

Physiotherapy Newsletter



February – Heart Month

The Heart and Stroke Foundation has designated February as their month to canvass door to door as well as promote healthy living and provide information concerning heart disease and stroke. The key factors in promoting healthy living consist of eating well, watching your weight, getting active, reducing stress and living smoke free. For more information relating to these factors please refer to the Heart and Stroke Foundation of Ontario website.

Staff members from Limestone Health Consultants and Kingston Body Management attended the “Exercise Is Medicine Symposium” at Queen’s University in June 2009. We walked away from the Symposium armed with the knowledge and determination to establish our own exercise programs designed to promote healthy living by introducing exercise that will not only get people moving and active thereby reducing weight, but will also aid in lowering high blood pressure and cholesterol - two of the risk factors leading to heart disease and stroke. Our exercise programs are listed below:

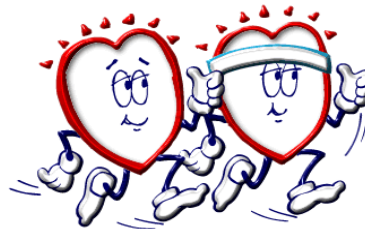
“Sweet Success” Weight Loss, Prevention & Diabetes Exercise Program:

- An enjoyable and accessible fitness program designed to help individuals manage their weight and prevent the development and progression of weight related health conditions.
- Program Includes: 3 group fitness classes/week for 12 weeks, initial fitness assessment with a Kinesiologist, access to information from the Canadian Diabetes Association, goals and lifestyle counseling, free gym membership, and complimentary pedometer.
- Classes are currently held Mondays, Wednesdays and Fridays from 9:00-10:00.
- Special Introductory Price – call soon and get your first 12 week session for only \$100!

For more details on the program and registration, please contact Exercise Therapist and Kinesiologist, Kait Hoke, at kait@kingstonbody.com

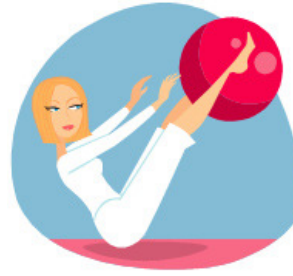
“Heart Strong” Post-Cardiac Rehabilitation Program:

- An enjoyable and accessible fitness program designed to help individuals following their cardiac rehabilitation to help keep their heart, body, and soul fit and healthy.
- Program includes: 3 group fitness classes/week for 12 weeks, initial fitness assessment with a Kinesiologist, educational sessions held by the Cardiac Rehabilitation Centre at Hotel Dieu Hospital, free gym membership, goals and lifestyle counseling, and a complimentary pedometer.
- Additional physiotherapy services may be added to the program for concurrent medical/physical conditions or complications. Should a physiotherapy service be added, the entire program can be covered by your Extended Health Benefits.
- Special Introductory Price – call soon and get your first 12 week session for only \$100!
For more details on the program and registration, please contact Exercise Therapist and Kinesiologist, Kait Hoke, at kait@kingstonbody.com

**KBM Bootcamp:**

- KBM Bootcamp offers a full body workout program at your pace! You and your friends train together with our trainers to work on your goals – muscle building, weight loss, strength, cardio, and core! Have fun, meet new people, and get fit through a variety of KBM Bootcamp options!
- Bootcamp Services: free initial fitness assessment, multiple times and dates, package options, and much, much more!
- Different package options that will allow you to choose what type of bootcamp you would like, and what is within your price range.
- Bootcamps offered on Mondays, Wednesdays, and Fridays.
- Aren't sure this is your particular cup of tea? Don't worry – the first session is always FREE!

For more information or to sign up for your first free session, please contact Kait Hoke at kait@kingstonbody.com.



Pilates with Instructor Sherry Corneil:

- We offer a Pilates class that focuses on breathing, posture, gaining body awareness, and core strength in a relaxing and friendly atmosphere. Have fun, meet new people, and get fit and healthy!
- Classes are held Monday and Thursday evenings from 7:00-8:00pm.
- We offer different package options that allow you to choose the number of classes you would like to attend and what is within your price range.
- If you aren't sure if this fitness class is right for you, never fear – the first session is always FREE!

Call KBM at 613.384.9203 or visit www.kingstonbody.com for more information.

Staff from Limestone Health Consultants and Kingston Body Management will be involved in a *Heart Health Awareness Fundraising Event* to benefit the Heart and Stroke Foundation at the Cataraqui Town Centre on February 13, 2010.

Please join us downstairs in front of Sears between 9:30 a.m. and 6:00 p.m. on February 13th to learn more about heart health. Our staff will be running or walking for donations. Our Registered Massage Therapists will also be providing mini-massages for any donation made to the Heart and Stroke Foundation. Please help us spread the word about heart health and plan to visit with our team on Saturday, February 13th!