

# evolutive

The Body Dynamics Quarterly Newsletter

## 30 Minutes for Life: The Benefits of Daily Activity

We are all familiar with the old saying, “An apple a day keeps the doctor away.” While a healthy diet continues to be important, a more contemporary adage might be, “Thirty minutes a day keeps the doctor away.”

Consider the top five diseases in the United States: Cancer, diabetes, heart disease, osteoporosis, and stroke. The risk for developing each of these diseases is significantly reduced by engaging in 30 minutes of moderate exercise every day.

Still not convinced? Let’s look at some data; it’s impressive. With 30 minutes of moderate exercise (3 to 8 MET activities), we can:

- ▶ Reduce the number of deaths from heart disease by 30 percent in this country alone (30 minutes walking 3 to 4 mph).

- ▶ Reduce the risk of type 2 diabetes by 58 percent for those at high risk.
- ▶ Reduce the risk of stroke by 24 percent walking 2.5 hours per week or by 46 percent by walking 5 hours per week as compared to nonexercisers.
- ▶ Reduce the risk of pancreatic cancer among overweight individuals.
- ▶ Reduce the risk of depression among elderly adults. In elderly adults classified with major depressive disorder, a 50-percent reduction of the disorder occurred after 4 months of an exercise program.
- ▶ Reduce the risk of breast cancer by 20 percent in White and African-American women who regularly exercise at 7 to 15 METs compared to inactive females.

- ▶ Reduce the risk of osteoporosis.
- ▶ Reduce blood pressure and improve overall aerobic fitness and functional capacity.



Thirty minutes of moderate-level activity, like Gravity Training, reduces your risk of a host of diseases.

There is not a less expensive, more universally available prescription for disease management than exercise. Thirty minutes a day is a small price for such radical changes, and you can pay your dues in one bout of 30 minutes, two bouts of 15 minutes, or three bouts of 10 minutes.

Not sure what to do? See the table for some examples of moderate activities by MET level. Whatever you do, get up, get moving—run, walk, jump, and play—doctor’s orders!

Data collated by S. Tepper, PhD, and M. Baughman

### Moderate-Intensity (3 to 8 MET) Physical Activities

Activity	Calories burned in 30 minutes		MET
	150 lbs	190 lbs	
Slow Walking 2.5 mph Light to Moderate Home Exercise Moderate Household Chores Beginning/Intermediate Pilates/Mindful Movement	125	160	3.5
Stationary Bike Advanced Pilates/Mindful Movement	251	318	5.0
Slow Bicycling 10-11.9 mph	215	272	6.0
Brisk Walking 3.5 mph	179	227	5.0
Slow Running 5 mph	287	363	8.0
Gravity Training Class	287	363	8.0

### What’s a MET?

The metabolic equivalent, or MET, estimates the amount of oxygen used during physical activity. One MET is the energy (or oxygen) you use as you sit quietly. The harder you work, the higher the MET.

# From the Body Dynamics Director



It's that time, again—planning for the fall semester. I am sure that everyone's summer passed far too quickly, but there is some comfort in returning to a routine. Routine schedules, routine exercise, routine diet and stress management. Our

programming and team of experts keeps growing to support your current routine or establish a new one.

Take a moment to look at our class schedule. Thanks to those who participated in our focus groups, we made a few changes to expand your options. We continue to develop our weight wellness program through the collaborative efforts of our physical therapists, personal counselor, acupuncturist, dietitian, and trainers.

We are always here to help you heal when you are injured, so come visit us if you need physical therapy, massage, or acupuncture to speed your recovery. But we

are also committed to preventing impairments, so join us when you are healthy as well. Whether you are new to exercise or an elite athlete, our team will provide expert guidance to help you meet your goals. See you in September!

Jennifer M. Gamboa, DPT, OCS, MTC

## Body Dynamics, Inc.

*evolve* is a quarterly newsletter of Body Dynamics, Inc.

## Body Dynamics, Inc. (BDI)

is a comprehensive center for orthopaedic and manual physical therapy and a leader in training elite athletes and performing artists. BDI's highly evolved programs address musculoskeletal needs through a multidisciplinary approach that integrates rehabilitation with Pilates-evolved fitness programs and massage therapy.

