

Rejuvenations News

April 2005

Upcoming Events

May 3—Tai Chi with Marsha Carr, Certified Tai Chi Instructor, 7:00 pm—8:00 pm at the Exeter Public Library. Please contact Marsha at (603) 659-3594 for more details, or taichi4health@comcast.net

May 19—Weight Management for Life classes with Susan Engle, MOE, RD, 6:30 pm—8:00 pm. Classes are weekly through June 23. Please call Susan for more details at (603) 661-0640, or email her at susan.Engle@comcast.net

June 2—Richie McFarland Children's Center's 13th Annual Golf Tournament, The Ledges in York, ME. Rejuvenations will be providing chair massage for participants of the golf tournament. For more information call (603) 778-8193, or email kstrand@richiemcfarland.org

June 24-25—American Cancer Society's Relay for Life, 6:00 pm Fri.—12:00 pm Sat., Cooperative Middle School in Stratham. Rejuvenations will be providing chair massage for participants of the walk. For more information contact Mike Scarpone at (27) 439-2538, mscarpone@comcast.net, or Ruth Paul at (603) 471-4137, ruth.paul@cancer.org.

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Personalized Training at Rejuvenations

Rejuvenations is excited to announce our NEW Personalized Training program.

What makes our program different? We believe that exercise should be a fun lifestyle change, not a chore you feel you are forced into. Our personal trainers love exercise and physical activity, and it shows through in the way they run the program.

Your initial visit will include several steps to help personalize your program. You will be asked questions to help establish your personal goals. Are you training for a sports event, wanting to lose weight, or simply making a healthy lifestyle change?

Your personal trainer will also evaluate your current level of physical fitness during your initial visit and begin developing your exercise program. You will be given an exercise journal designed to work in tandem with your one-on-one sessions at Rejuvenations.

During ongoing sessions your progress will be monitored. Your personal trainer will assist you with adjusting your exercise plan and help you set new goals as needed. This ensures that you get the most effective workout possible and never get bored with your program.



Years of experience in personal training has armed our trainers with a lot of creative ideas. These ideas help design a program that brings you enjoyment as well as health benefits. Incorporating equipment you already own and many items you have around your home, your program will be easy for you to follow without having the additional expense of buying large, costly equipment.

Our flexible program is designed to meet everyone's needs. You can come for one session to gather new exercise ideas to use at home, or you can sign up for an eight or sixteen week program that will help you develop healthy habits in a fun, friendly atmosphere.

The Human Touch

'Tis the human touch in this world that counts.

The touch of your hand and mine.

Which means far more to the fainting heart

Than shelter and bread and wine.

For shelter is gone when the night is over

And bread lasts only a day

But the touch of the hand and the sound of the voice

Sing on in the soul always.

—Spencer Michael Free



Mother's Day Special

Receive a 20% discount on all gift cards purchased from April 8 through May 7. Gift cards can be used for massage or personal training services offered at Rejuvenations.

For more information call Rejuvenations at (603) 775-7855 or email us: info@RejuvenationsPT.

What's Your Nutrition and Physical Activity I.Q.?

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. We achieve higher levels of physical fitness through a combination of healthy eating and physical activity. The President's Council on Physical Fitness and Sports has designed a simple test to see what your nutrition and physical activity IQ is.

Can you fill in the blanks to find these secrets to healthy eating and physical activity?

1. Eat from the five food groups every day. These include:
_____ Cereal and grains
Fruits _____ vegetables
milk, yogurt and cheese _____ and proteins
2. Do moderate physical activities for _____ minutes daily.
3. Eat _____ to get going in the morning.

4. Vigorous activities make you _____ and breathe hard.
5. Eat a _____ of foods every day.
6. Take a 10 minute _____ break every hour while you read, _____, or do homework.
7. Smart _____ are just what you need if you get hungry between meals.
8. Be sure to _____ your muscles before and after workouts.
9. Use the _____ Facts Panel and the Food _____ Pyramid to help you balance food choices.
10. Keep _____ to stay in shape.

The answers can be found in the box at the bottom of this page.

For more information on the President's Council on Physical Fitness and Sports, visit the website at www.fitness.gov.



What is Myofascial Release?

Myofascial release is a gentle form of body work involving the location of soft tissue restrictions due to trauma or muscle imbalances. In order to better understand how this works, let's take a look at what fascia is.

Fascia is the connective tissue that supports and covers your muscles as well as everything else in your body including organs, bones and nerves. It is like a protective sleeve that allows muscles to slide smoothly over each other and hold our body parts where they belong.

