

Winter 2008

**Need a little maintenance?
Exhausted insurance benefits?
Visit Denver's Drop In Clinic
Every Friday, 9:40-10:20 am
Call for details**

**Mommy &
Me Classes**

This class is an opportunity for new moms to regain core stability, through creative exercises involving their babies. Join us Tuesday evenings 5:30-6:30pm at our Denver location. Starts January 6th, call for more details.

**What is
Maya
Abdominal
Massage?**

MAM is an external, non invasive massage technique that addresses position and health of pelvic and abdominal organs. Visit our website for more information about this specialized form of treatment.

President's Message

Happy Holidays from Cherry Creek Wellness Center! I would like to take a moment to thank all of you for your continued support, especially during these difficult times. We are very fortunate to have such a loyal cliental. In Denver, we have finally completed construction and have expanded our gym space to almost double the size! This expansion has allowed us to begin our personal training program with Amy Bonkoski, certified personal trainer, as well as have an increase in the number of attendees in our Pilates mat classes. We hope you enjoy the benefits of these added services.

We have been working with many insurance networks to be able to offer a wider spectrum of in-network insurance benefits to you and your friends. We are proud to announce that we now have in-network coverage with Secure Horizons and PacifiCare HMO as of January 1, 2009. With these added insurances, we can continue to give excellent care at an affordable rate.

Thank you for making our growth possible. We look forward to another great year of giving you the care you deserve.

—Dean

SNOW SPORT PREPARATION

The leaves have fallen off the trees, fleece vests and insulated jackets are back on the coat racks, and the Front Range is snow-capped once again. We're all starting to get our skis, snowboards, snowshoes, and whatever other equipment ready for another Colorado ski season, but is your body ready?! Hopefully you've enjoyed a good, active Summer and Fall this year, and already have a base level of fitness from running, biking, and playing outside. Given that, consider these questions. How is your squat? How is your balance? There are a lot of components to



snow sports that simply don't get addressed with typical workouts and recreational activities. In this season's article, our staff will discuss certain topics unique to skiing and snowboarding that can decrease your injury risk, improve your performance, and increase your enjoyment on the slopes this year!

For all of us who have experienced "ski legs" after the first day on the mountain, we know there is a big difference in being able to do a squat and being able to hold a squat for an entire run. Have you ever wondered why your snowboarding

pants have such a large amount of insulation and padding on the rear end? Aside from the obvious comfort reasons, snowboarders tend to sit a lot on the slope because the thighs and hips fatigue to the point that turns are difficult to control. This type of problem is caused in large part by a lack of muscular *endurance*, not just muscular *weakness*. Skiing and snowboarding rely on maintaining a flexed-knee posture to help absorb the forces from riding over bumps and gullies, and also to improve balance by lowering the center of body mass. Because of the demands of this posture, adding hold times to your exercise routine can significantly improve your on-the-mountain endurance and performance.

Another thing to think about in preparation for skiing and snowboarding is core strength. Your “core” is made up of the

small muscles that give you stability and control in your spine, hips, knees and ankles. General strength training is good for the larger



muscle groups needed for power and endurance, but working the core stabilizers will really help with balance and total body awareness. This is key in skiing and snowboarding; sports where you are in constant motion, relying on knowing where you are in space and shifting weight for control. It is important to be able to maintain balance and stability whether you are cruising on an open run, hitting the bumps or dodging the trees. Having good core strength and stability, as well as good muscular endurance, will help you avoid those unwanted muscle strains, knee injuries and toppling falls down the mountain!

On the following page are some suggestions on specific snow sport exercises to help keep you on the runs longer and stronger! Also consider attending our Pilates mat classes offered at our Denver and Wheat Ridge locations. In these classes we target the core stabilizer muscles, challenge balance and work on improving posture and body awareness. Call these locations for details about class times and cost.

New News

- Denver clinic welcomes Amy Bonkoski, personal trainer
- Michael has passed the board exams from the American Board of Physical Therapy Specialties. He is now a board certified Orthopedic Clinical Specialist. Congrats!
- Jessica E. plans to pursue a yoga training program in the early Spring
- Jaime is looking forward to taking a course with Mariano Rocabado and spending the holidays with family.
- Stephanie attended the CU Fall Sports Medicine conference in October
- Erin, Krista and Jess H. attended a course on managing difficult shoulders
- Alisha is engaged
- Lea was married in late October
- Laura is now certified in Maya Abdominal Massage
- Emily has moved to Colorado Springs with her husband, we wish her the best of luck in both her personal and professional life.
- Nikki and her family have settled nicely into their new home in Connecticut

Banana Bread for the Athlete

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|--------------------------------|--------------------------------------|
| 1 2/3 cups all purpose flour | 3 1/2 very ripe bananas, mashed |
| 1 teaspoon baking soda | 1/4 cup unsweetened applesauce |
| 1/4 teaspoon ground cinnamon | 2 tablespoons low fat sour cream |
| 1/2 teaspoon salt | 1 teaspoon vanilla |
| 1 cup plus 2 tablespoons sugar | 2/3 cup walnuts, chopped and toasted |
| 2 eggs | |
| 1/4 cup vegetable oil | |

Preheat oven to 350. Combine first four ingredients. Beat sugar and eggs in separate bowl. Drizzle in oil. Add bananas, sour cream, and vanilla. Fold in flour mixture and nuts. Pour batter into 9”x4” loaf greased pan and bake for 55 mins. Perfect energy snack while riding the lift or waiting in line.

Exercises for ski season:

Planks

Target the abs and back muscles which are essential to stay strong as you are and making twists and turns as you ski or snowboard.

