



The Mansfield distinguished itself at the Tuques Bleues

We are very pleased to announce that Mansfield Athletic Club won, for the 3rd year in a row, the Sports Club Cup challenge at the Les Amis de la Montagne annual Tuques Bleues snowshoe race. The race was held on February 22, 2007 on Mont Royal. Our team was comprised of 14 racers and we finished with 10 runners in the top 30 overall.

This year, Les Amis de la Montagne celebrated their 10th anniversary of the event, which was sold out to over 800 participants. The benefit event raised



\$250,000 for the conservation of Mount Royal.

Mansfield Athletic Club has been a proud sponsor of the event for three years and we are already looking forward to making it 4 wins in a row at next year's competition.

Congratulations to all racers and to the Les Amis de la Montagne in their wonderful efforts to conserve our beautiful mountain.

CrackBerry Thumb - By Arièle Ali, physiotherapist

Almost all of us have heard of 'tennis' or 'golfer's' elbow. Both of these conditions are members of a family of injuries referred to as 'Repetitive Strain Injuries' (RSI). 'Tennis' and 'golfer's' elbow are very common among today's executives and office workers but are so called because when cases first began to appear, they involved people participating in those respective sports. More recently, RSI has invaded the mobile handheld world and we now have what is being referred to as 'CrackBerry or BlackBerry Thumb'.

To date there are no statistics as to how many people suffer from this particular ailment but it has become prevalent enough for the 'BlackBerry Balm Hand Massage' to be the latest addition to the spa menu at all Hyatt spas in North America. 'CrackBerry Thumb', medically known as DeQuervain's tendonitis, is often experienced as a painful throbbing in the area between the thumb and the wrist. During the 1980s, avid gamers suffered from the same affliction known then by a different moniker - 'Nintendonitis'.

The thumb is the least dexterous digit in our hand. It was designed for pinch gripping with a finger - not tapping away at forty words a minute on a small handheld keyboard. Such frequent repetitive use of the thumb can and

often does lead to painful swelling around the tendons in the thumb. It can also aggravate underlying conditions such as arthritis.

In the early stages, 'CrackBerry Thumb' responds very well to conservative physical therapy involving the use of treatments such as ice, stretching, electrotherapy and thumb splints. In more severe cases, cortisone injections and even surgery could be necessary.

Prevention, of course, is always to be preferred so here are a few things to keep in mind when using your BlackBerry or other PDA in order to stave off 'CrackBerry Thumb'.

- Avoid marathon emailing sessions on your BlackBerry or other PDA
- Take frequent breaks
- Keep emails brief
- Plug your BlackBerry or other PDA into a full-size keyboard whenever possible.
- If thumb or hand pain develops, restrict BlackBerry or PDA use and apply ice to the painful area. If pain persists for a few days, seek out the assistance of a physical therapist.

Sources: Human Factors and Ergonomics Research Group, Cornell University; The Associated Press; The Washington Post; USA Today Research; CNET Networks; ABC News.

New Osteopath

Anne-Julie Morand



Anne-Julie has recently joined the Mansfield Health Clinic team to offer Osteopathic treatments for those in need. She has done an undergraduate degree in Neuropsychology and holds a bachelor's

degree in Osteopathy. Anne-Julie is currently working on a research thesis evaluating "Stress Effects on Caregivers". Motivated by a constant need to learn, she continues attending seminars & lectures while trying to maintain her own balance by taking time out to do her extreme sports. Anne-Julie is available for treatments in the evening. Please contact the Health Clinic for an appointment or more information.



You must keep the faith - by Steve Prud'Homme, Fitness Director

There you are, sitting in your office, in front of your computer, debating if you should try to squeeze in your work out today. You have so much to do at work that you feel if you skip this training session, it's not the end of the world. It's not "this" training, today, that will make "the" difference. With that extra time you'll be able to finalise 2 or 3 urgent tasks that are taking so much energy from you. Your lunch hour is getting closer. You're still debating your choices. Should you go or should you have chips and soda at your desk, skip your workout and finally try to get these stressful cases over with. You have to make a decision and quickly because you know exactly what is the latest time you must leave your office to get to your favourite Spinning or Yoga class. And that's including getting dressed in your winter wear, walking in the snow at -24C against the wind, getting to the lockerroom and getting changed into your Lululemon fitness kit, then running up the stairs to the Trinity room to start relaxing! And then you start thinking, that you need to undo all these steps to get back right where you are at this exact moment, sitting in your office at your desk. All the time that would be saved if you were to "skip" just this one training. You promise yourself that if you're not going to your class, that you will close your office door and that you will be 100% focused on finishing these 2 or 3 life threatening urgent tasks that are constantly on your mind. That's a promise to yourself. You feel satisfied with this. Now, you look at your computer's clock and then at your watch. Oooohhhh shhhhoot!! Now it's too late to go to the gym! You have passed your time-limit to arrive on time for your favourite class. So, you choose NOT to go. But what you are really thinking is ..."well, see, I'm so busy that I couldn't leave on time for my class. I couldn't make it. "

The only problem is that this scenario happens too often. Every week, 1 or 2 or even 3 times a week. Be it early in the morning or after work at night, it's all coming down to the same thing.

