

Quebec's Best Kept Secret... The Athletic Therapist



They are on the sidelines of every Montreal Canadiens and Montreal Alouettes game. They work behind the curtains at every Cirque du Soleil performance. They travel to the Olympics as an important part of the Canadian Medical Team. They are... Certified Athletic Therapists, and they help our most elite athletes avoid and recover quickly from injuries.

So why haven't you heard of them?

Athletic Therapy was born out of the necessity for a more complete and active approach to rehabilitation for physically active individuals. Athletic Therapy specializes in the prevention, emergency care, clinical assessment and rehabilitation of musculoskeletal injuries. This includes sprains, strains, tendonitis, herniated disks, as well as any other injury occurring to the muscles, bones and joints. Whether this injury was sustained in sport, work or other daily activities an Athletic Therapist can identify the cause and provide a rehabilitation program that will keep the person as active and involved as possible while they recuperate. Athletic Therapy treats the

injury site, but also addresses the complete conditioning of the person as a whole including cardiovascular fitness, flexibility, posture work and exercise habits. That way, no strength or fitness is lost during the recovery period and physical activity can be started faster with less chance of re-injury. Through exercise therapy, manual therapy, the application of therapeutic modalities, sport-specific rehabilitation, strength and conditioning, evaluation and prescription for orthotics, and even exercise pool therapy, Athletic therapists aim for a rapid return to play.

Certified Athletic Therapists are sports medicine professionals with a bachelor of science degree from an accredited Canadian university program. They have completed a supervised internship of 1200 hours and have successfully passed a rigorous written and practical national certification exam. Once certified the Athletic Therapist is governed by the strict code of ethics and continuing education requirements set forth by the Canadian Athletic Therapists Association

(CATA). La Corporation des thérapeute du sport (CTSQ) is a non-profit organization which acts as the provincial regulating body of the CATA. All licensed Athletic Therapists conforming to these standards will have the letters CAT(C) as a credential written after their name.

While Athletic Therapy is well-established among high-calibre national and Olympic athletes this service is also widely available to the general public. Despite the availability and advantages of Athletic Therapy most people remain unaware of its existence and thus we are proud to advocate June as our National Athletic Therapy Month; the objective of Athletic Therapy month is to make the public aware of our services, whether it be working on field with a team, working in a clinic, or in a fitness center. For more information about Athletic Therapy or should you require the services of an Athletic Therapist, please feel free to visit the CTSQ's website at www.ctsq.qc.ca.



You want to get in shape for summer? Better start now!

Sound Advice

Music does more than help the time on the treadmill fly by. Here's why it's smart to integrate your iPod into your exercise routine, and the best tunes to choose for the sweat session you've got planned.

There's a reason Michael Phelps plugs into his iPod before a race and why boxers and baseball closers walk out to the ring and the field to their favourite tracks. If you asked him, Phelps would tell you Lil Wayne helps him get his edge before a race, but there's even a more scientific reason athletes listen to music when they train and before a big event: Studies have shown that listening to music during exercise can improve results, both in terms of being a motivator and as a distraction from negatives like fatigue.

But this isn't exclusive to elite athletes: plugging into your iPod while you exercise can pay off big. "Music is a great motivator," says Israel Allen, a 24 Hour Fitness master trainer in Southlake, Texas. "It can help you stay focused, keep your intensity up, and get you psyched to start sweating. When I get a couple of new songs on my iPod, I can't wait to work out."

Research confirms Allen's motives for getting his groove on at the gym. Scientists at Penn State University found that music can boost your mood and chase away negative feelings (great for those days when you have to drag yourself to the club); another study from Hampden-Sydney College in Virginia found that when participants listened to music while on stationary bikes, they rode farther and reported less exertion than those doing the same workout sans music.

