

HEALTHY LIFESTYLES

Get pumping with heart-strengthening aerobic exercise

Aerobic exercise is activity that requires the lungs to take in additional oxygen to meet the requirements of the muscles - the kind of exercise, in other words, that makes you slightly breathless - activities such as jogging,

cycling, tennis and swimming.

Aerobic exercise is best for improving cardiovascular fitness, as well as improving the strength and flexibility of the muscles.

As you age, the heart like all other muscles in the body becomes more fatty and less muscular. To keep all muscles in good condition, heart-strengthening aerobic exercise is important.

Fortunately, aerobic exercise is not as demanding as you might think. Walking is one of the best aerobic condition-



ers and can be done by almost anyone, regardless of age or physical condition.

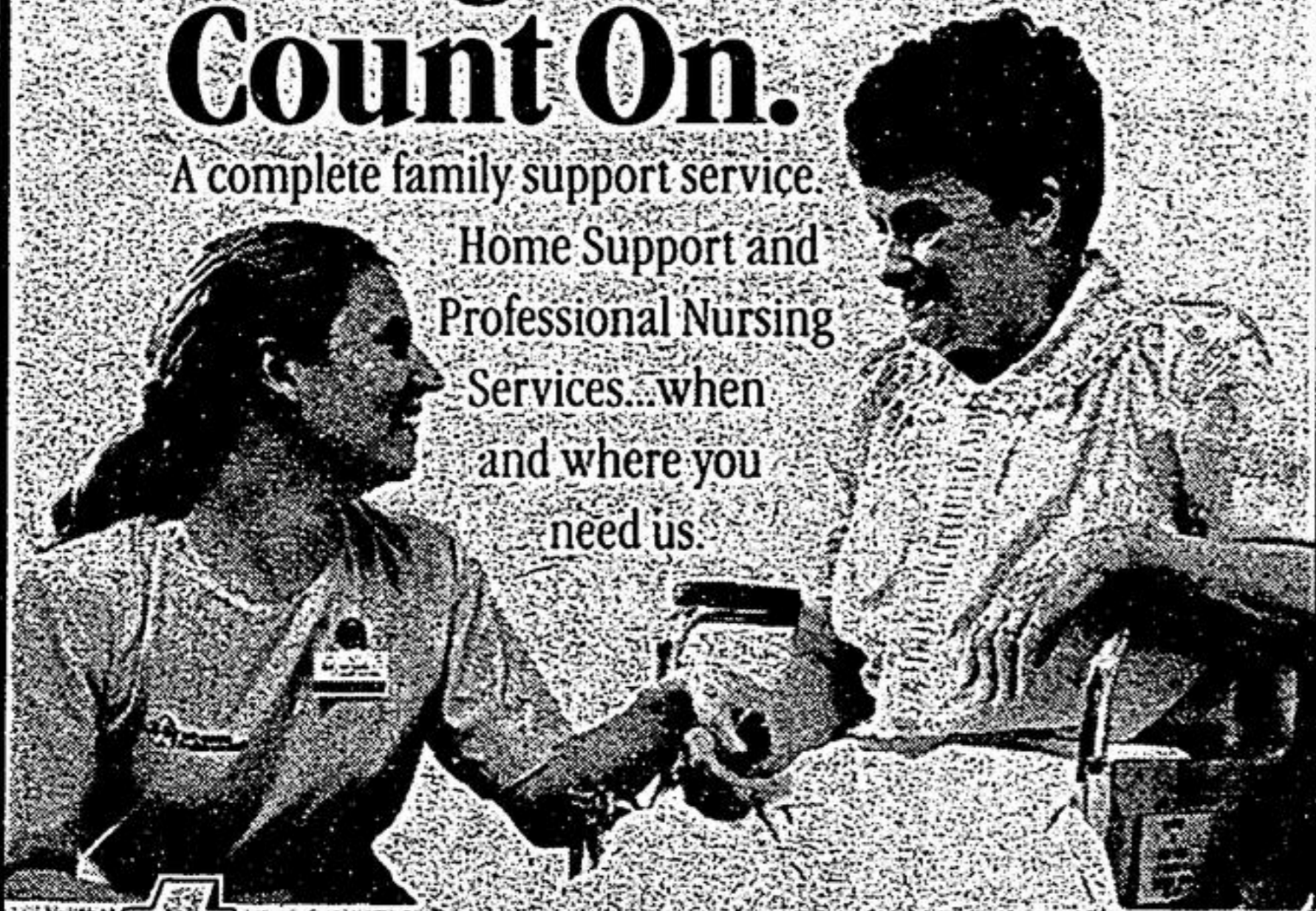
The secret is to walk briskly enough to keep your heart pumping (so you are a little out of breath but still able to carry on a conversation with someone.) Try to keep up this walking for at least 20 to 30 minutes every day.

