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Q&A with Adelaide Club's Dietitian

By: *Jean LaMantia, Registered Dietitian*

Q. Why should I come see you now?

A. Autumn is a great time for a fresh start. Many of us still have that "back to school" feeling even if we haven't set foot in a school in a couple of decades. Just something about the last long weekend of summer, the shorter days and the cooler evenings that puts you in the frame of mind for taking on a new challenge.

Q. What is a realistic goal for weight loss?

A. When it comes to goal setting there are some key things that can set you up for success. All your goals should be SMART ones: specific, measurable, achievable, realistic and timely. When you are deciding how much weight is reasonable to lose in a period of time, consider; "is this the first 10 lbs or the last 10 lbs?" Keep in mind, the closer you get to your goal, the slower the progress will be.

Q. Why can't I lose weight on my own?

A. The expression "you can't see the forest for the trees" comes to mind. It may be that you are just too close to the issues and you can't see the real reasons that hold you back. For example you may continue to focus on your lack of willpower, but the real issue may be that you don't have good appetite control based on how you balance your meals. In addition, my clients regularly tell me about the benefit that accountability can have on their progress.

Q. Why should I work with a dietitian? I already know what I should be doing.

A. As Dr. Phil would say "how's that working for you?" While there is definitely an educational aspect of weight loss, for many people it's more about breaking old habits, addressing emotional issues around eating and reconnecting with the body to have a strong communication regarding hunger and fullness.

Q. Is there really anything new in weight loss, that I haven't read about already?

A. Yes. Weight loss is the goal of millions of people, there is always new research coming out that can help you to tweak your diet. I work hard to stay up to date on the studies that are being published around weight loss.

Q. Who is your ideal weight loss client?

A. I find that I have the most success with clients who are willing to work on the emotional aspect of their eating. Especially those that are open to the idea of meditation as I way to help them strengthen their connection with their bodies.

Q. What client would not be a good fit to work with you?

A. First of all, I would invite anyone who is thinking of working with me, to come for a complimentary consultation. By doing this you can get a sense of whether we would be a good match to work together. So much of a relationship with a health care provider is based on that sense of fit, connectedness or energy. Professionally, I find my philosophy doesn't fit so well with the client that says "just give me a meal plan, I'm going to follow it." While these are ideal clients for some, this method doesn't fit as well with my approach.

To book your complimentary consultation, visit the Adelaide Health Clinic on the concourse level or call 416-367-5200 or info@adelaideclinic.com



Pilates Enhances Peak Performance

By: *Candy Keillor, Certified Pilates Instructor & Personal Trainer*

The most common misconception I have come across in my career as a fitness professional is that performance, whether it is in the gym, on the court, on the ice, or playing field, is decidedly genetic. Those of you who have trained for a sporting event, prepared for an artistic performance, or are just looking to improve your current fitness level, know that with the right program and consistent training, improvements in performance are a given. Not convinced?

