



Forever Young

Program Update

Family
Physiotherapy &
Wellness Centres

*Minimize your pain
&
Maximize your mobility!*

A Successful Year

With 2009 behind us, Forever Young has had a tremendous year of growth.

The program, which has only been in inception since August of 2008 has grown from only 4 participants to well over 200 participants in various locations throughout the Ottawa area. Its dedicated staff have contributed countless hours to make the specialized geriatric program a huge success. During the course of 2009, Forever Young was privileged to have many patrons spread the word about our rehabilitation programs for seniors and thanks to them more and more seniors are recognizing the benefits of balance and strength training. Recently, (due to an overwhelming response

at our Westgate Shopping Centre Location) FPC has built a new Fitness Studio inside the Westgate Shopping Centre in order to accommodate the many participants that have joined.

The programs are geared towards seniors 65+ who require balance training, strength training and general flexibility training in order to stay independent. Forever Young programs are created in group settings to maximize social and psycho-social benefits, rather than an exercise program at home in isolation. Many participants find the group atmosphere to be very enjoyable and motivating. Be on the look out for more Forever Young exposure in the Ottawa community!

Stephen Cordani, the Program Director of Forever Young will be visiting church and senior groups all over Ottawa in 2010. If you are part of a seniors group and would like a free presentation, please do not hesitate to contact Steve at 613.521.9800 ext 232.

Forever Young focuses heavily on balance training to prevent falls. Now that winter is here, it is crucial to strengthen your core muscles in order to avoid potential injuries. If you are a senior sixty-five and older, why not stop by and see what makes our program unique. Walk-ins are always welcomed. Once again, a special thanks to all who have supported the Forever Young Program.

NEW Fall Prevention Program

Forever Young is pleased to offer in collaboration with Family Physiotherapy Centre, a falls prevention program geared to mitigate injuries as a result of falls.

Did you know....
Serious injury occurs in >20% of falls in

older adults
Most falls occur in and around the patient's home (this includes Long Term Care and Retirement Home residents)

Don't risk falling and permanently injuring yourself. Join our program to strengthen

your core muscles, upper and lower extremities and learn valuable techniques to minimize the risk of falling.



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Yoga is a gentle way to release stress, tension and promote flexibility



Yoga Programs NOW OFFERED! (ALL AGES)

If you care about your body and want to learn to listen more carefully to its messages, and to take good care of it over the long haul, you will find these classes very beneficial. They are designed to help anyone desiring better health or immediate help with a particular problem. So whether your problem is Anxiety and Panic Attacks, Arthritis, Asthma, Back Pain, Cancer, Depression, Diabetes, Fibromyalgia, Headaches, Heart Disease, Infertility, Insomnia, Menopause, Obesity, etc you will learn yogic tools to guide you along your path to well-

ness. Stay healthy and fit in a non-competitive atmosphere. Focus on alignment, rhythmic breathing techniques and guided relaxation to provide muscular strength, endurance and the release of physical tension and stress. Release chronic tension, anxiety and depression by calming the mind and improving circulation. Eric Peters is a certified yoga instructor with extensive training in a multiple of yoga disciplines such as Ashtanga, Kripalu, Kriya, Sivananda and Viniyoga. Eric Peters has been practicing yoga for over twenty years and has de-

signed, developed and taught personalized classes for all ages. He will arrange to meet with you before your first class to discuss, evaluate and establish what you can do, and most importantly recommend what you should not do during the class. He provides high quality and personalized instruction through customized individual and group healing programs. He has extensive training and experience in working with people of all ages and medical conditions. Try it today!

“Yoga has benefits beyond back and neck pain relief. It provides a sense of alertness, awareness and good health that can benefit everyone.”

-Eric Peters, Director of Yoga Services

Yoga instructor creates an inspiring book

It goes without saying that our staff who run our various fitness programs truly believe in inspiring others to get better and stay better. Eric Peters, Director of Yoga Services for Family Physiotherapy Centre has just published his first book, “OUT OF THE CAGE.” A real page turner for people who

have chronic pain and have tried all traditional remedies. Not only do you learn why Eric choose to spend his working career as a Yoga instructor, but how Yoga can truly help you mind, body and yes even spirit. For more information or to purchase Eric’s book, please visit his website at

www.hopeformyback.com or call 613.791.YOGA. Visit Eric at our Westgate and Bank at Heron location to see his exciting yoga programs.

