

SPRING HAS SPRUNG! - LET'S GET MOVING!

At Physio Mechanics we are passionate about Physical Activity and Sport.

Declining levels of Physical Activity is a growing epidemic. Globally **1 in 4** adults are **NOT** active enough, and to add insult to injury; a whopping **80%** of the world's adolescents are insufficiently active*.

Incredibly, insufficient Physical Activity is now **THE #1** leading risk factor for death worldwide! It is also the **4th** leading risk factors for cardiovascular disease, cancer and diabetes.

Does this affect me?

Everyone one of us, regardless of age, should be active daily. Over the course of a week, activity for Adults should add up to about 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

Alternatively, similar benefits can be achieved through 75 minutes of more vigorous activity spread across the week. This can be a little harder to do as you get older or if you have an injury or illness so it is recommended to talk to your Health Professional to get some guidance on how much and what intensity might be right for you.

Physical Activity doesn't have to mean playing sports or going to the gym - being Physically Active can mean things you already do... like walking, gardening, household chores and even dancing. It should be enjoyable and fun as well so that you want to keep it up!

Sometimes it can be scary to exercise if you have a history of illness or have been diagnosed with a chronic condition. Research shows however that **even**

small increases in Physical Activity can have significant benefits on health.

I'm not sure where to start?

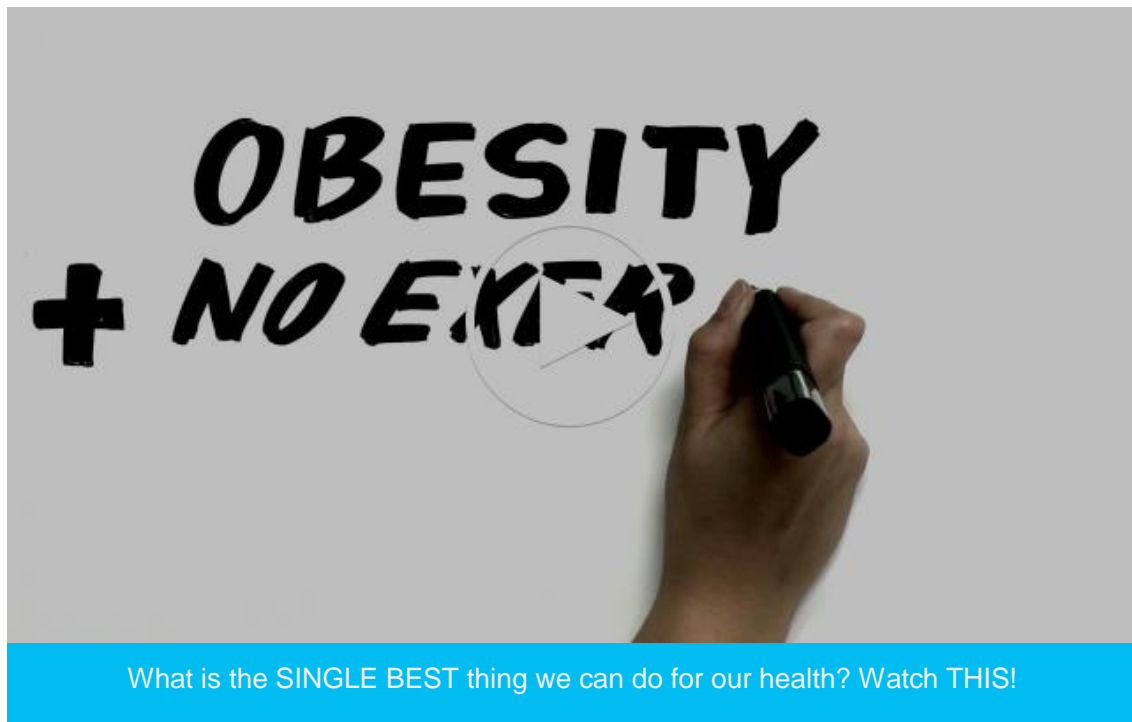
As Physiotherapists we are experts in being able to provide advice and to prescribe appropriate activity and exercise regardless of your age, condition, or your current activity levels or ability. Whether you are 15 years old and want to get to next years Nationals; or 80 years old and want to ward off falls and reduce your blood pressure **we can help!** Even if you've never exercised before we will be able to develop a programme that will suit you in a safe and comfortable way.

Check out these Resources:

* <http://www.who.int/mediacentre/factsheets/fs385/en/>

<http://www.health.govt.nz/our-work/preventative-health-wellness/physical-activity>

<http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/physical-activity/sit-less-move-more>



What is the SINGLE BEST thing we can do for our health? Watch THIS!



Get our HEALTH & WELLBEING PACKAGE now!

For just \$99 receive:

- Health and Wellbeing check up
- Personalised Exercise Programme
- 4 week Gym Membership
- 1 x 30 mins massage
- 1 x Pilates class*

Normally valued @ \$175 - *class bookings are essential

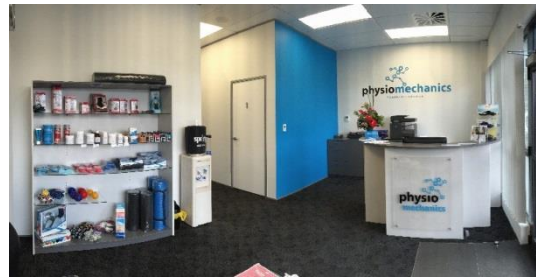
Contact us [here](#) to book your appointment today!!!





Gym Memberships are available at our Takanini Clinic.
Or join one of our Pilates Classes. Schedule and pricing available [here](#).

KARAKA UPDATE



Thanks to all of our amazing clients for supporting us in the opening of our new Karaka clinic. We have been very busy and we are now looking at increasing our

availability to meet your needs. Come for a [visit](#) today! And YES! Urban Soul is right next door so really, you've got no excuse!!!

PHYSIO PROFILE - FABIAN LAW



I am Fabian Law, Sports Physiotherapist for Physio Mechanics.

Working with sports teams and being on the sideline brings a different challenge and dimension to the job. With everything happening in real-time, you have to be prepared and ready for anything that comes your way.

My passion for Sports Physiotherapy started very early on in my career. Having studied in Otago University, we were encouraged to work with sports teams. I have had the privilege of working with a huge variety of sports from ice hockey to rugby and everything in between. My highlights from my time in Otago include working as a sideline paramedic for the mighty Otago Highlanders and in the box for Team America in an exhibition ice hockey game.

I currently hold roles with Papakura Rugby Club and Counties Manukau Rugby

U16s as their physiotherapist. My responsibilities in the teams include sideline management, rehabilitation and injury prevention. This involves being at training sessions and at games (come rain or shine!).

I look forward to continuing on my roles working with the sporting community and hopefully meet some of you along the way. Feel free to say hello if you see me around the rugby grounds.

Looking for a Physio for your local Sports Team?
We currently have capacity to take on new teams for the 16/17
season.

[Get in touch](#) today to discuss further.

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We've got our own Advert! We'd love to know what you think! Give us your
[feedback](#) or [email](#) us today!

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