



March 10 Newsletter

Importance of Balance- ACSM

Balance is key to activities of daily living, performance, fall prevention and independence. Balance can be affected by muscular strength and endurance, as well as inner ear function and eyesight. It can be maintained and even improved as we age through practicing balance specific training exercises. Research has shown that using specific tools in a safe environment can be effective in improving your balance and enhancing your postural stability (Weslake et al., 2007). Research has also shown that this type of training helps to reduce back, knee and ankle injuries.

Balance and Aging

With age balance tends to decline due to lower muscular strength and flexibility, as well as numerous other causes including inner ear problems. According to the National Institute of Health, 9% of adults age 65 and older report having difficulty with balance. This along with a decline in lower body strength and stability leads to 300,000 admissions to the hospital for fall-related injuries in older adults (NIH, 2007). The good news is that balance can be improved with simple exercises.

Here are some balance exercises using the Bosu Ball



Static Balance Squats



Single Leg Balance



7-40-7



Supine Balance



V-Sit Hip Extension





Rehab Plus
Rehabilitation & Fitness Centre



March 10 Newsletter

Heart and Stroke Fundraiser A SPINNING SUCCESS!! THANK YOU TO ALL THAT TOOK PART!!

Saturday February 28- 12 Teams kept their bike spinning for 8 hours to raise money for the Heart and Stroke Foundation. Thanks to the all the teams effort and supporters we were able to surpassed our fundraising goal and raise \$2,160.00!!!



We hope to see you all out at future events and Thanks Again to all supporters!

Reduce your stress-Heart and Stroke Foundation

Although stress can sometimes be a good thing, too much stress can actually harm your health and increase your risk of heart disease and stroke. Here are some effective stress-busting tips.

Types of stressors-Many life events such as moving, leaving school, changing jobs, and experiencing losses can cause stress. Daily hassles, such as being stuck in traffic, deadlines or conflicts can also be stress-provoking. It's important to identify your stressors so you can learn to deal with them effectively.

Symptoms of excess stress-If you are suffering from high stress levels, you may feel tense or anxious, have headaches, stomach complaints or even symptoms that mimic illnesses. Long-term exposure to stress can also lead to mental health problems, such as depression and anxiety.

Heart disease, stroke and stress-Some people with high levels of stress or prolonged stress may have higher blood cholesterol, increased blood pressure or be more prone to developing atherosclerosis (narrowing of the arteries). If your life is stressful, it can be difficult to lead a healthy lifestyle. Instead of being physically active to relieve stress, you may respond by overeating, eating unhealthy foods, consuming too much alcohol or smoking - reactions that can increase the risk of developing heart disease and stroke.

Responding to stress with anger can also be harmful, since it sets off a series of physiological changes including increased heart rate and elevated blood pressure levels that can increase your chance of having a heart attack. People who are prone to anger are also more likely to turn to unhealthy behaviours such as smoking, excessive alcohol consumption and overeating.

Stress-busting tips

- 1 Identify the source of your stress. Figure out what is really bothering you - it's the first step in managing your stress.
- 2 Be physically active. It can be a great stress-buster and can boost your heart health, too. Be sure to talk to your physician before starting any activity program.
- 3 Share your feelings. Talking to friends, family or co-workers can help you feel better.
- 4 Take time for yourself. In trying to meet everyone else's needs, don't short-change yourself.
- 5 Make time to laugh. It's your body's natural stress-release mechanism.
- 6 Eat well. Don't skip meals because hunger can leave you vulnerable to stress.
- 7 Take your vacations. Getting away from it all is important to your mental and physical health.



Rehab Plus
Rehabilitation & Fitness Centre



181 Dale Ave, Timmins, ON, P4N 1M3,
www.rehabandfitness.net

705-264-4050.