

Gift Vouchers Available

Stuck for a gift idea?

Everyone loves a massage!

Gift vouchers are available.

Half Hour \$50

Full Hour \$80

90mins \$105

CHANGE IN HOURS

Due to an increasing number of requests, Chiropractic Helps will now be open every second Saturday morning 8:30am - 11:30am for Chiropractic only. We look forward to seeing you soon. Please also note that Dr Luisa will not be available on Fridays until further notice.

CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal
Mon	am pm	am pm	
Tue	am	pm	am pm
Wed	pm	pm	am pm
Thu	am pm	am pm	am pm
Fri		am	
Sat*	am	am	

* NB Once a fortnight

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chiropractic HELPS

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TOUGH MUDDER!

Welcome to 2012! We hope you had a fantastic holiday period and didn't let yourself go TOO much! Hopefully many of you have promised yourselves to get fit for 2012, Dr Mat and Dr Lu did the same but have taken it one step further and have signed up to complete "Tough Mudder" at the end of March. What's Tough Mudder? Tough Mudder is a hardcore 20 km-long obstacle course designed by British Special Forces to test your all around strength, stamina, mental grit, and camaraderie. For those of you who haven't heard of Tough Mudder before, take a moment to check the internet for some of the videos of the obstacles; wall climbs, rope climbs, 5m leaps into ice filled water, crawling through mud-filled pipes, under and up nets and all generally involving icy water or lots and lots of MUD! Two of the final obstacles involve running through fire and then being zapped by 10,000 volts as you run through dangling wires! An event such as this cannot be attempted lightly so Mat & Lu have been training hard to improve not only their cardiovascular fitness but also upper and lower body strength and endurance and core strength. All of this extra hard training would not be possible however without three SUPER important aspects:

- Regular Chiropractic care to prevent injury, improve flexibility and coordination and ensure we are operating at our peak level
- Weekly massages with Malvern to speed recovery from muscle soreness, maintain flexibility and prevent injury from hypertonic muscles
- Supplements from Metagenics to aid muscle recovery, rehydration and assist muscle growth.

So if you're training for something whether it's a marathon or a run around the park, don't forget to look after your body while it is under the increased stress of training and after your event to speed your recovery. Perform at your peak!



World's Greatest Shave 2012 and Movember 2011



Mat and Mal are once again participating in World's Greatest Shave and hoping to surpass their last years total of over \$2000 raised. Any donations are always appreciated with proceeds going towards leukaemia research. Donations can be made to the Nude Noggins at the clinic or at:

<http://my.leukaemiafoundation.org.au/NudeNoggins>

Also for those who donated to Movember and were wondering what our total was, Mat and Mal raised \$1864!

The greatest compliment you can give your chiropractor is a referral!



Now that our illustrious chiropractic duo have taken on the Tough Mudder challenge they have set into motion a pretty rigorous training regime to get themselves to the finish line, hopefully in one piece. Six days a week of physical training and with the challenge less than eight weeks away they have an almighty task ahead of them. They will have to eat right, train hard, and get adequate rest and recovery to fine tune their body. Massage will play an important role in helping Dr Mat and Dr Lu get the muscular recovery they need to go out and train everyday. At this stage, it is important to prevent injury and improve muscle condition. Sports massage helps to increase the blood flow, providing nutrition and oxygen to the fatigued and aching muscles and aids in re-establishing proper muscle tone and removing any knots and adhesions that will cause restrictions to muscular efficiency. Needless to say replacing your body's resources with high quality nutrition and replenishing lost fluids are very important and should be part of the big plan.

The speed of your recovery correlates to your level of fitness. Therefore the faster you can recover from a hard training session the quicker you can go out to train and as a result, take you to higher levels of fitness. So, whether you are training for a 5km fun run, a marathon or crazy enough to put yourself through Tough Mudder the principles are basically the same. Training is but one aspect of the program, it needs to go hand in hand with diet, rest, recovery and mental tenacity to see the plan through.

Hopefully, this year of the Dragon will be your year of outstanding achievement. Take up the challenge !

YOGA

The new yoga term has commenced and we also have a new Yoga teacher, Sarah Cummins. Sarah is a qualified yoga instructor who comes highly recommended. Sarah's classes are suitable for students with previous yoga experience as well as those who are just starting out on the path of yoga. If you have any health conditions or are concerned about an injury and not sure if Yoga is for you then please feel free to ask Sarah or Dr Mat and Dr Lu. All classes are pre and post natal safe.

Classes run for 75 to 90 minutes beginning with some gentle warm ups before moving into classical hatha yoga postures interspersed with 'vinyasa' style sequences and finally finishing with savasana and guided meditation. Mindful breath and movement are key focuses throughout every class.

Yoga is on Thursday evenings 6:45pm and we have just added a **Monday evening** class at the same time. If you are interested please let us know ASAP as spaces are limited.



STOP THE PRESS!

Unfortunately, owing to a motorcycle accident involving a careless car driver, Dr Mat's training for Tough Mudder has had to take a back seat to recovering from his injuries. Dr Mat still hopes to be able to complete the event, however this will come down to his body. Fortunately he has the best of care around him to speed his recovery! This is also a timely reminder for car drivers to be more motorcycle aware, a moments inattention in the car can have dire consequences for someone on a bike.

2 WEEK EXPRESS DETOX

Some of you might remember from our last newsletter the 2 week express detox. This is still available for anyone wanting a kick start to the New Year especially after the holiday celebrations. We usually have stock available however considering it's popularity it may be best to call first in an order so you don't miss out!