For Lisa Martin, a trainer and group fitness instructor at the 24 Hour Fitness in Kaneohe, Hawaii, results like these come as no surprise. "I'll see someone in spin class who looks like he's struggling, but then a song he obviously likes will come on, and it's like a little light bulb goes off and he thinks, 'Yeah, I can keep going,'" says Martin.

But more than just helping you push through pain, creating a playlist for your next workout can also help you plan ahead, keeping you from getting to the gym and wandering around wondering what you'll do (and ending your workout early as a result). "When you put a playlist together, you have to think about what your workout is going to look like, it reminds you to warm up at the start, cool down at the end, and decide how long and hard you're

going to go," says Allen. "Ultimately, music is a simple way to make sure you make the most of your time at the gym."

Pump Up These Jams

Of course, your heavy metal might be someone else's hip-hop. But there are some rules to follow when it comes to matching music to the workout you've got planned. "In general, you want to make sure your music helps you achieve the intensity you're going for," explains Allen. "It's probably not going to work if you're running to slow country or stretching to hard rock."

Cranking out miles of cardio? Think fast-paced songs somewhere between 120 and 140 beats per minute, suggests Allen. If you typically need a little more inspiration to keep you going, choose songs that help you daydream and take your mind off how much longer you've got to go. If you're competitive enough with yourself to make it to the end of the workout you've got planned and just want the time to fly a little faster, try a podcast, says Martin. "But be careful with podcasts, because they can be distracting," she says. "You want to make sure whatever you're listening to doesn't make you subconsciously take your intensity down a notch or two."

Adding intervals into the mix? Coming up with a playlist for cardio intervals takes even more planning, says Allen. Include a warm-up song, followed by tunes that build you up to about 75 percent of your max heart rate and pick up in pace for 20 seconds to a minute at a time. "Song placement is also crucial in these mixes," says Allen. "If you know you usually get tired 20 minutes in, that's where you

should put a power song, something that'll inspire you to keep going."

Hitting the weights? Your options are wide open when it comes to what to listen to when you lift, with one exception: Steer clear of music that's either so fast or that pumps you up so much that it'll make you race through your sets, says Martin. A great option? Listening to Pandora.com or Slacker personal radio on your iPhone. Both let you choose an artist and will play the same type of music, typically by similar artists and at similar paces, for as long as you want to listen. This is also a great choice for cardio workouts, especially if you're time-crunched and can't plan a playlist before you hit the gym.

Master Mixes

Allen shares three sample playlists for three types of workouts:

Cardio

The Distance by Cake
Walk in My Shoes by Emily King
Pour Some Sugar On Me by Def Leopard
Walk This Way by Aerosmith
Harder to Breathe by Maroon 5
Even Flow by Pearl Jam
Lets Get it Started by Black eyed peas

