



WOODFIELD
Physiotherapy Centre

December 2013

Woodfield Physiotherapy Centre
1 Oxford Building
School Lane
Colmworth MK 44 2JZ
T: 01234 378996

www.woodfieldphysio.co.uk

info@woodfieldphysio.co.uk

Christmas Opening Hours

Monday 23rd 8.00am – 5.30pm

Tuesday 24th 8.00am – 12.30pm

Friday 27th 2.00pm – 5.00pm
(Emergencies only please,
messages will be picked up from
the answer phone)

Saturday 28th 9.00am – 12 noon

Monday 30th 2.00pm – 7.00pm

Tuesday 31st 8.15am – 5.00pm

Thursday 2nd 8.00am – 6.00pm

In this issue

Exercise for the Elderly
Macmillan coffee morning

Rika Kamper, Nutritionist

Welcome from all of us here at Woodfield Physiotherapy Centre. We hope you are having a good winter and are looking forward to the festivities and Christmas cheer.

As always we have been busy at the clinic. Congratulations to Yegs, who gave birth to a beautiful baby girl, Mia. Yegs is a wonderful asset to the clinic and we are delighted she has started work with us again, on a part time basis. Yegs has just completed an Advanced Shoulder Course and, in addition to working as a Musculo-Skeletal Physio, is also a Women's Health and Continence Specialist.

This Autumn we also welcomed two new members of staff: Kay Darby, who has joined the team of receptionists and Rika Kamper as our Nutritionist.

Sadly for us, Jo Garvey is moving to Cardiff, where her husband will be taking a job as director of the BBC National Orchestra of Wales. We will all miss her, but wish her and her family every success in their new adventure. Pam Kemp, who helped on reception, has gone to find some sun and joined her husband who is working in Dubai and we thank her for her help and support over the past 18 months.

Such is the popularity of the Pilates classes, Zara is now doing six or more a week. Please book your place early and check the website for updates on available sessions, which begin again on Wednesday, January 11th 2014.

Best wishes, Kate, Cordelia and all the team at Woodfield Physiotherapy Centre.

How fit are you?

The group least likely to be meeting recommended physical activity guidelines - **those past retirement age!**

Adults aged 65 and over spend on average **10** hours or more each day sitting or lying down. This makes them the **most sedentary** age group.

Daily chores such as shopping, cooking or housework while generally beneficial, unfortunately do not increase heart rate sufficiently to count towards the 150 minutes exercise recommended per week!



How much should I do?

While some activity is better than none at all, to get the maximum health benefit, you should try to do at least 75 minutes and preferably 150 minutes (2 hours and 30 minutes) of moderate intensity exercise per week.

Aim to do something every day, preferably in bouts of 10 minutes of activity or more. The more you do, the greater the health- gains.

One way of achieving your weekly physical activity target is to do 30 minutes on at least five days a week.

On at least two days a week, activities should include those that strengthen muscles and bones.

Examples of moderate-intensity aerobic activities include:

Walking fast

Water aerobics

Riding a bike on level ground or with few hills

Playing doubles tennis

Pushing a lawn mower

Ballroom dancing

Exercise - Worth the effort!

If we asked you which age group is least likely to be meeting recommended physical activity guidelines, you would probably opt for children. However it's older people who sit firmly at the bottom of the table. Department of Health figures show that only 17% of women and 13% of men over the age of 65 are sufficiently active. The older we get, the less active we are.

But why? The most powerful deterrent is lack of interest and disbelief that exercise can enhance and / or lengthen life. Coupled with the belief that it will make joint pain worse, lack of energy, shortness of breath and fear of going out alone, it is not really surprising that a comfy, soft chair is a more appealing option.

However the benefits of physical activity – at any age - are so compelling that a bigger threat to good health and a longer life is NOT exercising.

