

# The Endurance Sport and Wellness Centre at



## Welcome to Winter...

With the temperatures dropping but the skies still blue we are now firmly in the midst of a Johannesburg Winter.

Look after those chests and sinuses, as the cold dry air can wreak havoc with them and cause congestion, so try keep humidifiers going or nebulise with 0.9% saline. This will keep the lining moist and improve your respiratory health.

On illness and exercise... this is a common question! The general rule of thumb is "neck and above" one can still exercise but try to keep the heart rate in the lower bands. Should the illness move "below the neck" and actually into the chest then discontinue exercise until you are better.

The big surprise of the Comrades Marathon was the ladies winner, Ann Ashworth, who blitzed the womens field in a finishing time of 6 hours 10 minutes. Ann is a Blairgowrie local... so you might just see the Comrades winner running past your house!

On a personal front, I completed the Ultra Trail Drakensberg 163km race at the end of April. It took me a 33 hours to complete (7th place) and it was amazing to be in the mountains of Lesotho and the Underberg to push my limits and experience more of the beautiful natural resources we have in our great country. (See some pics on the next page) This was the very first 100 mile race in this area, so we didn't quite know what to expect. I can assure you that many hard lessons were learnt. The biggest one is to keep mentally positive and strong as the majority of these ultra distance races are more about mental fortitude than they are about physical fitness, though being well prepared physically is essential and gives you confidence.



Then, a HUGE congratulations to all our athletes that completed the Durban Ironman 70.3 and the Comrades marathon. Well done to all of you, i hope that you enjoyed your race and take positive and reaffirming mental steps to your next goal.

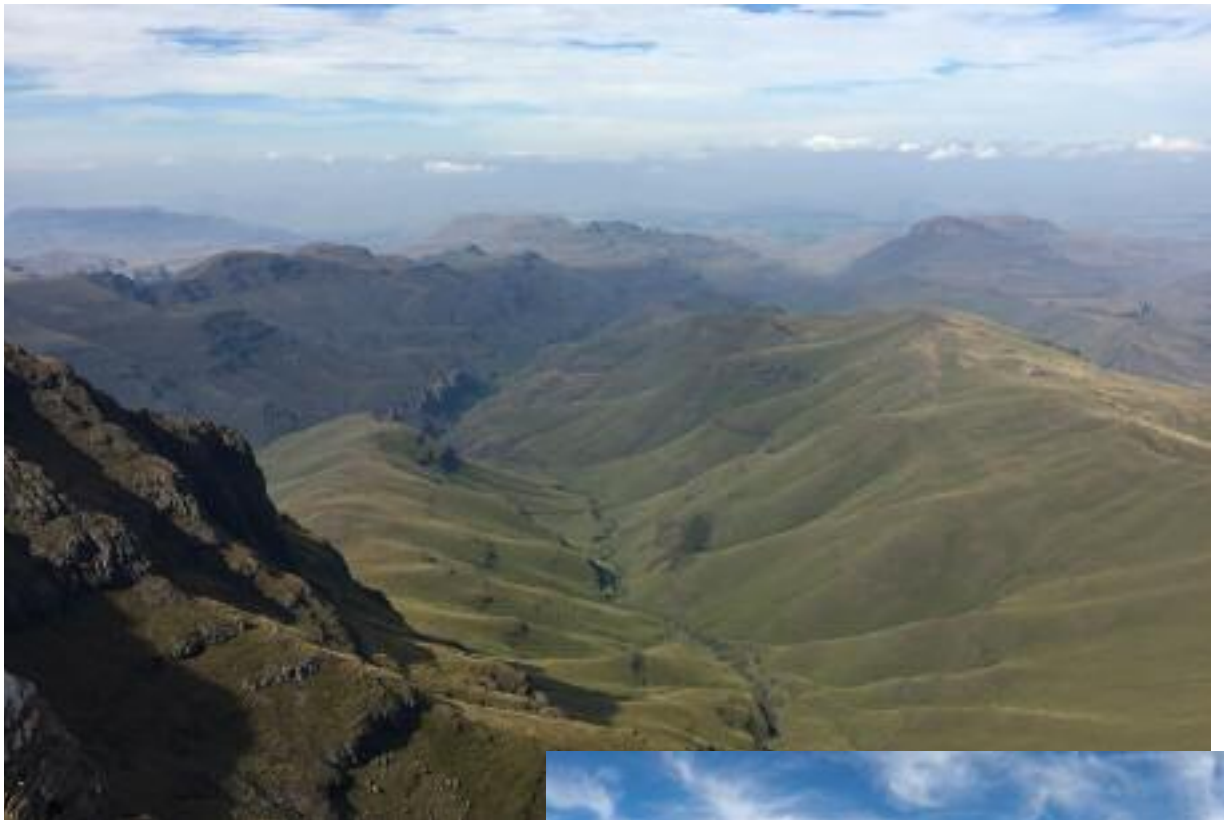
And especially to Sharon and Paolo who received their Six Star Abbott World Marathon Majors medals at the London Marathon. See page 3.