Please call 613.521.9800 ext 232 for locations and class times.

YOGA for Seniors

Yoga for Seniors is often practiced in a chair. Yoga in a chair or on a mat is very individual and an experienced yoga teacher will encourage you try both methods. Either method will allow you to move each joint in the body through its full range of motion—stretching, strengthening and balancing each part. As you gain greater strength and confidence

you can move to more strenuous poses by standing or by using a yoga mat. Yoga invigorates the glands and organs and strengthens the nervous system. Routine practice can improve blood circulation, increased muscle tone and promote a deepened sense of well being and relaxation. Without proper exercise the aging process can often lead to the body’s

stiffening and deterioration. Research at yoga centers in the U.S. has shown that seniors who attend regular yoga classes for at least six months report that their increased strength and range of movement has enabled them to return to physical activities they thought they had lost forever. Regular yoga practice will keep old age at bay. *Information used from www.hopeformyback.com.*



For more information, please visit our website at www.familyphysio.com

NEW Laughing Yoga (ALL AGES)

Laughter for no reason is a new revolution in body-mind medicine, which combines simple laughter exercises and gentle yoga breathing to enhance the health and happiness. Laughter Yoga produces "Happiness Chemistry" in the brain (endorphins). Scientific studies have shown that intentional laughter will generate the same physiological and emotional benefits as "authentic laughter". Laughter yoga, can help dump depression and anxiety,

strengthens the immune system, act as a natural pain killer and much more.

Anyone can laugh in a group with no need for a sense of humor, jokes or comedy.

Laughter just makes you feel good!

This program will be offered at our Westgate Fitness Studio starting February 2010! Don't delay trying this new and exciting program as space is limited. People should note that this program is not a yoga

based program, rather the breathing techniques involved are those of traditional yoga programs, hence the name Laughing Yoga. This is a great alternative to deal with stress and anxiety in a fun and enjoyable environment. For more information or to sign up for this NEW program, please call our head office at 613.521.9800 ext 232.



Occupational Therapy NOW offered at Family Physio

It goes without saying that Family Physio offers more than just the standard physiotherapy treatment. Recently, Allison Green has joined the team to provide her Occupational Therapy services. Ms. Green graduated with a Masters Degree from Western University in 2003 and brings a wealth

of experience and knowledge to FPC. Allison will be based out of our Bank/Heron Wellness Centre to provide seating and mobility assessments, home safety assessments, splinting and more! Family Physio will also extend our Occupational services to Long Term Care and Retirement communities.

For more information, or to book an appointment please call our Bank street location at 613.521.9800 or please visit our website at www.familyphysio.com.

The Benefits of Stretching for Older Adults

Story written by: Margaret Richard



Over the years, we develop habitual ways of using our muscles to move and position ourselves. Poor posture and a lack of flexibility may be the result of a legitimate medical problem or may be the result of limited stretching and improper body alignment. When muscles get tight and stay

tight, they cease to be elastic and they restrict movement. That sense of restriction, or stiffness, often leads to disuse. Disuse causes weakness and tightness, which in turn causes a vicious cycle of more disuse, weakness, and tightness. You have to "lube your chassis" to ensure a smooth ride. Regular stretching activates fluids in your joints, thereby reducing the wear-and-tear caused by friction. Increased water intake is also believed to contribute to increased mobility for tissues and joints that have be-

come less supple. Your muscles may also become tight and short due to overuse (resulting in injuries such as tennis elbow or tendonitis) or underuse. If nothing is done to lengthen stiff and short muscles, they continue to tighten, restricting circulation and impeding the removal of toxins. And a short and tight muscle is more prone to injury. Ouch!

For the full story, visit www.about.com

Forever Young Locations

Bank at Heron Wellness Centre
1596 Bank Street
Ottawa, Ontario

Kanata Wellness Centre
6501 Campeau Drive
Kanata, Ontario

Rideau Gardens
240 Friel Street
Ottawa, Ontario

Westgate Wellness Centre
1309 Carling Avenue, Suite 12
Ottawa, Ontario

Increase your strength, flexibility and balance!

