

vol.1  
iss.3

# Changing Perspectives

A newsletter for your health & wellness



## Human Performance Centre

Achieve Your Best  
... We Can Help.

The Human Performance Centre is located at 749 River Valley Drive, Grand Bay-Westfield. November, 2012

### Our Mission is for you to “Achieve Your Best”!

We will help you take your first step through our leading edge services, focus on positive results, commitment to excellence, in a caring and encouraging atmosphere. *Let us help you in achieving your best by doing our best!*

### Ask a Professional

*This issue's question is addressed by Earle Burrows, physiotherapist and CEO at the Centre.*

#### Question:

The company that I work for sets annual goals for business growth and athletes I know set goals for competitions. What does my physiotherapist mean when she asked me what my goals for treatment are?

#### Answer:

Setting goals as part of recovery from an injury or accident is very important. I am now able to speak from first-hand experience. Unfortunately I had a severe cycling accident while vacationing in New Hampshire on July 29th. I sustained multiple fractures, a partially collapsed lung and a minor concussion. Believe it or not my first thought while lying on the ground was **#@##@ I'm not going to be able to cycle the rest of the week.** I am a competitive triathlete, cyclist and runner and hearing the news that I would not be able to stand and weight bear for at least six to eight weeks hit me harder than the pavement. There goes the rest of my race season! Once I accepted that it was me on the other side of the examination table I had to start getting my head around recovering and how I would cope not only physically but mentally. Here is where my experience with goal setting really helped.

**Day two goal:** push 1000ml of air into the incentive spirometer to prevent more serious lung problems. **Day five:** learn to get in and out of a car so I could get home.

**PHYSIOTHERAPY**

**MASSAGE**

**FITNESS**

**Day 15:** take care of my own bathroom duties. Every day I set a new goal. Something I could not have done the day before but not so out of reach that it would take many days to achieve. If I started to look too far into the future such as when will I race again I would get frustrated at where I was and how far I had to go. This is where my wonderful support team of family (extended family including my amazing staff), friends, and patients helped with their daily visits and encouragement. It's OK to have longer term goals but you have to see that what you are doing from day to day is helping work towards that ultimate target. I'm now 12 weeks into my recovery and today I swam 1000 meters, walked 5KM and lifted 10000 pounds (**yes! that's Ten Thousand send me an email and I tell you how**). It's still not where I want to be but each day I am getting closer to **“Achieving My Best”**. I would like to take this opportunity to sincerely thank you for all the well wishing cards, emails, texts, tweets, facebook notes, thoughts, visits, presents, flowers, books, magazines, plants, and prayers. I especially want to thank my wife Gina for without her I would not have made it. **Thank you all!**

*If you're stuck between fact or fiction with a fitness concern, just ask a professional. Forward your questions to Earle at [earle.burrows@humanperformancecentre.ca](mailto:earle.burrows@humanperformancecentre.ca). It's important to do the research first before performing any particular exercise – better to err on the side of caution rather than being relegated to the side lines.*



### Triathlon Success ... Reid Burrows Achieving His Best!

Reid Burrows had a great year racing on the **National Junior Elite circuit** this year. It all started last March when he attended a **Personal Best Triathlon Training** camp in Tucson Arizona. There he met and made an impression on national triathlon coach **Barrie Shepley**. Reid was invited to train with Barrie's **C3 high performance team** this summer in Hamilton, Ontario, where he met and trained with Olympic Gold (2000 Sydney) and Silver (Beijing 2008) medalist and four time Olympian **Simon Whitfield**, London Olympian **Paula Findlay** and London Olympic Alternate **Andrew Yorke** among other top Canadian athletes and coaches. The experience and training was very helpful as Reid placed 16th, 10th and finally 8th in three key races. **He is now ranked 13th in the country for under 19-year old Junior Elites.** Not bad for a 17-year old for Grand Bay-Westfield NB!

We wish him well as he prepares for Canada Summer Games next year. Reid would like to thank the Team at the Human Performance Centre for injury treatment, recovery massage and his tailored high performance strength training program in helping him achieve his best.



## How many pounds do you move during a typical workout?

We often think of our workout routines in terms of the number of sets, repetitions and weight used but have you ever stopped to ask yourself just how many pounds did you move that workout?

You may surprise yourself with the result. The next time you head to the gym record the number of sets, repetitions and weight used for each exercise you do and then do the math.

For example, if you do 3 sets of 12 reps with 10 lb weights that would amount to a total of  $3 \times 12 \times 10 = 360$  lbs moved. Then you do 2 sets of 15 reps with 8 lb weights add another 240 lbs ( $2 \times 15 \times 8 = 240$  lbs). Tally up the total and see what you are moving aside from your own body weight. Our 1 hour class moved on average 6000 lbs just the other day!



## What's New?

The team at Human Performance Centre would like to congratulate **Pat Gallant** for winning our basket full of goodies.

You too could be a winner – simply sign up for this newsletter electronically by going to our website and following the instructions.



clinic **506 738-8299**  
fitness centre **506 738-3554**  
fax **506 738-2824**

[www.humanperformancecentre.ca](http://www.humanperformancecentre.ca)



## Meet HPC's kinesiologist, Sarah Miller

Sarah Miller is a kinesiologist with the Human Performance

Centre. She has been providing kinesiology services for ten years following her graduation from the University of Guelph with a Bachelor of Science majoring in Human Kinetics. Sarah performs functional capacity evaluations, ergonomic assessments, rehabilitation exercise prescription, specialized athlete training, general exercise prescription and group fitness instruction among other things.

You can see Sarah in the fitness centre or she can meet with you in your home for consultation. Outside of her work activities, Sarah has a passion for camping and hiking, officiating ice hockey, a love of animals – volunteering to help them whenever possible – and time to spare for tinkering in some arts and crafts.

**Sarah Miller, Kinesiologist**  
BSc., HK, Ergonomics Consultant,  
Personal Fitness Trainer

[sarah.miller@humanperformancecentre.ca](mailto:sarah.miller@humanperformancecentre.ca)

## It's that time of year again...

## The HPC 24-Hour Spinathon

Let's beat last year's \$3300 success in fundraising for the local food banks.

Join Earle and Gina Burrows at 8:00am on Tuesday, Dec. 4th, as they set sail on their stationary bikes at the Centre for the Annual 24-Hour Spinathon where they will come to a photo finish on Wednesday, Dec. 5th with live broadcasting on-site from CBC as part of CBC's Harbour Lights Campaign.



## A Living Testament

In the spring of 2010 I severely injured my back and was out of work for nine months. I required many hours of physiotherapy at the capable hands of Earle, Sarah and the wonderful support staff.

In December 2010 I underwent back surgery and after six weeks of recovery I was advised by my surgeon that if I didn't continue on with my gym routine, I would likely require more surgery. He also stated I needed to lose weight.

When my physiotherapy concluded I took out a gym membership, lost 50 pounds and resumed my work fulltime. Without the support and expert advice of Earle, Sarah and Scott I don't think I would have recovered so quickly with excellent result.

- Rob Pitman

### Clinic Hours

Mon. and Wed. 7am to 8pm

Tues. and Thurs. 7am to 5:30pm

Fri. 8am to 3pm

*If you've been affected in some way by a positive experience at the Human Performance Fitness Centre, we'd like you to share your story – you never know if what you have to say may help someone else in a similar situation. The wonderful thing about good health and wellness is that it's something that's meant to be passed along – you can't keep feeling good a secret!*