

# Resistance Spring 2017

Welcome to Spring! Unless you're in pain, health and fitness goals can quite often be a low priority for people. It's all too easy to put them aside and tell yourself that you'll get to it later. One minute you're setting a goal to lower your blood pressure in January, the next it's September and your blood pressure is still the same. Exercise can become tedious, unless you are continually challenging yourself. A reassessment with one of our physios plays a vital role in making progressions in your current routine and it is a great way to see how far you've come and to set new challenges to keep you motivated. Make use of our super Spring Special for existing gym members this spring at MedStrength.

Reassessing your gym programme is important in order to progress and evolve your MedStrength goals. Feedback from a recent survey suggests our members agree. Let us give you some extra motivation with our super **SPRING SPECIAL!**

**TIME FOR A REASSESSMENT?**

**NOW JUST \$39 (SAVE \$31)**

**SPRING SPECIAL**

Offer available at reception until 30.9.17  
Appointments to be made by 31.10.17

## FOCUS: Thoracic Spine

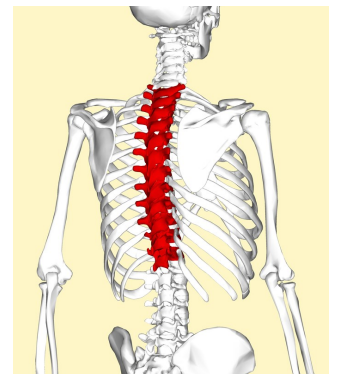
The thoracic spine runs between the neck and lower back. It is designed to rotate, flex and extend the torso. The rib cage provides protection for the vital organs such as the heart and lungs and each rib attaches to either side of the thoracic spine. This makes the thoracic spine the most rigid segment of the entire spine. However the movements of rotation, flexion and extension are very important to allow us to twist and turn, to bend in sitting and standing, and to roll in lying.

As we get older these movements start to stiffen, causing more difficulty in everyday activities that involve these movements such as backing the car out, gardening and the like. Because the thoracic spine is already a rigid structure it tends to lose its normal range of movement more quickly than other segments of the spine as we age.

To compound this, our sedentary lifestyles further restrict our movement in the thoracic spine at an earlier stage in our lives. Hours in front of the television and computer causes thoracic kyphosis (hunching of the upper back and rounding of the shoulders). This in turn causes a forward head posture (poking chin) and we start to extend more in our lower neck area rather than our upper thoracic area. This causes wearing or faster degeneration of the lower discs in the neck creating chronic pain and even referred pain and paraesthesia in the arms. In many people as they get older a hump develops at the lower part of the neck where it joins the thoracic spine.

Maintaining and improving the range of movement in your thoracic spine is vital to maintaining your lung capacity and posture, to prevent postural pain in the cervical, thoracic and lumbar spines, and to improve your ability to carry out everyday tasks.

For all these reasons, working on improving your thoracic mobility and strength should be an intrinsic part of your gym programme. If you would like to know more or would like some exercises for your thoracic spine, have a chat to one of our trainers.



## Machine of the month: Cybex Bravo

The Cybex Bravo Pro cable machine engages your core stabiliser muscles during exercises. The machine is equipped with a progressive stabilisation system (the pad) which adjusts for height and horizontal position, so that users are fully supported during their exercises. The machine allows users to do sitting and standing, pushing and pulling exercises with the choice of one-sided or two-sided movement. This, coupled with the different accessories provided, give the user a huge variety of workout options to achieve different stimulus for your muscles.

We have always advised our members to stabilise and control their core while doing dynamic movement, and this is THE machine to target core muscle activation. It helps you engage your core in every exercise. It is also a useful intermediate step in the progression towards using free weights, by teaching you to stabilise and control your body. The Cybex Bravo Pro is worth getting to grips with, as it can provide so much variety in your training. If you would like some appropriate Cybex Bravo Pro exercises included in your programme, talk with one of the trainers.



### Staff News

We farewell **Millane** who is off to Melbourne. We wish him all the best!

Welcome to **Darryn Collins** who has been with us for the past two months. Darryn has a degree in Applied Exercise Science and is currently working on another in Physiotherapy. He has worked with Canterbury Rugby Football Union, Lincoln University Sports Scholarship Program and the Brazil National Rugby Union. Darryn has a strong interest in holistic health through exercise.

Welcome to **Hannah Jackson**. Hannah is currently completing a BSc in Exercise Science. She has a particular interest in the cardiovascular system, and envisions improving the quality of life of those with cardiac disease in the future.



Darryn



Hannah

### MedStrength Member Survey:

Thank you to the members who took the time to complete the recent MedStrength survey; your feedback is much appreciated.

**We are keen to put your feedback into action and are undertaking the following:**

- We have extended our **opening hours on Sunday**. We are now open from 9am - 3pm.
- Members agreed that regular **reassessments** were vital in order to recognise progress and to alter their workout accordingly. To help us remind you about doing a reassessment, we will be putting a reminder note at the end of the orange card, which is completed approximately 2 months after a first assessment. We will continue to encourage reassessments on the gym floor with our long-term members. We have a fantastic Spring Special for a reassessment running until the end of September.
- We have had very good feedback on the new **Cybex Bravo cable machine** in the gym. There have also been some requests for instruction on how to use it. Exercises on this machine involve quite a bit more guidance than the MedX machines, which is why use has been restricted. We will be playing videos on the TV in reception to give people an idea of how the cable machine can be used, but please ask an instructor or see your physio before using it yourself.



### Opening Hours:

Mon - Fri	6am	–	8pm
Sat	8am	–	4pm
Sun	9am	–	3pm