

Members Newsletter June 2010

Alternative Therapies

Sadly due to distance and family commitments Jenny Salmon will no longer be at Re-shape on a Thursday with her Acupuncture Treatments.

However we would like to introduce **Nicky Mendham and Paula Bostock**. Nicky and Paula will be offering their range of alternative therapies starting from Thursday 15th July and Wednesday 20th July.

Indian Head Massage with Nicky

An ancient massage which gently massages the back, shoulders, arms, neck, head and face to release knots and nodules. It can help relieve stress and restore joint mobility benefiting you both physically and mentally.

Creative Kinesiology with Nicky

This treatment can help with overcoming deep seated emotional, physical and energetic patterns which can manifest in a variety of physical and psychological symptoms.

Shiatsu with Paula

Shiatsu is a form on hands on body work it understands the human being as a system of energy that circulates in channels called meridians. The Chinese believe that imbalance within the meridians leads to a blockage on energy resulting in pain. Shiatsu applies pressure to points on the body including stretching and rotations to help restore the bodies imbalances.

Debbie Slater has recently added Reflexology to her list of treatments

Reflexology

Is an ancient Chinese technique that focuses on applying pressure to various pressure points on the feet and occasionally hands and ears. It is based on the premise that there are reflexes in our hands, feet and ears that relate to every organ and part of our body. By stimulating these reflexes with pressure and manipulation, nerve function and blood supply may be improved, which may alleviate stress and other health problems.

For more details or to book an appointment please speak to Debi or Emma.

A big Thank you.....

To all Re-shape's members who helped in the latest fund raising.



On the front desk we have been selling wrist bands in aid of Help for Hero's. The latest total made was £42.05. Thank you to those who brought a wrist band or left a donation.



Thank you to everyone who sponsored Debi and Emma in the Race for Life, in Falmouth. We raised £81 in aid of Cancer Research UK.

Last work out times

Just a reminder that the last work out time is three-quarters of an hour before our official closing time so on week days the morning sessions last entry time is **12.15pm**. The evening session is **7.15pm** and Saturdays it is **11.15am**. This will allow you to do your full workout.

Congratulations to Doreen who recently met the Queen.



Doreen was recently been invited up to Buckingham Palace to meet the Queen and receive commendation for services rendered for Life Saving in Great Britain. Doreen is a life member of Surf Life Saving Great Britain and has been a member since 1980. She has been a very active member in surf life saving, helping to train surf lifesavers as well as competing in national and international competitions. An amazing achievement for someone who is (as Doreen herself would quote) "nearly 70 but not quite!!!"

If you have any news or achievements you would like to share with our members on our quarterly news letter then speak to Debi or Emma and let us know about it and we will try to give you a mention!

Food Sensitivity Testing

Next testing day:

Tuesday 5th October
Special Price of £29.50
Please book your place at Reception
£10 deposit required.

Footwear in the Club:

We would just like to remind ladies that sensible flat foot wear which provides foot support is what Re-shape recommends to be worn during a workout.

Bare feet can get splinters, or hurt on the equipment, and is not very hygienic, should you really insist on bare feet we have a disclaimer form which will need to be signed. Details at Reception - just ask Emma or Debi.

Health Focus - Osteoporosis

Our bones constantly renew themselves over our lifetime, they are very complex but are made in such a way that they are perfect for giving support with strength to weight ratio, and also allow for a little bend.

Our bones are living tissue which is constantly being renewed and responds to stress and strain. Bone is basically made up of collagen fibers filled with minerals which are mainly calcium salts this is known as the bone matrix or osteoid.

In cases of osteoporosis there is a substantial reduction in the amount of osteoid or fully mineralised bone leading to a decreased ability to withstand stresses and strains placed on the bone.

People who are high risk to Osteoporosis

- Those affected by chronic disease or injury leading to sedentism. The bone is not stimulated to lay down osteoid.
- Post menopausal women – oestrogen secretion diminishes which helps maintain osteoid renewal.
- Endocrine disease, thyroid, adrenal, parathyroid malfunction and diabetes.
- Steroid use.

Prevention

There are two methods of prevention. Drug therapy (which is very expensive); and Exercise (which is less expensive). There are two types of medication which can be prescribed: Hormone Replacement Therapy (HRT) and Bone Metabolism Drugs, both of which can have unpleasant side effects.

Regular exercise allows for enough bone matrix renewal even if the condition is getting worse. For the most effective prevention for osteoporosis it is recommended that the exercise is load bearing and ideally at least 20mins everyday. Load bearing can be at such a low intensity that even regular walking is sufficient. It has been documented that bone demineralisation can be reversed by exercise and fractures, spinal collapse or kyphosis (hunchback) is less common in the active elderly, than inactive.

Ronnie's Beauty News and Offers

Beauty Competition success for Megan

I am sure you are all familiar with seeing Megan as one of Ronnie's Staff. Since Megan has been in College and working with Ronnie she has been taking part in the UK Skills competitions.

Whilst at College she won the College UK Skill Competition and went on to the Regional Competition which she also won. Following on from the Regionals, Megan has just competed in the UK Final which was held in Derby at the end of June. She won! and received a GOLD trophy.

Megan had to do the following three treatments in the competition:

- A full body massage
- Faradic toning treatment
- Galvanic Facial

The gold means that Megan should get the opportunity to represent the Country sometime soon and will receive more training for this! Well Done Megan!!

Beauty Offers:

July

Pedicure - £15 (normally £30) - Creative and OPI luxury pedicure. Your feet will be soaked, cuticles and nails filed, a paraffin wax mask followed by a foot massage and polish.

Leg Massage - £15 (45 mins) – Treat yourself to this wonderful leg massage with cooling products. This is a great way to reduce Oedema, swollen legs and beneficial for tired legs. Put a spring back into your step!

August

Full Body Massage - £20 (normally £40) – This is a full body massage to relax and unwind after a hard days work or just as a treat!

