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Dr. Kevin Shimizu, DC

Flexibility and Sports

Summer is here and people are enjoying the benefits of going outside, moving our bodies and playing sports. Many also ask how we can maximize performance and enjoyment from these activities. Whether we want to improve our tennis serve, hit the golf ball longer, run or bike faster, a healthy spine is a necessity not an option.

What's the definition a healthy spine? First of all, your spine has to move properly. If you have been sitting in front of a computer for many hours or drive your car on a lengthy road trip, your spine will become stiff and your muscles tight. If you cannot bend your back through its full range of motion, you're going to have problems.

Most people assume that tight muscles cause stiffness in our spine. In fact, it is the opposite. In most cases, your muscles become tight in reaction to stiffness in our spine. If your spine is rigid, your muscles have to work much harder to move individual vertebrae. Ask yourself what is easier: bending a rubber tube or bending a steel rod. When muscles become tired, they become tight and achy. Stretching and massage temporarily relax overused muscles, but as soon as you start using them, they will become tense again if the underlining stiffness in the spine is not corrected.

Chiropractic focuses on restoring proper motion and optimum function to the spine so you can enjoy your favorite activities and maximize performance.



Get out to get fit!

Come summer time, I usually tell my clients that the best way to lose weight is to set a goal to get out to do something active every day.

According to the Canadian Physical Activity Guideline, adults should accumulate approximately 150 minutes of moderate to vigorous physical activity per week. Although this may be a little low for those that are already active, it is a good starting point for those that are not.

You should also aim to do some weight bearing activities at least twice a week. This will help you keep your bones strong. You can actually do weight bearing activities while you are out jogging or walking. Simply find a bench to do some pushups and dips as these are easy weight bearing exercises you can do without any equipment.

Below, I am going to introduce to you a couple of local areas you can visit to help you get out and get fit!

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Stanley Park Sea Wall:

This is a great place to bring your family for a casual walk or a ride on a bike as the loop is fairly flat. The loop around is approximately 10 km and it takes about an hour to bike around or 2-3 hours to walk or jog around.

Spanish Bank and the UBC area:

Enjoy the spectacular view of the North Shore Mountains while you walk, jog or bike! This beach stretches for about 2 km so it is a good place to go if you are looking for a light jog or a walk. If you are not satisfied with the difficulty or the distance, you can hit some of the trails in the UBC area. If you are up for it, you can do the Stanley Park, Spanish Bank combination.

You probably would want to set aside half a day if you decide to do this.

Grouse grind:

This trail is called the ultimate stepper because you are literally going up a series of rocks and stairs the entire way up. This trail usually takes 1 hour to complete if you keep on walking up with little or no stops in between. The average time is about 1.5 hours.

Tip: If you want to improve your time, either go with someone faster than you or try to follow someone that is going faster than you. Don't forget to take \$10 with you for the ride down the gondola as you probably won't want to walk back down!

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Stanley Park Sea Wall



Grouse grind

Reference:

"Canadian Physical Activity Guideline."

n. pag. Web. 27 Jun 2011.

<<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-adults-ENG.pdf>>

Salads as the main event

~ Editor pick from The Province June 2nd, 2011 ~

~ Cobb Salad ~

Prep: 15 minutes / *Cook:* 5 minutes / *Servings:* 4 / *Note:* Adapted from Patricia Well's Salad as Meal.



Ingredients: 2 ½ smoked bacon, rind removed, cut into matchsticks 1 head iceberg lettuce, chopped, about 4 cups 2 ripe heirloom tomatoes, cored, peeled, chopped 1 large ripe avocado, halved, peeled, pitted, cubed 4 oz. chilled blue cheese (preferably Roquefort), crumbled. 4 green onions, white part only, chopped. Yogurt and lemon dressing see recipe freshly ground pepper.

Directions: 1. Brown the bacon over moderate heat in a large, dry skillet until crisp and golden, about 5 minutes. Transfer the bacon to paper towels to absorb the fat. Blot the top of the bacon to absorb any additional fat. 2. Combine the bacon, lettuce, tomato, avocado, cheese and green onion in a bowl. Toss with just enough dressing to lightly and evenly coat. Season with pepper to taste.

Yogurt and lemon dressing: Combine ½ cup plain low-fat yogurt, 2 tablespoons freshly squeezed lemon juice and ¼ teaspoon fine sea salt in a jar. Cover with the lid; shake to blend. Taste for seasoning. May be stored in the refrigerator up to 1 week. Makes about ¾ up.

Nutrition information: Per serving (using half the dressing): 267 calories, 65 per cent of calories from fat, 20g fat, 8g saturated fat, 33mg cholesterol, 12g carbohydrates, 13g protein, 705mg sodium, 5g fibre.



