

## **5 Ways to keep your Muscles and Joints Healthy over Summer**

**Yin Yoga:** The focus is to stretch the deep muscles, tendons and ligaments with poses that are held for 5 minutes. In the past I never enjoyed yoga as I found it uncomfortable without much benefit for myself, but I have found yin yoga is a fantastic and way to keep your muscles and joints moving.

**Massage:** Probably the most enjoyable way to loosen up the muscles and joints. Akiko is now working full time here in the clinic and is very keen to meet you and throughout summer is offering all my patients a discount on her normal fee. Akiko's style of massage is great at relieving muscular and joint discomfort, or even just a nice way to unwind.

**Non inflammatory foods:** On my website under patient resources I have posted a food plan that was given to me by Naturopath Jannet Marchell. The purpose of this food plan is to help you achieve and maintain health by decreasing foods that lead to inflammation and pain, decreasing your intake of harmful chemicals, and optimizing your intake of healthy protein, fat and carbs. It can also aid in weight management and in the prevention of heart attacks, type 2 diabetes, cancer and strokes. The plan may be modified if you have food allergies or are gluten sensitive.

**Exercise:** People seem to either overdo it or not do it at all. I have been training my entire life, enjoying competing at every age level and I'm still going strong. For those that do train, do what I do and include recovery periods into your training programme, I personally take 1 week off after a 4 weeks stint of training. For those that do no training at all, try an activity such as walking. Anything that gets your heart rate up at a steady pace will improve heart and lung function, and also lubricate joints and stretch out muscles.

**Chiropractic:** Pop in every so often to the clinic for a chiropractic treatment. The longer I do this kind of work the more I understand how important movement is. My entire treatment is aimed at improving and maintaining proper movement. When you start to lose range of motion in joints and muscles your body will always wear out faster.

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