

Vol 01 - Summer 2016

MOVEMENT

HEALTH & FITNESS
MAGAZINE



FREE - GRATUIT

LET US KNOW!

Do you have any health related topics that you would like us to cover in our next issue?

Please let us know at info@lemovemint.ca

FROM THE EDITOR



GABRIELLE BABINEAU
Owner, MOVEMINT

Welcome to the first edition of MOVEMINT's Wellness Magazine! My role as a kinesiologist is to encourage others to live a healthy and active lifestyle by promoting the countless benefits of physical activity.

Personally, I feel it is important to have a local magazine to promote community events, local health services, and to help you make informed decisions regarding your health. Too often we are faced with numerous health related claims on tabloids or the internet that significantly lack scientific evidence. I believe education and health awareness goes a long way in chronic disease prevention. I am dreaming of a community where health professionals come together and share their expertise as a multidisciplinary team, in order to provide the best and safest services to the population.

We hope this is the beginning of a long and positive journey to guide you in your personal quest to achieving personal health.

We hope you enjoy the magazine and please reach out if you have any questions or need help. All the best in your healthy & active journey!

MEET THE TEAM



MARTINE CHIASSON
Certified Kinesiologist,
PhD Candidate

Proud mother and wife and I have a true passion for everything related to health, lifestyle, and exercise (especially with the pre- and post-natal population)!



MELISSA DOUCET
Designer

Mommy to two little boys, graphic designer and photographer in my spare time.

Printing:

Taylor Printing

Photo: Caro Photo
et Melissa Béchard

Advertisement:

(506) 378-1174

info@lemovemint.ca

Amis francophones. Je ne vous ai pas oubliés. Je suis très fière de ma langue maternelle, toutefois, pour cette première édition j'ai pris la décision de publier seulement en anglais.

Ne vous découragez pas, dès le second numéro, vous pourrez choisir la publication dans la langue de votre choix.

Thank you to our local contributors / Julie Belliveau, Patrick Girouard, Amanda Boudreau-Goguen, Nancy Bulger, Jérémie Chiasson, Julie Melanson & Rick Snyder

DUE TO LIMITED SPACE IN THE MAGAZINE, PLEASE NOTE THAT ALL REFERENCES FOR THE ARTICLES ARE AVAILABLE ONLINE AT:
WWW.LEMOVEMINT.CA

Please note that MOVEMINT is not responsible for any injuries. Please consult with a physician prior to starting a moderate to high intensity exercise regimen

NEXT EDITION

11/16

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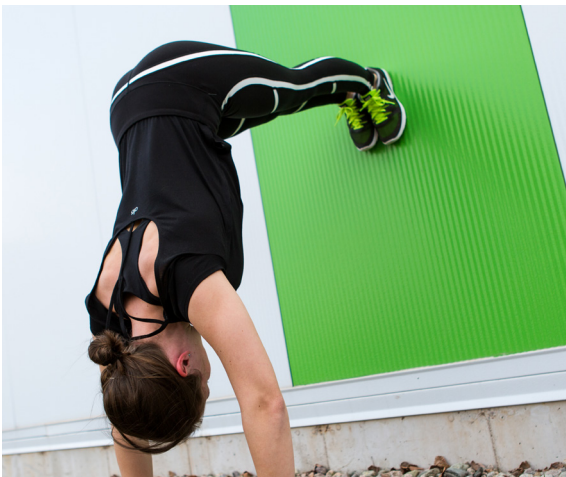


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At MOVEMINT we strongly believe and practice our profession with an open mind. We know your health is not a one size fits all prescription. We believe there are certain practices or approaches that might work for some while bringing less value to others. As scientific research is always evolving, this leads to more qualified and informed professionals.

This being said, we are open to suggestions, open to critique and definitely welcome anyone working in the wellness industry to contact us and offer ideas that might add value to the magazine. **LET'S TALK!**

WHO WE ARE

MOVEMINT is the only private training facility with certified exercise physiologists specializing in the prevention & management of cardiac and pulmonary diseases, diabetes and muscular/joint pain in Greater Moncton. Known for the quality of the kinesiologists & exercise prescriptions, this studio offers a unique and individualized approach for your health & fitness demands.

We provide tailored exercises based on your objectives, physical condition, current/past injuries & your present medical condition.

We want to help you regain your confidence, mobility and strength via proper **education, exercise prescription & progression!**



WHAT WE DO

- Prescribe** exercise to prevent or manage disease and injury.
- Assess** your physical condition & **individualize** your training/exercise program.
- Train & Educate** through tailored sessions or classes.
- Support & guide** you to achieve long-term positive changes.

SERVICES

TAILORED SERVICES

- Personal Training
- Small Group Training (3-6 persons)
- Swell MVMNT (14-18 yrs)
- Fitness Assessment
- Exercise Program

GROUP CLASSES

- Move
- Functional Training
- Pre & Post Natal

WORKSHOPS

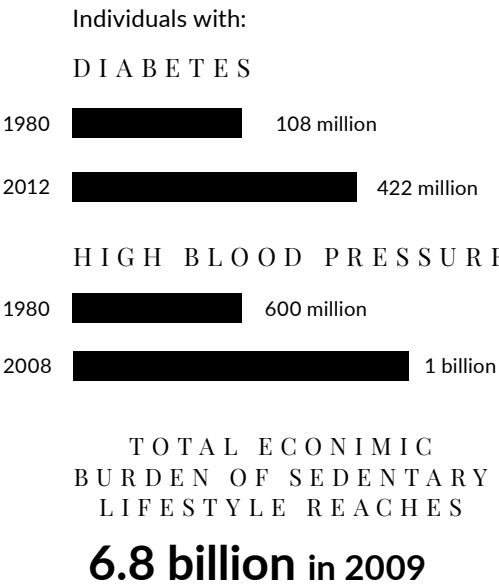
- 4-week: Introduction to Exercise
- 12-week: Exercise & Nutrition Program
- Private or Group
- Tailored Workshop

THE POWER OF EXERCISE

Exercises is one of the best preventive “drugs” available for a number of various health problems. Numerous studies have shown that exercise reduces the risk of premature death, heart disease, stroke and type 2 diabetes. It also improves sleep, memory and concentration, as well as lowers the risk of depression and anxiety disorders. That’s a pretty powerful – and positive - association, wouldn’t you say? Yet Canadians still aren’t reaping all the benefits of being active, with the majority of the population still leading sedentary lives.

By improving these modifiable cardiovascular risk factors you can manage and prevent chronic diseases.

- High Blood Pressure | High Cholesterol | Pre diabetes | Obesity
- Poor Nutrition | Stress/Anxiety | Inactivity | Smoking



Did you know?

80% of chronic disease & 40% of premature deaths are related to poor lifestyle choices.

In New Brunswick

- 63% of adults are overweight or obese
- 34% of children/teens are overweight or obese
- 93% of children/teens are considered inactive.

IMPROVEMENTS IN CARDIOMETABOLIC RISK FACTORS INDUCED BY REGULAR EXERCISE

- Improves insulin resistance by 30%
- Increases HDL cholesterol (good cholesterol) ~5% & Decreases triglycerides ~15%
- Reduction of 30% of Intra-Abdominal Fat
- Reduction of 4 mmHg in both systolic & diastolic blood pressure
- Improves & optimizes your quality of life



TRAINING:

Poor thoracic spine posture decreases the muscular strength of abduction by 16.2% & the **range of motion** for abduction is decreased by

23.6° and flexion by 17.6°.

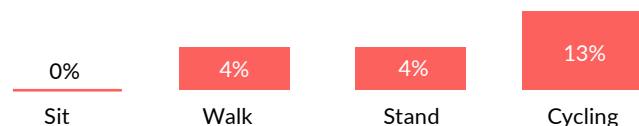
Take-home tip: Obtaining & maintaining good thoracic mobility is crucial in maintaining optimal posture and maximal shoulder range of motion.

