

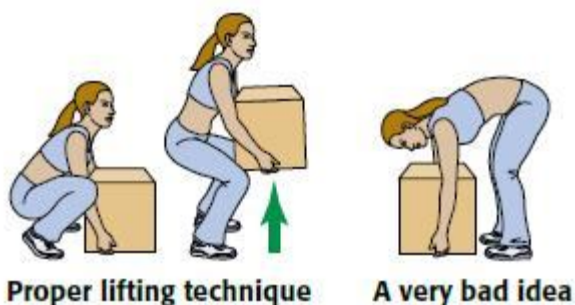
# New Year's Resolution

## Lifting Right

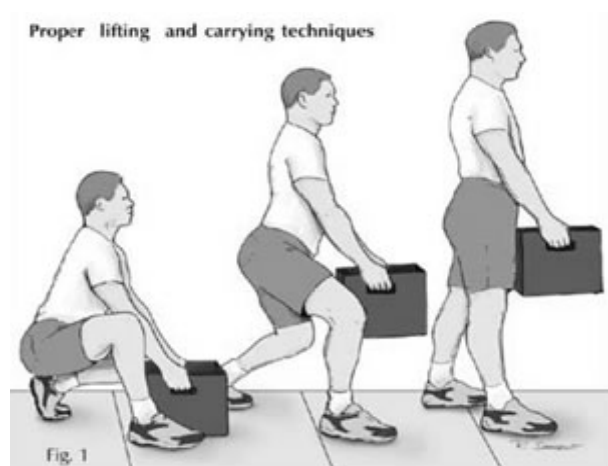
Dr. Kevin Shimizu, DC

Improper lifting can cause pain. Poor technique may lead to acute injuries and chronic back problems. Here are some simple steps to keep you out of pain and avoid serious injuries.

1. **Make sure you know what you are lifting.** A small suitcase filled with books or a tool box filled with heavy gadgets can fool you. Knowing what you are lifting will help prepare your muscles to properly support your spine.
2. **Lift close to your body.** Objects will feel heavier if you lift at the end of your reach. Closer to the body, the more stable you will feel.
3. **Bend at the knees, not your waist.** Bending at the waist will place your back in a very vulnerable position. Low back muscles are very weak in this position and injuries often occur even before lifting. Ever heard of someone throwing their back out trying to pick up a kid's toy? Keep your back straight and bend down with your knees.



4. **Tighten your abdominal muscles and lift with your legs.** Tightening your abs will help support the spine and keep you upright. Leg muscles are stronger than your back muscles so lift up with your legs. Keeping your chest up will also help you stay upright.



5. **Wearing a back brace.** A good back support or brace will add stability to your low back and will help maintain good posture. *One last tip*, do not bend or twist while lifting. This is the most common cause of low back pain and disc herniation. An ounce of prevention is worth a pound of a cure.

# *Make your New Year's resolutions last!*



I'm sure you have seen the gym quite busy in the first couple of weeks of January, filled with people trying to fulfill their New Year's resolution. However, as the month's pass, we see a steady decline in the number of people sticking to their resolution. What happens to our motivation that we had in the beginning, and how can we work to keep it up? In this article I will go over a couple of pointers that may help you make your New Year's fitness resolution last.

## **So what can we do to better our chances of making our New Year's resolution last?**

**1. List down all of the things that have prevented you from keeping to your resolutions in the past and work to deal with those issues first.** You cannot expect different results if the same things are there to prevent you from achieving your goals. After you have done this, try to include exercise in your daily schedule in a way that minimally disrupts your daily routine (ex. Going out for a jog for 30 minutes during your break at work). Remember that balance is the key to success here. Going too much out of your way for exercise makes it seem like an extra task in your daily routine, which usually becomes the task that you cut out of your life when things become busy.

**2. Make realistic goals.** The common mistake that people make that contributes to the decrease in motivation is setting the bar too high. Don't expect to lose 10-15 pounds in a couple of weeks. For a normal person, this is simply unrealistic! Instead, make a routine that will help you reach your goals over a longer period of time. If you are looking to lose weight, aim for about 5 pounds a month. Remember that as you exercise, you will likely start to gain muscle as well. As muscle weighs more than fat, you may start to see a drop in the rate at which your weight decreases. Do not let this discourage you as the number on the scale does not tell the entire story. Even if your weight is not decreasing, your body fat may be. Also, you will probably see a significant improvement in the tone of your body instead.

**3. Seek the advice of professionals to start you off on the right path.** Quite often, people lose their motivation in the gym because of the lack of direction. They quickly get into a routine that becomes quite boring and repetitive. This is where you need the help of professionals such as personal trainers to help you construct a varied workout menu that will help you reach your goals in a realistic manner.