### Director

Jennifer Gamboa, DPT, OCS, MTC

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## Four Reasons To Register

Can't decide whether to register for fall classes or just drop in? Here are some reasons why registration is the way to go:

- 1 **For your pocketbook.** If you register rather than drop in to a class, you'll save \$2-3 per class or \$32-48 over the session.
- 2 **For the results.** Those who register are more likely to attend class regularly and to reap the benefits of weekly workouts—increased strength, flexibility, and mental focus.
- 3 **For a spot in class.** Remember, drop-in students will be turned away if the class has reached capacity, but registering reserves your spot. Just be sure to arrive on time!
- 4 **For fun.** You can make up a missed class in any of our three fitness tracks—Pilates, Mindful Mat, or Gravity Training. Who knows, maybe you'll find another class you love!

## Bookmark It!

Visit our newly redesigned Web site regularly for:

- ▶ Special promotions
- ▶ Upcoming events
- ▶ Class schedules
- ▶ Registration information

[www.bodydynamicsinc.com](http://www.bodydynamicsinc.com)



## Girls Jumping Strong

### ACL Injury Prevention Screening

For teen/preteen girls who play volleyball, basketball, field hockey, soccer, lacrosse, or track and field.

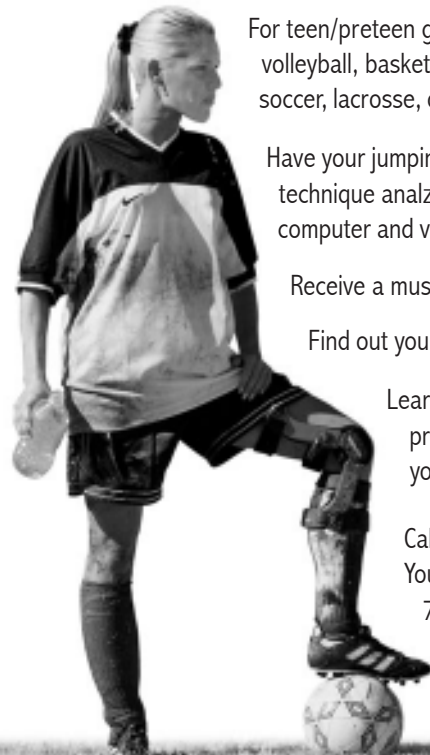
Have your jumping and landing technique analyzed using computer and video

Receive a muscle balance profile

Find out your risk for injury

Learn prevention practices based on your risk factors

Call To Schedule Your Screening  
703.527.9557



# Questions answers &

## nutrition and diet

Q: I've been reading about flaxseed in the news lately. What are its health benefits, and how do I eat it?

A: Omega 3 fatty acids, found in flaxseed, promote heart health by reducing cholesterol, blood pressure, and plaque formation in arteries. Flaxseeds also contain fiber, zinc, iron, vitamin E, and calcium and are low in saturated fat.

Flaxseeds have a deliciously nutty flavor and are easy to add to your diet. Buy ground flaxseed, which is more digestible than whole seeds, and sprinkle it in yogurt or breakfast cereal. Flaxseed also tastes great in muffin and bread recipes and in meatloaf and casseroles.

Q: I am a 51-year-old female, and my doctor told me to take a calcium supplement because I don't eat dairy. What kind do you recommend, and how much should I be taking?

A: Women your age should consume 1200 mg per day of calcium, which is important in preventing osteoporosis. If your diet does not include many calcium-rich foods, then a supplement is recommended.



*Add ground flaxseeds to muffin recipes to boost taste and nutritional value.*

Calcium citrate is the most readily absorbed of the various types of calcium supplements. Look for a supplement that also contains vitamin D (400 to 800 IU), which plays an important role in calcium absorption and bone health. The body can absorb only 500 to 600 mg of calcium at a time, so spread your calcium intake out throughout the day. Do not take calcium supplements at the same time as iron supplements, which may inhibit iron absorption.

Good nondairy choices of calcium include salmon, broccoli, turnip greens, soy beans, tofu, and dried figs. Enjoy!

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about how it is working at an electrical level. The brain uses this information to make changes toward improvement.

Improvement is defined as being more flexible and resilient. When the brain is more flexible, it is less likely to remain stuck in a rut—a physical rut like chronic pain, a social rut like alcoholism, or an emotional rut like depression. When the brain is more resilient, it can bounce back from challenges and return to efficient balance more readily.

Neurofeedback has been shown to improve symptoms associated with sleep, anxiety,

## acupuncture

Q: Can acupuncture help me lose weight?

A: Yes. Acupuncture can reduce appetite and food cravings and influence metabolism. A practitioner of Oriental medicine—one that practices acupuncture, herbs, and Qi Gong—will perform a diagnostic consultation to assess your constitutional type. The diagnosis is based on symptoms of different organ systems, health history, lifestyle habits, pulse, and abdominal findings.