A recent study found that **>65 yrs** old runners maintain youthful running economy despite biomechanical differences. However, leg stiffness (elastic energy) in older adults was 10-20% lower than younger runners & leg stiffness decreases with speed.

Take-home tip: Older runners should take note that as leg stiffness decreases, speed & power also diminishes. It is important to maintain good muscle quality, as we get older!

SEDENTARY/WEIGHT LOSS:

Compared with sitting, accumulating 2.5 h of light-intensity physical activity (standing, walking, cycling), during an 8h workday reduces blood pressure during and after work hours.



Take-home tip: Including active breaks throughout your day can aid with blood pressure management. Note that a decrease in moderate to vigorous physical activity is a significant predictor of an increase in waist circumference; also known as abdominal fat.

PERFORMANCE

Maintenance of a moderate to high cardiorespiratory fitness may slow the age-related decline in Heart Rate peak in both men & women.

Take-home tip: Regular cardiovascular training helps to prevent the decrease of your maximal oxygen capacity during training and performance.

WHAT'S NEW

..... Nutrition

Did
you
know?

Increasing carbohydrates (CHO) intake during short-term recovery accelerates glycogen repletion in previously exercised muscles and thus improves the capacity for repeated exercise. This could be beneficial when doing multi sports or playing in a tournament.

In this research they studied two groups with standard 70 kg individuals:

①

0.3g (CHO) x 70kg/h vs 1.2g (CHO) x 70kg/h

②

Second Group:

- Increases muscular endurance by 2X,
- Higher concentration of muscular glycogen.
- Higher rate of muscular glycogen degradation

Take-home tip: The availability of skeletal muscle glycogen is an important factor in the restoration of endurance capacity because fatigue during repeated exercise is associated with a low muscle glycogen concentration.

Glucose: Simple carbohydrate. The body's principal energy source.

Glycogen: Stored form of glucose (CHO), primarily in the liver & muscles tissue. It can easily be converted to glucose when needed for energy use.

“We take ownership of what we’re doing when we know the “why” behind our action.

Stay Active || Eat Well || Be patient

AN ESSENTIAL EQUIPMENT FOR EVERYONE

COREFX STRENGTH BANDS

COREFX Strength Bands are one of the most versatile and useful strength and conditioning tools you could add to your home gym. They can be used to add resistance, to help with stretching, lifting and can also be used to assist movements like chin ups, pull-ups and dips.

Resistance bands offer light resistance at first, and then as they are stretched, progressive resistance is added. The width of each strength band determines the resistance level.



Red (15-35lbs): 19.95\$ | Black (10-60 lbs): 29.95\$ | Purple (25-80lbs): 34.95\$ | Orange (35-100lbs): 42.95\$ | Green (50-120 lbs): 49.95\$ | Blue (60-150lbs): 64.95\$

BENEFITS:

- ① Portable
- ② Affordable
- ③ Increases Coordination
- ④ Adds Variety & Adapts To All Fitness Levels

SAFETY CONSIDERATION:

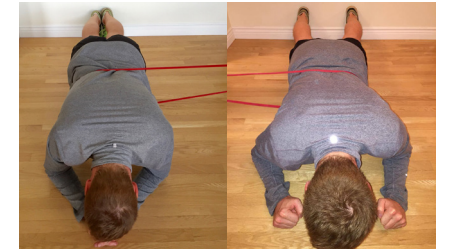
- Are there signs of wear or tear from repetitive use, including cracks or worn endings?
- Are there signs of weather exposure – such as sun, water or cold – making the rubber crack or become pale?

CORE



1 / PALLOF PRESS (PERFORM KNEELING OR STANDING)

• With your side to the cable, grab the handle with both hands and step away from the wall, until you reached a good resistance with the band. • Press the cable away from your chest, fully extending both arms. Your core should be tight and engaged. Control your movement. • Hold the repetition for 2sec. before returning to the starting position. • Repeat 8-10x. Repeat facing the other direction.



2 / LATERAL CRAWL Plank position: (Perform on your hands or forearms & on your toes or knees) • Your core should be tight and engaged, with a controlled movement move your plank position away from the elastic band. • Hold the position for 2 sec. & return to the starting position. • Repeat 8x & alternate sides.

UPPER-BODY



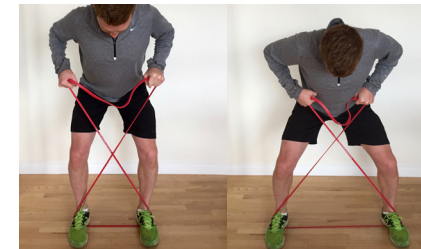
3 / ROW/PRESS (PERFORM STANDING, SITTING OR KNEELING)

Press: Bring the band at chest height. Grab each handle with your back to the band. Positioning your hands at chest height, with elbows up and palms facing down, press the band straight out in front of you until your arms reach full extension. Slowly return to starting position and press on for 10 to 12 reps. **Row:** Grab the band with both hands, facing the band, arms extended and palms facing each other. Sitting nice and tall, bend at the elbow and pull the band toward your core, squeezing your shoulder blades together. Slowly return to starting position.



4 / SQUAT + SHOULDER PRESS Stand on band with feet slightly wider than shoulder width. Holding a handle in each hand, bring the top of the band over each shoulder. Sit straight down, chest up, abs firm, pressing knees out over your toes. Rise back up to start position and extend your arms overhead. Repeat for 8 to 12 reps.

LOWER-BODY



5 / SIDE STEP (PERFORM SITTING, LYING, STANDING)

• Step on the band and position your feet about hip-width apart. Pull on the band to add resistance. • Keeping your knees & hips bent and your back straight, take a giant step with your right foot to the right side. Then take a step to the right with your left foot, returning your feet about hip width. Take 5 steps to the right, then switch side & repeat.



6 / LATERAL LUNGE/JUMP • Stand tall with feet hip width apart.

• Take a giant step to the right & bend your right knee. Toes pointing forward and keep your knee aligned with your toes. Your left knee does not bend. • Slowly return to starting position. Perform 10x, alternate side & repeat.

FITWORKS
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For all you fitness equipment
and bicycle needs

515 Kennedy St, Dieppe or WWW.FITWORKS.CA



FITWORKS' FEATURED PRODUCT: PADDLE BOARDS

Our Paddle Boards are sold as kits, which include the board, paddle, fin, leash and carry bag. Starting price point is \$1299.

For more information:
kahunapaddleboards.com



PRE & POST NATAL

IS EXERCISE SAFE DURING PREGNANCY?

“*Maintaining or gaining a healthy and active lifestyle should be the main objective for exercise during pregnancy..*”

Being active during pregnancy has so many short and long-term benefits for both you and your baby. Healthy women with uncomplicated pregnancies, whether active or sedentary, are encouraged to integrate physical activity (aerobic and strength-conditioning) into their daily routine and can do so without significant risks either to themselves or to their unborn child.

BENEFITS:

- Can help prevent or manage cardiovascular disease, obesity, gestational diabetes, pre-eclampsia, pains and discomforts, and postpartum depression.
- Increases energy, improves sleep and helps with a faster recovery.

Many women find that the best time to initiate an exercise program is in the second trimester, when the nausea, vomiting, and fatigue of the first trimester have passed. However, there is no danger to yourself or your baby to exercise throughout the first trimester if you feel comfortable and follow guidelines.

Maintaining or gaining a healthy and active lifestyle should be the main objective for exercise during pregnancy. Remember that an increase in weight is normal during pregnancy and is required; therefore weight loss should not be a goal. Accepting that your body will change during this time will allow you to see pregnancy as a unique and meaningful experience. To stay motivated, exercise with a pregnant friend or join a prenatal class.

WHEN TO START EXERCISE IN THE POSTPARTUM PERIOD?

