be taking. Focusing on eating more vegetables and berries and sticking with natural, whole, and unprocessed food choices, grass-fed meats and wild fish, free range eggs, and organic produce amongst other things will provide more benefit than worrying if you are getting enough copper or boron in your diet!

Balance is something we can all strive for and achieve. Happiness and fulfillment are within our grasp and if we choose to live our lives with purpose and clarity we can achieve them, without the journey having to become a battle!



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