

July 2011



CORE Gymball Term 2

Pumpkin Soup

There has been much talk in classes about yummy winter soups. Here's my favourite soup recipe...

4 pieces short cut bacon, roughly chopped
2 onions, roughly diced
3 carrots
1 large butternut pumpkin (or jap works well too)
1 large sweet potato
1 potato
1 teaspoon chicken stock powder
1/2 cup dry red lentils



Fry up the bacon and onion for 2-3 minutes. Add all the other ingredients to the saucepan and then add enough water to almost cover. Cook for 30mins. Blend and serve... YUM!!

Welcome Jenny!

We are excited to announce that we have a new physiotherapist to join the Core Gymball team! **Jenny Opperman** is a physiotherapist who completed further training in Women's Health Physiotherapy. Jenny is excited to be joining the team to run Core classes as well as offering consultations for Women's Health clients.

Jenny has a special interest in pelvic floor physiotherapy and bladder dysfunction and is keen to be part of the Secret Women's Business Information Sessions and consults.

Did you know that 1 in 3 women who have had a baby leak? And more importantly that 84% of these women are symptom free with physio guided pelvic floor exercises?

Jenny and Natasha will now join Amy in offering women's health consultations, allowing more flexibility with consultation times and workshops. More details over page.

Keen to keep off those extra kilos over winter?

Join us for a **cardio class - 5.30pm Tuesday, Thursday 7.40pm and Saturday 8am.** Term3 will have **weekly tips of keeping weight down and some great cooking ideas.** Costs are same as gymball, just punch your card. **Go on, give it a go!!**

Should I sit on a ball at work?

Physiotherapists at Core are often asked whether a gymball is a good replacement for the standard work chair. It sounds like a brilliant idea—you burn more energy (yes, an extra 30 calories a day), muscles work harder and a **Dutch study has shown increased muscle activation and a 33% increase in trunk movement when using a gymball.**

There is a big catch however. When gymballs are used for prolonged periods muscles get tired, people lose concentration and focus and what started out as a lovely posture ends up being a slumped worker with heels wedged under the ball to stabilize it. **A 2009 British study found that gymballs produced a similar amount of slumping to office chairs.**

So what is best? We advise short spurts on the gymball at work or at home. **Try 15-20 minutes at a time—long enough to burn those extra calories, get your postural muscles firing and increase your trunk movement...** but not so long that you slump and load your discs and spine in a negative way. And during that time add a few bounces, heel taps or leg lifts and you will get even more benefit for your time.



We are excited to announce that we are expanding our Women's Health Physiotherapy service

What is Women's Health Physiotherapy?

Women's health physiotherapy is for management of bladder problems such as leaking (or incontinence), urgency and frequency; bowel dysfunctions such as leaking or constipation; pelvic floor weakness or pain and bladder / bowel or uterine prolapse. There are many components to treating these conditions. Physiotherapy treatment may involve education, retraining of bladder, advice on treating constipation and incontinence, assessment of the pelvic floor and strengthening via exercise, biofeedback or muscle stimulation.

Who will be treating me?

We now have 3 physiotherapist trained in women's health physiotherapy. You can make an appointment with Jenny Opperman, Amy O'Mara or Natasha O'Brien. Different physiotherapists are available on different days and times. Amy will continue to offer her normal times including Saturday morning consultations.

Cost?

Initial treatment session (allow 1 hour) \$110

Follow up treatments (30mins) \$70

Information Session on Pelvic Floor, Bladder and Bowel \$110

What if I'm not sure if I need treatment?

This is a great time to do the **information session** and get more knowledge first. In the information session you will learn all about the pelvic floor, bladder and bowel. Some women learn enough at the session, others benefit from a consultation. If you attend the workshop first, your initial consultation is discounted to \$70.

Next Pelvic Floor Information Sessions are

- Monday 4th July, 6.00pm—9.15pm and
- Saturday 13th August 1.00pm—4.30pm.

More details on www.pelvicfloorandbladder.com.au



A study found;

- 62% of women do their pelvic floor exercises incorrectly
- 43% of women are actually causing more damage with the incorrect technique

Get your GP or women's health physiotherapist to check your pelvic floor if you aren't sure!

Term 3 Class Timetable 2011

Term 3 Gymball focus is Bums, Hips and Thighs
Classes recommence from Monday 18th July

Gymball Classes

Monday	5.15 pm	
	6.30 pm	
	7.45pm	
Tuesday	9.15 am	
	6.30 pm	
	7.45 pm	
Wednesday	5.30 pm	
	6.30 pm	Cyclists and Runners
	7.45pm	
Thursday	9.15 am	
	10.30 am	
	6.30pm	
Saturday	9.15 am	

Cardio Classes

Tuesday	5.30pm
Thursday	7.40 pm
Saturday	8 am

Women's Cardio in the Park

Venue; Menai Park

Monday	9.30am
Friday	9.30am

All classes are 1 hour in duration