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## September/October 2011

At TheraCORE we are dedicated to helping our patients and the local community enjoy a healthy lifestyle.

In this issue of our newsletter we are going to update you on our upcoming events and classes to promote health and wellness. We hope to see you there!

### Nutrition Classes

TheraCORE presents a regular nutrition series which covers the HOT topic in nutrition today. Classes are taught by TheraCORE's Nutrition Consultant, Kim Kramer, RD, LDN.

#### The Scoop on Fruits and Veggies

Wednesday, October 5<sup>th</sup>, 2011 at 7pm

Learn how to incorporate more fruits and vegetables into your diet. Sample less common fruits and vegetables and learn how to make easy recipes with them.

#### Fat Facts

Wednesday, November 2<sup>nd</sup>, 2011 at 7pm

Learn about hidden fats, which fats to avoid and tips on how to cook with certain oils.



Cost is \$20.00 per class.

**Call 815.838.5070 to reserve your spot!**

*Our dietician also offers personalized consultation sessions. Please call for more information.*

### Community Advocate classes

TheraCORE Physical Therapy is a Community Advocate of the Lockport Township Park District and is offering the following **free** seminars the first Tuesday of every month in order to educate our community and keep our bodies healthy! All Classes are held at Challenge Fitness' Courtside Lounge.

Restore Your Core Oct. 4, 2011 at 7pm  
Learn more specifically about core anatomy, body mechanics, pelvic floor exercises, common pelvic and pregnancy related disorders, safe and effective abdominal strengthening, and how to restore your core!

Relax Your Back Nov. 1, 2011 at 7pm  
Gain an understanding of the anatomy of the spine and learn common causes of back pain. Define and learn how to implement proper posture to avoid falling into bad habits and putting yourself at risk for low back and neck pain. Discuss and demonstrate important core strengthening exercises in the treatment of low back pain. Learn proper body mechanics with lifting, sleeping, sitting and standing positions.

Prevent The Pain Dec. 6, 2011 at 7pm  
Injuries related to fitness regimes are typically overuse injuries experienced in a fitness setting. Gain an understanding of the causes, treatment, and prevention techniques to reduce injury time and get back to your workout routine, learn the importance of stretching to help you stay flexible, maintain your range of motion and participate in pain-free activity.

# GRASTON®

T E C H N I Q U E

Wednesday, October 19, 2011 at 7pm

TheraCORE is offering a complimentary, informative seminar on the Graston technique. The seminar will be presented by Erin McElheny, PT, DPT.

Participants will:

- Learn what the Graston Technique is
- Learn the treatment benefits of the technique
- Observe a demonstration on how the instruments are used
- Sign up for a free 10 minute session to have the instrument assisted soft tissue mobilization technique performed on them.



Please call 815.838.5070 by October 14<sup>th</sup> to register

## **Complimentary Injury Screenings**

The physical therapists at TheraCORE understand the importance of maintaining close relationships with local physicians to better aide our patients' healing process.

Do you have a nagging injury that you've put off taking care of, because you aren't sure where you should go?

If so, call today to schedule your *complimentary injury screen*. You will be evaluated by a licensed PT to help determine future plan of care. This may include a home exercise program, referral to a physician, or communication with your personal trainer.

## **Yoga IS for Everyone**

"I can't do yoga, I'm not flexible."

If yoga teachers had a dime for every time we have heard that, we'd be making quite a comfortable living. The truth is you don't have to be flexible to do yoga. In fact, if you are not flexible and would like to change that, yoga is a great place to start. I've had students begin a yoga class unable to come close to touching their toes. After just a few classes their flexibility was noticeably improved. And more importantly, they felt better. Below is a list of some of the benefits of yoga:

- improved flexibility and strength
- recovery from injury, fatigue or overuse
- reduced discomfort of a "cranky back", "stiff neck", and other aches and pains
- reduced stiffness and improved mobility
- reduced stress levels and ease tension
- improved energy levels
- improved focus and concentration
- cleansing of the body
- calming of the nervous system
- improved cardiovascular health

Yoga also provides a means of reconnecting with the body. Life's obligations often require us to put others' needs before our own. This can result in fatigue and sometimes illness or injury. Yoga can help us re-learn how to take care of ourselves.

*Jan Yuvan, Yoga Instructor*



## **FITNESS CENTER CLASSES**

*TheraCORE is proud to offer a variety of classes, on a weekly basis, that are taught by movement specialists.*

### **Mat Pilates**

*Tuesdays 7:15 – 8:05pm*

Come escape the daily grind with an invigorating workout to tone and lengthen the core muscles of your body. Pilates exercise teaches awareness of breath, alignment of the spine, and aims to strengthen the deep muscles of the abdomen, back, hips, and gluts.

Instructor: Jen Bazan, PT, DPT



### **Yoga**

*Wednesdays 7:15 – 8:15pm and Fridays 9:00 – 10:00am*

Discover the benefits of yoga with this relaxing, yet energizing whole-body workout. Yoga emphasizes alignment, developing both strength and flexibility in order to create long, lean muscles and improve your overall health. Take charge of your own healing process by being attentive to the message your body is sending and responding accordingly.

Instructor: Jan Yuvan



*Modification can be made to meet the needs of all experience levels. Mats, blocks, straps, and fitness balls will be provided.*

**For more information call (815)838-5070 or visit [www.theracorept.com](http://www.theracorept.com)**

### **Fitness Ball**

*Fridays 12:00 – 12:50pm*

Work up a sweat and challenge your core strength, balance, and flexibility with a series of exercises using a fitness ball. This class combines cardiovascular exercise with dynamic upper and lower body strengthening activities to improve muscle tone, postural awareness, and complete body endurance.

Instructor: Kelly Jenson, MPT



### **Fight Fit Conditioning**

*Saturdays 9:00 – 9:50am*

Get a great cardiovascular workout while learning self-defense moves! This class will help you mix up your routine with high intensity punching and kicking drills, combined with flexibility and strength-building techniques. Gloves will be available for purchase, although no equipment is necessary.

Instructor: Jeremy Turner



*All Classes cost \$12/session or purchase a package of 8 for \$80*

## **FITNESS CENTER MEMBERSHIPS**

*Basic Membership - \$25/ month (\$240/ year)*

*All-Inclusive Membership - \$50/ month (\$540/ year)*

- Includes basic membership plus all weekly classes