

*Janice Webber*  
*Physiotherapy Services*  
&  
*Tai Chi 4 Health*  
present



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

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# Newsletter

## Get Fit for Fall

Fall is a wonderful time for introspection. It's a time to gather all that we have learned throughout the year and be grateful for the many gifts we have received. This can give us clarity on setting new goals for the following year. However, some find that the weather and the lack of sunlight affect their motivation. They gather their bounty and head inside to stay warm. They curl up with a book or catch up with the new TV series. Most of us tend to slow down like the season. Slowing down after a productive day is healthy. Nevertheless, our bodies and minds become restless and heavy during the winter months and our learned lessons stay stagnate until the New Year. At this time, we feel obliged to put our new goals into action in one week. Some of us succeed and some of us loose steam quickly.

If one of those goals is getting fit again, then come join us NOW at our Get Fit for Fall fitness class. We can get you started on a routine that motivates you to keep moving regardless of the weather or the time of day. This class is designed for beginners of all ages. It includes all the components of a one hour daily workout: warm up, cardio, toning, core work and of course, stretching and relaxation. We use little tools and have a great time going through the routine.

Try us out and keep moving towards a healthier you.  
For Classes please contact: Danyelee Belliveau at  
A Body in Balance Therapy Centre 469-3214

## Important info for new moms



Prone to play, back to sleep is the pattern that is now being encouraged by physiotherapists who work with children.

It is thought to lessen the occurrence of SIDS. Research is variable though.

The most important thing about prone to play is that it helps the normal development of shoulder/hand and neck coordination, and strength in the infant. The children who did not do prone to play have had developmental problems later on as they had weakness in their necks and shoulders.

When feeding, there should be a constant comfortable pressure and the infant will eat until filled. If the baby is feeding very often, they often are working too hard to feed. You might want to have this checked by a physiotherapist who is trained in craniosacral therapy.

The baby should turn its head side to side. Watch for this with prone play.

A colicky baby is one who often has had a bit of over bending back of the neck (hyperextension) during delivery. This can be lessened by letting the nerve in the neck that goes to the belly become less overactive. Massage or gentle craniosacral can help with this.

The developmental milestones are particularly important to make sure that your child reaches each one. If you have any questions or concerns, you can check with the children's hospital physiotherapy department or your local GP.

*You can get information and treatment for you baby, infant or child by calling, A Body in Balance Therapy Centre at (902) 469-3214 in Dartmouth or check us out online at [www.abodyinbalance.ca](http://www.abodyinbalance.ca) The physiotherapist, Janice Webber, will be able to assess and treat what your child needs.*