(MARTINE CHIASSON, KINESIOLOGIST)

What is the postpartum period? We often hear this term but how many of us actually understand what it means and how long does it affect women? Postpartum essentially means the period of time following childbirth. While we often hear 6 weeks as the magic number, the postpartum period actually stretches up to a year and beyond before physiological adaptations return to pre-pregnancy measures.

Information on exercise in the postpartum period can be very general and conflicting at times. The main reason being, every pregnancy, every birthing experience and every recovery period is different. Although there is no magic number of days or weeks to wait before kick-starting your exercise routine safely, the American College of Obstetrician and Gynecologist recommends that each individual check with their obstetrician before initiating an exercise program in the postpartum period in order to discuss any issues of discomfort or symptoms of any sorts.

Generally, if you've had an uncomplicated pregnancy and delivery and are feeling comfortable, you can safely perform light exercise, such as walking, controlled strength training and stretching, within days of giving birth. Walking is a great exercise in the postpartum period allowing your blood to flow and your muscles to activate. It's also a great bonding experience for both mother and baby and can introduce a daily routine whether in the stroller or the baby carrier. Just remember to listen to your body and progress slowly. The focus and objectives of exercise in the postpartum period should initially be for health and rehabilitation motives.

*If you are breastfeeding your baby, remember to insure adequate hydration and caloric intake to support the metabolic demand of both lactation and exercise. If you have any questions regarding nutrition, don't hesitate to contact a registered dietitian for more information.

Interested in our pregnancy or postpartum programs? Call or email us for more information. We offer small group training, personal training, information sessions and support groups for all prenatal and postpartum women!

SAFETY CONSIDERATIONS

Your body releases a hormone called relaxin, which as its name specifies, helps relax the ligaments in the pubic area and helps the cervix soften and enlarge in preparation for delivery. This can increase your risk of injury so avoid rapid changes in direction & overstretching. Stretching should be performed with controlled movements.

Don't hesitate to contact a prenatal exercise specialist for more information regarding exercise during pregnancy. If you have any pain, bleeding or discomforts when doing exercise, stop and call your healthcare provider and prenatal exercise specialist.

PRE AND POST NATAL SUPPORT GROUP

Hosted by Health Professionals.

EVERY 2 MONTHS

Visit our Facebook page: MOVEMINT

Come & Join the conversation on pregnancy, postpartum & exercise.

FREE

EXERCISE PRESCRIPTION

Frequency: 3-5x/week

Intensity: "Talk Test" (the exercise intensity is excessive if you cannot carry on a verbal conversation while exercising.) – If you're continuing your regular exercise routine, exercise intensity should not exceed pre-pregnancy levels.

Time: Minimum 15 min. & work your way towards moving for 30 min. or more.

Type: Weight-bearing and non-weight bearing exercises are safe to practice during pregnancy. Always include a proper warm-up and cool-down session.

GREATER MONCTON

WHERE TO GO FOR FRESH AIR

DIEPPE:

Parc ROTARY St-Anselme Park: 505 Melanson Road

*Trails for walking and cycling, playground, baseball fields & 55+ Corner.

Dover: 337, chemin Dover

*Roller Blade & Walking track and a playground

MONCTON

Centennial Park: 811 St. George Boulevard

*Trails for walking and cycling, playground, treego, tennis courts, playground & centennial beach.

Mapleton: 600 Mapleton Rd

* Walking & Cycling Trails

Mills Rd/Harrison Blvd:

*Walking & Cycling Trails

Irishtown: Elmwood Drive

*Walking & Cycling Trails

RIVERVIEW:

Dobson Trail: 600 Pine Glen Road, Riverview

*Continuous footpath stretching nearly 60 km from Riverview to the northern boundary of Fundy National Park

DIEPPE-MONCTON-RIVERVIEW
OVER 55 KM OF WALKING & BICYCLE
TRAILS ON THE RIVERFRONT

Go outside & enjoy the beautiful parks!

*“It’s never too late
to start moving,
and it’s always too
soon to stop.”*

— Walter Bortz





2014
Greater Moncton
EXCELLENCE AWARDS
PRIX D'EXCELLENCE
du Grand Moncton

CANADIAN CYCLIST
WINNER
BEST BIKE SHOP
2013
2014
2015

Atlantic Canada's
#1 BIKE STORE
for all your cycling needs.

Voté #1 au Canada atlantique
pour tous vos besoins de cyclisme.



Mike's
BIKE SHOP

BENEFITS OF CYCLING

Instant mood booster let's
be real, you can't bike without a
smile on your face

Increases your lower
body strength and your
stability

Save money on gas, parking
fees & insurance

Reduces air pollution

Faster than walking
& more economical in
energy expenditure



{ 85% of youth & recreational cyclists injuries are associated with
improper fit of the bicycle. }

HOW TO PROPERLY ADJUST YOUR BIKE: 5 EASY STEPS

(RICK SNYDER, CEO MIKE'S BIKE SHOP)

The Cockpit: The handlebar and stem are the primary equipment for controlling your bike. Therefore, these must be adjusted for comfort and safety. The brake lever needs to be in a comfortable position to pull the lever firmly either with one finger, but preferably two. Handlebar width & grips need to be about shoulder width to offer a comfortable ride.

Sitting Position: In order for your ride to be comfortable, the seat post needs to be at the correct height. Sit on the seat with your heel (while wearing the shoes you will be riding with) on the pedal that is placed at its lowest level and aligned with the seat post tube; your leg should not be tense while resting on the pedal; mark the point and tighten the seat post.

Tire pressure: Check the tire sidewall for recommended minimum tire pressure and inflate accordingly. The lighter you are, the lighter your tire pressure should be, but ensure on each ride that your

pressure is within the recommended readings. Also, be certain to check the tire for cuts and wear to ensure that road dirt, glass, etc. will not penetrate the tire during your ride.

Cables: Ensure that both your brake cables and shifting cables are not worn and move freely. A weakened cable that could break or slip could result in the loss of control while riding. If cables are in good condition, it is important that they are adjusted properly to ensure the rider can shift through each of the gears, and that the brakes do not touch the rim throughout the entire wheel spin.

Wheels: It is important to ensure on each ride that your wheel skewers or nuts are properly tightened on both the rear and front. It is as equally important to not over-tighten as you could damage the frame/forks, yet sufficiently tightened to prevent the wheel from coming off, particularly if the rider were to hit a bump and the bike were to lift from the ground.

ON THE ROAD TO HIGH PERFORMANCE

ATHLETE - GENEVIÈVE LALONDE
COACH - DAVE SCOTT THOMAS
& JOËL BOURGEOIS
EVENT - 3000M STEEPLECHASE

Q: What is your biggest objective for your career?

My running is now a career! It still feels weird saying this. I envision myself at the Olympics, not only going to the Olympics but also performing! Try to be the fastest I can at 3000m-steeple chase and improve my personal record.

Q: Your favourite running event?

- 1- World Junior's, Moncton 2010
- 2- IAAF Diamond League, New York 2015
- 3- IAAF World Championship, Beijing 2015

Q: What goes through your mind on the starting line?

It really depends. Sometimes it's motivational talk, other times I'm really stressed on how I should salute the camera. I mostly try to think about good racing memories!

Q: What would be one big setback in your career?

University. I had a lot of injuries throughout my university career (5 years); moving away from friends & family; the transition to an English university; it took me a long time to adapt. I had to think about where I wanted to go and what I wanted to pursue.

In my 5th year, I went to Arctic for my studies, and had time to think and see what I liked and wanted to do. I came back and told my coach I no longer wanted to run competitively. I was going to move out West and focus on mountain running.

Q: What pushed you to keep going?

We had a conversation with my coach and he made me see what would be my opportunities for performance if I stayed in Guelph. I decided to try for one more summer (2015); during that summer I was really enjoying the training and my performances were improving. I decided that if I was in 100% I would set goals and make sure we achieved them. The Olympics were definitely one of them.