Try our Forever Young 65+ Senior Fitness Class

Call 613.521.9800 ext 232

4 Best Exercises for Older Adults

Article written by: Sharon O'Brien

For older adults and seniors who want to stay healthy and independent, the National Institutes of Health (NIH) recommend four types of exercises:

Strength exercises build older adult muscles and increase your metabolism, which helps to keep your weight and blood sugar in check.

Balance exercises build leg muscles, and this helps to prevent falls. According to the NIH, U.S. hospitals have 300,000 admissions for broken hips each year, many of them seniors, and

falling is often the cause of those fractures. If you are an older adult, balance exercises will help you avoid problems as you get older. And if you are a senior, balance exercises can help you stay independent by helping you avoid the disabilities that could result from falling.

Stretching exercises can give you more freedom of movement, which will allow you to be more active during your senior years. Stretching exercises alone will not improve your endurance or strength.

Endurance exercises are any activity—walking, jog-

ging, swimming, biking, even raking leaves—that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time. Please view the full article at :www.about.com.



Community Involvement

Family Physiotherapy Centre is an active member of the community as are most of its employees. From the simplest act of caring to active participation and contributions to worthwhile causes, Family Physiotherapy Centre and its staff Pay It Forward in several ways.

- Family Physiotherapy Centre recently donated \$50,000.00 to the Ottawa Prosperity Long-Term Care Fund.
- The **Prosperity Long-Term Care Fund** is an endowed donor-advised fund, administered by the Community Foundation of Ottawa, which will provide our regional not-for-profit long-term care homes with an additional source of funding to improve the quality of care for Ottawa's elderly population.
- Annual participants (and yes winners) of the Hope Volleyball Tournament.
- Annual donation to the Canadian Breast Cancer Society.

Regular contributions to a variety of charitable initiatives both in Ottawa and Eastern Ontario including but not limited to The Perley Rideau Veteran's Health Centre, Habitat for Humanity, The Stroke Survivors Association, The Senior Citizen Council of Ottawa

Please note:

Participants in the Forever Young Physio and Fitness Program are required to secure a Doctor's Referral and are subject to a Physiotherapy Initial Assessment. Furthermore, participants will be scored based on quarterly Outcome Measures which are measured against the initial baseline findings as prescribed for in the Initial Assessment. This Quarterly Re-Assessment as is the Initial Assessment is completed by a Physiotherapist. Group Classes are delivered by Physiotherapists, Kinesiologists and properly accredited Physiotherapy Assistants.

The Forever Young Physio and Fitness Program is an extension of our Home Care programming whereby in lieu of delivering physio and fitness programming to seniors in isolation (their Home) we invite seniors to participate in this program in a group setting. Research shows that there are significant benefits attributed to having seniors participate in healthy living programming in group settings versus being treated in isolation in a one on one program of care. Notwithstanding, as indicated above, the referring Doctor determines which option is best suited to his or her geriatric patients.

This newsletter is for information purposes only. Do not attempt any new exercise program or therapy treatment without receiving consent from your family Doctor.



Our Locations

Bank and Heron Wellness Centre
1596 Bank Street | Ottawa, Ontario

Barrhaven Wellness Centre
3777 Strandherd Drive | Nepean, Ontario

Brockville | Family Physio Sport Conditioning and Wellness Cntr
Opening 2010!

Coliseum (Carling Avenue)
3098 Carling Avenue, Unit 6 | Ottawa, Ontario

Kanata Wellness Centre
6501 Campeau Drive | Kanata, Ontario

Orleans
Opening 2010!

Perley Rideau Veteran's Health Centre & Wellness Centre
1750 Russell Road, Suite 2500 | Ottawa, Ontario

Residence St-Louis
879, ch Hiawatha Park Rd. | Orléans, Ontario

Thurston | Family Physio Sport Conditioning and Rehab Centre
2190 Thurston Drive (Ottawa Business Park) | Ottawa, Ontario

Westgate Wellness Centre
1309 Carling Avenue, Suite 12 | Ottawa, Ontario