

A Message from Adjust

Summer is here and it is warming up! It is time to come out of hibernation and get Active!! Your Physiotherapist can assist with weight loss, weight management and lifestyle management.

To ensure that you are getting the most out of your rehabilitation program make sure you are committing to your recommended treatment plan and if you have any questions or queries do not hesitate to talk to your Physio. Make sure you keep an eye out for more info and specials.

Your Partners in health
The Adjust Team!

Product of the Season...



FISH OIL

Natural Source of Omega3

Fish Oil helps maintain a healthy heart, joints, brain and eyes

ONLY \$17.55 - 250ml

Part 1 - Is our lifestyle slowing killing us? II

Welcome to the first newsletter for the year of 2011. This year at Adjust we really want to partner with you with your health and wellbeing.

We really believe that 2011 can be a significant year and January can be a great starting point to assess your health and fitness goals. So in 2011 be proactive about your health and start to take action today to lose weight, get stronger and relieve yourself of that pain that you have had for over 2 months now.

Did you know that people often just accept that chronic disease and pain is just a natural part of ageing? This is far from the truth. With a proper assessment and regular exercises (i.e. even twice a week Pilates or Yoga could help prevent some aches and pains in your lower back) you can prevent numerous problems. I guess the biggest question is WHY are you putting it off. Stop now and think about yourself in 10 years. Where do you want to be?

Right!! Stop thinking and start doing something about it and get yourself into some regular exercise.

Most Frequent Medical Problems reported to GP's

	2000-2001	2009-2010
Hypertension	8.6%	9.1%
Check-up	5.9%	6.6%
Respiratory	6.9%	6.0%
Depression	3.6%	4.3%
Diabetes	2.8%	3.7%
Lipid Disorders	2.9%	3.5%
Obesity	20.1%	25.9%

I was reading an article last week that was really alarming. It stated that GP's are now seeing on average 25% more people with chronic disease like diabetes, obesity and arthritis (Figure 1). What does this tell you about our lifestyle? We are eating more unhealthy foods, doing less exercise and ageing faster. Is this how you want to live your life? I really hope not because I want to see you healthy and get the most out of your life.

So what can you do about this today?

As a sign that we really want you to be healthy Adjust are offering you a screening assessment, individual exercise program and report on your health normally \$125 for only \$50 until the 18th of February. So if you are interested in this offer call our Coomera or Springwood clinic and tell them you would like to take up the 'Proactive Special'.

I really hope to see you soon!

II Introducing YOGA II

The benefits of establishing a regular Yoga practice are endless. Some of the rewards to be reaped are: Yoga poses (asanas) work on all systems of the body simultaneously, not only on the body's frame but also the internal organs, nervous system and glands; increased muscle strength, tone and length; improved flexibility and increased range of movement of the body; enhanced physical balance; massage and detoxification of internal organs; top-up of energy stores (whereas other forms of physical exercise expel energy out of the body); strengthened immune system; weight control; regulated blood pressure; awareness of the body and mind state; reduction and control of stress; enhanced confidence and self-esteem; improved concentration and focus; release of emotional and physical blocks; improved quality of sleep; and enhanced emotional wellbeing. There are endless modern forms of physical exercise, but the ancient Yogic system of asana exercise is the most complete form of exercise.



Anyone can practise Yoga asanas, regardless of age, religion, physical ability or condition. Many people think that to be able to practise Yoga they need to be flexible, to be able to touch their toes, to look like the Yogi in the magazines, or to be able to get into the 'perfect pose'. No... you can start as you are! There is no 'right' or 'wrong', only the importance to practise safely and stay true to the level you are at. If you suffer from any specific medical conditions your asana practice can be modified accordingly under the direct guidance of a qualified Yoga teacher.

At Adjust we offer general Yoga classes as well as private Yoga sessions to allow techniques to be adapted to meet your individual needs. Programs can be designed specifically for you, and 100% of teacher's time ensures rapid advancement.

The following Sun Salutation sequence (Surya Namaskar) can be practised at home to warm up the spine and help the body gain flexibility.

New to Adjust...



Tamara Shaw - graduated from a Bachelor of Physiotherapy course with very high academic achievement in 2008. She has developed skills in neurology, paediatrics, women's health, respiratory, post-surgical, aquatic physiotherapy and musculoskeletal physiotherapy. Tamara has also undertaken further studies in Pilates and is also a qualified Pilates Instructor. Tamara has developed a passion for private physiotherapy practice and her main interests lie in Injury prevention, Injury management and Rehabilitation through Pilates. You can be assured that your assessment and treatment will be delivered with compassion and the highest quality of care.

YOGA

EXERCISE / RELAX / BREATHE

EXPERIENCE THE WONDERFUL BENEFITS OF YOGA FIRST HAND

	TUES	THURS	SAT
9 AM			CASUAL
6 PM		BEGINNER	
6 PM	CASUAL		

- Bookings Essential at Reception -