



Apple Creek

Sports Medicine Centre

Spring 2011 Newsletter – Fitness Edition



Congratulations to John and Stef!

Apple Creek Sports Medicine Centre is proud to announce that Stefanie Moser and John Sage were selected to be part of the medical team at this year's winter games in Halifax, N.S. in February. John was chosen to be an Athletic therapist for the boys and girls Ontario Provincial Hockey teams while Stefanie was an Athletic Therapist for a wide variety of sporting events.

The Canada Games are held every two years, alternating between summer and winter and are key events in the development of Canada's young athletes. Canada Games athletes are Canada's next generation national, international, and Olympic champions. Apple Creek continues to encourage and support The Canada Games as they are a catalyst for the growth of sport and recreation across the country.



Apple Creek Welcomes Dr. Mathieu Turgeon to the Team!

As of March 16th Apple Creek welcomes a new chiropractor to our team, Dr. Mathieu Turgeon.

Mathieu was born in Pointe Claire, Quebec, and raised in Unionville, Ontario. Mathieu began Trampolining in 1990 and made the National team in 1994. He has represented Canada in many International Trampoline events. Mathieu was a Bronze medalist at the 2000 Sydney Olympic Games. He and his wife, Karen, a fellow trampoline Olympian, both coach at Skyriders Trampoline as well.

Mathieu attended the Canadian Memorial Chiropractic College and graduated as a Chiropractic Doctor in 2008. Since graduation, Mathieu has worked in a clinical setting, treating a variety of patients.

Mathieu's Treatment hours will be:

Wednesday evenings (4pm -8pm)

Friday mornings (8am-1pm)



8 Ways That Regular Exercise Can Help You Stay Healthy

Do you want to feel better, boost your energy levels, and even decrease your risk of chronic disease? If your answer to any of these questions is yes, then regular exercise may be just what you need and Apple Creek is here to help!

There are endless benefits that we can get from regular exercise, regardless of age, sex, and baseline fitness level. Here are just 8 ways that exercise can benefit you:

1. **Improve your mood-** Physical activity stimulates the release of brain chemicals, such as endorphins, which will make you feel happier and more relaxed after working out.
2. **Combat chronic disease-** Regular exercise can also help you to prevent, or manage, high blood pressure. It can also help to control your cholesterol by boosting your "good" cholesterol (HDL) while decreasing the "bad" cholesterol (LDL). Lowered blood pressure in combination with decreased bad cholesterol keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. Regular physical activity has also been proven to lower the risk of type 2 diabetes, osteoporosis and certain types of cancer.
3. **Promote better sleep habits-** Regular physical activity can help you fall asleep faster and deepen your sleep, which in turn will leave you feeling more rested, productive and in a better mood the next day.
4. **Boost energy levels-** Regular Physical activity helps to make your cardiovascular system more efficient as well as the delivery of oxygen and nutrients to your tissues. When your heart, lungs and muscles work more efficiently, you'll have more energy to do the things you enjoy.
5. **Manage weight-** When you exercise you burn more calories, both during and following your work out, you increase your metabolic rate, and you decrease your percent body fat while you increase your lean body mass. This will leave you feeling and looking better!

6-2 Corby Road, Unionville, On L3R 8A9 Phone **905-475-0484**

applecreek@gmail.com website: www.applecreeksportsmedicine.com



Apple Creek

Sports Medicine Centre

- 6. **Decrease risk of osteoporosis-** Regular exercise, especially weight-bearing exercise and strength training, reduces the risk of osteoporosis, and can even reverse it by building bone tissue.
- 7. **Enhance coordination and balance-** Exercise can help to improve your coordination and balance which can help to prevent injuries, help you to react faster to uneven surfaces and trips, giving you the confidence to try new activities.
- 8. **Fun-** Exercise doesn't need to be an individual activity; it can be a great way to spend quality time with family and friends! Go for a hike, a bike ride, a round of golf or try something new and exciting...like one of our fitness classes.

Apple Creek offers both one on one personal training and group fitness classes to help you reach your fitness goals. Please check out the **performance lab** section on our website or contact the clinic for details as to how we can best help you!

Also, scroll down to see the attached performance lab schedule. New fitness class sessions start the week of March 28, 2011, so sign up today!



The Power of the Green Smoothie- Dr. Joanne Dawe, N.D.

A smoothie can be a great addition to any diet and by adding some healthy greens it can provide even more health benefits including:

- Adds a variety of vitamins and minerals in an easy and delicious way
- Increases energy
- Regulates digestion and supports liver function
- Decreases cravings for sugary, salty and processed foods
- May stabilize blood sugar

The following is a recipe for a **Simple Green Smoothie**

- 1 banana

Spring 2011 Newsletter – Fitness Edition

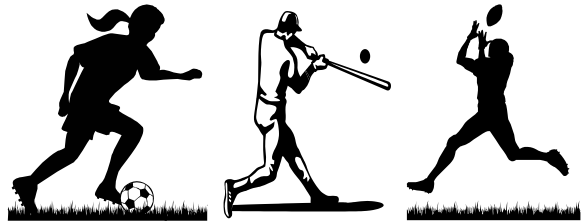


- 1 cup blueberries – one of the best anti-oxidants
- ½ cup frozen strawberries or pineapple
- 5 oz of spinach or 5-10 kale leaves
- 1 ½ cups of water, almond or hemp milk – you can also use in combination (Add the water or milk first, then the banana and then the rest and blend until smooth.)

Tips:

- Vary your greens – different greens offer different nutrients, so try spinach, kale, lettuce, swiss chard, bok choy and beet tops.
- Try some cooled down green tea instead of water or milk for an extra antioxidant hit
- Try adding 1-2 tsp of cinnamon for flavor and to help regulate blood sugar levels
- Remember that a scoop of protein powder can always be added

ENJOY!!!
Dr. Joanne



Do you know someone who would benefit from our services?

Why don't you tell them about us and see how much better they feel.

We always appreciate your support.

We are also available to talk to coaches/athletes about proper stretching, nutrition, injury prevention, and injury management!

6-2 Corby Road, Unionville, On L3R 8A9 Phone **905-475-0484**

applecreek@gmail.com website: www.applecreeksportsmedicine.com