Q: Do you have any advice for young athletes?

Don't focus on only one sport. Try different varieties, in the end; they will help you be better at the one you prefer. Most of all, have fun!

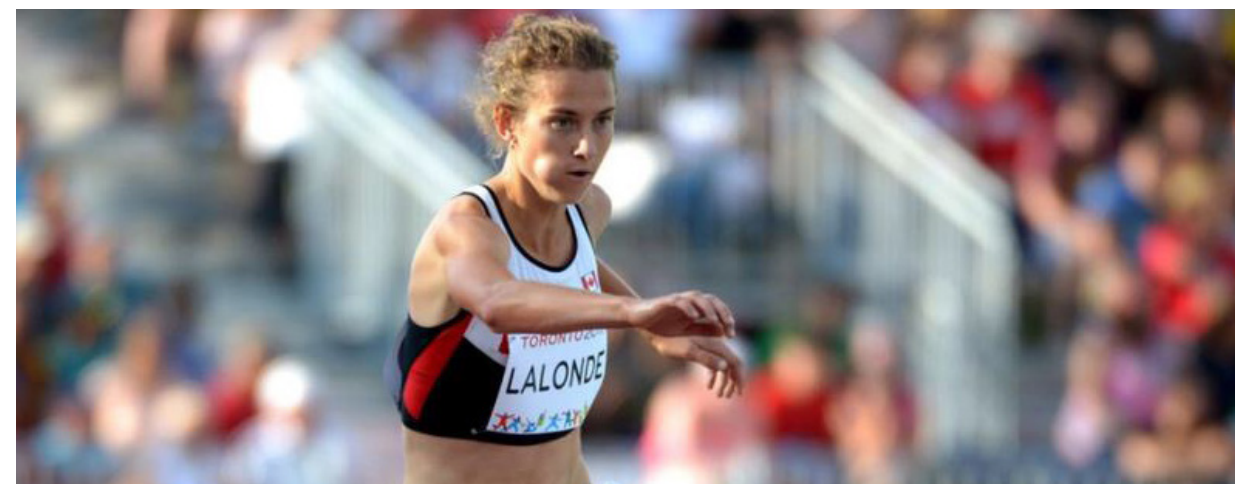
Q: If you could give 15-year-old Geneviève advice, what would it be?

Just relax & have fun!

Q: How does your mental health impact your training and performances?

It does have a big impact, and I have been working with a sports psychologist for the past

year. Just shifting my mindset was a big learning curve for me. Before, I was always associating racing with negative thoughts. I would see my competitors; get nervous and discouraged because I was racing against certain athletes. Now, instead of seeing it as competition, I see them as helping me achieve my ultimate goal. It has been a completely different experience and now when I feel stressed before any event I talk about it instead of keeping it inside. Another thing I started doing is saying & writing down my goals. It helps with commitment and seeing it become a reality.



WHAT IS YOUR NORMAL TRAINING WEEK?

Monday: Tempo (18-24 km)

Tuesday: AM & PM Easy Runs 60 min. + Weight Session

Wednesday: Track Training (20 min. warm up, Tempo run, Track speed work & 20 min. cool down)

Thursday: AM & PM Easy Runs 60 min. + Hurdle Drills

Friday: Track training (20 min warm up, Tempo run, Track work & 20 min. cool down)

Weekend: Active Recovery & Long Run (90-120 min.)

WHAT'S COMING UP

May 27-28th: PreFontaine Classic, Oregon

June: Various Events & Competitions in Europe

July 07-10th: Canadian Championships & Rio Selection Trials

August: If I achieved my goal: **Olympics** if not Diamond League races in Europe

What's the process to reach the Olympics?

- 1- Reach Standard (9:45.00)
 - 2- Top Rank Canadian & Finish Top 8 @ Canadian Championship
- OR
- 2 - Finish Top 2-3 @ Canadian Championship

Did you know?

Geneviève lived in the Arctic for a few months: A completely different training experience; Temperature ranging from -30° to -50° & only a few daylight hours. You could find her running outside with a knife in her hands to protect herself from the wolves!

ANY EVENTS
COMING UP?

WE WOULD LOVE TO ADD
THEM IN THE NEXT ISSUE.

SEND US THE INFORMATION
AT: INFO@LEMOVEMINT.CA



06/16



04

DRAGON BOAT FESTIVAL
JONES LAKE, NB
GMDBF.CA

MONCTON SPCA DOG JOG
CENTENNIAL PARK, NB
REGISTER ONLINE: RUNNING ROOM

12

JDRF TELUS WALK/RUN TO CURE
DIABETES
RIVERFRONT MONCTON, NB
REGISTER ONLINE: RUNNING ROOM

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FREE WORKSHOP
THE POWERFUL EFFECT OF EXERCISE
ON PREVENTION & MANAGEMENT OF
DIABETES
MOVEMINT
FACEBOOK: MOVEMINT

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MIKE'S BIKE SHOP: KIDS OF STEEL
TRIATHLON
DIEPPE AQUATIC CENTRE
REGISTRATION ONLINE: [HTTP://KOS.
TRISOUTHEASTSTORM.COM/](http://KOS.TRISOUTHEASTSTORM.COM/)

19

THREE FATHERS MEMORIAL RUN
MONCTON, NB
REGISTER ONLINE: RUNNING ROOM

24

ELECTRIFYING NIGHT RUN
MONCTON, NB
REGISTER ONLINE: RUNNING ROOM

25

MUD RUN FOR HEART
SUSSEX, NB
REGISTER ONLINE: RUNNING ROOM

07/16



09

GEORGE GALLANT ROAD RACE
SHÉDIAC, NB
INFO: RUNNB.CA

10

TRIATHLON ST-ANDREWS
ST-ANDREWS, NB
INFO: TRINB.CA

17

TRIATHLON CHALEUR
BERESFORD, NB
INFO: TRINB.CA

FREE: PRE & POST NATAL SUPPORT
GROUP
MOVEMINT
FACEBOOK: MOVEMINT

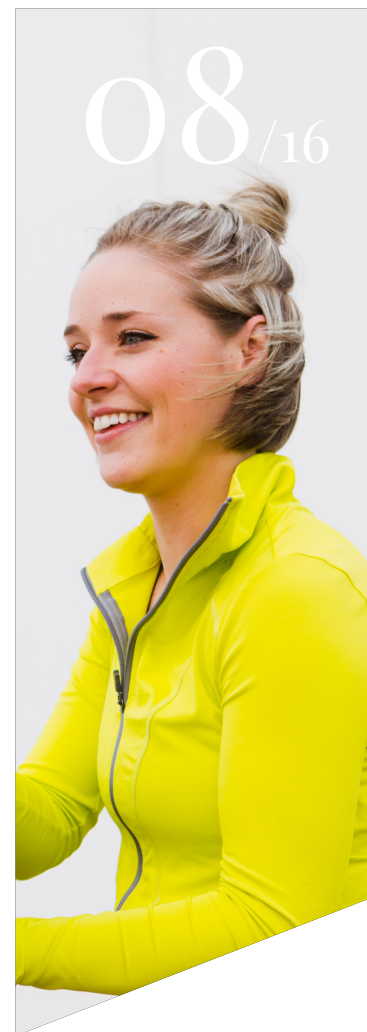
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ROCKWOOD TRIATHLON
SAINT JOHN, NB
INFO: TRINB.CA

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THE SALVATION ARMY'S SUMMER ICE
2 RUN
MONCTON, NB
REGISTER ONLINE: RUNNING ROOM

