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Tips For Helping Kids of Today Stay Active

Research shows that many children today are struggling to meet their daily-recommended targets for physical activity. We know that inactivity is a risk factor for a multitude of chronic diseases and many of the habits that shape our adult lives are set in childhood. Physical activity is important for a growing body as movement and weight bearing have a large impact on bone strength, muscle and tendon health. Here are some tips to make sure your child is staying as active as possible.

1. Find an activity that suits your child's personality and abilities.

Children who are very coordinated and excel in competition may find team sports both increase their self-esteem as well as keep them fit. For other children, being a part of a team can cause embarrassment and they may say they dislike exercise, when in fact what they dislike is feeling like a failure and letting down the team.

These children may prefer a sport where success measured by improving on their own performance, rather than being compared to other children. Surfing, yoga, martial arts, dancing or gymnastics may be activities that suit your child if competitive and team sports cause them to be discouraged.

2. Do get injuries checked out by a professional and invest in proper rehabilitation.

While children do bounce back quickly from injuries, they also may have difficulty expressing themselves and their worries when they have pain. A nagging pain that won't go away may cause your child to say they don't like

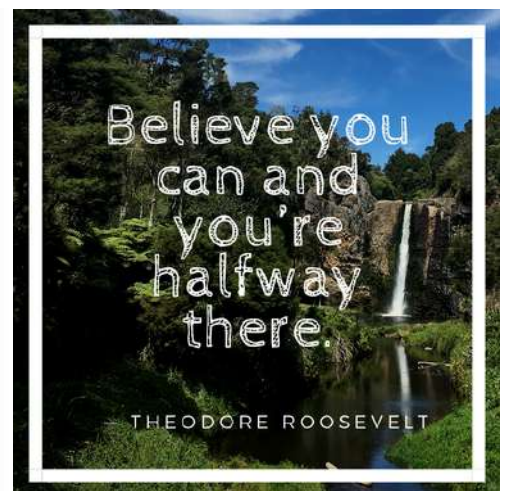
sport, rather than mentioning that they are in pain.

Some children may retain worries that they will hurt themselves again because of a previous injury and avoid exercise because they don't feel completely confident. Your physiotherapist can help to identify any issues that your child is having and help to resolve them.

3. Set fun and challenging goals for them to complete during their daily routine.

As less children are walking and riding to school, try to find ways to fit extra activities into the day. Have a daily long jump competition in the back yard at the same time each day or have bed making time trials. Have a routine before bed of age appropriate exercises, such as star jumps, hopping, balancing and running on the spot. You can make this part of the night or morning ritual, just like brushing your teeth.

Talk to your physiotherapist for more tips on how to increase your child's activity levels. Finding an activity that matches your child's age level is key to keeping them engaged and active. None of the information in this article is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Brain Teasers

What does this puzzle mean?



PHYSIO FACT.
MUSCLES
CANNOT PUSH,
THEY CAN
ONLY PULL

Focus On Osteoporosis

Osteoporosis is a condition characterised by very low bone mass or density. This is caused by the body either losing too much bone, not making enough or both. Osteoporotic bones become weak and fragile and can break from small forces that would normally be harmless.

In osteoporotic bones, as well as loss of bone density and mass, there may also be abnormal changes to the structure of the bone matrix, which further contributes to the bone weakness.

Osteoporosis is an extremely common bone disease and women are more affected than men. As it is a progressive disorder that worsens with age, while the disease process might begin earlier, the effects are usually only noticed and diagnosed in people who are 50 years and older.

What are the Signs and Symptoms?

Often called a silent disease, many people with osteoporosis will have no idea that they have the disease, as there are no obvious symptoms. In fact, sometimes the first sign that an individual has osteoporosis is when the first bone is broken. Along with fractures, which are

one of the most serious signs of this disease, osteoporosis can cause the upper back to become excessively hunched and there may be widespread pain as bony tissue is increasingly unable to withstand normal forces.

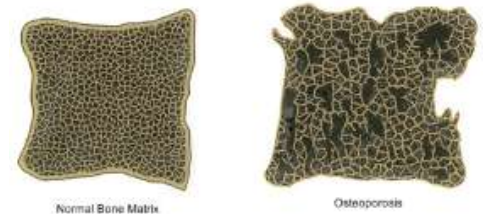
Fractures are a serious problem, especially in the elderly population. Bone breaks due to osteoporosis occur most frequently in the wrist, spine or hip. When the spine is affected by osteoporosis, people may develop a hunched or stooped posture, which can itself lead to respiratory issues and places pressure on the internal organs. Osteoporosis can severely impact a person's mobility and independence, which can have a huge impact on quality of life.

What Causes It?

As this is primarily a metabolic disorder, there are a variety of things that can cause osteoporosis if they either interfere with the body's ability to either produce bone tissue or encourage excessive breakdown. This can be anything from gastrointestinal conditions that prevent absorption of calcium, lack of dietary calcium or low levels vitamin D, which is essential for absorption of calcium. Certain medications may also cause bone loss especially if they are taken for a long time or in high doses. A good example is the long-term use of steroids. Although steroids are used to treat various conditions, it has been proven

that steroids can cause bone loss and eventually, osteoporosis.

As bones respond to force and weight bearing by building more bone, having a sedentary lifestyle or doing activities with low impact can also lead to osteoporosis and this has been shown to be an issue amongst professional swimmers and cyclists.



How Can Physiotherapy Help?

Physiotherapy can help you to improve your overall bone health, avoid or recover from fractures. Physiotherapy exercises can direct you to safely increase your weight bearing, which can help build bone mass. Balance training is also an important factor as this can reduce the risk of falls. Your physiotherapist can also educate you on how to adjust your lifestyle, at home or at work, to protect your bones and improve your posture.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your condition.

Answers: 1. Space Invaders

Ingredients

½ Cup Coconut Milk
2 Tbsp. Chia Seeds
1 tsp. Maple Syrup
½ tsp. Vanilla Extract
¼ tsp. Cardamom
¼ tsp. Cinnamon

Berry Compote:

1 cup Fresh or Frozen Raspberry
1 cup Fresh or Frozen Strawberries
½ Cup Brown Sugar
3 Tbsp. Water

Coconut Chia Pudding with Berry Compote



1. Place frozen fruits and water into a small saucepan and place on medium heat. Bring to boil and stir with a large spoon, crushing berries as they soften. Add sugar and continue to cook over medium heat for 10-15 minutes. Remove from heat and allow to cool.

2. Add chia seeds, coconut milk, maple syrup, cinnamon and cardamom to a small bowl and gently stir together. Allow to sit for 10-15 minutes.

3. Once seeds have begun to expand, cover mixture and place in refrigerator for at least an hour. When ready to serve, stir seeds and place in cup for serving.

Add berry compote to chia seeds and serve for a delicious breakfast.



For Appointments Call

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