

Get on the Wave...And Get Fit For A Better Quality Life

In earlier MOVING WELL articles we established the importance of exercise. Research shows that like good clean food, water, air, mental and spiritual practice, the body needs to move. Exercise/movement is a nutrient to the brain just as these other factors are.

In our busy hectic lives where do we find time? The WAVE, Whole-body Advanced Vibration Exercise is one solution. This is one of the most unique and fastest growing fitness technologies in the world!! The technology is supported by over 40 years of research and is currently being studied for not only the physical benefits of improved muscle

by Dr. Robert Neposlan



health news you can use!

tone, flexibility and strength but also for it's benefits for improved brain and organ function. Studies have also shown benefit to osteoporotic and diabetic patients. We've been using this technology for post injury rehab with our chiropractic patients with great results. Due to its many benefits, the Wave has quickly gained acceptance and is now utilized by universities, professional sports teams and

health professionals in all areas of health care.

Just how does this work? The movement of the vibration platform at amplitude of 2-4 mm causes an involuntary muscle reflex much like a stroke of the patella (under knee cap) would when testing reflexes during a physical exam. With the WAVE, these strong involuntary muscle contractions are repeated at a frequency of 20 to 50 times per second. During an average 12 minute workout, this can produce up to 36000 muscles contractions. Due to the involuntary effect of the muscle contraction, nearly 100% of the muscle fibers are involved. In conven-

tional training/exercise, it is estimated that only 40% of the muscle is being used. This would explain why a short Wave workout is said to be equivalent to a 1-1½ hour traditional workout.

What/who will benefit from this form of exercise? Just about anyone!! Here is a small list of benefits:

- Increased flexibility, strength and balance (important for the athlete and especially the elderly looking to prevent injury from slips/falls)
- Decreased stress on joints, ligaments and tendons leads to faster recovery times and fewer injuries (again important for all especially the elderly and those

who have not exercised in some time)

- Safe and effective for overweight and obese people who may be limited in the activities they are able to perform due to limitations/medical concerns

- Increases bone density for those with osteoporosis. May also prevent bone loss in those who are candidates for osteoporosis (i.e. post menopausal women)
- Improvement in individuals with arthritic conditions
- Increased stimulation of joint receptors benefiting those with any type of neurological deterioration
- Improvement in circulation especially for the diabetic patient
- ANYONE who

uses the excuse they have no time. Twelve (12) minutes 3 times a week is all it takes. No changing into gym cloths, no shower and no excuse.

The great news is that this technology is available here in Amherstburg at our office and is offered in a private room (Family Chiropractic/Allergy Wellness Centre 736-5353/736-6055). We have 3, 6 and 12 month memberships. Space is limited so call today!!

Until next week,

Move Well,

Dr.Rob



The Gibson Gallery is offering a variety of classes in January to inspire you during the winter season: acrylic or watercolour painting, a quilting or earring workshop and a class teaching "pysanky" (traditional Russian and Ukranian eggs). Please see our website www.gibsonartgallery.com for further information or call Carol (519)736-5228.

Did you know? That Community Support Centre, now offers a specialized service in providing transportation for patients to dialysis treatments. This valuable service is provided county wide door-to-door 7 days a week. Reimbursement of mileage is at .40 cents per km driven. We are in need of **VOLUNTEER DRIVERS** to provide these essential appointments. To volunteer please call: (519)728-1435 or visit us at 499 Notre Dame St., Belle River

Twisted Sisters Relay Team are hosting a book sale every Saturday at Duby's Flooring and Decorating 269 Ramsay St. Amherstburg from 10am till 2pm. We have a large selection of childrens and french books as well as hundreds of paperback and hardcover books. This is by donation with proceeds going to cancer. We also accept donations of used books anytime Monday to Friday 9am to 4pm at Duby's.

Cat Assistance Team will have lots of new items at the Wesley United Church Flea Market Saturday, February 12th! ALSO, please click on <http://www.refresheverything.ca/happycats> and vote for the Cat Assistance Team! We want to spay/neuter feral cats in Amherstburg and stop the over-population of homeless, starving kittens! Vote every day in this Pepsi contest and ask your Facebook friends to help us, too! Help Amherstburg cats be HAPPY CATS because they're loved and wanted...



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- Podiatrist
- Health physicist
- Physical training instructor
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- Chiropractor
- Graphic artist
- Tool and die maker
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- Clothing designer
- Commercial artist
- Statistician
- Sign designer
- Health educator
- Research archivist
- Kinesiologist
- Sound mixer
- Sports agent
- Merchandiser
- Physician
- Physiotherapist
- Sports columnist
- Magazine editor
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- Script writer
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