I will be entering another exciting trail run shortly and hopefully have more photos and stories to tell from my next experience. Until then, keep well and injury free, but should you need myself or the team then we are only a phone call away.

Kind Regards

**Andrew**

June 2018



# 2018 has been a Good Year so far!

## 2018 has been a Good Year so far!

It was with great disappointment, in 2016, that I had to withdraw from the Comrades Marathon just a week before. My husband, Paolo and I, then decided to focus on another objective, namely to complete the Abbott World Marathon Majors by 2018. After all, we had already completed the NY marathon.

Due to an injury, I started seeing Andrew in 2017. He subsequently became my coach. Even though not fully recovered, I was determined to attempt Comrades again while also intending to complete the six majors. Under his guidance, Paolo and I completed the 2017 Comrades and we also completed two of the Six Stars Majors.

With this accomplishment our goal for 2018 was to try for the Comrades back-to-back and complete the last of the six majors (London Marathon April 2018). Still with recurring injury, I was advised by a sport doctor to take at least 4 months to recover, leaving only 10 weeks to train for London.

Working with Andrew we put the right plan in place, which included lots of core and strength training. We finished the London Marathon for our six star medal and at the same



time completed the Comrades (with less than 600km of running) using a lot of strength training to achieve our back-to-back.

2018 has been a good year so far, but... we still have the Berlin Marathon in September and the New York Marathon in November!

For a full balance of the year we still have to match the goals we set. And none of these goals are small.

Thank you to Andrew and the team for the support to get us through 2018 so far.

We look forward to working together to achieve the rest of our objectives for 2018

**Sharon Calderari**

# Benefits of Stone Massage Therapy

Hot stone massage is not only a relaxing massage method, but it also has many healing properties. The use of hot stones allows a therapist to give a deep, penetrating massage without putting excessive stress on his or her own body. Additionally, the stones will heat the skin, open the pores, and prepare one's skin to better absorb massage oils. They, therefore, increase the benefits any given oil will provide. The use of massage stones is also a great way to increase circulation in and around the area being massaged. Increased blood flow will help clear out toxins and assist in healing an injured or strained area.



## The benefits of cold stone massage

Cold stones are excellent because they promote circulation and act as a powerful decongestant for the body. By promoting circulation, a cold stone treatment can ease inflamed tissues, decrease muscle spasms, and can reduce swelling or fluid build-up (for example, as manifested in dark circles under the eyes). Unlike with the use of ice, cold stone treatments will not severely desensitize the skin. The overall effect of a treatment is the reduction of tension with a simultaneous feeling of invigoration.

Switching between cold and hot applications causes blood vessels to alternately dilate and constrict, leading to increased movement of fluids within the body, increased removal of toxins and increased healing. However, this type of treatment is not recommended for people with circulatory problems because they may be too sensitive to the sudden, increased circulation.

## Choosing stone for massage therapy

Many different types of stones can be used for stone massage but there are a few that are generally favored across the massage industry. You may have a stone set where all the stones are shaped to be specific sizes and shapes. Having a set like this can make it easier to add precision and develop a routine. However, naturally shaped stones may be preferred by some people because it creates a more natural look and feel.

