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ENHANCE Chiropractic and Massage Sports Injury Centre

New Year, New Challenges

Well, it's a new year and the beginning of our second year here at ENHANCE. We'd like to wish everyone a happy and prosperous New Year and thank all our patients for their support and encouragement in our opening year, which many of you know can be tough in small business. 2003 will see new challenges for the clinic as we look to expand our range of services and our involvement in

local and national sport. As the Beach Volleyball Pro tour draws to an end in January, the ENHANCE clinic has picked up the contract for the 2003 Accenture Professional Triathlon series which will run through until mid April. On a more local note, we are also proud to announce our involvement with the Canberra Dolphins Waterpolo team in the National Waterpolo League. This year will involve

our presence at home games and a few away, and will hopefully lead to further involvement in coming years.

On a sad note, this month we must say goodbye to one of our massage team. Michelle McDonald is moving to Melbourne to live. She will be missed at the clinic by her clients and the rest of the staff here at ENHANCE. We'd like to wish Michelle, Glen and the kids all the best in Melbourne.



Special Deals at ENHANCE



At Enhance, we have a number of ways in which we give back to you the patient. Firstly, the Total Enhancement package is a \$10 discount when you get a massage and chiropractic treatment in the same day. We feel that in many cases this can be

beneficial to your treatment and as such would like to encourage you to take advantage of having practitioners in the same place, communicating with one another to give you a better service.

Secondly, if you refer a patient to our clinic, and they name you

on their patient information sheet, then we will send you a \$5 voucher to be used with your next chiropractic treatment or massage. There will also be various specials throughout the year, such as the golf and massage gift certificates.

“Players should always continue moving to keep their muscles warm prior to play..”

Research Corner – Don’t bench your bench players

In sports like basketball, football, and volleyball, it is common practice to have resting or "second-string" players sit on the bench during a game. Yet long periods of sitting can cause low back pain, and unsupported sitting on a bench results in hunching over, which may shift the spinal ligaments and discs out of place and reduce stability. Athletes who warm up for play and then sit on the bench prior to play may therefore have an increased risk for injury.

minutes of bench rest (post-warm-up). Stiffness was measured for forward, side, and backward bends and twisting in this recent study in *Medicine and Science in Sports and Exercise*.

On average, bench rest following warm-up led to increased lower back stiffness. Increased stiffness was present in side and backward bending. Surprisingly, warm-up had neither positive nor negative effects on spine stiffness, however.

sending them into the game, may increase the likelihood of spinal stiffness and back injury. These results may even apply to other sports that involve "benching" players. Players should always continue moving to keep their muscles warm prior to play.

Reference: Green JP, Grenier SG, McGill SM. Low-back stiffness is altered with warm-up and bench rest: Implications for athletes. *Medicine and Science in Sports and Exercise* 2002;34(7), pp. 1076-1081.

Nine male volleyball players were measured for lower back stiffness initially; after a 30-minute warm-up period; and again after 30

The common practice of sitting second-string volleyball players on the bench after warm-up exercises for prolonged periods, then later



Summer Weight Loss Tips

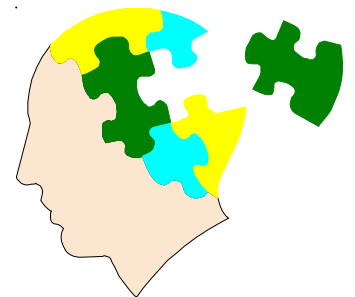
- 1) Cut back on salt for example, foods like crackers, and breads that have embedded salt. Choose sea salt instead.
 - 2) Drink a lot of water, around 1.5 litres per day, spread throughout. At first it will seem that you are always going to the toilet but this will level off after your body gets used to it.
 - 3) Eat lots of fibre. Many fruits and vegetables are high in fibre, as are whole grain cereals. White bread is not good for you because they are not high in fibre, look for breads with "100% whole wheat" on labels.
 - 4) Cut back on meats, eggs, dairy, added fats, such as butter, margarine and oils.
- Lard and butter are among the worst because they are usually saturated fats. Margarine is a hydrogenated fat which is more damaging to your body than butter. If you are going to eat meat, eggs, dairy, or other high-fat foods, try to select low fat versions and be moderate.

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Did You Know ?

- ❖ Giraffes are the only animals born with horns. Both males and females are born with bony knobs on the forehead.
- ❖ When tea was first introduced in the American colonies, many housewives, in their ignorance, served the tea leaves with sugar or syrup after throwing away the water in which they had been boiled.
- ❖ The first television sitcom couple to ever share the same bed on a regular basis was Lily and Herman Munster.
- ❖ At the Pasadena Playhouse, Gene Hackman and classmate Dustin Hoffman were voted the two least likely to succeed.
- ❖ Finland has the greatest number of islands in the world: 179,584.
- ❖ Houdini was the first man to fly an airplane solo in Australia.





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- 5) Fatty foods tend to be low in fibre and overall nutrition. They are high in sugar and calories. Fatty foods tend to be less filling than other foods.
- 6) The concept of "fat-free" food is a deception. All foods have at least a trace of fat--it's the added fat that you really have to watch for. An ideal diet is 10-15% calories from fat.
- 7) Calories from fat do not have the same percentage of fat by weight. Some product labels give percentage of fat by weight like 2% milk, which is 60% calories from fat but 2% fat by weight. Be sparing with sweets, as they are concentrated sources of calories, which means a high proportion of calories to amount of food.
- 8) Limit or avoid packaged foods, which are often loaded with excess salt, sugar, fat and other undesirables, such as chemicals, artificial colours, and flavours and pesticides. Try to eat fresh, whole foods whenever possible. Read the label because sodium/sugar/fat content may appear to be low because the figures presented on label are based on unreasonably small portions. This is done to deceive you the customer, by making you think something is less "junky" than it really is.
- 9) Exercise at least 3-4 times per week for at least 30-40 minutes or more. A good cardio-vascular workout should be at least 20-30 minutes or more. 30-40 min. of aerobic exercise several times a week is ideal, combined with toning or strength training at least a couple of times a week. If you are very overweight start with a 10 min. walk, 3 times per week and go from there. Walk as fast as your body will allow without severe discomfort. Or try a water aerobic class, which will greatly reduce the strain on your body caused by the excess weight and take the stress off your joints.
- 10) It is more important in weight loss with good self-care, specifically eating for health and exercising regularly, eventually your weight will reflect that.

Studies have shown again and again that weight lost rapidly is much less likely to stay gone than fat shed more slowly due to permanent changes made in eating

