

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANa WELLNESS CENTRE

Back Health is CRITICAL

Spending a lot of time sitting at a desk can be very hard on your back, sometimes causing moderate or even severe pain. So, with the new academic year now upon us, it is important to remember back health is critical in our ability to function well.

Prevention and treatment of back pain are just two of the services provided by the EnCana Wellness Centre. The centre is home to Optimal Therapies, which offers a multidisciplinary health care team including chiropractors, massage therapists, athletic therapists and physiotherapists. Optimal Therapies is open to students, employees and the general public. For more information or to book an appointment, call 440-6917, check out our website at www.mtroyal.ca/optimaltherapies or visit the EnCana Wellness Centre at U216.

WHAT IS GOODPOSTURE?

By Dr. Allison Gross, chiropractor at the EnCana Wellness Centre

I hate to say it, but our parents were right when they said, "Stand up straight!" Good posture not only looks good, but it is crucial to our health. It promotes muscle strength, and allows our heart, lungs and stomach more room to function, giving us more energy. We know enough about good posture to put our shoulders back, but we often leave our heads poking forward, a major cause of headaches.

To achieve a good posture, especially while at your desk, here are five simple steps:

- 1 Roll your shoulders back.
- 2 Pull your shoulder blades back and down.
- 3 Pull your head back by tucking your chin straight back (give yourself a double chin), ensuring you do not tuck your chin down.
- 4 Imagine you have a string at the top of your head and someone is pulling it up. This will take you out of the double chin without letting your head poke forward.
- 5 If possible, have a friend look at you from the side and make sure your ear, shoulder and hip line up. This may feel awkward because your muscles are not used to this position, but with time and practice, it will get easier.

upcoming EVENTS

HPV Forum

October 2, EA 1057
from 12 p.m. to 1 p.m.

Listen as Dr. Michele Moss discusses the need for regular cervical health visits, enhances knowledge of the HPV virus and provides information on the current Canadian recommendations in regards to HPV prevention. No registration is necessary and food will be provided.

Wellness Fair

October 5, on Main Street
from 10 a.m. to 1 p.m.

The Wellness Fair features displays to help students understand the services provided by the EnCana Wellness Centre.

didYOUknow?

✱ Four out of five adults will experience at least one episode of back pain at some time in their lives, most often between the ages of 30 and 50.
(Source: <http://www.statcan.ca/english/research/82-619-MIE/2006003/backpain.htm>)

✱ Factors that aggravate back pain include suffering from stress, not getting enough sleep, being overweight, poor posture or not being physically fit.
(Source: http://ww2.arthritis.org/conditions/DiseaseCenter/back_pain.asp)