

ENHANCE *Your Health*

ENHANCE *Chiropractic and Massage Sports Injury Centre* **ENHANCE News**



Special Interest Articles:

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- Swim Faster
- Kids and TV
- Hydration Tips

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Welcome to the winter edition of **ENHANCE Your Health** for 2008. It will be no surprise to most of you that we've had another busy couple of months. Especially with Jenn leaving. July will see Pete in Wollongong and Melbourne teaching at seminars, and then in the USA representing Sports Chiropractic Australia at meetings and a sports chiropractic seminar over there. For those that manage to find some snow this winter, remember to drink plenty of water whilst out and about. Dehydration can happen on the slopes as easy as it can on the beach, and can be very dangerous

Every now and then, every good publication has to print a retraction for incorrect information. So too it would seem

does **ENHANCE Your Health**. It would appear that Donald Duck was never banned from Finland for wearing no pants, and I was presented with a piece of paper only recently that was in fact folded in half 8 times, exceeding the 7 that we reported in the last issue. Thanks to everyone for actually reading what we write here and putting it to the test! We've got the latest research on wearing a wetsuit during a triathlon for all those doing some off

season training and hoping to hit the summer in a big way, and some research that points out what you might have suspected, but been too busy to act on with respect to your children sitting in front of the computer and TV screen... that's right, It's time to get up and get active! So read on, test our claims and theories and enjoy **ENHANCEing your Health**



Total Enhancement



At **ENHANCE**, we have a number of ways in which we give back to you the patient. Firstly, the Total **ENHANCE**ment 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.

Suiting up for the swim

Making the decision whether or not to wear a wetsuit can sometimes be a decision of speed rather than simply surviving the cold water. The wetsuit feels good when it's on, you seem to float better, but your arms are a little harder to roll over. So at the end of the day, will you be quicker wearing a wetsuit or not? Researchers from Japan recently looked into this to see if you really can swim faster with a wetsuit on. The results of this it would seem are great for the average punter. Usually most ergonomic aids are so small in their effect that it is really only those at the pointy

end of the field that it's going to make a difference to. Wetsuits are different. It would appear that the slower you swim, the more you might benefit from using a wetsuit during the race. Depending of course on how long it takes you to get your wetsuit off in transition, and also whether you are able to increase your arm speed whilst swimming. The effect of the wetsuit it would seem is maximized if you are able to increase your stroke rate, as the wetsuit won't actually improve your stroke length. With the benefit found in this study that less energy is used due to the

increased buoyancy, you have that energy available to increase your stroke rate. You will also find that the longer the race, and therefore the lower your intensity of swimming, the greater improvement you can expect. In this study, improvements of over 5% were seen by some of the swimmers. The take home story from this is: pull out your wetsuit wherever possible, and when training, concentrate on increasing your stroke rate when in the wetsuit.

M. Tomikawa et al. Factors related to the advantageous effects of wearing a wetsuit during swimming at different submaximal velocity in triathletes. JSMS, 2008, 11

"...improvements of over 5% were seen..."

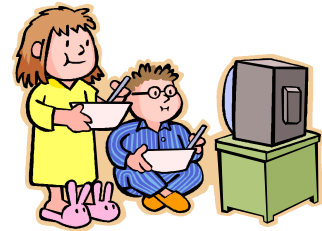


Kids and TV

What effect is the TV or computer having on your child? A study published in a recent edition of the *Archives of Pediatric and Adolescent Medicine* set out to see what effect reducing television time would have on children aged 4-7. One group in the study was encouraged to reduce their TV time with incentives and close monitoring of their time in front of the

box. The group was left to watch as they pleased. Over a two year period, the incentive group reduced their TV time by 17.5 hours a week. The control group reduced theirs by only 5.2. At the end of the two year period, the incentive group had a lower Body Mass Index, whilst the control group had an increase in body mass index. The intervention group

also decreased their food intake on a weekly average. The researchers concluded, "Reducing television viewing and computer use may have an important role in preventing obesity and in lowering BMI in young children." This highlights the impact that a sedentary lifestyle can have on children, along with the snack foods that are often too easily accessible to children



as they sit at the computer or in front of the TV. When the TV is not available, kids will find other activities to do which will generally involve more physical activity or mental stimulation than a television.

Leonard H. et al. A Randomized Trial of the Effects of Reducing Television Viewing and Computer Use on Body Mass Index in Young Children. *Arch Pediatr Adolesc Med.* 2008;162(3):239-245.

Did You Know ?

- ① Traveling by air is the safest means of transport.
- ① Reindeer like to eat bananas.
- ① Lemons contain more sugar than strawberries.
- ① Cats can hear ultrasound.
- ① You are more likely to be killed by a champagne cork than by a spider.
- ① The word "lethologica" describes the state of not being able to remember the word you want.
- ① Botanically, true berries include the grape, tomato, and eggplant, but not raspberries and blackberries.
- ① The largest cell in the human body is the female reproductive cell, the ovum. The smallest is the male sperm.
- ① The first VCR was made in 1956 and was the size of a piano.
- ① Green tea has 50% more vitamin C than black tea.
- ① You are more likely to get attacked by a cow than a shark.
- ① Swedish people drink more coffee than any other race in the world.
- ① Fingernails grow faster on your favourite hand.
- ① A large cumulonimbus cloud can hold enough water for 500,000 baths.
- ① A building in which silence is enforced, like a library, is referred to as a silentium.
- ① 80% of all rose species in the world come from Asia.





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ENHANCE
Your
Health

Hydration on the slopes

With the ski season upon us, it is an opportune moment to revisit hydration. Whilst you may not be beneath the scorching sun as you scorch down the slopes, your exertion levels will still see you losing water through your breathing and perspiration. The detrimental effects of dehydration are often overlooked in sport, and skiing and snowboarding are no different. People commonly fool themselves into thinking that they either have had enough to drink, or that they don't need to drink. EVERY level of dehydration affects your performance. This can be by way of concentration, endurance, co-ordination or muscle strength. This starts at 1% dehydration, not 10 or 20%. The trick to drinking fluids throughout the day is to be well hydrated when you start, and just be topping up. If you try to dehydrate, and then play catch up, it

will **not** work. You should start drinking appropriate fluids from the moment you get out of bed in the morning. 1 cup of water (250ml) every half-hour is sufficient throughout the day. This should continue right throughout your activity. Any opportunity throughout the day should be utilized to maintain hydration. Hydration can be maintained by water if your eating sufficiently as well, however if you are sweating a lot or not eating a good diet, sports drinks are a better choice to maintain healthy hydration. Once you are thirsty, you are already dehydrated. Thirst is a poor indicator.

Facts & Fallacies:

- You **cannot** train yourself to go without water; it simply does not work.
- Yes, you will urinate more when you start this program.
- Drinking water does not slow you down.



- Drinking water properly will not give you cramps/stitches.
- The juice in an orange does not count.
- Coke, coffee, tea and alcohol are all dehydrating products, do not drink them and think you are hydrating.
- Warm water does not hydrate you faster than cold water.

Drink well and ski better!