08/16



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MARATHON BY THE SEA RACE
WEEKEND
SAINT JOHN, NB
INFO: RUNNING ROOM

13

COURSE CLARENCE BASTARACHE-
BOUCTOUCHE, NB
INFO: RUNNB.CA

14

HARVEY COMMUNITY DAYS TRIATH-
LON
HARVEY, NB
INFO: TRINB.CA

18-21

JEUX DE L'ACADIE 50+
SHÉDIAC, NB
INFO: JA50SHEDIAC2016.CA

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ATLANTIC CANADA TRIATHLON RELAY
CHAMPIONSHIP
SAINT JOHN, NB
INFO: TRINB.CA

09/16



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KICKBALL TOURNAMENT
SHÉDIAC, NB
INFO: MLMKICKBALL.COM

MBS CYCLEBETES RIDE TO CURE TYPE
1 DIABETES
MIKES BIKE SHOP DIEPPE, NB
INFO: [MBSCYCLING.ORG/CYCLEBE-
TES200/](http://MBSCYCLING.ORG/CYCLEBE-
TES200/)

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FREE: PRE & POST NATAL SUPPORT
GROUP
MOVEMINT
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TERRY FOX RUN,
MONCTON, NB
TERRYFOX.ORG

25

CROSSROADS RUN WALK RELAY
DIEPPE, NB
REGISTER ONLINE: RUNNING ROOM

10/16



02

CIBC RUN FOR THE CURE
MONCTON, NB
REGISTER ONLINE:
SUPPORTCBCF.COM

18

IGT LEGS FOR LITERACY
MONCTON, NB
REGISTER ONLINE: RUNNING ROOM



JULIE MELANSON

Registered Dietitian,
Owner
Dietitians in the Kitchen

SERVICES:

Individual consultations
Meal Preparation
Hands-on cooking classes
(groups or private)
Kids cooking & nutrition classes
Menu Planning & more!

BILINGUAL SERVICES

CONTACT:

www.dietitiansinthekitchen.com
info@dietitiansinthekitchen.com

(506) 872-4958



Dietitians in the Kitchen



[dietitians_in_the_kitchen](https://www.instagram.com/dietitians_in_the_kitchen)

NUTRITION

FROZEN VS FRESH VEGETABLES

Plain frozen vegetables are just as nutritious as freshly picked vegetables and so convenient — just heat and eat! **When your preferred vegetables are not in season**, the frozen vegetables are a great alternative. If you have some in your freezer, you'll always have a great start to a terrific meal.

DID YOU KNOW?

- A serving of frozen vegetables is equal to a ½ cup (125 mL).
- Freezing does not affect the nutrients content.
- Eating vegetables can help lower your risk of heart disease, certain types of cancers and help manage your weight.

BUY IT BEST

Save money by buying fresh veggies when they are in season. You can pick your own or buy extra at your Farmers' Markets and freeze it. Look for plain varieties (without added fat, salt or sauces). If buying canned vegetables, rinse them first before consuming to wash away some of the sodium.

TIPS FOR STORAGE

For the best-tasting frozen vegetables, pour the amount desired, squeeze the air out of the bag and tightly seal it. Return the bag to the freezer right away. **Frozen vegetables keep for up to one year.**

FOOD SAFETY

- Refrigerate or freeze perishable food within two hours of cooking.
- Freeze or consume leftovers within four days of cooking. Always reheat leftovers until steaming hot before eating.



LET'S SUPPORT OUR LOCAL COMMUNITY!
FOOD DEPOT ALIMENTAIRE
NEW LOCATION: 330 MACNAUGHTON AVENUE,

Visit: FoodDepotAlimentaire.ca for food & monetary donation information.

WINDY HILL ORGANIC FARM

MCKEES MILLS, NB

4 TIPS FOR URBAN GARDENING

1

KEEP IT SMALL

Start small, if you take on too much, you might get discouraged and not want to try again.

3

GROW THE VEGETABLES YOU LIKE

You can try different varieties but you'll see it more as a reward growing a vegetable you enjoy eating.

2

KEEP WRITTEN RECORDS

You learn faster as you go & prepare better for the following season.

4

FIND SOME GOOD BOOKS & MENTOR.

Don't be shy to ask questions to the local farmers at the market or even neighbours and relatives who garden.

PROS & CONS: RAISED BED GARDENING



Better drainage for the soil
Warms more quickly
Earlier start in the season
Easier to control weeds
Easier if you have joint pain



Cost (materials for construction)
Roots dry out quicker
Limit in number of plants you want to grow



NEW GARDENING CLASSES

Next Class: March 2017

Registration: windyhillfarm.com

1/ Baby goat getting milk from her mother 2/ Alyson during the interview 3/ Outside the farm with their dog Corey 4/ The farm 5/ Alyson showcasing her schedule & routine 6/ The tiny house built by Will 7/ Early harvesting of the onions 8/ Goats 9/ Inside the tiny house



ALYSON CHISHOLM CO-OWNER

MEETING AN ORGANIC FARMER

Visiting Windy Hill Organic Farm in March, with snow on the ground, isn't exactly the perfect time to tour a farm. However, Alyson's charm and friendliness and the cozy atmosphere had us visualising the beauty of the farm during its busy season. This 45 acres farm located in McKees Mills focuses on producing organic fruits and vegetables, while also caring for a small herd of dairy goats. Being limited by their location and nearby neighbors the goats' milk, yogurt and cheese are only for their own supply. Will, her husband, & Alyson both bring more than 15 years of experience and knowledge to their farm as well as adding to the contribution of food sustainability in New Brunswick.

Q: Can you explain how the Community Shared Agriculture (CSA) operates & how could we have access to your bags?

CSA is a system we've used since we started, where customers pay in advance for the produce they will get throughout the growing season. Paying in advance is a way customers can say they commit to our farming and help us start our season with the upfront cost being covered. Having that guaranteed market allows us to plan our season better. With the CSA program you receive fresh produce, you're added to our newsletter in which you will receive recipes and preparation hints for dealing with the produces you receive.

We have around 115 baskets for the season and they're still a few boxes left. Registration can be done on our website -- where you also learn how the program works, the costs & what you can expect to receive. The program starts the last week of June and ends in November. It's a total of 20 weeks of fresh produces!!

Q: You also started offering Gardening Courses. How was your first experience?

It was great. I would love to teach myself out of a job. Think about the world, where people are able to grow their own food. A world I want to live in. Gardening is so good for people, its so health making, it's good for the environment. If people can produce & learn to grow their own

vegetable, that's wonderful. I think it is very important to support anyone interested in farming.

Q: Your farm is now Certified Organic, how was the transition?

We made the transition in 2012. However, we have always grown organically and our farm in BC was also organic. We certified mainly for marketing purposes, because the rules governing organic certification do not meet all our standards for food production (ex. livestock). I feel its good to promote organic certification and explain to people what it really means. Just by being certified you're also supporting the whole industry. The main difference for us is that we now have standards & guidelines for growing, food safety and a yearly inspection. It's way more than just no chemicals it's more of a set of standards for production that are agreed upon worldwide.

Having an organic farm is also a mindset. We don't expect 100% control. We're accepting that in nature there's going to be diversity if you want balance. We just want to have a level of control that enables us to make a living farming. We don't want to kill everything. It's kind of like looking how can we manage our environment, but not dominate it. It really is all about harmony. It's not a black & white situation, there's many shades of grey and if you want to know about your produce, just ask the farmer!

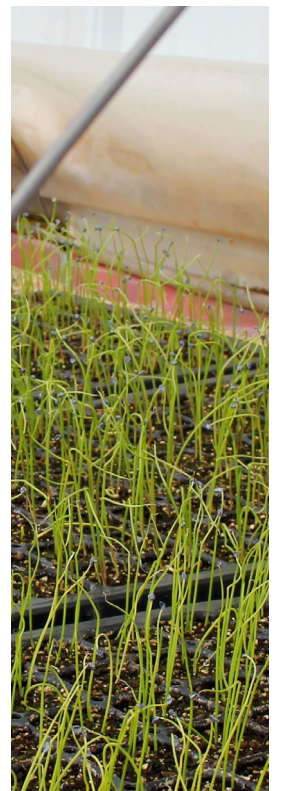
Q: Do you believe your lifestyle has a link with mental health?