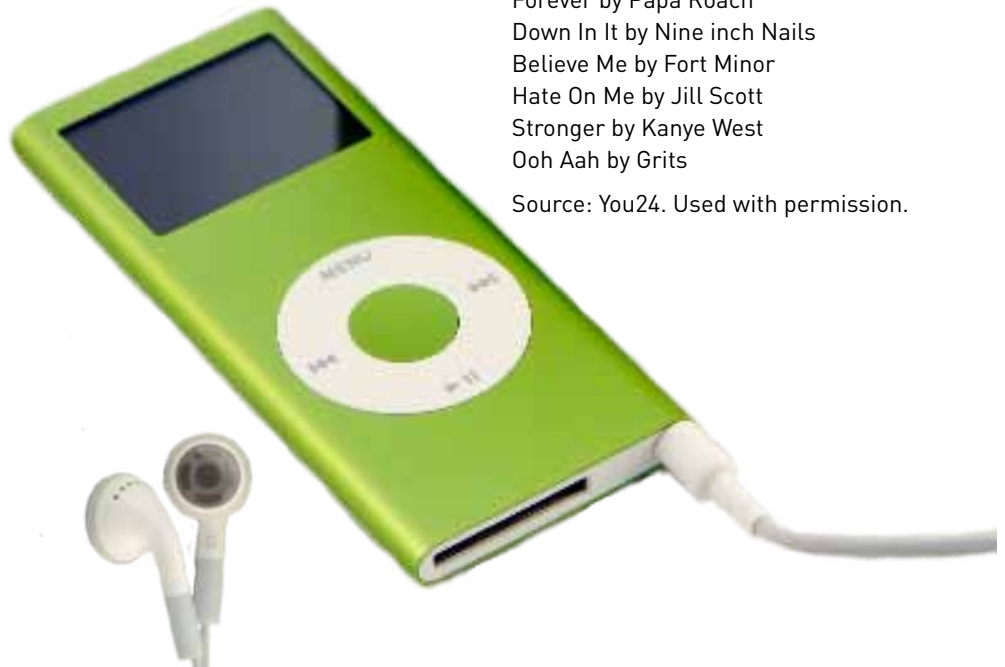
Intervals

Eye of the Tiger by Survivor
It's My Life by Bon Jovi
Welcome to the Jungle by Guns and Roses
Machine Head by Bush
Soul on Fire by Anthony Hamilton
Fuel by Metallica
Try Again by Aaliyah

Weight Training

Back in Black by ACDC
Forever by Papa Roach
Down In It by Nine inch Nails
Believe Me by Fort Minor
Hate On Me by Jill Scott
Stronger by Kanye West
Ooh Aah by Grits

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Whatever your goal, bulking up, losing weight, boosting performance, we've got the smart and tasty way to start your day.

TRUE OR FALSE: Only losers eat breakfast. True. Some of the biggest losers, the people who are being tracked by the National Weight Control Registry because they've lost and kept off at least 30 pounds, eat breakfast every day. It's a secret of their success, and they're not alone. Whether you're trying to lose weight, gain power, or train for performance, you can match your goal to one of these three starters, which have been specially designed to help you succeed.

WHAT'S RIGHT FOR YOU? Eating protein helps build muscle. But excess protein-loading isn't going to do anything but tax your kidneys. The average 150-pound person should be eating around 54 grams of protein daily. Consume up to 96 grams if you're exercising for endurance and 115 if you're strength training.



Source: You24. Used with permission.

POWER	POUNDS OFF	PERFORMANCE
PEANUT BUTTER SHAKE	SWISS CHEESE OMELET	FRUIT & YOGURT CUP
1 serving	1 serving	1 serving
Spread the word: Peanut butter is packed with muscle-building protein. We paired a generous portion with bananas for this power shake, which may be the most decadent one you've ever tasted.	The secret of this hearty omelet is the 5 grams of fiber, supplied by the veggies.	In one study, athletes who ate a 400-calorie, high-carb breakfast worked out nearly a half hour longer than those who skipped their morning meal.
<ul style="list-style-type: none"> 1/2 CUP PEANUT BUTTER 1 LARGE BANANA, FROZEN, WITHOUT THE PEEL 2/3 CUP WHOLE MILK OR YOGURT 2 TBSP WHEAT GERM 2 TSP FLAXSEED 2 TBSP CHOCOLATE SYRUP (OPTIONAL) 	<ul style="list-style-type: none"> CANOLA OIL COOKING SPRAY 1 WHOLE EGG, 2 EGG WHITES 1 PINCH OF OREGANO, PEPPER 1/2 CUP COOKED ASPARAGUS CUT IN 1-INCH PIECES 1/2 CUP COOKED SLICED MUSHROOMS 1/2 COOKED ZUCCHINI 2 TBSP SHREDDED REDUCED-FAT SWISS CHEESE 	<ul style="list-style-type: none"> 1/2 CANTALOUPE 1/4 CUP STRAWBERRIES, THINLY SLICED 1/4 CUP BLUEBERRIES 1 CUP PLAIN LOW-FAT YOGURT 1 CUP BRAN FLAKES OR OTHER WHOLE-GRAIN CEREAL WITH RAISINS AND DRIED APRICOT CHUNKS 2 TBSP SLIVERED ALMONDS
Combine all the ingredients in a blender. Process until smooth. If you don't have time to freeze the banana, add a couple of ice cubes when blending.	In a medium bowl, beat the egg with the egg whites until mixed. Set aside. Mist an 8" or 9" nonstick skillet with canola oil. Heat over medium. Add the beaten-egg mixture. Stir once or twice with a wooden spoon, and spread the egg mixture to cover the bottom of the pan. Add vegetables to one side of the omelet. Sprinkle the vegetables with the cheese and seasoning. Gently fold the omelet and cook for an additional 2 minutes, until the cheese is melted.	Scoop out 1/2 cup melon balls and place them in a bowl. Set the cantaloupe aside. Combine all the remaining fruits in the bowl. Transfer the fruits into the melon half. Spoon the yogurt over the fruit. Sprinkle cereal, raisins, apricots, and almonds over the yogurt. If desired, drizzle with honey.
Each serving (without chocolate syrup): 731 calories, 34 g protein, 55 g carbohydrates, 10 g fiber, 48 g fat (10 g saturated), 6 mg cholesterol, 3 mg iron, 241 mg calcium, 97 mg sodium	Each serving: 181 calories, 19 g protein, 13 g carbohydrates, 5 g fiber, 7 g fat (2 g saturated), 219 mg cholesterol, 3 mg iron, 187 mg calcium, 381 mg sodium	Each serving: 400 calories, 9 g protein, 85 g carbohydrates, 9 g fiber, 8 g fat (1 g saturated), 1mg cholesterol, 20mg iron, 111mg calcium, 255mg sodium



