

# These trendy workouts will get you in fine form

Studies show that getting a little exercise can greatly improve mental well-being.

If you need a little extra push to get moving, consider an out-of-the-box regime that is not only fun but will help you work up a sweat too.

Try these five trendy workouts to get out of your workout rut and have fun while trying something new.

**Barre.** One of the trendiest workouts on the fitness scene, barre uses a single piece of equipment—a ballet barre. With its origins in dance, this workout will strengthen and tone your body while improving your flexibility.

No dance experience required.

**Trampoline.** Who doesn't love trampolines? This unique workout combines bouncing up and down on individual trampolines with upbeat music to get your heart rate going. Group classes often incorporate small hand weights and choreography to ramp up the fun and get in a killer workout.

Don't forget to pack your workout

clothes in a trendy gym bag like one from Under Armour available at Sport Chek.

**Indoor Surfing.** Even if you don't live anywhere near a beach, you can get a great surf-inspired workout with indoor surfboards.

A surfboard workout includes lots of squats, ab movements, twisting and jumping to mimic the actual workout you get while riding the waves.

**Rowing.** Taking water workouts indoors, group rowing classes are on the rise. Using rowing machines, this workout encourages participants to be competitive with team races. Prepare for a great workout that engages the upper body, core and your competitive spirit.

**Spin.** Spinning is back and more popular than ever.

This high-intensity workout includes a stationary bike and energizing music to work up a sweat.

Don't forget to bring a water bottle big enough to hold enough water to keep you hydrated.

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BPHE, RAC,  
RTCMIP

**Q:** Can acupuncture help with the management of my sports injuries?

**A:** Whether you are a weekend warrior or a competitive athlete, acupuncture is an effective tool to help you recover from both acute and chronic and/or recurring sports injuries.

Acupuncture and TCM treatments can:

- Decrease pain, inflammation, and bruising
- Relax muscles and relieve muscle spasms
- Speed healing time by improving blood circulation to the affected area
- Increase the range of motion of injured joints
- Reset muscle imbalances that predispose the joint to injury
- Assist in training, performance, recovery, and injury prevention

Common injuries that Acupuncture can treat include: neck strain, shoulder impingement, rotator cuff, tennis elbow, back spasms, disc injury, bursitis, sciatica, hamstring tear, IT Band syndrome, knee pain, shin splints, ankle sprain, plantar fasciitis, tendonitis, and repetitive strain injuries.

The combination of traditional Acupuncture techniques with modern Motor Point needling are extremely effective in the treatment of sports injuries due to trauma, over-training, or repetitive strain. Look for a Licensed Acupuncturist that has completed specialized musculo-skeletal training for your sports medicine needs. For further info, please go to [www.carolyn dew.ca](http://www.carolyn dew.ca)



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### Choosing the Right Backpack Little backs have strains too!

Look for the following:

**Wide, padded shoulder straps** Narrow straps can dig into shoulders. This can cause pain and restrict circulation.

**Two shoulder straps** Backpacks with one shoulder strap that runs across the body cannot distribute weight evenly.

**Padded back** A padded back protects against sharp edges on objects inside the pack and increases comfort.

**Waist strap** A waist strap can distribute the weight of a heavy load more evenly.

**Lightweight backpack** The backpack itself should not add much weight to the load.

**Rolling backpack** This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs. They may be difficult to roll in snow.

To prevent injury when using a backpack, do the following:

Always use both shoulder straps. Slung a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may increase curvature of the spine.

Tighten the straps so that the pack is close to the body. The straps should hold the pack two inches above the waist.

Pack light. The backpack should never weigh more than 10 to 20 percent of the student's total body weight.

Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.

Stop often at school lockers, if possible. Do not carry all of the books needed for the day.

Bend using both knees, when you bend down. Do not bend over at the waist when wearing or lifting a heavy backpack.

Learn back-strengthening exercises to build up the muscles used to carry a backpack.