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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. February, 2012



Earle on the left is shouldered by Hance Colburne, CBC radio journalist, who stepped up to the plate – or rather, up on to the seat – for a ride-by-ride interview during the 24-hour campaign. That’s what you’d call a ‘Roving Reporter’!

Thank You!

CBC Harbour Lights 24- Hour Spinathon was another huge success. **We raised over \$3300 for the local food banks!**

Thank you to all who made donations, volunteered their time, cycled, made food for the cyclists and cheered us on.



The Iron in the Man

Earle Burrows is the CEO of Human Performance P.C. – a company providing

physiotherapy, rehabilitation, fitness and ergonomics consulting located in Grand Bay-Westfield NB. He has a Bachelor's degree in Biology from Dalhousie University and a Physiotherapy degree from Queen's University. He is the only Certified McKenzie provider in the greater Saint John area and one of three in the province.

Earle has over 20 years experience as a physiotherapist and an ergonomics consultant. He has a passion for working with endurance athletes and individuals with back and neck pain. He is a member of the Association of Canadian Ergonomists, Canadian Physiotherapy Association and College of Physiotherapists of New Brunswick and sits on the Board of Directors for Triathlon NB. Outside of work he enjoys spending time with his family, promoting health and wellness, and competing in Triathlons – particularly Ironman and 70.3 distances.

If you any specific questions or concerns for Earle, please contact him by phone at the Clinic, 738-8299, or by email at earle.burrows@humanperformancecentre.ca

Our Newest Staff Member



Meet one of our newest members of the Human Performance Team, Scott Andrecheck. Scott joined us in August 2010 and has been an integral part of our treatment team since. He is a graduate of Dalhousie (Masters in Physiotherapy) and UNB (Kinesiology). He is quickly getting a reputation for his compassion and ability to educate his clients in terms that they understand. Check out his exercise of the month posts on our Facebook page.

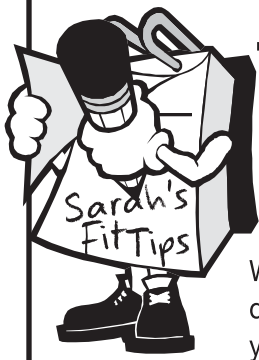
Team HPC

Staff at Human Performance in both the Fitness Centre and Clinic are extremely qualified to assist in many areas of corrective and continued health and physical wellness. From left to right, back row: Alexandra Sullivan, Becky Ryan, Earle Burrows, Becky Daigle, Bonnie Langmaid, and Sarah Miller.

From left to right, front row kneeling: Patricia Sennett, Scott Andrecheck and Bridget Parrish.



PHYSIOTHERAPY
MASSAGE
FITNESS



Technically Perfect... Groove Your Pattern First!

Whether you have been doing an exercise for years or trying it for the

first time the most important thing to remember is to master the movement before increasing the difficulty. You have to groove and perfect the motor pattern before adding speed, weight or progressions. Use mirrors, workout partners or a trainer to help critique your form. If you develop sloppy movement it will be hard to correct it later making it difficult to increase the difficulty or progressions of the exercise.

What's New?

New longer hours! Many of our members have asked for longer hours especially on the weekends. We have been listening and have recently installed an electronic key reader system and security systems. Now our regular members can use the **Fitness Centre** from 5:30am to midnight every day of the week including weekends and holidays. The gym will continue to be staffed by our experts from:

Monday to Thursday 8am to 8pm
Friday 8am to 4pm
Saturday 9am to 12 noon

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



www.humanperformancecentre.ca

Ask a Professional

Question:

Is snow shoveling good exercise?

Answer:

Did you know that shoveling your driveway can be as strenuous as running 15 Km and that one shovelful can weigh more than 20lbs?

Here are some ways that you can minimize the stress and strain and avoid injuring your back, neck or shoulders.

Make sure you warm up before hitting the heavy stuff. Dress properly including slip resistant footwear (add-on ice grippers work great) and try a short walk before you pick up that shovel. Begin with the walkway where the snow is usually not packed. Pushing is easier that lifting so consider using a snow scoop or push shovel. Face the snow you're about to shovel. Always keep

your back in a neutral position, your knees bent and throw the snow forward. Avoid twisting and throwing the snow over your shoulder. Take frequent breaks; don't worry about getting it all done at one time. Stand up straight and walk around periodically to reverse the bent forward position we often adopt when shovelling. Finally if you have a health problem or are not in good shape, do not even consider snow shovelling. Get the neighbourhood kids away from their TV or PC and get them to practice their good deeds. It will make you both feel better!

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. 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.

A Living Testament



Alice Gaunce and Sarah

I consider myself a very active, fit and healthy 80 year old woman. I feel age is just a number and I give it little thought.

Thanks to the Human Performance Centre, I am able to keep active both physically and mentally. I have been working out for about 50 years. I started at the YMCA, then Fit Alley, and now the Human Performance Centre. I attend the morning classes three to four times each week. Following these classes I join the girls for coffee. This social interaction is as important to me as the physical workout.

The gym is part of my life and life style and I encourage everyone to give it a try.

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!

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
- caring and encouraging atmosphere

Let us help you in achieving your best by doing our best!

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