Food for Fitness

By Nicole Fetterly, RD

What you consume before, during and after a workout is crucial to your fitness, performance and overall health. Rather than rely on supplements and energy bars, limit processed foods that are implicated in numerous health conditions. Instead, choose real foods that are close to nature with ingredient lists as short as possible. This will help to keep your blood sugar stable and help you avoid unnecessary sugar, salt, fat and artificial ingredients.

Before your activity, fuel your body with enough energy. That way you won't waste your time working out while feeling sluggish or lethargic. An hour before, choose easily digested carbohydrates such as fruit and grains. Top a piece of toast with some defrosted berries or have a bowl of oatmeal with sliced banana.

Keep yourself well-hydrated during your activity by having 1 cup of water for every 15 minutes of exercise. If your energy levels tend to plummet during your workout, whip up a homemade power drink by combining 1 cup of orange juice with 1 cup of water. This ratio absorbs quickly into your system and gives you that boost of energy and hydration your body needs. If you sweat a lot, you may want to add a ¼ teaspoon of salt to the drink to replace electrolytes. The salt, combined with the potassium from the juice, will re-hydrate your body more effectively.

Store-bought sports drinks contain sugar for energy and have electrolytes for hydration but they also have artificial ingredients, like coloring. Energy drinks are similar but also contain ingredients, like caffeine and taurine, which are not recommended for children or people with various health conditions. In reality, most people do the best with good old-fashioned water!

To help repair and build your muscles, ensure you eat a protein-based meal within one hour of working out. With your after-work out snack, also remember to consume some carbohydrates so your body doesn't use up the protein as fuel. Make a smoothie with fruit, plain yogurt or milk and hemp seeds, which contain 20 grams of protein in 4 tablespoons. Alternately, have your lunch or dinner after your workout and choose a balanced meal of veggies, lean protein (fish, chicken or legumes) and whole grains (quinoa, barley or brown rice). If you're on the go, consider an egg or salmon sandwich on sprouted-grain bread. By eating real food, you can keep fit inside and out!



Clinic News:

Our clinic will closed Tuesdays morning from 9am -1pm from July 1st – September 30, 2011

We would like to welcome a new Registered Massage Therapist – Ryan Carmichael

Dr. Shimizu has obtained certification in compression therapy....compression socks coming soon!

FEAR & ANXIETY...When should I seek professional help?

Anxiety is characterized by feelings of tension and apprehension, worried thoughts, and physical changes such as shallow breathing and increased heart rate. Anxiety is very common and usually is the result of a perceived threat either in the external environment (e.g., criticism from others) or internally (e.g., bodily symptoms).

People with anxiety *disorders* usually have recurring intrusive thoughts or concerns that significantly interfere with their ability to function in various aspects of daily life. They may avoid certain situations out of fear and worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat.

Anxiety disorders can affect anyone. The signs of an anxiety disorder include:

- Endless checking or rechecking actions (e.g., locking the door; turning off the stove)
- A constant and unrealistic worry about everyday occurrences and activities (e.g., fear that a loved one will be harmed).
- Fear and anxiety that appear for no apparent reason.

Anxiety disorders include the following:

- **Panic Disorder:** a sudden, uncontrollable attack of terror that can result in heart palpitations, dizziness, shortness of breath, and feeling out of control or like one is having a heart attack;
- **Generalized Anxiety Disorder:** excessive anxiety and worry that last for at least six months accompanied by other physical and behavioral problems (e.g., avoidance of people and places, difficulty sleeping, obsessive thoughts);
- **Social Phobia:** a persistent fear of one or more situations in which the person is exposed to possible scrutiny of others;
- **Obsessive Compulsive Disorder:** repeated, intrusive and unwanted thoughts that cause anxiety, often accompanied by ritualized behavior that relieves this anxiety;
- **Post-traumatic Stress Disorder:** when someone experiences a severely distressing or traumatic event. Recurring nightmares and/or flashbacks and unprovoked anger are common symptoms.

Cognitive-behavioral therapy, a psychological treatment that focuses on beliefs and assumptions that underly our thoughts, feelings, and behaviors has been shown to be a very effective treatment for anxiety. By contacting a psychologist, those who suffer from an anxiety disorder can take the first step on the road to recovery. According to the National Institutes of Mental Health, 90% of people with emotional illnesses will improve or recover if they get treatment.

By Dr. Michelle Patterson, R.Psych. - Dr. Patterson is a Registered Clinical Psychologist and an Adjunct Professor at Simon Fraser University. She has a part-time private practice at the Mainland Medical Clinic. You can learn more at www.mainlandclinic.com.