## Hot stone massage: Basalt stones

Basalt is the ideal material for hot stone massage. The composition of this volcanic rock (high silica and iron content) makes it hold heat longer than most stones. Using a different type of stone may mean that you have to switch stones in and out of the warmer quite often or they will become too cool for treatment.

Some people think that basalt stones should be a deep black color. The color does not necessarily determine how well the stones can hold heat. Most basalt stones are actually gray when dry, but they normally turn black when used with oil. Trace elements influence the color of a stone, but as long as the stone has high silica and iron content, it will retain heat well. There may be some other variation in the color of our stones but they are all excellent at retaining heat.

## Cold stone massage: Marble stones

Marble stones are considered the best option for cold stone therapy. The reason that basalt is good for hot stone therapy is that you can massage a person's body for a long time before they cool. Basalt is also acceptable for cold stone therapy but not as good as marble. Marble stones have proven to be the best at retaining coolness. They do not heat up rapidly during a massage and can draw heat from the body.

Winter is a perfect time to try a hot stone massage. Call the centre and book one!

**Combining hot stone protocols with a full body massage provides a very healing and effective experience.**

**The hot stones also expand blood vessels, which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.**

# Pilates – A little bit of History

***Joseph Pilates was one of nine children and grew up in abject poverty. He was small, suffered from poor vision and weak immunity.***

Joe's first ever client was his mother who was often near crippled by the demands of domestic labour. He showed her stretches and gymnastic exercises to help alleviate her pain.

There are suggestions that while interned in England, Joe joined a circus. While the circus claims were never substantiated, reliable sources say he did perform "feats of strength and balance" with a vaudeville troupe.



Pilates was originally named "Contrology": the art of control over mind and body in equal measure.

The origins of Pilates can be traced back to the time Joseph Pilates spent in an

English internment camp at the beginning of World War I. It was here he created and taught inmates a unique form of muscle toning and strengthening exercises.

He got his inspiration for the reformer here also, by using bed springs to create resistance in movement.

Mat moves = vintage Pilates! Joseph Pilates' original sequence of 34 mat-based exercises (the roll up, single and double leg stretch, the hundred etc...) are still incorporated into classes today.

The "magic circle" was the first Pilates machine; and was made from the steel bands wrapped around beer kegs.

Pilates is a physical fitness system: it is not a derivative of yoga!

*While the mat is your best friend, Pilates cannot be complete without apparatus!*

*"In 10 sessions, you will feel the difference.*

*In 20, you will see the difference.*

*And in 30, you'll be on your way to having a whole new body." – Joseph Pilates.*

***Ivana***



# Chest Infections & Physiotherapy

## Winter is here and with it, chest infections!

There is generally an increase in chest infections such as bronchitis and pneumonia in the colder months of the year. Many people are not aware that physiotherapists play a vital role in the assistance of loosening secretions in chest infections as well as improving lung function by use of breathing exercises, postural drainage positioning and hands-on manual techniques.



Many people in this technology-driven day and age do not breathe correctly due to poor ergonomics (eg sitting position at work), posture (eg standing incorrectly) and lack of exercise due to busy lifestyles.

All these factors contribute to poor

lung function and inadequate use of your lungs. These factors will increase your risk of lung collapse, chest infections as well as shortness of breath, especially when coupled with smoking.

Incorrect breathing and poor lung function can put unnecessary strain on your heart, add to ones fatigue and general lack of energy and can even lead to neck pain and other musculo skeletal issues.

Chest physiotherapy is done on every age group from infants to the elderly. If your little ones develop a cough and have an increase in secretion production, you should consider making an appointment with your physiotherapist to assist the baby with secretion management. This can be done by manual chest techniques and use of a suction machine, to painlessly extract all that harmful mucous.

Remember to take care of yourselves and be proactive about your health. Prevention is always the best cure!

**Carrie**



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Our contact numbers remain the same...

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And an additional number

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