Regular exercise is associated with:

- reduced stress, depression and anxiety
- enhanced brain function and increased self-esteem
- maintaining ability to carry out daily living activities
- reducing possibility of falls
- reducing cardio-vascular risk

OK, so hopefully the message is getting through that exercise is good for you! Exercise takes many forms; aerobic exercise – brisk walking, cycling or swimming – is the gold standard as far as government guidelines are concerned but neglects many important aspects of fitness. We consider strength, flexibility and balance training to be equally important. Activities such as bowling and golf will incorporate these, but working at improving your balance and flexibility will also help improve your technique in those sports. Gardening is good exercise, but time spent stretching would prevent some of the shoulder and back injuries we see here.

We can't be specific with exercise advice as you get older – you all have differing needs. What is important is that you do SOMETHING every day and what you do will depend on your ability; If possible try to:

- Have a brisk walk each day
- Incorporate some balance work daily - stand behind a chair or next to a kitchen unit which you could hold on to if necessary, gently tighten your tummy muscles and try balancing on one leg.
- Do some gentle stretching daily.

If you persevere you WILL feel better for it. Above all spend less time sitting; whether you are watching TV or using the computer please get up and move around regularly.

The information in this newsletter is intended as general guidance only, and should not be a substitute for specialist medical advice. Woodfield Physiotherapy Centre accepts no liability for any loss, injury or damage howsoever incurred as a consequence of the content of this newsletter.

These are some exercise options available locally if you prefer to exercise with other people. If you would like any more information on these or, would like our advice on what exercise would be appropriate for you, please ask one of us. We have leaflets here for most of the options.

Walking:

Huntingdonshire Health Walks – www.huntingdonshire.gov.uk/healthwalks

Nordic walking – Neal Thomas www.fitforpurpose.me

Tel: 07887 845703

Nordic Walking - Mel Thomas www.fithaven.co.uk

Tel: 07900 823553

Exercise classes: Janet Bedingfield – ‘Active for Life’ – Exercise specialist for 50 +

Tel: 01480 810091

Right Start 123 – Exercise classes for all abilities – St Neots and Huntingdon

- Chair-based exercise classes
- Strength and balance exercise classes
- Aerobic/circuit type exercise classes

Rachel Tucker, Sports Development Officer

www.huntingdonshire.gov.uk/activelifestyles

Tel: 01480 387047

Tai Chi (all abilities):

St Neots Community College, Wed evenings

John Perkins (leads the class and is over 80!)

Tel: 01480 475264

Macmillan Coffee Morning

Many people have asked us when we are having our next Macmillan Coffee Morning, as we were not able to hold one last September. We thought it would be fun to have one in February and have chosen a date that is hard to forget – **Friday, February 14th 2014 10.00am until 12 noon - Valentine’s Day!**

No doubt there will be a number of heart shaped cakes and other themed items for sale! We will have a variety of exciting things to buy, including cakes, second books, and

Focus on:

Rika Kamper, Nutritionist



Tired all the time?	Worried about your weight?
Stress ruling your life?	Anxious or depressed?
Mood swings?	Period problems?
Prostate pestering you?	Frequent colds or infections?
Bloated after eating?	Some foods don't agree with you?

Nutritional therapy is a holistic approach to help the body heal itself naturally by dietary and lifestyle modifications. It is the application of nutritional science to promote health by supporting the body's various systems, e.g. digestive, immune and nervous systems, recognizing the link between symptoms and nutritional imbalances.

Rika Kamper is a fully trained Nutritionist graduated from the Institute of Optimum Nutrition in London in 2011 and is a full member of the British Association for Nutrition and Nutritional Therapy (BANT) and is registered with the Complementary and Natural Healthcare Council (CNHC). She is also currently working on a BSc Honours degree in Nutritional Therapy.

Whether you have an underlying health complaint such as low fertility, auto-immune disease or chronic problems such as high cholesterol, Rika can help you. A consultation entails an indepth analysis of dietary intake, family and health history. She will then work with you to customise your diet to optimise your health and well-being. She also offers follow-up appointments to ensure ongoing management of your condition. To book an

appointment or any for any more information please contact us at the clinic.



