



**Apple Creek**

**Sports Medicine Centre**

Season's Greetings Newsletter 2010



**Apple Creek Kids K was a success!**

On Sunday, November 7<sup>th</sup>, 2010 the first annual Apple Creek Kids K was held at the Angus Glen Half Marathon. The Kids K was a great success with over 85 participants! The entire event raised \$70,000 for the Markham-Stouffville Hospital!

Apple Creek Sports Medicine Centre is thrilled to be part of a new event aimed at healthy living through sport for kids under the age of 12. Thank you to all who participated and showed their support.



**Personal Training & Strength And Conditioning Are Coming To Apple Creek...**

Why Workout with a Trainer at Apple Creek?

- Ensure that you are using the correct form when performing exercises
- Help to prevent injuries while working towards achieving your fitness goals
- Follow a training program designed specifically for you by your trainer to help you reach your personal goals and improve your performance in sports
- Learn how to use a variety of exercise equipment and techniques to prevent boredom in your training routine
- Work with trainers that have a strong knowledge of anatomy, biomechanics, physiology and training principles
- Stay motivated!

**Meet your Apple Creek Trainers**

- Kristin Boyle, Certified Athletic Therapist and Certified Strength and Conditioning Specialist
- Shannon Weekes, Registered Massage Therapist and Certified Kinesiologist

**For more details contact Kristin at [applecreek.kristin@gmail.com](mailto:applecreek.kristin@gmail.com)**

**Use Massage Therapy Benefits Before The New Year!**

Many people don't realize what coverage they have for massage therapy through their work benefits. It's not too late to use your benefits before the end of the year. Generally people find the holidays to be a stressful time, so it is a perfect time to come in for a massage! Massage therapy helps to decrease stress, increase relaxation and reduce tension in tight muscles. Make sure you take time for yourself during the holidays to take care of your health!

**Gift Certificate for a loved one**

**4 Nations Win – Stef Moser**

**Beating the Holiday Stress with Dr. Joanne Dawe, ND**

The holidays are supposed to be a warm and inviting time, full of memories and joyous celebration. However, it is also a stressful time dealing with family, parties, shopping and cleaning. Here are some tips to help manage and minimize the stress over the holiday season so you can enjoy it and look back with fond memories.

**Tip #1 – Do Not Let Yourself Become Overwhelmed**

- Life Coach Debbie Robins has the *Magic Rule of 3* to help people minimize the stress of becoming overwhelmed with everything that needs to be

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accomplished. First, make a big list of everything that needs to be done from shopping, to cleaning, to cooking. Then pick the 3 items that need to be done first and put the list away until those 3 items have been completed. Bring out the list only once those items have been completed and pick the next 3 items. This should make your multiple tasks manageable.

### **Tip #2 – Have Realistic Expectations**

- Everyone must realize that no matter how much planning and work goes into creating the perfect holiday, there is no such thing as perfect so do not start stressing over small things that may not go according to plan.

### **Tip #3 – Recognize your Stress Triggers**

- Different people or situations can trigger stress and if you learn your triggers then you can learn to deal with them. For example if your mother is always hovering over the meal preparations and criticizing what is being done then offer to let her do the cooking.

### **Tip #4 – Take Care of Your Body**

- Getting enough sleep and having optimal immune function are very important in dealing with any stress associated with the holidays and not letting it run you down. Even though the holiday season is a time for socializing make sure you are taking time for yourself, a nice walk or a long bath, to recuperate from all the holiday festivities.

### **Tip #5 – Try Some Deep Breathing**

- Deep breathing is a great way to refocus both the mind and body and bring you back to the present. If you feel yourself becoming stressed and overwhelmed practice 5 minutes of deep breathing and see how calm you feel afterwards.



### **How Osteopathy can Help Cure Your Headache with Gennady Vaserbakh, DO(MP)**

A famous English truth says, “A crown is no cure for a headache”, but what is? Most of us suffer from headaches at some point in our life and unfortunately, many of us are significantly impacted by them. We try to treat ourselves with aspirin, acetaminophen, or some other type of chemical

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remedy in attempt to remove the pain, without treating the cause.

The causes of headache are many and varied. Some are life-threatening, but the majority are migraine, tension headache, or a combination of both. For the most part, the brain is insensitive to pain, but the arteries, muscles, mucous membranes of the sinuses, ear, teeth, and the scalp are all pain-sensitive structures. Often muscles just below the head and upper neck, as well as several sensory cranial nerves may lead to headaches.

Tension headaches are the most common form of headache, of which there are generally three types. First, emotional tension headaches are usually a result of stress or depression; these forms of headaches are also associated with anxiety, anger, and unresolved conflicts, and are often located in the temple and frontal region of the head. Second, postural tension headaches result from postural imbalance, abnormal spine mobility, and poor posture while sitting or standing. Lastly, muscle tightness, grinding of the teeth, and fatigue can lead to tension headache.

Osteopathic treatment can help cure the cause of your headache. Osteopaths are trained to optimize your natural healing capacity by addressing the primary cause of the pain, whether it is biomechanical, neurological, respiratory/circulatory, metabolic, or psychological. Your osteopath will treat the causes of your symptoms based on your present health and previous injuries. By investigating the many inter-relationships between structure and function that can cause a headache, the goal of the osteopath is to remove the structural barriers that prevent normal function and health.



***From The Staff at Apple Creek!***

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