Aerobic exercise has other benefits too. It improves the blood flow to the muscles, providing them with nutrients and removing waste products. Muscles are strengthened and toned. Ligaments become stronger and bones denser. Aerobic exercise can help you maintain a healthy body weight, can restore mobility to damaged joints and even

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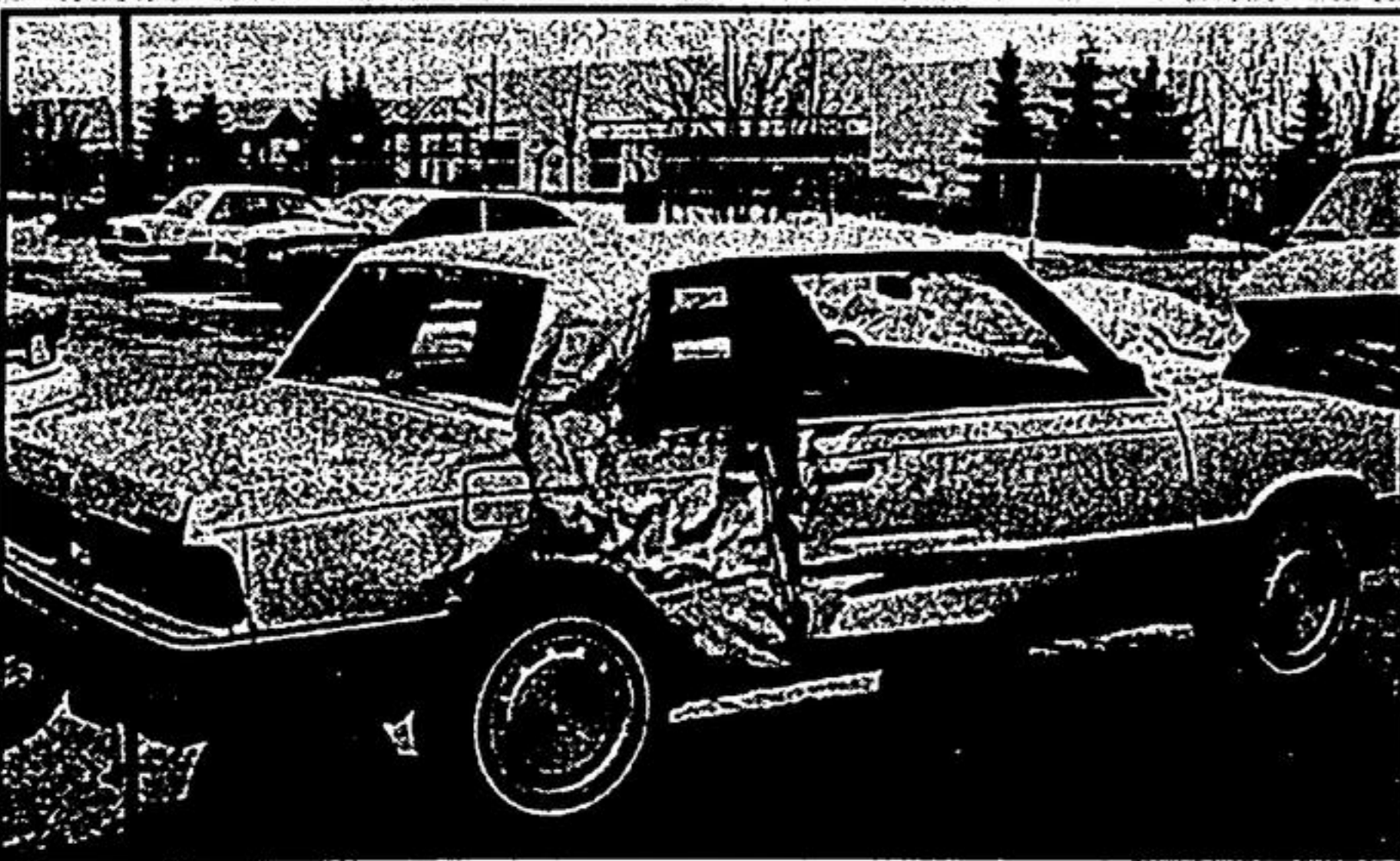
Car accident rehabilitation - Get pain-free

The pain and injuries associated with the unfortunate event of a motor vehicle accident can have significant consequences on a person's life. First of all, there is the shock and then the pain.