Depending on your constitution, acupuncture can reduce a variety of symptoms that contribute to overweight:

- ▶ Faulty digestion
- ▶ Sluggishness
- ▶ Water accumulation
- ▶ Poor carbohydrate and fat metabolism
- ▶ Large appetite
- ▶ Stress and anxiety
- ▶ Pain and stiffness in the back or joints
- ▶ Muscle soreness

The result: Increased energy, which promotes exercise and motivation, and improves health.

## neurofeedback or brainwave training

Q: What is neurofeedback?

A: Imagine yourself moving from one room to another in your home. You pass a mirror hanging on the wall. You take a glance and make a very quick assessment about what you see reflected back. Perhaps there is a hair out of place or you forgot to put on some lipstick. You see how things are and make a rapid adjustment toward improvement.

This is a little bit like neurofeedback. Also known as brainwave training, neurofeedback changes the functioning of the brain by providing real-time information to the brain

attention, depression, chronic pain, and relationship challenges. As the brain changes in response to information about itself, it impacts physical, social, and emotional functioning, moving toward health.

The experience of neurofeedback is usually relaxing and enjoyable. After all, we learn best when we are calm and relaxed. While integrating new information and climbing out of a rut can be hard work, that effort always pays off!

Neurofeedback is one of many tools available at Body Dynamics that improves and maintains overall health at a very basic level.

# BDI Staff News and Announcements

Congratulations to Carrie James, who earned her Doctorate of Physical Therapy with an emphasis in manual therapy from the University of St. Augustine for Health Sciences.

Pilates practitioners Sonia Cronmiller and Cheryl Eavy attended a 3-day Pilates conference in June. Classes included Pilates for athletes, demystifying the trapeze table, and teaching Pilates mat classes with props.

In July, Ausra Kaminskas attended an advanced training in the "Kiiko Matsumoto" style of Japanese acupuncture, which uses a highly systemized method of palpation to enhance diagnosis and treatment.

Nancy White and Christina Vink attended the Annual Conference of the American Physical Therapy Association in Colorado in June. While at the meeting, they attended a 2-day course on fitness, exercise, and weight management.

A warm welcome to our new staff: Elsa Grego will be working at the front desk evenings and weekends. Jason Rizzo is our new Director of Marketing and Communications. Regina Carrick, a Licensed Professional Counselor, will be offering counseling and neurofeedback at BDI on Mondays. Andre Heletsj, who joined our team of PTs, has a Doctorate of Physical Therapy from the University of Pittsburgh. Nia Holloway, our new massage therapist, is a graduate of the Virginia School of Massage.

Congratulations to Trent and Ashley Templer, who are expecting a baby in November!

This summer we said goodbye to Kristin Silvestro, who is now in Boston pursuing an MA in theater education, and Diane McLaughlin, who moved to Charlotte, NC, with her husband and is expecting her first child. Congratulations and good luck to them both!

## Body Dynamics in Your Community

BDI is a sponsor at this year's Arlington County Fair, August 16 to 19. Visit our booth, where we will raffle a Total Gym valued at \$1,195! There will also be Gravity Training demonstrations and opportunities to talk with our nutritionist, acupuncturist, and trainers.

As a FitArlington partner, we are working with other local businesses to promote a culture of

fitness in Arlington. For some great ideas on how to be active in Arlington, visit FitArlington on the county Web site at [www.arlingtonva.us](http://www.arlingtonva.us).

BDI can also be found online on our redesigned Web site ([www.bodydynamicsinc.com](http://www.bodydynamicsinc.com)) and our new blog ([bodydynamicsinc.blogspot.com](http://bodydynamicsinc.blogspot.com)). Visit regularly for updates, promotions, and health and fitness information.

Body Dynamics, Inc.  
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# Calendar

Early-Bird Registration Ends	8.21
ACL Injury Prevention Workshop	8.29
Labor Day: BDI Closed	9.3
Fall Classes Begin	9.4
Weight Wellness Seminar	10.17
Free Lecture: Back Health	11.14
Thanksgiving: BDI Closed	11.21-24
Fall Classes End	12.22

## Keep Your Eyes Open for the BDI Book Club

Beginning  
Fall 2007

Reading list and meeting dates will be posted on the Web site



## Physical Therapy Now Available Saturdays

Appointments 8 AM - 4 PM

Call now to schedule:

703.527.9557



[www.bodydynamicsinc.com](http://www.bodydynamicsinc.com)