



Rehab Plus
Rehabilitation & Fitness Centre



March 09 Newsletter

NEW TO REHAB PLUS:

Cardiac Rehab is Expanding to Include a Chronic Disease Lifestyle Program

Our existing Cardiac Rehab program is most beneficial for those recovering from a heart condition (heart attack, bypass surgery, angina, angioplasty or stent, and/or heart disease) or for those who may be at risk for heart disease (high blood pressure, obesity, angina, family history, high cholesterol, smoking, depression, stress, poor diet, and/or in-activity).

Our new Chronic Disease program is suitable for anyone with diabetes, COPD (emphysema and chronic bronchitis), asthma, hypertension, obesity, fibromyalgia, multiple sclerosis, osteoporosis, arthritis, and stroke.

The supervised program involves individualized exercise and education to improve heart health and general wellness.

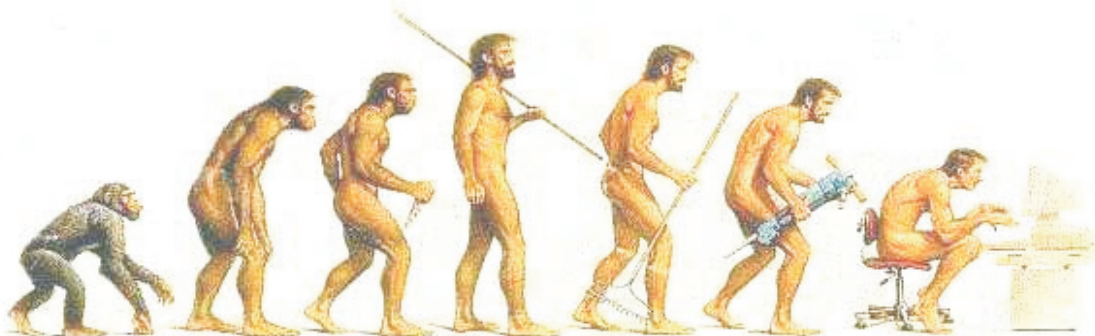
Ask to speak with Becky Millson for more information

Take Active...Get Healthy

YOGA has returned to our GroupEx Schedule every Tuesday at 7:45 pm

What components make up a complete exercise program?

A well-rounded exercise program including flexibility, resistance training and cardiovascular conditioning will provide an individual with the most health and fitness related benefits. Stretching to increase flexibility is not only beneficial for the range of motion of our joints, it also helps to minimize stiffness and tension in the muscles, improves posture as well as circulation. Other benefits also include improved balance and coordination. Resistance training is essential for increasing muscular strength as well as building strong bones. Resistance training also increases energy levels so that everyday tasks are completed with ease while still leaving a reserve of energy for other tasks. Cardiovascular training has many benefits, including a decrease in resting heart rate and blood pressure an increase in respiratory function and an improves the efficiency of the heart. Weight management and an increased stamina are also benefits of resistance and cardiovascular training. Together, flexibility, resistance and cardiovascular conditioning can considerably improve your quality of life. Therefore, it is essential to incorporate all aspects of fitness into your training program to reap all the health benefits.



Somewhere, Something has Gone Terribly Wrong

TRUE ENJOYMENT COMES FORM THE ACTIVITY OF THE MIND AND EXERCISE OF THE BODY; THE TWO ARE EVER UNITED.

- Alexander Von Humboldt



Training the Core

What is Core Stability?

Core stability is the coordinated effort of the deep muscles of the trunk, pelvis, hips, abdominal muscles and small muscles along the spinal column. These muscles contract together to create force used to hold the spinal column in alignment.

Why is it important to train core stability?

The strength of these muscles is less important than their endurance and the co-contraction of the muscles to provide support. Since these muscles must stabilize the spinal column during all movement they must have good endurance with enough strength to counter forces placed on them during extreme activities. The muscles must be equal in strength and contract in correct proportions to maintain the proper posture of the spine during all activities

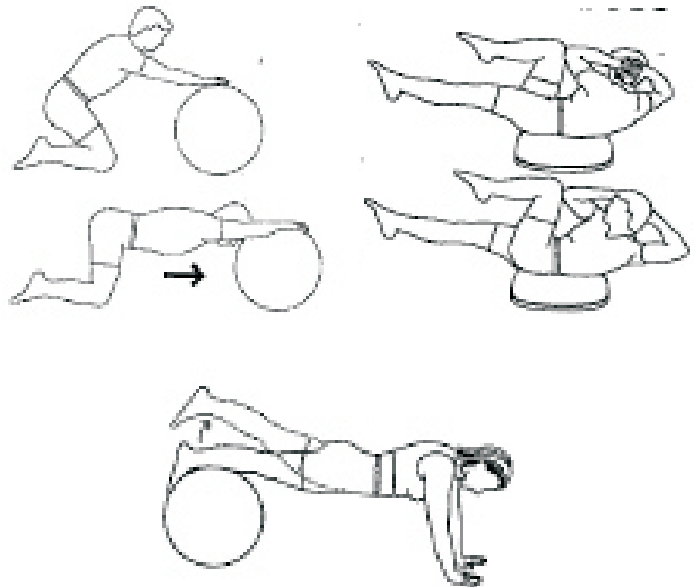
It is important to differentiate between core strengthening and core stability. Core stability deals with the ability to stabilize the spinal column during all movements. This does not pertain to the strength of the muscles or force of their contraction. The muscles involved are also different. Core strength deals with the superficial muscles of the core; the abdominals, the gluteals, adductors, abductors, the spinal erectors and other trunk and hip muscles. Core stability deals with the deeper trunk and hip muscles.

Improving core stability requires working the muscles in their specific function. These muscles are stabilizer muscles and therefore contract with a static or isometric contraction. They do not move, which means they must be worked with static exercises.

Finally, the muscles must be worked in their correct anatomical position. The spine has a natural S-curve that is designed to absorb the most shock and hold the body in correct alignment. Exercises for core stability must place the spine in its neutral position to ensure adequate involvement of all the muscles.

Benefits of core stabilization include: Improved posture, improved balance, movement is more efficient and reduced risk of injury.

Core Exercises:



Rehab Plus offers Core Stability and Yoga as part of our GroupEx schedule, challenge your core muscles and try one of our classes!