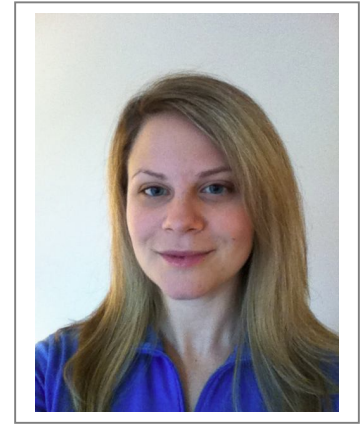
**I wish you all the best with your fitness goals for 2012!**

Takashi Yamada / Certified Personal Trainer for Chikara Fit  
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# Jena Fraser BHK, RMT, FMS, SFMA

## Registered Massage Therapist



*Jena Fraser's* primary focus is on Connective Tissue Release and Corrective Exercise, efficiently integrating a whole system approach to rehabilitating posture, ligament performance, organ / nervous system function, muscle balance, motor control, balance reactions, and fundamental movement patterns to restore pain-free functional movement. Proficient in movement assessment; Jena measures your physical readiness, a vital component of continuing any fitness plan post injury or surgery. Using the SFMA to assess and track rehabilitation, and then using the FMS to clear for continuation of activity.

*Jena* graduated from WCCMT in 2010 with a diploma in Registered Massage Therapy, and from UBC in 2008 with a Bachelors of Human Kinetics. She is certified in Selective Functional Movement Assessment and the Functional Movement Screen. Continuing educational courses include Ligamentous Articular Strain Technique, Craniosacral Therapy, Visceral Manipulation, and Integrated Myofascial Release. She is currently training for the Russian Kettlebell Challenge Instructor Course in May 2012, and is on the lifelong journey of becoming a Master Martial Artist in Taekwondo.

A bit about Jena's modalities:

### **Connective Tissue Release:**

- focused release of fascia of the muscle, ligament, tendon, bone, organ, and the nervous system
- reduces friction to increase tissue function
- allows for sliding and gliding of nervous system tissue
- allows organs to be suspended in their proper places
- restores proprioception feedback from ligament tissue

### **SFMA:**

- standardized clinical model of assessment isolating cause of injury through a comprehensive movement pattern-based assessment
- seven full body movements designed to assess fundamental patterns of movement in those with known pain
- identify meaningful impairments that may seem unrelated but contribute to primary complaint/disability
- based on Regional Interdependence (impairments of body segments can affect the function of one another, isolated approaches are ineffective)

### **FMS:**

- a ranking/grading system that documents movement patterns that are key to normal function,
- identifies functional limitations and asymmetries

**Please come prepared with full orthopedic injury/surgical history and in comfortable clothes.**

### **Clinic News**

- Jena Fraser, RMT has joined our clinic. Starting February, she will be available to see patients on Fridays from 10am to 6pm. Starting March, Jena will also work on the last Saturday of the month.
- Nathan Skirrow, RMT has a new schedule. Nathan will now work on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 2pm to 6pm.
- Every first week of the month, custom-made orthotics are 10% off. Please make an appointment with our receptionist. Have a question? Consultation with the doctor is free.

# Tartes fines with caramel crisp recipe



~This sweet French delicacy is a popular apple dessert and dinner party favourite ~



Make 6 / 30 minutes to make, 20 minutes to cook, plus chilling

## Ingredients

500g pack puff pastry  
Plain flour for dusting  
4 crisp eating apples  
100g caster sugar, plus extra for sprinkling  
A little melted butter  
1 medium free-range egg, lightly beaten, to glaze  
100g apricot jam, gently warmed and passed through a sieve, to glaze  
Double cream, lightly whipped, to serve

## Method

1. Preheat the oven to 200°C/fan180°C/gas 6. Roll out the puff pastry on a lightly floured surface to the thickness of a pound coin, then cut out 6 x 12cm circles. Put on a baking sheet, prick all over with a fork and chill in the fridge for 10 minutes.
2. Quarter the apples, core and slice very finely (leave the skin on). Sprinkle the pastry circles with caster sugar (about 1 tbsp), then top with overlapping layers of thinly sliced apples, leaving a 1cm border around the edge. Brush the apples with melted butter, then sprinkle with more sugar. Brush the pastry border with the beaten egg. Bake for 15 minutes or until golden. Remove from the oven and brush the apples with the apricot glaze. Set aside.
3. Gently heat the 100g sugar with 100ml water in a pan until the sugar has melted. Increase the heat and bubble for about 5 minutes until it has turned a dark golden caramel colour.
4. Using a teaspoon, drizzle the caramel over the top of the tartes, then leave to set and crisp up. Serve the tartes with lightly whipped double cream.

## Nutritional info

Per tarte: 386kcal, 16.2g fat (7.7g saturated), 5g protein, 54.5g carbs (36.5g sugars), 0.5g salt, 2.7g fibre

~ *Editor Pick from* delicious magazine ~