Yes, I believe it's really important and that's another reason why I teach the organic class. I kind of tell everyone it's one of the best things you can do for your physical & your mental health. Just having that connection with nature is so important & I think we've lost it in a lot of ways. We also have a lot of friends coming over during winter to visit the baby goats; they all say it's their own therapy.



SAY HELLO

DIEPPE FARMERS MARKET:
Coin Bio/Organic Corner
& 1st summer at the
BOUCTOUCHE FARMERS
MARKET



TOMATOES

It wouldn't be summer without fresh and juicy tomatoes. Tomatoes are the star in many dishes, not just for their taste but also because of their health benefits. Use these tips and recipes below for some quick, nutritious and delicious dishes.

NUTRITION SPOTLIGHT

Antioxidant:

Lycopene
Vitamins A & C

Anti-inflammatory:

Bioflavonoids & carotenoids
(can reduce chronic pain)

Strong Bones:

Calcium
Vitamin K

Improves Vision:

Vitamin A

Strong & Shiny Hair:

Vitamin A

Healthy Skin:

Beta-carotene (helps protect skin against sun damage)

Lycopene (skin less sensitive to UV light damage.)

Reduces LDL Cholesterol & blood pressure

Vitamine E & lycopene | Potassium

DID YOU KNOW? Cooking tomatoes releases even more of the benefits.



Fresh tomato & mango salsa

INGREDIENTS:

1 ripe mango (approx. 1 cup diced mango) – fresh or frozen
½ cup finely chopped onion
2-4 roma tomatoes, diced
1 Tbsp fresh cilantro, chopped
1-2 cloves of garlic, finely diced
½ tsp lemon juice
½ tsp lime juice
Pinch of salt and pepper

PREPARATION:

1. In a medium bowl, mix all ingredients well.
2. Serve with tortilla or pita chips.

*Keep in the refrigerator for up to 2 days.

Mini Caprese Salad Bite

INGREDIENTS:

2 cups cherry tomatoes
Fresh basil leaves
2 cups mini bocconcini pieces or fresh mozzarella
1 cup balsamic vinegar
Toothpicks

PREPARATION:

1. In a saucepan add the balsamic vinegar and cook over medium heat until it reduced to less than half and thickened. Make sure you stir occasionally. It should only take about 5-10min., depending on the amount your reducing.
2. Take a toothpick and on it stick a bocconcini, a basil leaf and a cherry tomato. Repeat with remaining ingredients.
3. Using a teaspoon drizzle some of the balsamic vinegar onto each appetizer.



PLANTAR FASCIITIS

Plantar fascia is a tight band of connective tissue that supports the arch of the foot like a pulley and connects with the fascia of the calf.

The pain comes from a degenerative process of a thick band of tissue, called plantar fasciitis. PF is one of the most common causes of heel pain. It is estimated that 1 in 10 people will develop PF during their lifetime.

DID YOU KNOW? Pain levels often decrease well before tissue healing is complete. Exercises must neither under stimulate nor overstress the healing tissue.

RISK FACTORS

- Obesity
- Excessive running
- Sedentary lifestyle
- Excessive foot pronation & high arch
- Tightness of Achilles tendon (found in 80% of the cases) & intrinsic foot muscles
- Long period of standing on hard surfaces

SYMPTOMS

- Pain is typically sharp & usually unilateral (70%).
- Pain may spread to the whole foot, including the toes.
- Tenderness can be elicited over the medial side of the heel & may exaggerate on dorsiflexion of the toes or standing tiptoe.

REHAB

The clinical course for most patients is resolution of symptoms within a year (It can vary between 6-18 months).

- Rest, anti-inflammatory medication, stretching (plantar fascia, calves)
- Therapeutic intervention (physio, manual therapy, orthoses, etc.), depending on the severity of the injury.

*Scar tissue may develop from chronic inflammatory conditions. The scar tissue might limit the ability to move the joint and perform daily activities.



PREHAB *Exercises you can perform to avoid the injury*

Early recognition and management of PF leads to a shorter treatment time and a quicker return to your exercise.

- Soft Tissue Work: Foot & Calf
 - * Perform seated. (Slowly roll the foot over a hard ball (ex. Golf ball.) ~2min.)
- Maintaining good flexibility of calves & plantar-fascia
- Maintaining proper ankle range of motion
- Strengthening the lower body & intrinsic foot muscles.





LOCAL HEALTH PROFESSIONALS

WHAT THEY DO & HOW THEY CAN HELP WITH YOUR HEALTH

“Remember, your health is not a one size fits all pre-
scription. Research your health professionals based on
your needs.”

CHIROPRACTORS

Chiropractors correct joint motion – from the muscular skeletal & nervous system, to restore proper movement and improve function.

Treatment will help relieve pain and improve function without surgery or pharmaceuticals, such as manipulation, mobilization, soft tissue therapy, education, modalities and rehabilitation.

OSTEOPATHS

Osteopathy is a manual therapy involving the practitioner using their hands to palpate areas in the body where there is dysfunction or restriction. Practitioners typically treat people with pain originating within bones, joints, muscles, ligaments and nerves.

Treatment facilitates the body's inherent ability to heal by using a variety of stretching, mobilization and manipulation techniques

PHYSIOTHERAPISTS

Physiotherapists analyse the impact of muscular skeletal injuries and disorders to regain proper movement and physical function. Rehabilitating and management of acute & chronic conditions or disability with therapeutic interventions.

KINESIOLOGISTS

Kinesiologists are health professionals who are experts in body movement. They develop tailored exercise programs for individuals to help them achieve and maintain long-term health.

Clinical Exercise Physiologists: Fitness professionals certified to work in clinically monitored exercise settings with patients having cardiovascular, pulmonary and metabolic diseases and disorders.

LEARN MORE ON OTHER LOCAL HEALTH PROFESSIONALS IN THE NEXT ISSUE!

Prevention day at PROTHERAPY

FREE community based screening program to identify health risk factors & provide valuable education for those at **risk of diabetes**. Team of health professionals: Pharmacist, Optometrist, Nurse Practitioner, Certified Pedorthist, Registered Dietitian, Foot Care Nurse & Certified Clinical Kinesiologist.

TO REGISTER FOR THE NEXT SCREENING DAY:
CALL: (506) 383-1600

IMPORTANCE OF MOTOR CONTROL & COGNITION

WITH CHILDREN, ADOLESCENTS & OLDER ADULTS

Exercise offers mental health benefits including attention to detail, task switching, working memory and general academic achievement. **30 minutes** of exercise improves the ability to mentally store & update multiple features of information.

Remember, regular exercise primes the brain to enhance learning and memory and helps people age gracefully with better maintenance of cognitive function.

SWELL MVMNT

YOUTH FITNESS COMMUNITY (14-18YRS)

The benefits of exercise are endless throughout the age continuum. Helping adolescents through fitness, movement and meditation will aim to promote better sleep, balanced moods, a healthier body image and an overall healthier quality of life. Exercise is a way to cope with individual life challenges and MOVEMINT is here to serve as a foundation for your teen's growth, knowledge and wellness.

This session will focus on strength, functional movement, skill development, balance, agility, mobility and flexibility. Our goal is to provide a 1-hour session in a stress-free environment

COME TO LEARN, RELAX & IMPROVE YOUR CONFIDENCE THROUGH MOVEMENT.

Frequency: 1x/week *Support from the same small group for a 12-week commitment

NEXT CLASSES: SEPTEMBER 2016
INFO@LEMOVEMINT.CA

NEW RESEARCH: NEUROSCIENCE & COGNITION

DID YOU KNOW?

