



# **Apple Creek**

## **Sports Medicine Centre**

Seasons Greetings Newsletter – December 2009



 Apple Creek is happy to welcome, chiropractor and medical acupuncturist, **Dr. Micheline Joubran** and Massage Therapist **Shannon Weekes** to the team. Dr. Joubran will be practicing Tuesdays, Thursdays and Saturdays and Shannon will be practicing Mondays, Tuesdays, Thursdays and Saturdays. Call Apple Creek to make an appointment with either practitioner.

 Apple Creek would like to congratulate John and Kristi Sage on the birth of their first son. Cole Fergus John Sage arrived Monday, November 23<sup>rd</sup>, just in time for the holidays. **Congrats!**

 Stefanie Moser has successfully completed the **Medical Acupuncture** program at McMaster University. Feel free to ask how acupuncture may benefit you.

 Feeling stressed out this holiday season? Come in and see one of our practitioners and take advantage of your **extended health benefits** before the year is over.

 Wondering what to get your loved ones for Christmas? How about the **gift of massage** at Apple Creek. We have massage gift certificates available for 30, 60 and 90 minute denominations.

 The **Performance Lab winter schedule** is now available. Classes include Yoga, Pilates, Strength FORE golf, Intro to core strength on the exercise ball, Bosu training and Yogalates. Check out our website to view the calendar and see a description of the programs that are being offered. Next time you are by the clinic, stop in to see the new facility.

### **Keeping Healthy for the Holidays with Dr. Kristin Heins, ND**

Many people equate the month of December with festivities, food and a fear of the scale. Health goals and weight management need not fly out the window with Santa and his sleigh this holiday season. Below is a list of quick solutions to help you and family enjoy yourselves and optimize your health over the holidays.

1. **Keep Moving** - Spending time with loved ones doesn't have to be done around a table. Outdoor activities such as

snowshoeing, tobogganing, skiing, or skating are all group activities that get you moving and enjoying the outdoors.

2. **Plan Ahead** – Scheduling can get hectic in December. Take time at the beginning of each week to schedule in your exercise. Make it like any other appointment and you're more likely to stick with it!

3. **Portion Control** – Many of our favourite dishes come out over the holidays. Be mindful of portion sizes and allow yourself "tastings". You'll satisfy your craving without sacrificing your waistline.

4. **Party Tricks** – Make social interaction the focus and not food. Choose smaller plates to help you manage your portion sizes. Eat healthy and satisfying meals the day of big events. If you go starving you are more likely to make unhealthy choices.

### **De-stress for the Holidays with Massage Therapist Shannon Weekes**

Feeling Stressed during the holidays? Just take a minute and **BREATHE!** Deep diaphragmatic breathing is the easiest way to de-stress this season. When we're stressed out we tend to take very shallow breaths which don't take advantage of our full lung capacity. Diaphragmatic breathing helps you use the whole lung which allows you to bring in more oxygen and relax the tight muscles in the chest.

Follow these 4 easy steps throughout your day and feel the stress melt away:

**Step 1:** Take a deep breath in through your nose and try to fill up your belly like a balloon. Slowly exhale through your mouth.

**Step 2:** Put your hand on your ribcage and take a deep breath to expand your ribcage out into your hands. Slowly exhale through your mouth.

**Step 3:** Take a deep breath through your nose and fill your upper chest. Slowly exhale through your mouth.

**Step 4:** When you feel comfortable with the first three steps, combine them into one big breath. Take a deep breath in through your nose. Fill your belly, then your ribcage then your upper chest. Slowly exhale through your mouth.

Practice this technique whenever you need a break in your busy day, and feel the difference deep breathing can make.

**From everyone at Apple Creek we wish you the best in health and happiness this holiday season!**

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

[applecreek@gmail.com](mailto:applecreek@gmail.com) website: [www.applecreeksportsmedicine.com](http://www.applecreeksportsmedicine.com)