Although, you always blame your overloaded stressful schedule, the real problem is NOT a lack of time. It's simply a lack of faith. I'm not talking about religion. You simply don't believe in the importance of this 1 training session. You don't think that it can or will make such a difference. That's a crucial, BIG mistake, because what this decision generates is a series of events that will get you nowhere. By allowing yourself to continually skip an energizing, stress relieving workout, you're also skipping other very important benefits of keeping an active lifestyle.

Here are Seven great benefits:

- An improved quality of life
- A slowing down of the aging process
- Improved psychological health
- Consistent weight control
- Improved cardiovascular health
- Increased strength and muscle mass
- Improved body chemistry

These positive effects of an active lifestyle will only be present if consistency is achieved.

In our fast-pace world, long-term goals are not popular with most of us. We want immediate results, a prompt return on our investment.

The neat thing with keeping an active lifestyle and training is that after EACH and EVERY workout you do feel a difference. You immediately feel energised, calmer and absolutely more confident. These immediate positive side-effects will reflect on all the other aspects of your life, your work, your family, your relationships.

You must remember that each one of your training sessions is bringing you closer to your short AND long term goals.

You must keep the faith that EVERY training session will make a difference.

Now that you have your faith back, and that you'll never miss another great opportunity to make your day and your life better, next month we'll talk about what makes a balanced schedule. We'll give you a blue print of a plan with great tips that you'll be able to easily adapt to your own schedule and your own lifestyle. Until then, create your best day! See you in the gym!



Thank You!



CHIP Spination Raises \$96,000 to support overweight teen program The McGill Cardiovascular Health Improvement Program.

(CHIP) held a Spination on Sunday, November 26, 2006 to raise money for the CHIP 4 teens Program. A big thank you goes to everyone who participated and to all our major sponsors listed below.

Partners

Mansfield Athletic Club, Dairy Farmers of Canada, Berkshire Securities (Dennis Bodin and Team), Pfizer Canada, Practice Solutions – A Division of CMA, Clinemetrica.

Benefactors

The Trickster, Reitmans, Robert Ayers, La Fondation Blairmore, Astrazeneca, Magna Vista Investment Management, Stork Bronswerk, Aldo Groupe, Merck Frosst, Abbott, Meldrum the Mover, IZ Communications, Pazzass Printing Inc, Mantha Med, Europe's Best, Radical Design, Maxim, Kloda Focus Group.

Farewell ...

Dear Mansfield Members,



It is with mixed emotions that I bid farewell to the Mansfield Athletic Club. I will be moving to London, England at the end of the month to pursue new opportunities, both personal and professional. Even though I will greatly miss my colleagues and our members, I am looking forward to this new challenge and to starting a new phase in my life.

I have enjoyed my time at Mansfield immensely, mostly due to our members. I feel fortunate to have had the opportunity to meet and to work so closely with such a fun, friendly and special group of people. Thank you for all of the great memories, I will treasure my experience here for a lifetime.

And thank you for making Mansfield the fantastic club we are today – our success is due to our wonderful members and our shared commitment to making health and wellness a part of our everyday lives.

Cheers!
Kelly

Do you know your cardiovascular age?

Understanding and learning how to modify your risk factors could have a significant impact on your cardiovascular age and overall health and well being.

The following sample Risk Profile is an easy to understand summary that will show you:

- Your 10 year risk of cardiovascular disease compared to other Canadians of the same age and gender;
- How your risk factors could be reduced if one or more risk factors were modified.

For a quick and easy way to determine your risk, go to www.chiprehab.com and click on "Do you want to know your cardiovascular

age".

Provided by The McGill Cardiovascular Health Improvement Program (CHIP).



The Chefs' Corner

by Derek Dammann,
Executive Chef
at Le Café du Club

Brine Cured Pork

The classic French way to cure pork is to brine it. Typically, brine for curing contains salt, sugar, herbs and spices. It acts as a marinade and a cure at the same time, producing pork a little bit like a mild ham. The most delicious roast chicken and turkey comes from the same method, and is just brined for a shorter period. Whole chicken: 10-12 hours, whole turkey: 24 hours. A pork loin or shoulder will have to sit in the brine, completely submerged, for about 4 days; large chops will be ready in 1-1 ½ days.

Serves 6-8

1 cup	kosher salt
¾ cup	sugar
2	bay leaves
A few	black peppercorns
1	clove
6	all spice berries
2	small dried chili peppers
3	garlic cloves, peeled
1 tbsp	fresh thyme
3 lbs	boneless pork loin or shoulder
	Chopped parsley and garlic

Put 2 ½ liters of cold water in a large non-reactive container that will hold the meat and the brine. Stir in the salt and sugar. Slightly crush and add the bay, peppercorns, clove, all spice and chili peppers. Add the garlic and thyme. Add the pork and put a plate on top to keep the meat submerged. Refrigerate for the recommended time frame.

Remove the pork from the brine and pat dry. Roast the pork loin for about an hour, grill over medium fire, or slice into very thin chops and brown them in a cast iron skillet. They will cook very quickly, about 1 minute per side. Finish with a good fist full of chopped parsley and garlic if you wish. A brined shoulder is good boiled or braised, and is delicious to pair with cooked beans.



