

HEALTHY HABITS

OFFICE NEWS!

Need to kick start your exercise program after the winter? Join us for **BOOT CAMP** starting April 16 at 5:30 PM. Call to register for the 4 week program.

A year has passed since our last newsletter and we have lots of exciting changes in the office to write about. 2013 started off with a move to our new location in Nottawa on January 28 and we are enjoying our brighter and larger space. A big thank-you to Rick Koen and his crew who got us into our new home on time. We share the building with Dr. Lorna MacDougall who previously had a family practice in Creemore. You will find new faces at the front desk from last year– Cathy is staying on board with our newest member, Deanna.

With the increase in space, we are planning to implement various group programs this year. This month we are starting **BOOT CAMP** and are offering 8 sessions twice weekly on Tuesday and Thursday evenings from 5:30-6:30 pm at a cost of \$40. We plan to offer a series of these 4 week classes. If you are having trouble finding the right type of exercise to get you started, this could be what you're looking for. The classes will be fun and you can challenge yourself over the 4 weeks. If Mother Nature cooperates we will be moving into the backyard. We would love to see you there!

Wendy has just completed her **Bonefit** course through Osteoporosis Canada and is developing Osteoporosis exercise classes which will be offered sometime in May.

Ivana is starting courses in **Pilates** instruction and we plan to offer classes in the Fall targeting the maturing population. These classes will teach you exercises you can use to remain active over the winter months.

We offer **NORDIC POLE** walking instruction. The *Urban Poles* we sell are Canadian made and developed by an Occupational Therapist in Vancouver. Nordic walking has been shown to increase calorie burning by as much as 40%, increase your cardio output by 10-15 beats per minute and has numerous benefits for bone health.

Wendy continues to instruct patients in **CardioRehab** with individualized recovery programs.

We prescribe and fit custom **Footmaxx Orthotics** and expect a new Spring catalogue in late April. Call for a free gait analysis.

OSTEOPOROSIS

Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and leading to increased risk of breaking a bone. There is no single cause for osteoporosis and it is often called the 'silent thief' because bone loss occurs steadily for many years without experiencing any symptoms. Building strong bones during childhood and adolescence can be the best defence against developing osteoporosis (OP) later in life.

FACTS:

- Approximately 2 million Canadians have been diagnosed with OP
- Peak bone mass is achieved at an early age, age 16 in girls and age 20 in men
- 1 in 4 women and at least 1 in 8 men over the age of 50 have OP
- A 50 year old woman has a 40% chance of developing hip, vertebral or wrist fractures during her lifetime
- 80% of hip fractures are osteoporosis-related and 23% of patients who fracture a hip die in less than a year

The best way to understand your individual bone health is to have BMD (Bone Mineral Density) testing done using a DXA test. This T-score is compared to the bone density of an average young adult along with age, gender etc. and a 10-Year Fracture Risk is determined.

“Those who don't make time for exercise will have to make time for illness.”