A car accident can happen to anyone. It could be as simple as sliding into the back of someone's bumper on an icy road or it can be as frightening as getting broadsided at an intersection. In either case, car accident victims usually require some form of rehabilitation to get their lives back in order. At the **Markham Pain Clinic**, the health professionals use a multi-disciplinary approach to help people return to daily living. A full complement of staff members ranging from chiropractors, massage therapists, physicians, acupuncturists, kinesiologists and related supportive therapists coordinate a completely personalized treatment plan to **help you get pain-free and get back to living.**

Why does it hurt?

When a collision occurs, the body is suddenly propelled with great force resulting in injuries. Car accidents may result in neck pain (whiplash), headaches, impaired concentration, low back pain, loss of energy, depression, and of course general aches and stiffness. In more serious cases, fractures, dislocations and head injuries may take place. By far the most common injuries arising out of accidents come in the form of muscle, joint and nerve injury of the neck and back. In all cases, careful screening, examination and listening to the injured person is vitally important.



A car accident can have a variety of physical repercussions on passengers. At the Markham Pain clinic services from a range of professionals including chiropractors, massage therapists, and physicians are available to return the injured back to normal function.

What can help me?

Since muscles, joints and nerves are most often injured, the combined approach of several forms of treatment is usually required. At the **Markham Pain Clinic**, soothing therapeutic massage is used to help break down muscle spasms, gentle chiropractic manipulations are extremely effective for reducing joint aches and increasing mobility, traditional acupuncture (both needle-less laser and sterilized disposable needles) is available for pain control. Medications are used when deemed medically appropriate.

When the pain is under control the next step in the healing process begins. Under the guidance and direct supervision of our health care staff, a comprehensive active rehabilitation program will be designed specifically to fit the needs of the injured person. It takes place at our state of the art facility that houses 3,500 square feet of the latest in exercise and rehabilitation equipment. Aquatherapy, whirlpools, and hot steam areas are other features of the program.

Education is also important, the staff will provide information on how to avoid painful postures at work or in the home. Home care programs will be supplied so that none of the gains in progress will be lost at a later date.

Who will look after me?

Each patient receives a comprehensive examination from a doctor and a personal treatment plan is started as soon as possible after the accident. The treatments are all supervised by health care professionals. The patients are treated with care and are monitored closely to ensure that the road to recovery is as quick as possible. Guidance and support is provided throughout the course of treatment. The goal is to return to living a productive, fulfilling, pain-free life.

How much will it cost me?

Nothing. Hard work and a commitment to get better are the only costs. Under the no-fault automobile insurance legislation, motorists injured in automobile accidents have access to a range of accident benefits. These benefits include the cost of treatment to restore the motorist to normal daily life.

How do I get started?

It's simple. Just telephone The Markham Pain Clinic at **470-2626**. Ask for our client services coordinator, Shelley O'Brien.

PITCH-IN WEEK



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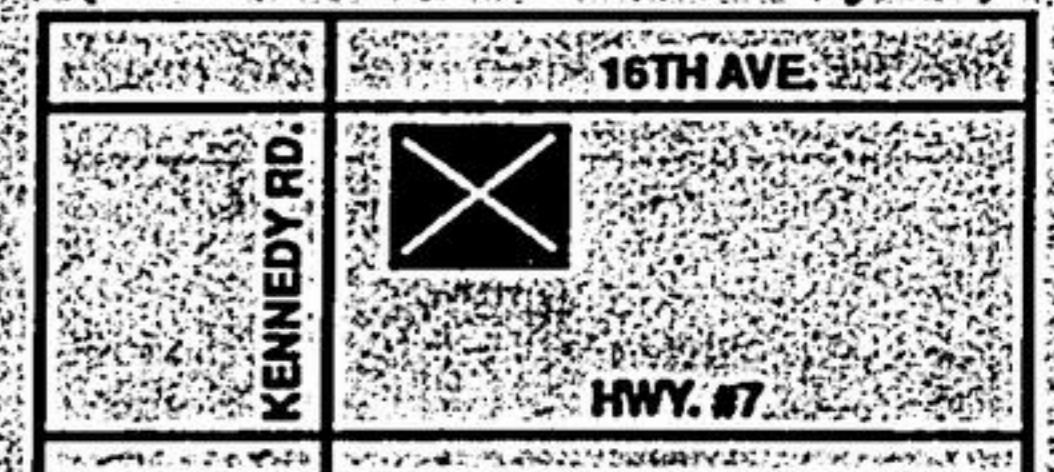
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