

Vario Team Profile



Dr Jerzy Dyczynski – MD and Consultant Specialist

Place of birth: Poland

Favourite sport or exercise: Shaolin Kung-fu coordination training: it has positive effect on every day life and health

Martial arts originated from a small temple in China in the province of Henan and have been practiced for more than sixteen hundred years. It was not just practiced as a fighting style but also for its health benefits. During the last three decades Kung-fu became more and more popular and was introduced to the Western World by the famous movie star Bruce Lee.

Favourite Food: Vegetarian, homemade spelt bread, holy curry, especially food, that protects our heart and cardiovascular system, see next column, showing in percent, the bioavailability and benefits from selected grain and fruits for the cardiovascular system.

Passions in life: Scientific research especially in Heart and Acupuncture Sciences

The scientific work with the study based on collecting data using new European technology including Heart Rate Variability (HRV), multi channel ECG record and Cardiac Stress Index as a cardio portrait which gives me a more accurate insight into the importance of Neurocardiology - the interaction between the heart and brain.

Favourite Saying: "Be soft and gentle like water. We all actually need a breakthrough"

Food that protect our heart

Grains:

100%	85%	75%	50%	10%
Spelt	Basmati Rice	Black wheat	Rice	Wheat
	Red Lentils		Soya Beans	Brown/ Yellow Lentils
	Wild Rice		Corn	Rye
	Oats (Well cooked)			Barley

Fruit:

100%	85%	75%	50%
Pineapple	Orange	White Grapes	Bananas
Apple			Strawberries
Kiwifruit			Pears
Mango			Dried Fruit
Papaya			
Lemon			
Passion fruit			
Red Grapes			

Brain Teasers

Three Riddles – Ask at reception or the Exercise Physiologists for the answers

RIDDLE 1:

For some I go fast for others I'm slow.
To most people, I'm an obsession relying on me is a well practiced lesson.

RIDDLE 2:

What's greater than God
More deadly than the Devil
The poor have it, the rich want it, and if you eat it, you will die.

RIDDLE 3:

What has rivers but no water
forests but no trees,
and cities but no buildings?

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Vario Wellness Clinic

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A Message from our Exercise Physiologist

"The whole of life is but a moment of time. It is our duty, therefore to use it, not to misuse it." *Plutarch.*

It's that time of year again when the University car parks become full and the hard task of coming to your exercise class becomes even harder! We thank you all for being so dedicated in attending your Vario classes; this is the worst time of year for parking but bear with us, things will get better as the university semester continues.



March brings a change of season, but as we know March and April can still be extremely hot. So it is very important to keep your fluid levels up before and especially after your exercise classes and remember to bring a towel and water bottle with you.

At Vario, we promote a holistic approach to nutrition and exercise, and so we are presenting a free Bone Health Seminar on Wednesday, 1st April for you to attend. We would also like to find out what your interest is in attending free yoga sessions for the clinic; you can find more information as you continue to read the newsletter or talk to the girls on reception to register your interest.

As a university, we are lucky enough to be at the forefront of the latest research and have state of the art equipment available to us. The Vario Institute would like to use our large client base, to create a record of your results for the different population groups and conditions we cater for within the Vario Wellness Clinic. If you consent to this, your details will remain confidential and your data will be used to help promote the benefits of participating in a regular exercise program, in addition it will provide important feedback to you. We are nearing the end of testing the Fighting fit Veterans group, and will shortly be moving into re-testing participants in the Living Longer Living Stronger program.

Congratulations to Phil Renkin who last week passed his driver's licence again at the age of 89 years, he will not give up no matter what the challenge.

Kind regards,
Kyle

IMPORTANT DATES TO REMEMBER:

March	Muscular Dystrophy Awareness Month
12 - 14	Worlds Greatest Shave – Leukaemia Foundation
18 - 20	Weighing Up Our Future – Heart Foundation
22	Freeway Bike Hike – Asthma Foundation of WA
22 - 29	Cycle instead Bike Week 2009
29 - 04	Arthritis Awareness Week
April	
01	April Falls Day – Stay on your feet WA
01	Free Bone Health Seminar
11	World Parkinson's Day

"Nominate a participant for us to profile in our next issue".

Clinic Update

Weigh to go kids



The first Weigh To Go Kids program for 2009 is under way. This program incorporates exercise, mental skills and nutrition workshops to educate kids on carrying out a healthy lifestyle. We also have ongoing exercise sessions starting up for kids returning from previous programs to keep them active, healthy and enjoying exercise.

Well done to the kids and everybody involved for making this experience fun and educational for all. Keep up the good work!

Parkinson's Pumpers

We have our new specialised Parkinson's program running on Tuesdays and Thursdays from 11.30am to 12.30pm. Everybody is very motivated and enthusiastic, with one participant saying he was enjoying it so much that he was turning into a 'gym junkie'!