WHAT IS SLEEP?

Sleep is a normal physiological state of inertia, absence of thought and decreased mental activity. The mind enters a relaxation and dream state while the body relaxes and regenerates.

Traditional Chinese medicine analyzes sleep by the interaction between two energies: Yin, or mental relaxation, rest and night, and Yang, or movement and day. These two mental states are in continuous movement and enable the body to move from a waking state to a sleeping state.

Yin will reduce Yang mental activity and will slow its tendency to race once evening arrives, and Yang will trigger Yin mental relaxation and will fight the tendency to slip into inertia when daytime is upon us. The sleep function is therefore explained by this movement of alternation between Yin and Yang. As such, once evening arrives, Yang mental activity must slow down its movement and stay buried deep within the being to regenerate the vital organs. Yin mental relaxation must increase its activity, which is to ensure that the bodily functions relax.

We can gain a better understanding of this alternation between relaxation (Yin) and activity (Yang) that occurs over a 24-hour cycle by observing the seasons (annual cycle). Spring and summer are comparable to dawn and day while fall and winter represent evening and night.

GRAPH OF THE YIN AND YANG CYCLES

Representation of the alternation between YANG, sky blue and YIN, dark blue, throughout the 24-hour cycles and the seasons.

WHAT HAPPENS WITH INSOMNIA?

Insomnia is a disorder that affects the quality or duration of sleep. It is characterized by problems experienced falling asleep, waking up frequently during the night, waking up early or completely sleepless nights. This

imbalance is due to a disturbance in the cyclical movement of Yin and Yang energies, resulting in different types of sleep disorders.

- trouble sleeping or the complete inability to sleep result from Yang energies that remain excessively active.
- waking up frequently during the night indicates that Yin relaxation is weak and therefore has difficulty maintaining a restful state.
- waking up too early is due to excessively abundant Yang activity with respect to Yin relaxation, which explains the early onset of the activity.

THE BENEFITS OF ACUPUNCTURE

Acupuncture is used to reestablish the natural bodily functions by calming the Yang energies or by increasing the level of rest of the Yin energies based on the nature of each individual's energy imbalance. At this point, advice on nutrition and lifestyle could be offered (exercise, habits, mental outlook, etc.) to help maintain this balance.

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