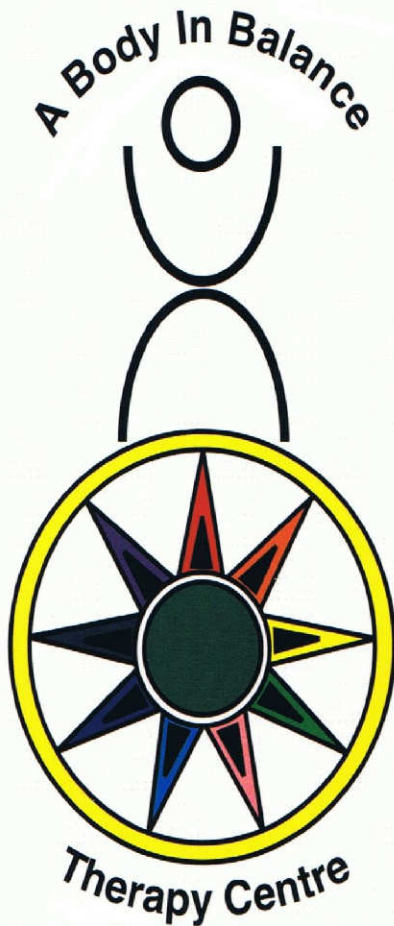


Janice Webber
Physiotherapy Services
&
Tai Chi 4 Health
present



*“Taking care
of you and yours from
Head to Toe”*

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Newsletter

Exercise Ball

Are you wanting to get a start on your end of summer resolutions and are unsure how?

Here are a few helpful hints for proper use if you have recently purchased or have just been storing a gymball (Swiss ball or exercise ball).

The exercise ball is a method of getting back into shape.

- Start slowly and build on your success.
- Place the ball in the corner before you sit on it. It is stable there and you will have less risk of falling off.
- When you go to sit on the ball, place your hands on the sides. This allows you to have control of the balls motion.
- After you have blown up your ball, check to see that your hips and knees are at 90 degrees.
- Start with simple motions such as moving your pelvis forward and backward or pressing your sits bones into the ball from side to side.
- Once comfortable, move the ball out from the corner and continue to practice the movements until they are easy.

You can get some instruction from the booklet that came with your ball. If you have any concerns, or are looking for 1 to 1 instruction or a class where you can get a better understanding of how to work with your exercise ball, please give us a call.

Talk to either Janice or Danyele

Omega 3's



Did you know that those wonderful Omega 3-6-9's can help relieve nerve and joint pain?

These essential fatty acids are necessary for our body to regenerate tissues such as nerves, cartilage, tendons, ligaments and skin.

Here is an easy way to categorize the many faces of these great fats.

Omega 3 has two faces.

- One is found in seeds like flax, hemp, and chia. This one is called A.L.A. This fatty acid is good for general health; such as improving skin, hair, joint lubrication and digestion of fats and cholesterols.
- The other face is found in cold fatty fish such as sardines, herring, and salmon. Some people think that the fish make these particular omega 3's. Actually, the fish eat a smaller food called algae which contain the fats. The fish simply convert them into a source that we can easily digest. This one has two names; E.P.A. is the one used to reduce inflammatory responses within the body. D.H.A. is the one used to increase neural functions.

Omega 6 and 9 are fats that can be easily found in our every day foods. Cooking oils such as olive, sesame, and grape seed are the most common sources. Eating olives, nuts, seed, beans, lentils and avocados can offer you healthy quantities of omega 6 and 9. These fats are important for general health such as the A.L.A from the Omega 3's.

The trick is to make sure you balance all of them in your daily foods to maintain a well lubricated and pain free body.

You can talk to Danyele if you have any questions

Classes start Sept. 14, 2009 - Wide range available so please check our website
www.abodyinbalance.com or call us at (902) 469-3214