



Advance Physio Clinic

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Advance Physio Clinic

2 Trevino Way
Cranbourne North
Victoria 3977

Ph: 03 5995 7060



Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

Clinic Hours:

Monday to Friday: 9am-7pm
Saturday: 9am - 12pm

The Importance Of Hydration In Athletes

Many of the patients that we see come through our practice are involved in sport; ranging from professional level through to weekend warriors!. As we commence a new year we want to reiterate how important it is to keep your body hydrated during sporting activity, especially during the hotter months!

So, why is it so important to stay hydrated as an athlete?

Whether you're a serious athlete or a recreational exerciser, it's important to make sure you get the right amount of water before, during and after exercising. Water regulates your body temperature, lubricates joints and helps transport nutrients for energy and health. It is amazing to see how far athletes can push their bodies but without proper hydration, the body strains itself and is not able to perform to its highest capabilities. That being said, many athletes and active individuals do not know much about hydration outside of knowing that you need to drink water while you exercise. There is much more to hydration than simply drinking water during workouts. If you're not properly hydrated, your body will be unable to perform at its highest level, and you may experience fatigue, muscle cramps or dizziness as your body is dehydrated.

Dehydration happens when you lose more fluid than you drink. When your body doesn't have enough water, it can't work properly.

Dehydration can range from mild to severe. The signs of dehydration can include:

- Dizziness or light-headedness
- Nausea or vomiting
- Muscle cramps
- Dry mouth
- Sweating stops

All of these symptoms can decrease athletic performance as well as lead to more serious health issues. In order to combat the dangers of heat illness, athletes must be dedicated to a rigorous hydration schedule so that their bodies are well prepared for the strain of practice, workouts and match day. Key factors to think about when developing a hydration plan include: pre-workout hydration, workout hydration, post-workout hydration and resting hydration.

If you are unsure if you are staying hydrated during sporting activities our experienced physiotherapists will be able to provide you with a hydration schedule best suited to your body. For more information on how to stay hydrated don't hesitate to contact one of our physios at the clinic.

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Stress Handling tips

Tip # 8- Eat Healthy

Avoid using caffeine, alcohol, nicotine, junk food, binge eating and other drugs as your primary means for coping with stress. While they can be helpful once in awhile, using them as your only or usual method will result in longer-term problems, such as weight problems or alcohol dependence.

Did you know?

Lemons have more sugar than strawberries



Healthy Recipe idea

Ingredients

- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 zucchini, grated
- 400 g sweet potato, grated
- 150 g button mushrooms, chopped
- 1 X 825g can tomatoes, chopped
- 3 tablespoons tomato paste
- 2 teaspoons sugar
- 375 g fresh lasagne sheets
- 500 g reduced fat ricotta cheese
- 1/2 cup Parmesan cheese
- salt, freshly ground pepper or mixed herbs, to taste

Vegetable Lasagne

1. Preheat the oven to moderate (180° C). Spray a large pan with oil and heat. Add the onion and cook over medium heat for 3 minutes or until soft.
2. Add the garlic and cook for 1 minute more. Add the zucchini, sweet potato, mushrooms, tomatoes and tomato paste. Bring to the boil, then reduce heat and simmer for 5 minutes.
3. Stir in the sugar, and season to taste.
4. Spray the base of a large lasagne dish lightly with oil. Cut the lasagne sheets to size and arrange a layer of sheets over the base of the dish. Top with a thin layer of sauce, then continue layering pasta and sauce, making one of the layer with the ricotta cheese. Finish with a thin layer of sauce on top, sprinkle with Parmesan cheese.



Take care of your body. It's the only place you have to live ~ Jim Rohn