Front plank:

- Body is horizontal, face down, arms directly underneath the shoulders.
- Hands and toes support the body, and the back is straight. Head is aligned with the spine.
- Extend the arms into a push-up position and hold for 30-60 seconds. Repeat 5-10 times.
- Modification 1: Knees and toes are on the floor. Back is straight.

Side plank:

- Targets the obliques (side abdominal muscles).
- The body's weight is supported by the feet and one forearm, with the elbow directly underneath the shoulder.
- The other arm is extended along the side, and the back is straight, with the head in line with the spine.
- The exercise should be done on both sides.
- Push the body into a diagonal position and hold for 30-60 seconds. Repeat 5-10 times.
- Modification 1: The knees are bent, with the weight supported on the lower legs as well as the arm.

Squat

Targets the major muscles of the lower body: glutes, quads and hamstrings. These muscles are very important for holding the slight knee-bend position on your way down the hill.

- The feet should be slightly wider than shoulder width. You should start the descent by leading with the hips rather than the knees. Pretend that you are reaching back to sit in a chair. Think of your weight going down through your heels. Feet should be flat on the floor for the entire duration of the lift. Raising the heels up predisposes the knees to injury and shifts the lifters center of gravity forward which forces the lower back to compensate and places the lower back in a precarious position.
- Only go down to where your thighs are parallel to the ground, you lose form, or you are about to reach the point of pain – whichever comes first.
- Hold the “down position” for 30-60 seconds. Repeat 5-10 times.

Lunge

Targets the glutes, quads, and hamstrings which are vital as you are maneuvering your skis or board down the hill.

- Step forward with one leg and lower your upper body down, bending your back leg down towards the floor. You should have about two to two and a half feet between your feet.
- Do not allow your front knee to go forward beyond your toes as you come down, and keep your front shin perpendicular to the ground.
- Hold for 30-60 seconds. Repeat 5-10 times.
- Push up and back and repeat with the other leg or do all the reps with one leg then switch.

Toe/Heel Raises

Targets the ankle muscles of the lower leg to help with shifting your body over the skis/board during a run.

- Stand with feet together (skiers) or feet slightly wider than hip width (boarders) and flex knees to 30-45 degrees.
- Lift the heels as high as possible without rolling the ankles in or out.
- Hold for 30-60 seconds. Repeat 5-10 times.
- Relax for a minute or two and repeat the exercise, but this time lift your toes as high as possible without rolling the ankles in or out. There is typically much less available motion at the ankles with this exercise as compared to heel raises.



What is **functional ground-based training?**

Functional ground-based training offers a twist on traditional exercise. During a session of training we will analyze your posture and educate you on exercises that mimic movements that are most commonly performed throughout your day. Our goal is to help you increase your strength and endurance for everyday tasks.

Correct posture is the foundation to a healthy, strong, injury free body. Faulty posture can lead to imbalances in muscle strength which will eventually result in pain and injury.

During your session, we will evaluate your posture and discover ways to prevent injury for you in the future. After creating awareness about your posture we will construct an exercise program to specifically strengthen your body and meet your goals. You will also be educated in the fundamentals of exercise such as how much weight to use for your body, number of repetitions to perform, length of rest between workouts and much more.

We will design a safe and effective exercise program to make it easier for you to get back into shape if a lapse of time has come up due to giving birth, injury and rehab, or simply that life got too busy. Get an efficient workout with maximum results in a fun environment for only 40 minutes each session!

If weight management or weight loss is your goal our trainer is also certified as a Lifestyle and Weight Management Consultant. There are three important components to permanent weight loss which include nutrition, exercise, and lifestyle change. Each component works differently for every individual. We will look at how each aspect would work for your life to get the results that you want.

What makes our program different?

During a time when everything seems to be getting more expensive, we have found a way to keep personal training prices low. Small group personal training is our solution. What this means is that more than likely you will be partnered with one or two other individuals during the session. We believe small group training can result in even better, long term results. Training with others creates an extra sense of accountability.

Our favorite aspect about small group training is that the fact that you are training with other people. Being with a group adds a social aspect to personal training that helps makes each session fun. When this different feature of fun is added, we believe that it will provide more motivation to reach your goals. We believe that everybody benefits through small group training.

*Individual training sessions available. Please ask about pricing.

A few common misconceptions about diet

Willpower alone is enough to withstand any chocolate cake or French fry craving.

- Although willpower is needed to resist temptation, simple behavior changes can help minimize the amount of willpower needed.
- Avoid tempting situations: Keep tempting food out of the house. If it's not there, you can't eat it. Also, instead of having social engagements revolve around food, be creative on ways to be active with friends.
- Try keeping a record of what you've eaten and physical activity.
- Write down goals that are realistic, specific, and measurable.

An easy way to reduce daily intake of calories is to skip breakfast.

- Eating something after waking up helps to "wake up" your metabolism to burn energy for the day. Also, eating breakfast can help prevent overeating later in the day when your body is starving for food. Finally, by skipping breakfast you may be preventing your body from getting enough nutrients in the day.

In order to lose weight, carbohydrates should be avoided.

- There is only one true way to lose weight. That is to eat less calories than you burn. The body uses carbohydrates for energy so by depleting it of its necessary energy source more harm is being done than good. Most people who cut out carbohydrates are losing water weight (which will be gained back) and are losing weight because of calorie reduction.

Enjoy the Benefits

Thank you for choosing CCWC. Bring this in for \$10 off a 1 hr massage, gift certificates, pilates and personal training packages

(not valid with other coupons or special offers, expires January 1, 2010)

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