



**Hamish Swainson**  
Acupuncturist

**Qualifications:**  
Bachelor of Health Science  
Acupuncture

**Specialty:**  
Traditional Japanese Acupuncture and Chinese Medicine Techniques. Also performs remedial massage treatments.

**Creek St** - Monday, Tuesday, Wednesday & Friday

**Interests:**  
Mountain biking and Music



**Jenny Ly**  
Osteopath

**Qualifications:**  
BA Applied Science (Osteo)  
M. Osteo

**Specialty:**  
Osteopathy

**Creek St:** Wednesdays & Thursdays

**Interests:**  
Camping & Travel

## Improve your fitness for 2007

**Welcome 2007!** One new year resolution that appears on nearly everyone's list is exercise. To help you maximise your fitness results and keep to your resolution of a fitter you, it helps if you understand the following:

**The harder I workout, the more fat I will burn.** To burn fat effectively, the exercise needs to be pushing you hard enough that you feel physically challenged for instance to carry out a conservation while exercising would be possible but is difficult to maintain. Intensive aerobic exercise is the best for fat-burning—after 20 minutes, you start burning more fat than carbohydrates.

- Buy a few exercise DVD's and work out in your lounge room.
- Invest in a treadmill or stationary bike that you can use at home to keep fit.
- Increase your incidental activity by taking the stairs instead of the lift, getting off the bus one stop earlier, or walking to the bathroom furthest away from you when you need a toilet break at work.

**Evening is the best time to exercise.** According to research, if you hit the gym between 5pm and 6pm, your muscle tone and lung capacity will be both be at their peak, enabling you to push yourself a little bit harder.

**TIP: keep a packet of raw nuts (almonds, cashews, pecans not peanuts) in your gym bag & eat them after your workout—protein will help your muscles recover.**

**Working out with weights can help you lose fat.** Far from bulking up muscles, strength training helps to maintain muscle and the more muscle your body has, the more fat you will burn.

**Exercise increases your metabolic rate for hours.**

Initially, the exercise helps you use additional kilojoules, but afterwards there's an added bonus—your metabolic rate rises by 10 per cent for the next 24 hours.



People will always make excuses not to stick to their exercise plan. We have the fixes for the problems that people say that are stopping them from exercising:

**Problem: I'm always tired.**

**Fix:** You can use exercise to pep yourself up. Exercise pumps oxygen around your body, giving up more energy. To get started, find an exercise buddy, set a goal such as a fun run and invest in a pedometer to motivate you to walk around 10,000 steps each day. If the tiredness continues, see your doctor to check for other underlying causes, such as iron levels.

**Problem: I get bored & lose motivation.**

**Fix:** Combine exercise with socialising. Sign up for salsa or funk dance classes with a few of your friends; choose a workout with fantastic music, such as a pump class; join a group sport such as basketball or soccer.

**Problem: I'm too busy juggling work & family to exercise.**

**Fix:** Try to slot exercise into your everyday activities, such as playing backyard cricket, leaving the car at home and walking the children to and from school, strolling to shop to get the paper, or kicking a football with the children at the end of the day. Keep resistance band or hand weights on your desk and have a 5 minute pep-me-up break. Hand the children over to your partner when he or she gets home from work and go for a walk—even if it's only 15 minutes.

**Problem: I feel uncomfortable at the gym.**

**Fix:** When you feel overweight or unfit, going to the gym can be daunting. Instead, walk and talk with a friend. Walking is one of the easiest, most beneficial forms of exercise. It's good for joints and bones, muscle tone, lung function and coordination. To maintain a healthy weight and get the full health benefits, you need to take between 7,500 and 10,000 steps a day.

**Rewarding you and your body.** Book yourself in for a remedial massage once a fortnight. If your muscles are tight and aching, it will be very difficult to keep with your exercise regime. It is also important for your muscles to be as relaxed as possible so as to prevent injury.

Remember to gain maximise results with exercise you need to have balanced diet. See next month's issue for tips on Smarter Eating.

**Happy New Year !!**

### Assiram Natural Therapies

(Incorporating The Great Aussie Backrub Co.— Corporate Massage Specialists)

**Clinic Locations:**  
**Clinic Contacts:**

**99 Creek St (Cnr Adelaide St)**  
**(07) 3229 0115**

**City Plaza, 69 Ann St**  
**(07) 3229 9334**

REMEDIAL MASSAGE ~ ACUPUNCTURE ~ OSTEOPATHY ~ CORPORATE BACKRUB

# Commonly asked questions about remedial massage...



There are many questions we are frequently asked about massage. Here are the answers to a few, to give you a little helping hand.

## ***Will I feel sore after Massage?***

There is a possibility of tenderness the next day in the muscles that were massaged. At times the pressure required can be quite firm, but shouldn't be too painful. This should not last longer than 1-2 days and it demonstrates that the muscles are loosening up and blood is flowing more readily through the area.

## ***How long before I should rebook?***

This can be decided between the therapist and the client on an individual basis depending on the severity of your condition. Generally it is recommended that a follow up be booked within 7 days to ensure the benefits of the first treatment are continued. On

a long term basis, it is recommended that the average person receives preventative massage every 4-6 weeks for improved health benefit.

## ***Is it okay to exercise after massage?***

It is preferable that nothing too strenuous is done in the immediate hours following your treatment, to prevent the muscles from tightening again. The next day you can start gently exercising and by being aware of how the body is feeling throughout the exercise, you can tell whether or not your work-out is too much too soon. If at any stage you can feel the muscles tightening, it is a sign to slow down. It is essential that you stretch and warm up your muscles before any form of exercise and always warm down after to protect yourself from injury.

## ***What is a Trigger Point?***

A Trigger Point is a painful area of hypersensitivity within a muscle. These can be caused due to a small



injury or misuse of the muscle, or can also be a build-up of waste products. When a trigger point is stimulated it usually reproduces the pain being experienced. This controlled stimulation releases the muscles and alleviates pain.

If at anytime before, during or after your massage you feel unsettled or have an enquiry about what is happening, please don't feel afraid to ask. Our therapists are always more than happy to answer your questions and will do everything they can to make you feel comfortable.



## WHEAT BAGS AUSTRALIA

Wheat Bags are a wonderful item to have lying around the house or office. Used hot or cold, they can increase circulation, relax or warm tired muscles, or can simply be used to help warm or cool the body. Available in all shapes and sizes, the Wheat Bags from Wheat Bags Australia are 100% Australian made and owned and can be purchased and ordered from our clinics.



## Interesting Facts...

You have no sense of smell when you are sleeping



Food can only be tasted if it is mixed with saliva

## What's On?

**RAW** is an exciting women's outdoor activity program offered by Brisbane City Council. It aims to give women aged 16 years and over the opportunity to experience sporting and recreational activities in a friendly environment. The program of activities is designed to suit both beginners and those with more experience. The activities include:

**Kickbiking, Weekend Sailing Courses, Deep Water Running, Beach Volleyball and Beach Touch Football, Scuba Diving Adventures, Discovery Flights, Horse Riding Trail-Ride, Group Boxing, Mountain Bike Riding, Pole Walking, Evening Rock Climbing, Paddling, Abseiling, Snorkelling, Motorcycle Rides, Inline Skating/Rollerblading, Canoercise, Survival Courses, Boot Camp, Shooting, Croquet, Kayaking, Kite Surfing, Self Defense, Boating, Fire Twirling.**

With all these to choose from, you will have no excuse for not getting out and about these holidays!

For more information go to [www.ourbrisbane.com/whatson](http://www.ourbrisbane.com/whatson)