So, what happens when fascia becomes dysfunctional? If there is tightness or restriction in the connective tissue then it will pull on the muscles, organs and/or bones that it surrounds and create dysfunction in those body structures as well. I often use the analogy of a pair of pantyhose. It's just a thin sleeve of nylon, but if that nylon is twisted a woman would not be able to walk out of the bedroom. That one small twist makes the whole leg feel wrong and can alter the way a person sits or walks. Fascial restrictions are like a twisted pair of pantyhose under your skin.

With myofascial release, the therapist locates the restricted area and provides gentle soft tissue mobilization at the area of restriction. This in turn will allow the tissue to relax and realign in a more normalized pattern, thus untwisting the pantyhose.

Myofascial release is especially effective for reducing chronic pain, increasing range of motion and releasing postural restrictions. Among other things, the technique can reduce chronic headaches, plantar fasciitis, stiff neck, low back pain, shoulder problems and the effects of Fibromyalgia, arthritis, and TMJ. It can also help repair old injuries by increasing the pliability of scar tissue in muscles and tendons. Other benefits include improved flexibility, breathing, balance and relaxation.

Myofascial release is an advanced technique requiring specific training. At Rejuvenations there are three trained, experienced therapists available to assist physical therapy and / or massage therapy clients. For more information or to schedule an appointment, call Rejuvenations at (603) 775-7855, or email us at

May is
Fitness Month



Answers

1. Bread, meats; 2. 30; 3. Breakfast; 4. Sweat;
5. Variety; 6. Activity, watch tv; 7. Snacks; 8. Stretch;
9. Nutrition, guide; 10. Moving

What is Qigong?

Qigong is a stationary meditation and relaxation process that helps to open energy channels in the body.

Qigong (Chi Kung) comes from the Chinese words "Qi" (pronounced Chee) meaning "Energy" plus "Gong" (pronounced kung), meaning "work" or "practice". It is a term that describes a Chinese exercise system that focuses on cultivating and attracting "Qi" or "life-force" energies. Central to the idea is that Qi (Chi), or life energy, flows through the body. Qi must be able to move freely and smoothly to maintain good health.

Through individual effort, practitioners build up their health and prevent illness by combining discipline of mind, body and the body's "Qi" (vital force or energy). Where the mind goes, the Qi follows.

Qigong draws on many elements. It

includes "regulating the body" through posture, "regulating the mind" through quiet, relaxation and concentration of one's mental activity, "regulating the breath", self-massage and movement of the limbs. It covers a wide range of exercises and styles which emphasize the practice of breath; "still" qigong, which stresses meditation and relaxation; "standing stance" qigong, which emphasizes the exercise of the body by relaxed and motionless standing posture; "moving" and "dao-yin" qigong, which emphasizes external movement combined with internal quiet and practice in control of the mind; as well as various forms of self-massage.

Tai Chi is moving Qigong with emphasis on specific moving forms. Tai Chi is designed to enhance overall health through slow deliberate movements, meditation

and deep breathing.

Marsha Carr is now offering instruction in Tai Chi and Qigong on an individual basis. Each session includes customized instruction in regulating the body for gentle movement, breathing and balance for your specific needs.

Marsha will work with you individually or in concert with your health professional. Rates are \$60/hour or \$85/ 90 minutes for individual sessions. Please call 659-3594 to book an appointment or for more information.



**Look not back in anger,
nor forward in fear,
but around you in awareness.**

Nutrition

The Weight Management for Life classes presented by Susan Engle have been a great success! Susan has been able to answer many questions for people while sharing valuable information to help make weight management achievable. Among this information is guidelines for portion control.

"People have lost sight of what a true portion size is because we often go out to eat," says Susan.

Restaurants give enormous portions. Susan's husband was recently served a meal that was large enough to serve a family of four if properly portioned out. She teaches people correct amounts to eat and easy ways to judge the size of food when measuring cups and spoons are not available.

This is only one of the many topics Susan discusses at her classes. For those who prefer individual consultations, Susan will be expanding her hours beginning April 1. Both group and individual sessions are covered by most major medical insurances with a doctor's referral. Contact Susan or your insurance carrier for details.

For more information contact Susan Engle at (603) 661-0640, or susan.engle@comcast.net.

National Recognition

Karen Drelick, owner of Rejuvenations, was recently featured in the Associated Bodywork & Massage Professional's national magazine "Different Strokes". The article shows the steps Karen has taken to build Rejuvenations from a one person massage clinic into the wellness center it is today.

Karen credits her success to using the "SOAP" note format created by the medical field for patient/client progress.

"It seemed very logical for me to apply a "SOAP Note Philosophy" to my business and personal goals as well," states Karen.

The SOAP note works as follows:

- "S" is for subjective. How do I feel?
- "O" is for objective. What is happening at this time?
- "A" is for assessment. Overall status based on subjective and objective findings.
- "P" is for plan. The action that will be taken based on the assessment.
- We are very proud of Karen and her accomplishments. Congratulations for being recognized by your peers.

