

## PHYSIO 4 LIFE

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### Opening Hours

**Mon - Thurs:**  
07:00 - 22:00

**Friday:**  
07:00 - 20:00

**Saturday:**  
08:00 - 16:00

### Inside this issue:

New Staff at Physio4Life 1

Nutrition for the Festive season 2

Ski Fit—Pre-Skiing Exercises 3

Christmas & New Year Specials 4



# Newsletter

Newsletter

December 2008

## Christmas at Physio4Life

This quarter I am happy to introduce several new staff members to the Physio4Life team. Joining us is Kerry Bean, Reception Manager; Kelly Berry, personal trainer and nutritionist; and Leigh Hosack, chartered physiotherapist. Please see biographies below!

In this Christmas issue newsletter you will find articles that we hope will benefit you this season. An article on maintaining good nutrition over the Christmas period has been written by Kelly Berry, while Dan Wellard offers advice on ski fitness in time for the winter season. Physio4Life will continue normal trading hours over the Christmas period with only a

few changes - 24th & 31st December we will be open from 7am to 7pm, with the clinic closed on the 25th & 26th December and the 1st January.



Please see the back page of the newsletter for great ideas for Christmas presents for someone who has EVERYTHING!

Merry Christmas from all the staff at Physio4Life.

Amy Walters  
Practice Manager

## New Staff at Physio4Life

We would like to welcome some new faces to the Physio4Life team



Kerry Bean - Reception Manager

Kerry graduated in South Africa as a Biokineticist in 2005 and has a great knowledge of the requirements needed to get clients fully rehabilitated again. She has been working as a receptionist at the clinic for 4 months so has a full understanding of how the clinic runs and means she can provide the best service to you and is around to help with any queries or questions you may have.



Kelly Berry - Personal Trainer and Nutritionist

Kelly has a first class degree in exercise and nutrition science, and over ten years of personal training experience. She is certified in a wide range of fitness coaching styles and approaches, and has a research background dedicated to behaviour change and motivation towards healthier living. Kelly has worked with people of varying fitness, from elite athletes to cardiac rehabilitation patients.



Leigh Hosack - Chartered Physiotherapist

Leigh graduated in 2003 from Cape Town University in South Africa. She has worked in both the NHS and Private Practices. Leigh worked at Kings Park Sports Science Centre in South Africa, where she was also the physio for a rugby team and worked at numerous athletic events. She has completed a one year post graduate course in Orthopaedic Manipulative Therapy on Spinal and Peripheral Manipulation. She is also qualified to teach Pilates.

## Nutrition for the Festive Season by Kelly Berry, Personal Trainer and Nutritionist

During the festive season it is too tempting to over-indulge, sit in front of the television and abandon your regular exercise routine. However by making a few small adjustments to your day, you can burn extra calories and start 2009 in great shape.

### Always make time for breakfast.

It is a myth that cutting out this important meal will help you to lose weight – breakfast breaks your 'overnight fast', kick starts your metabolism and gives you the energy you need to fit in all your festive preparations. **Kelly's tip:** If you chose to begin your day with a cereal, chose a brand which is low in sugar and high in fibre, for sustained energy and a fuller feeling.



### Go Christmas shopping.

Rushing from shop to shop, climbing stairs, carrying heavy bags and rushing to grab that final bargain will all help to improve aerobic fitness, tone muscle and burn those extra calories – a day of intense shopping can burn over 500 calories. **Kelly's tip:** Use the stairs instead of escalators – the more stairs

you climb, the more calories you burn (8.5 calories per minute to be exact!)



### Curb hunger pangs.

Shopping can be exhausting and as your body uses up its fuel reserve, you may start to feel hungry. To stop you dashing into the nearest newsagent's and buying chocolate, make sure you always carry a healthy snack, such as a cereal bar, banana or dried fruit and seed mix. **Kelly's tip:** Not all cereal bars are healthy – look for the ones with reduced fat and sugar content.

### Be selective about leftovers.

Whilst it is important not to deprive yourself of all things nice (it is Christmas after all), put some thought into what you do with your leftovers. For example, instead of eating the leftover turkey with a plate full of roast potatoes, stuffing and gravy, prepare a healthy turkey salad. **Kelly's tip:** It is not necessary to totally avoid any foods, just make sure that you monitor the portion sizes and don't overindulge.

### Pace yourself.

Alternate your favourite Christmas tipples with a glass of water. In addition to guarding against a sore head in the morning, this will also help to minimise your Christmas calorie intake and prevent against dehydration. **Kelly's tip:** Fill up a two litre bottle with water in the morning and make sure by the end of the day you have drunk it all.

### Enjoy the winter weather.

If it snows, have a snowball fight! As well as raising your heart rate, a 15 minute snowball fight will burn up to 200 calories! If this sounds a little too energetic (or there's no snow), take the opportunity of having some spare during the Christmas break and go for a long walk. **Kelly's tip:** Government guidelines suggest that thirty minutes of moderate exercise every day is required to promote health benefits – you'll be surprised how quickly half an hour passes on a brisk walk!



### Make healthy New Year resolutions.

The start of a new year is a great time to turn over a new

leaf so set yourself a health and fitness-related goal – take up a new sport, have sessions with a personal trainer and vow to eat a more balanced diet. **Kelly's tip:** Let other people know about your resolutions. In addition to giving you extra incentive, this will also provide the opportunity for loved ones to help you achieve your goals.