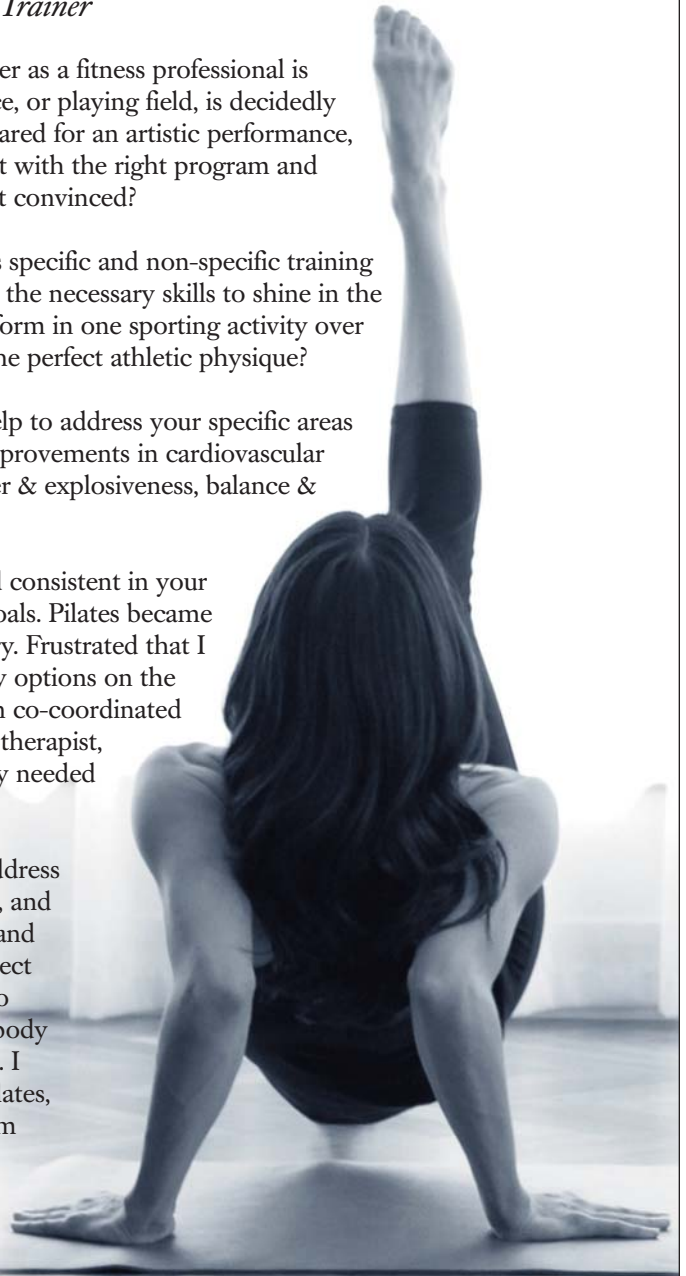
Most elite athletes train six days a week incorporating both sports specific and non-specific training protocols. Even the most gifted athlete works diligently to perfect the necessary skills to shine in the lime light. True, certain individuals will be genetically built to perform in one sporting activity over another. So what happens to those of us who weren't built with the perfect athletic physique?

A well rounded program designed by a fitness professional can help to address your specific areas of interest. A well conditioned individual will want to consider improvements in cardiovascular endurance, muscular strength development, speed & agility, power & explosiveness, balance & stability, as well as, posture & alignment.

Injury prevention is a key factor which will keep you on track and consistent in your workouts and well on your way to achieving your performance goals. Pilates became an integral part of my fitness regime when I sustained a back injury. Frustrated that I had to forgo many of my high intensity activities, I explored many options on the path to recovery. A proper diagnosis, paired with a treatment plan co-ordinated between the doctor, health care practitioner (chiropractor, physiotherapist, RMT etc) and a qualified Pilates instructor was just what my body needed to return to activity swiftly and safely.

Pilates known for its focus on core development enabled me to address instabilities in my pelvis, activate deep internal stabilizing muscles, and eliminate constant back pain. I recognized that by slowing down and focusing on proper muscle recruitment patterns I was able to correct structural imbalances in my body which have been contributing to many of my aches and pains for years. Pain-free and much more body aware, I have incorporated pilates with all of my training clientele. I feel that all of my clients have benefited from their exposure to pilates, their enhanced body awareness, enables me to better educate them on how to obtain their desired goals.

So if you are interested in improving your performance whether it is for an upcoming event or just to shake up your regular routine, try participating in pilates. I recommend that all new participants book a private session with a qualified instructor to determine an appropriate level for your body. As well, your instructor will be able to indicate whether you are best suited to private sessions, mat classes or if you are ready to join an equipment based class. Most importantly, have fun, the body responds best to the stimulus of training when it is relaxed, and ready to explore its potential!



Cambridge Group of Clubs

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