Parkinson Pumpers

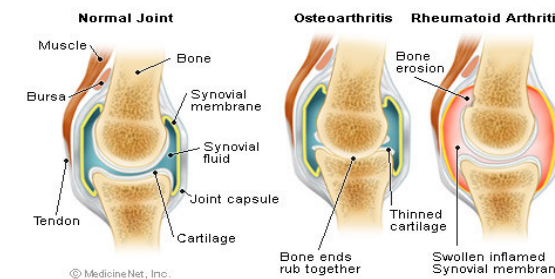
The benefits of exercise on Parkinson's have been very successful in maintaining muscle tone, improving strength and endurance as well as their quality of life.

Latest Research

Arthritis can be mild, moderate or severe and if current trends continue in Australia, one in five people (around 4.6 million) will be living with some form of arthritis by 2020 (1).

Osteoarthritis is often called 'wear and tear' arthritis as it causes cartilage to decrease in function so joints no longer move smoothly, instead feeling and sometimes sounding creaky due to the destruction of articular cartilage (2).

Rheumatoid arthritis is an auto-immune systemic inflammatory disease where the lining of the joint is attacked resulting in pain, swelling, joint damage and loss of function (1).



Normal and Arthritic Joints

Treatment

1. Any excess weight puts additional stress on your weight bearing joints. By losing some extra kilos, this can make a dramatic difference to your joint health.
2. Heat packs can provide great relief for arthritic joints, and cold treatments are good for inflamed joints – Rheumatoid Arthritis.
3. Exercise - **FACT:** Studies conducted at Tufts University in the USA have shown that by undertaking a high intensity strength training program, accompanied with an eating plan to reduce inflammation and flexibility. Pain can be reduced by 43%, physical function can be improved by 44% and strength can be improved by 71 %.

Please talk to your healthcare professional regarding other treatments for Arthritis.

1. www.arthritis.org.au
2. Reader's Digest Health Solutions. Taking charge of Arthritis: A practical guide to managing your health and wellbeing 2001: 52 - 53

Free Bone Health Seminar

Bones, they support us so we need to support them – Come to our Free Bone Health Seminar

WEDNESDAY, 1ST APRIL: 6.00pm – 8.00pm
Building 21 Room 202 Edith Cowan University, Joondalup

Presentation by Amanda Devine – Senior Lecturer in Nutrition at ECU
 Cooking Demonstration by Stephanie McFuall – Nutritionist, Nutrition Australia WA Division

The lower your bone mineral density, the greater the risk of bone fractures. Osteoporosis is a condition where the bones become frail and brittle, leading to a higher risk of fractures. Approximately one in two women and one in three men over the age of 60 will experience a fracture due to Osteoporosis (1) so it is time to act now. Find out what you can do to keep your bones healthy.

'Evidence suggests that vegetable and fruit consumption, in addition to an adequate calcium intake is an effective deterrent in minimising bone loss and fracture risk and maximising peak bone mineral density. This is thanks to the vitamins and alkalisng effect of a vegetable and fruit diet' (2).

Weight bearing exercise assists in achieving a maximum peak bone mass, helping to maintain and improve bone mineral density and decreasing the risk of Osteoporosis and bone fractures (3).

Register your attendance by Monday, 30th March at the Vario Reception or on 6304 3444 to be in the draw for a free DEXA scan to measure your bone density

Supported by ECU, Nutrition Australia and Anlene – Expert in Bone Nutrition



"Let us know if there is any specific advice or facts that we can cover for you in our next issue".

Free Yoga Sessions

Would you be interested in attending free introductory yoga sessions?

Vario is all about encompassing a holistic approach to exercise, incorporating not only strength and cardiovascular training, but also looking at movement, flexibility and breathing technique making you healthier in mind, body and spirit.

Why yoga is good for your wellbeing –

- *Sweat for good health
- *Improve muscle tone and posture
- *Ease back and joint pain
- *Improves flexibility
- *Revitalize and relax
- *Relieve stress and tension
- *Stimulates the immune system

Instructor: Mary is a certified Iyengar Yoga teacher and has been practicing Ashtanga yoga since 1998. She has taught yoga in health club centres, elderly groups, one-on-one and group classes.



Please register your interest in the following sessions by calling the Vario Clinic on 6304 3444 or come in and see us by Friday, 13 March.

1. www.osteoporosis.org.au
2. Access Economics Pty Limited. The Burden of Brittle Bones: Costing Osteoporosis in Australia. Canberra: Access Economics, 2001
3. LeMura LM, Von Duvillard SP. Clinical Exercise Physiology 2003: 491 - 495

"If you would like to know more about any of the programs we have at the Vario Wellness Clinic, please call reception on 6304 3444 or pop in and see us"