### Enjoy a good boogie!

Dancing is a great form of exercise. Whether it is the office party, a family get-together or a Christmas eve dinner dance, head for the dance floor and boogie the night away, remembering that 30 minutes of quick tempo dancing can burn 500 calories! **Kelly's tip:** Make sure you wear comfortable shoes and drink plenty of water so that you won't get dehydrated.

*Wishing you all a lovely  
Christmas!  
~ Kelly*



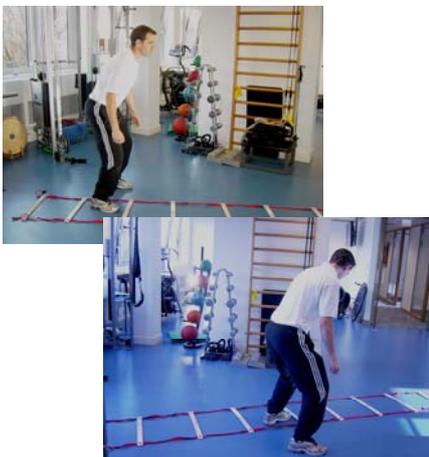
# Pre-Skiing Exercises

by Dan Wellard, Personal Trainer

With Autumn just around the corner and the Ski season fast approaching it is time for the keen skiers amongst you to consider optimising your fitness levels. Skiing is a very dynamic sport and places huge demands on the body. If the body is not ready for these demands it will fatigue early, leading to the pain of stiff muscles the next day. This can be debilitating, as a "stiff" muscle is unable to generate maximal strength or endurance, and is extremely painful. It is essential to follow a suitable and progressive exercise programme which will enhance your strength and fitness levels, therefore reducing your chances of sore muscles, injury and optimise your enjoyment on the slopes.

On the mountain it is essential to have strong leg muscles, agility, quick reflexes and a sound endurance fitness base. Therefore, it is important that you imitate these elements of fitness in your preparation.

**Agility** is the ability to move and change direction of the body whilst under control. Training for this skill should be based on the physiological and biomechanical demands of skiing and the ability of the individual. Using side to side movements on an agility ladder is one example of ski specific agility training.



*Place one foot in and one foot outside the ladder. Keeping feet hip distance apart, jump through the ladder in a zigzag pattern.*

**Strong leg muscles** enable the skier to sustain their stance, keep in control and look good! Variations of squats, lunges and deadlifts will go a long way to providing strength in the legs. Progressing these exercises to be performed on an unstable platform will not only improve strength but also balance. An unstable platform can be achieved on one leg, or by using balance tools such as wobble boards, the BOSU or Fit Pad.



*Take a large step forward, landing squarely on the foot. Lower the back knee towards the floor, keeping your upper body upright and the forward knee in line with your ankle.*



*Position feet hip distance apart and slowly squat down until your thighs are horizontal.*

**Quickness** is the capacity to react with speed to a stimuli. In skiing, this could be having to make a sudden turn to avoid an unexpected collision with another skier or rock. A great exercise I have used with clients is the reaction clock.



*Stand in the middle of four markers (i.e. cones) which indicate a north, east, south, west position. React to a command of 'north, east, south or west' by running and touching the appropriate marker. Repeat this multiple times.*

*Merry Christmas and  
Happy New Year!  
- Dan*



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### Location:

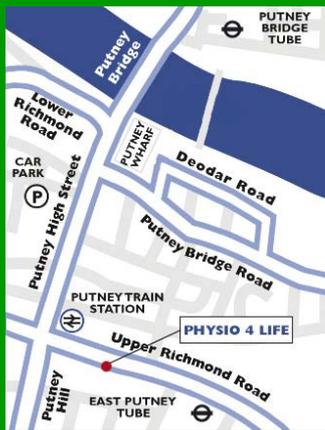
125 Upper Richmond Road,  
between Putney High Street  
and East Putney tube station.

**Tube:** 3min walk from East  
Putney Tube Station

**Train:** 3min walk from  
Putney Mainline Station

**Buses:** Stopping on Putney  
High Street:  
93, 39, 14, 85, 270, 220, 424  
Stopping on Upper Richmond  
Road:  
337, 37

**Parking:** Pay and display:  
Carlton Drive, St John's  
Avenue, Oxford Road.  
You can also park on the red  
route on the Upper  
Richmond Road between  
10am and 4pm, and after 7pm



# Xmas & New Year Specials

## Xmas & New Year Specials

### @ Physio4Life

This year why not give loved ones a Physio4Life gift pack to enable them to choose what they want this year!

Each pack is slightly different to ensure there is something for everyone.



**£250 Gift Pack 1** (a saving of up to £50)  
Choose any combination of six of the following services

- 45 min sports massage
- 1 hour personal training session
- 1 hour 1-2-1 Pilates session



**£150 Gift Pack 2** (a saving of up to £35)  
Wellness Test  
3x1 hour personal training sessions



**£125 Gift Pack 3** (a saving of up to £25)  
Choose any combination of three of the following services

- 45 min sports massage
- 1 hour personal training session
- 1 hour 1-2-1 Pilates session



**£100 Gift Pack 4** (a saving of up to £23)  
5 block Pilates course  
1 hour sports massage



### Discount

- 20% off Biomechanical assessments
- 10% off orthotics



Gift Packs can be bought till Jan 31st 2009 and must be used by April 30th 2009  
Please contact reception on 020 8704 5998 or email [admin@physio4life.co.uk](mailto:admin@physio4life.co.uk) for further information