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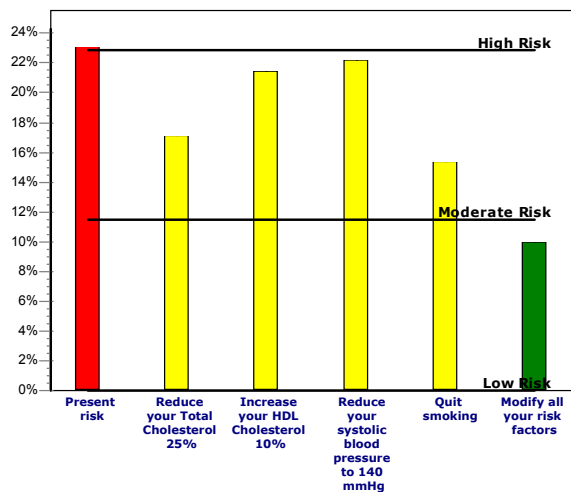
Name: Mr. A **Age:** 60 years
Health Professional: Dr. White **Height:** 178 cm
Consultation date: 06/05/2006 **Gender:** Male

CVD Risk Factors

CVD Present	No
Blood Cholesterol (mmol/L)	
Total Cholesterol	6.58
LDL Cholesterol	NA
HDL Cholesterol	1.10
Total-HDL Ratio	5.98
Blood Pressure (BP) (mm Hg)	
Systolic	145
Diastolic	95
Using BP Medication?	No
Cigarette Smoking	Yes
Hyperglycemia	No
Body Mass Index (Kg/m²)	31.6
Weight (Kg)	100.0
Ideal Body Weight (Kg)	63-79

Cardiovascular Age 66.0

10-Year Risk of Cardiovascular Disease



Your risk of cardiovascular disease (heart attacks and fatal coronary events) over the next ten years is 23.1%. Your estimated cardiovascular age is 66.0 years.

You have four modifiable cardiovascular risk factors: Total Cholesterol, HDL-Cholesterol, Blood Pressure and Cigarettes Smoking.

- Reduce your Total Cholesterol by 25% (LDL-Cholesterol by 35%) and lower your risk to 17.2%.
- Increase your HDL-Cholesterol by 10% and lower your risk to 21.4%.
- Reduce your systolic blood pressure to 140 mmHg and lower your risk to 22.2%.
- Quit smoking and lower your risk to 15.4%.

By reducing your Total Cholesterol by 25% (LDL-Cholesterol by 35%), increasing your HDL-Cholesterol 10%, reducing your systolic blood pressure to 140 mmHg, and quitting smoking you can lower your 10-year cardiovascular risk to 10.0%. You can also lower your cardiovascular age to 59.9 years.



These results represent average risks. The actual experience of individual patients will vary.

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March Nutrition Month

Cook it up healthy

For more informations on Nutrition Month or to find ways ot eat better, consult the website.

www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/index.asp



Acupuncture and pregnancy follow-ups - by Guillaume Gagnon, acupuncturist

Serving first and foremost as a form of preventive medicine, acupuncture can play a highly effective role in the monitoring of pregnancy. One of its major benefits is the fact that it prevents the pregnant woman from having to take medication of which the teratogenic effects (risks of fetal malformation) are unclear. In addition, acupuncture sessions enable the pregnant woman to slow down for a moment, rest, stretch out, relax – all things that have a beneficial impact on her state and encourage her to take care of herself during this emotionally and physically strenuous period in her life. The pregnant woman will greatly benefit from consulting an acupuncturist, who, by taking her pulse, examining her tongue, asking pointed questions, can detect disorders associated with pregnancy. Early detection of an imbalance can be treated simply, thereby preventing the onset of certain future complications.

During pregnancy, acupuncture can:

- relieve nausea and vomiting
- ease anxiety and stress
- treat nose bleeds
- treat constipation
- treat circulation problems, swelling and

“heavy” legs

- relieve back pain, sciatica, abdominal and pelvic pain
- prevent the onset of premature labour
- modify the position of the foetus in the event of breech presentation between the 30th and 34th week (according to recent studies, the average rate of success is 85%)



Prior to delivery, acupuncture can:

- provoke labour if the baby is post-term or give indications for treatment
- help relax the perineum
- stimulate uterine contractility

After delivery, acupuncture can:

- help to heal uterine breakage
- treat post-partum depression and “baby blues”
- reduce the recovery time of labour-related consequences (edema, episiotomy, hemorrhoids)
- treat problems associated with breast-feeding (excessive or insufficient milk) and breast pain.

Frequency of treatments

Normally, a woman whose is experiencing a normal, event-free pregnancy should see her acupuncturist once a month until the end of the eighth month of the pregnancy and twice during the ninth month. These final sessions are intended to calm any anxiety, relieve fatigue and help to relax the perineum and the cervix of the uterus, so the pregnant woman will reach the term of her pregnancy in good physical and physiological condition. In all cases, the acupuncture follow-up is adapted to the patient's needs.