Children & Adolescents:

- Poorer neuromuscular performance and motor performance (MP) was associated with lower cognition scores in children and particularly in boys. Cognition was especially diminished in children with the highest body fat % & lowest MP.
- Movement not only enhances learning and memory but it also causes neural connection to become stronger.

Older Adults:

- A recent study shows that an exercise program with dual task training improved global cognitive function better than the exercise only group.

Dual Training: Exercising & introducing mental work. Doing two tasks at the same time.

3 TIPS TO HELP YOU INCREASE YOUR ACTIVE LIFESTYLE AS A FAMILY

(NANCY BULGER, PHYSIOTHERAPIST)

As a parent, you are your kids' role model. Everybody has a busy schedule, make time to be active with your children.

1. Find a sport or other physical activities that allows you to be active year round.

2. Schedule time for daily physical activity at an early age.

3. Alternate physical activities so your kids develop a larger skills set (ie. throwing, jumping, walking on a beam, pulling, running, etc.)

Have fun & take advantage of the beautiful local parks!



Professional services for individuals with learning disabilities

Services available: Screening, assessment, intervention, cognitive remediation, training & workshops. Services offered to children, adolescents and adults to improve concentration, cognition & learning abilities.

BILINGUAL SERVICES: (506) 382-7402

VISIT: OPSTAPLUSEEDUCATION.COM FOR MORE INFORMATION

HEARING

Dr. Jérémie Chiasson, Au.D. Audiologist

DID YOU KNOW?

People with hearing loss wait an average of **7 years** before seeking help.

90% of people with hearing loss can improve communication with a properly fitted hearing aid, counselling or environmental changes.

RESEARCH

According to new medical research, hearing loss may contribute to dementia and mental decline. Treating your hearing loss could potentially help reduce the risk of cognitive decline & dementia.

HOW TO PREVENT HEARING LOSS?

EARPLUGS: Use earplugs when listening to live music. They can reduce sound levels by between 15 and 35 decibels and you will enjoy the show with confidence that you're hearing will be protect... *Pssst...* Excessive noise exposure is the #1 cause of hearing loss.

DENTAL HEALTH

Dr. Patrick Girouard, Dentist

DENTISTRY... FROM ORAL HEALTH TO PERFORMANCE... WHY NOT?

Athletes' oral health tends to be poor generally and this state of oral condition may have an impact on performance.

The majority of dental injuries occur while the athletes are not wearing a mouth guard. These oral appliances are effective in injury prevention and should be worn during training and competition.

Correcting jaw position in athletes, with custom mouthguards, may improve their performance during exercise.

MANAGING YOUR CHRONIC DISEASE

Are you living with one of these chronic diseases below or know of anyone who is? Here are a few tips to help you manage your symptoms and prevent future medical complications.

*Please note that if you are new to exercise you should talk to your physician or exercise physiologist before starting any exercise at a moderate or high intensity.

PARKINSON DISEASE

Resistance exercise for each major muscle group performed 2-3 days/week can improve motor coordination, balance and walking mechanics.

OSTEOPOROSIS

4 hours/week of exercise can reduce the risk of hip fractures by up to 43%.

OSTEOPENIA

10 small jump/day (~5 in. off the floor) can help with bone loss prevention.

HIGH BLOOD PRESSURE

Exercising longer than 10 min. can lower your blood pressure by 20 mmHg post-exercise for ~12hours.

ARTHRITIS

A joint that has arthritis should be moved through its complete range of motion several times (5-15x, depending on the amount of stiffness) in succession and numerous times throughout the day.

TYPE I & II DIABETES

Pre-meal & post-meal resistance exercise have beneficial effects on the perception of appetite & satiety (perceived fullness), therefore, may help in weight loss or maintenance efforts.

LOOKING TO LEARN MORE ON YOUR SYMPTOMS OR CHRONIC DISEASE, AND ITS RELATIONSHIP WITH EXERCISE?

At MOVEMINT we offer

4-week Tailored Workshops: INTRODUCTION TO EXERCISE

This tailored workshop is the greatest tool to help you understand your chronic disease and cardiovascular risk factors and its relationship with exercise. These four sessions are interactive & practical since your comprehension will be essential to help you maintain your new and active lifestyle.

MORE INFORMATION AT: WWW.LEMOVEMINT.CA



Centre de santé dentaire Dental Health Centre

Le Dr Patrick Girouard et son équipe dentaire sont prêts à vous accueillir!
Dr. Patrick Girouard and his dental staff are ready to welcome you!

506.855.4030

dent2@nb.aibn.com • www.dentalhealthcentre.ca
790 boulevard Dieppe, Suite 203, Dieppe, NB

MINDFUL EATING

(AMANDA GOGUEN-BOUDREAU, PSYCHOLOGIST)

Eating like you're on "autopilot", without paying attention to what you're eating, how much and why, can lead to overeating, emotional eating and other problematic eating behaviours. Developing mindful eating skills will therefore help you gain more control over your eating habits.

HERE ARE 5 WAYS TO START PRACTICING MINDFUL EATING:

- ① Start by being aware of your hunger level. Don't let yourself get too hungry and stop eating when you feel satisfied, not overly stuffed. Establishing a regular eating pattern will help.
- ② If you are not physically hungry but have an urge to eat, ask yourself why.
 - Is it because of an uncomfortable emotion? If so, which emotion? What do you need? Food is fuel for the body; emotions need something different.
 - Is it a craving for a particular type of food? Keep in mind that cravings are like waves; they come full strength, but eventually go away.
- ③ Be aware of automatic thoughts that might sabotage your efforts of healthier eating, and challenge those thoughts. A thought is just a thought; not necessarily a fact.
- ④ When eating, slow down and take mindful bites. Pay attention to the flavour, taste and texture of your food.
- ⑤ And always keep in mind what is important to you in your life. Let those values guide your actions towards a healthier lifestyle.

VOLUNTEERING & MENTAL HEALTH LET'S SUPPORT OUR LOCAL COMMUNITY!

DONATE YOUR TIME AT THE MONCTON SPCA &
WALK, PLAY OR SNUGGLE WITH AN ANIMAL.

Visit : <https://www.monctonspca.ca> to learn more on how you can help!

MENTAL HEALTH

Aerobic exercise is beneficial for the mind and has a great deal of long term benefits. Regular exercise improves oxygen flow to the brain, which aids in restoring damaged brain cells. Physical activity also stimulates the release of mood enhancing hormones and provides a healthy environment beneficial for brain cell growth.

FIGHTING OFF THE PHYSICAL SYMPTOMS OF ANXIETY

(JULIE BELLIVEAU, SOCIAL WORKER)

It is no secret that anxiety can be associated to many physical symptoms. Increased levels of ventilation, adrenaline and hormones occur rapidly in order to prepare your body to fight or flight. When the sensed fear does not correspond to fighting or fleeing, your body becomes overwhelmed and symptoms arise. Here are 3 tips that will help reduce the physical symptoms of anxiety:

1- DRINK MORE WATER, AVOID CAFFEINE

Caffeine can be an anxiety, panic attack and insomnia trigger. It has similar symptoms such as increased heart rate, headaches, nausea, tremors and restlessness.

2- ENGAGE IN DEEP BREATHING

Feeling out of breath and hyperventilation are common symptoms of anxiety. When engaging in deep breathing exercises, the goal is to regulate your breathing. Often times, when we feel out of breath, we inhale and forget to exhale. A simple way to do this is by counting equal counts to inhale, hold and exhale.

3- EXERCISE

Many physical symptoms of anxiety relate to our bodies wanting to release energy and having nowhere to do so. Exercising is a great way to pump out the extra CO₂ and adrenaline overflowing your body all while reducing symptoms of numbness, nausea, trembling and tension.

ARE YOU TRAINING WITH “HOT SPOTS”?

