

vol.1  
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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. May 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 Patricia Sennett, physiotherapist at the Centre.*

#### Question:

Sometimes when I exercise I have light bladder leakage. Is there anything I can do to improve this??

#### Answer:

This is called stress incontinence and, yes, there is something you can do on your own. Stress incontinence, which affects women, can have multiple causes such as vaginal childbirth, prolapse of the uterus, obesity and hormonal changes. The common factor in these causes is poor control/strength by the muscles in the pelvic floor. Because these muscles are internal and do not produce an easily visible action when working, they are easily overlooked. Just like the muscles of your arms and legs, the pelvic floor muscles need regular exercise.

To exercise the pelvic floor muscles 'Kegal exercises' are recommended. Lying down or sitting is the best position to start in. To contract these muscles think of your relaxed pelvic muscles as an elevator. The relaxed position is the '1st floor'. Now gently pull up the pelvic muscles as if you were trying to hold a tampon in place. This is the '2nd floor'.

Continue gently pulling up, considering the '3rd floor' as halfway up. At the '6th floor' you should be squeezing tightly. Now slowly release 'floor by floor'. This should be done 10X. Variations can include duration of holding the contraction and speed of tightening. Once you have good control, try the exercise while walking and then advance during more physical exercise. At this point it becomes a brain exercise as well (such as rubbing your tummy and tapping your head at the same time).

If this exercise is difficult to do, you should see your family physician and a physiotherapist for an individualized assessment and exercise prescription. Light bladder leakage is not normal and one should not be embarrassed to seek help to correct.

#### • • • FREE PRESENTATION • • •

**A free presentation on the different types of female urinary incontinence will be given on Monday June 4th, 7 - 8pm, at the River Valley Community Centre in Grand Bay-Westfield. All are welcome.**

*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.*

**PHYSIOTHERAPY**  
**MASSAGE**  
**FITNESS**

### Foot Reflexology... what's that all about?



*Just ask Becky Ryan, our reflexology specialist!*

Popularized in the West during the early 19th

century, treatments have even appeared in ancient Egyptian hieroglyphics from more than 4000 years ago!

The term 'reflex' means automatic response to a stimulus; therefore, foot reflexology could be defined as the **'study and practice of automatic body responses to finger pressure on specific areas of the feet to help the body maintain/attain its ideal balance'**.

By far, the most frequently reported benefits are total body relaxation. Many health conditions have been helped or healed due to its ability to help the body achieve its ideal balance. Circulation and oxygen flow are always improved.

Some generic conditions and problems reflexology has had success in treating include anxiety, arthritis, back pain, depression, digestive disorders, hormonal imbalances, migraines, relaxation, sinusitis, sports related injuries and stress.

For best results a session should last between 45 minutes to one hour. Though tender reflexes may be present, or toxin release symptoms may occur, 90% of clients feel terrific after their session and report a sensation of "walking on air". When tenderness or toxin release symptoms occur they are a necessary part of the body's self-correction process.

Becky Ryan, Reflexologist  
CR

becky.ryan@humanperformancecentre.ca



**Water,  
water,  
water...**  
everybody  
needs to  
drink water!

If you feel tired, sluggish, sore after workouts, always hungry – you may need more water. Most people don't drink enough throughout the day.

Water helps to curb your appetite, boost your energy level, fight fatigue, curb snacking and overeating, and help with exercise recovery. If you feel tired, hungry or sluggish try a glass of water and see what happens. Drink following your workouts and see how you recover.

Do you need 6 - 8 glasses a day? Maybe more, maybe less, but it's important to drink when you are thirsty and more when exercising or in the heat. Drink more if consuming caffeine or alcohol and if you feel hungry since it may just keep you from snacking too much. Flavour it up with a squeeze of lemon or a couple drops of honey.

## What's New?

### Farewell to Scott!

We would like to take this opportunity to thank Scott Andrechek for helping our clients to "achieve their best" for the last two years. He is moving to Pembroke, Ontario, to take a position on the military base to help our Canadian soldiers **achieve their best!** Earle Burrows and Patricia Sennett will be expanding their clinical hours to help fill the void.

New hours are:

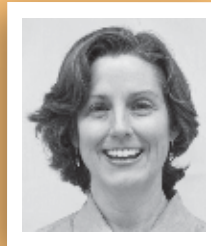
**Mon. and Wed. 7am to 8pm**

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

**Fri. 8am to 3pm**

## May is... National Physiotherapy Month!

National Physiotherapy Month promotes the physiotherapy profession, making people aware of its benefits. These benefits include increased mobility, endurance and confidence. Want to know more? Check out: <http://www.whathealth.com/awareness/event/nationalphysiotherapymonth.html>



## Meet HPC's physiotherapist, Patricia (Trish) Sennett

Trish Sennett has been providing physiotherapy services for 26

years since graduating from Dalhousie University's School of Physiotherapy. She has assisted clients in returning to their daily activities through her experience in Functional Capacity Assessments, acupuncture, manual therapy and mechanical diagnosis as well as exercise prescription. She is particularly interested in treating clients

with back and shoulder pain and female urinary incontinence.

Trish is certified with the Acupuncture Foundation of Canada and is a member of the Women's Health Division of the Canadian Physiotherapy Association and a registered member of the College of Physiotherapists of New Brunswick. After hours Trish enjoys teaching piano, hiking and bicycling with her family, volunteering at her church and preparing for her first ski biathlon.

**Patricia Sennett, Physiotherapist**  
BSc Physiotherapy, CAFCI

[patricia.sennett@humanperformancecentre.ca](mailto:patricia.sennett@humanperformancecentre.ca)

## A Living Testament

► I'm a 72 year old woman who says "**Thank You**" every day for exercise. Four years ago exercise saved my life! I started to exercise in the '70's at Gloria Stevens, but with three children, it was sporadic. When the Fit Alley opened in 1992, I started to exercise on a regular basis and to this day I exercise at least three times a week – some cardio and the all-important weights.

In 2008 I was critically ill requiring emergency surgery and in the hospital for 83 days. My surgeon told me and my family that I would not be alive today if I hadn't exercised and stayed in shape. I am living until I'm 100 and I will be exercising at that time!

**Thank you for exercise and all the help and assistance from the staff of the Human Performance Centre!**

- Marg Lawson

► I started my own business over four years ago and thought with the freedom of working freelance, that the world was my oyster. But not so! I just couldn't find the time to come in to the Centre – I tried, but was too paranoid I'd miss that all important call for new business.

Then I received a gift certificate for a personal trainer to come to the house and help figure out a program for me with what equipment and facilities I had on hand. Sarah came out, listened to my needs and issues to address, and whipped me up a terrific one-hour program, using what I have – including the stairs! Don't be surprised that you likely have more than you'd think on hand to work out; no need to spend a ton of money on new equipment.

My at-home work-out fits the bill for me and my available time right outside my office door. The service of an at-home personal trainer is awesome!

**Thank you Sarah – and HPC – for doing everything you can to help me "Achieve my Best"!**

- Cindy Price, three cats & a designer

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



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

*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!*