YOU MAY WONDER, WHAT'S A HOT SPOT? READ THE PARAGRAPH BELOW AND ANALYSE IF THIS SOUNDS LIKE THE VOICE IN YOUR HEAD OR IF THIS REMINDS YOU OF SOMEONE YOU KNOW!

It's a beautiful sunny day, 15°, you lace up your shoes, you join your running partners and the run begin.

- It's SO nice outside. I love running. I love spring. This feels GREAT.

- phhoufff this is hard; I think my shoes aren't tight enough. Why am I so out of breath, haven't I been running for a few months?

- Oh, there we go, now I feel good. This is easy... I could run forever. Should we go faster? This is really easy.

4 km

- Why is my calf so tight?

- Why is the bottom of my right foot burning? It hurts just landing. I'll just put more weight on the left leg for now. It'll pass.

- I'm sure it's going to pass.

6 km

- Ok, what is wrong with my legs? Why are they so heavy? Does anyone notice I'm in pain? Everyone looks ok. It'll pass.

- Okayy, I think my calves are going to cramp. We're almost done; they're not going to break, right? Calves can't break. Can they?

8 km

- Wow. It's gone... Let's not jinx it...

- Omg it's actually gone, I don't feel it anymore. I'm so fit.

10 km: RUNS OVER.

- Feels great, I'm great, that was great.

It doesn't have to be the calves; any kind of pain, muscles discomfort, joints, and extreme tightness while training

is not normal.

Now let me ask you this

WOULD YOU RATHER?

Treat the “hot spot” now with the help of health professionals and start simple exercises to improve your weaknesses and build your strengths?

OR

Continue training with the pain, which will most likely lead to INJURY and eventually force you to stop what you love doing. Finally, leading you to rehab before starting back what you love.

If you choose option #2, you may think neglecting pain is ok and I think you should revisit your training objectives. Prevention goes a long way when we talk about risk of injury. There are some injuries, especially any type of tendinitis that can take an extremely long time to recover, often causing you to avoid using the specific joint for an extended period. Remember, previous injuries are one of the best-known risk factors for new injuries of the same type and location. Scar tissue may form in the muscle or tendon and such tissue changes may cause decreased strength, elasticity, range of motion or neuromuscular coordination.

You need to gauge your discomfort level, be a good listener and judge of the severity of your hot spot. Part of training is body awareness and you need to learn how to distinguish “good pain” (discomfort from leaving your comfort zone) from “bad pain” (something on the edge of injury). Frequently reassess your body next time you're training and feel free to reach out for help.

“No exercise is worth doing if it repeatedly causes pain or injury.”



CLUBS IN GREATER MONCTON

TRIATHLON

Southeast Storm Triathlon Club
trisoutheaststorm.com

SWIMMING

Moncton Maitres H2O Masters
www.mh2o.ca

TENNIS

Moncton: tennisoncton.ca (506) 853-7763
Dieppe: tennisdieppe.ca (506) 860-7300
Riverview: riverviewtennis.ca (506) 386-2030

BEACH VOLLEY

codiacco-ed.com

BIKE

Dieppe:
Fitworks (Road Bike Monday: 6:15pm, Mountain Bike Wednesday: 6:15pm)
Facebook: Mike's Bike Shop (506) 852-7100
Moncton:
Consolvo Bikes: (506)-854-2453
moncton.consolvobikes.com

ULTIMATE FRISBEE

codiacultimate.com

RUNNING

Fitworks (5km: Thursday: 630pm)



Respiro

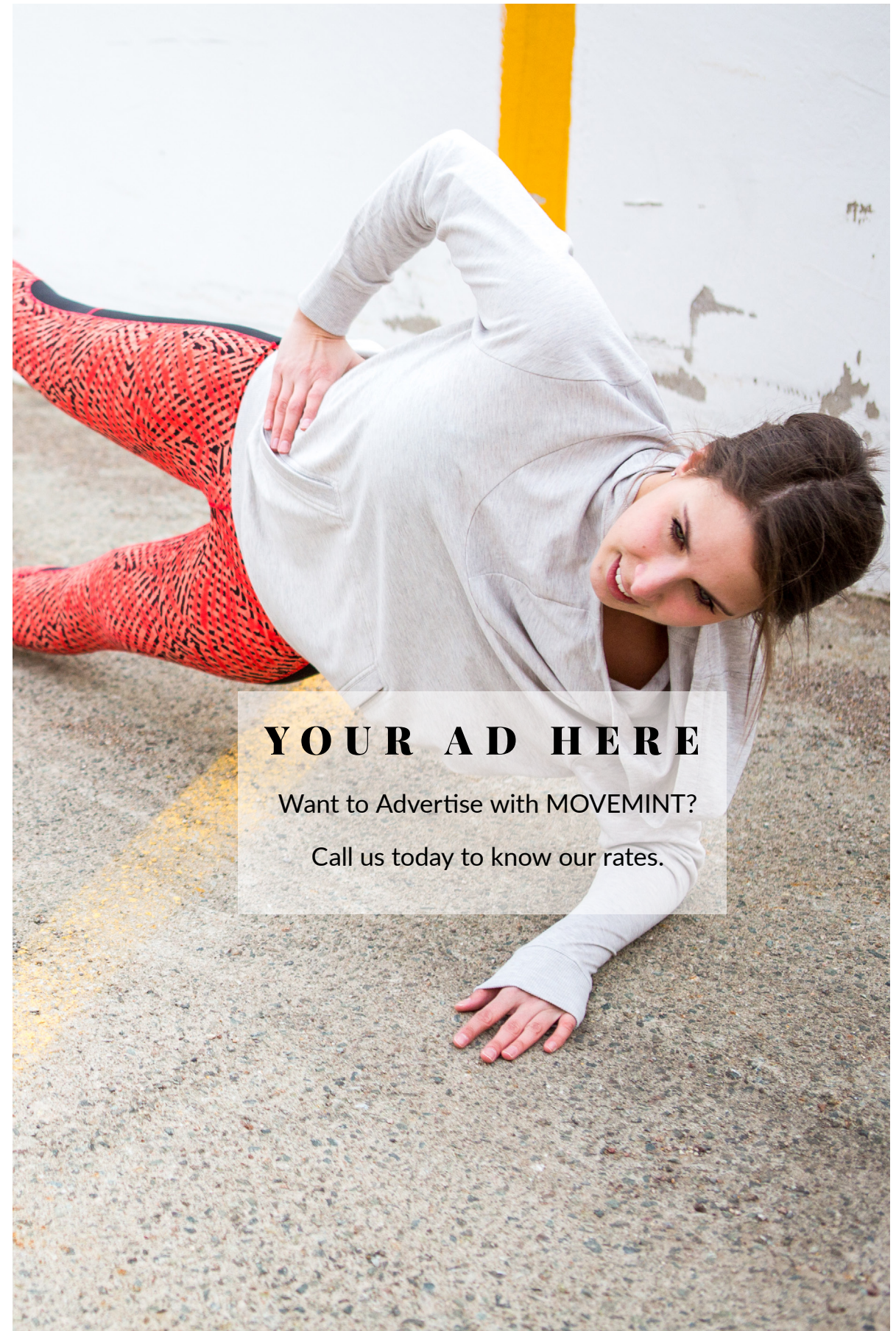
DANCEWEAR

454 St. George, Moncton, NB | (506)-204-6808

inspiration
for movement
inspiration
pour le mouvement



www.respiro.ca





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SUBSCRIBE ONLINE AT:
WWW.LEMOVEMINT.CA

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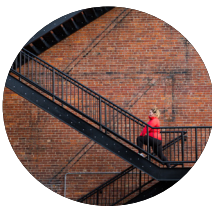
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Waiting Rooms of your local health professionals:
Physiotherapists, Massage Therapists, Family
Physicians, Chiropractors, Pharmacies, etc.



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