



NEW YEAR ... NEW YOU

MedEx ideal for 50+ say health pros

Patients who exercise regularly are not as likely to need intervention from medications, surgeries and visits to the hospital, says Dr. Mark Sherman, a general practitioner at James Bay Health Clinic.

"As we age, our muscles and other tissues are less resilient and more prone to injury, and our organs are more prone to disease," he says. "This makes exercise and activity even more essential."

That's one reason he refers patients to the MedEx Fitness Centre, which offers medically based programs for people over 50. He finds MedEx especially helpful to those with arthritis (osteo and rheumatoid), back pain, osteoporosis, chronic lung disease, overweight issues, low energy and mental health challenges.

MedEx is owned and operated by Richard Gafer, a Medical Exercise Program Director and Kinesiologist who, along with his staff, creates customized exercise programs for his clients. Some

come in on their own, and others on the advice of health professionals.

Dr. Robert Hasegawa, chiropractor at Cedar Hill Sports Therapy Clinic, says MedEx can benefit patients with shoulder, hip, back, neck, cardiovascular and weight control challenges.

"I've known and worked with Richard for a number of years and recognize his level of education and his passion for his work. I trust his clinical judgment," says Dr. Hasegawa. "He is quick to collaborate regarding any patient concerns."

"Activity is one of the foundations of health and wellness at any age"

Registered Massage Therapist Scott Larke encourages patients to exercise, but understands they may need expert guidance and instruction.

"I am a facilitator for healing. I can release a fixated sacroiliac joint or a group of tight muscles, but need patients to engage in an exercise program that is safe and effective." The MedEx post-rehab program, he says, integrates well with his practice.

All these health professionals emphasize the need for patients to keep active. "Activity is one of the foundations of health and wellness at any age," notes Dr. Sherman. "It keeps our weight in a healthy range, oxygenates our tissues and organs, and has powerful physiological effects on every system in the body."

MedEx, he says, "can be beneficial to any patient."

Visit MedEx Fitness Centre, located in James Bay Square between Thrifty Foods and Starbucks, at 435 Simcoe St.

Call today to book your appointment (250) 382-5050 and visit us at www.medexfitness.com



This *New Year ... New You* feature, with content focused on health and fitness, will publish again in the *Times Colonist* on Sunday, Feb. 7, 2010. To advertise your health and fitness related products and services here, contact your *Times Colonist* sales representative or call (250) 995-4464. Special advertising rates are available.

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Richard Gafer, Kinesiologist | Owner



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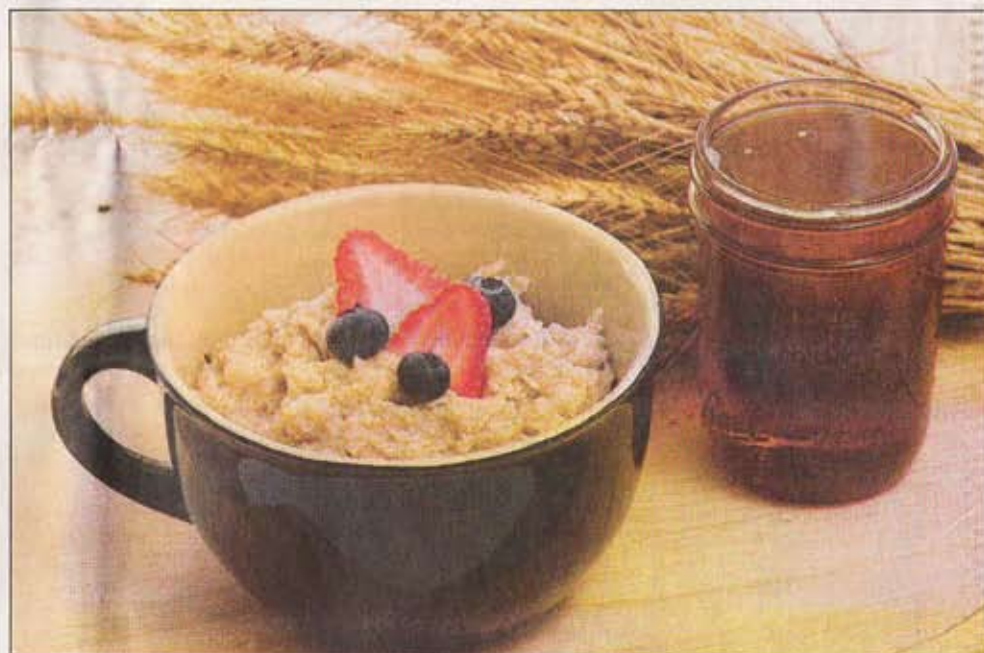
Mention code **NEWYEAR** for your appointment

DISCOVER WHY DOCTORS & MEMBERS RAVE ABOUT MedEx Fitness Centre

www.medexfitness.com

435 Simcoe - James Bay Square (next to Thrifty Foods)

Special thanks to Carolyn Sadowska for playing the Queen



Start your mornings right

Breakfast is the most important meal of the day and healthy choices in the morning can help set you up for a productive day ahead.

"Breakfast kick starts your metabolism after a night's sleep and helps keep your energy up during the morning" says Rose Reisman, a health and wellness consultant and national spokesperson for Breakfast for Learning. Below, Rose shares her tips on why we should all invest in a healthy breakfast.

- Blood sugar surges may result in erratic eating patterns, eating more junk or diet type foods and being overweight.

- Morning rush on an empty stomach increases the levels of stress hormones in the bloodstream. These stress hormones themselves affect the brain and increase simple carbohydrate craving. The resulting food choices may affect behaviour and learning.

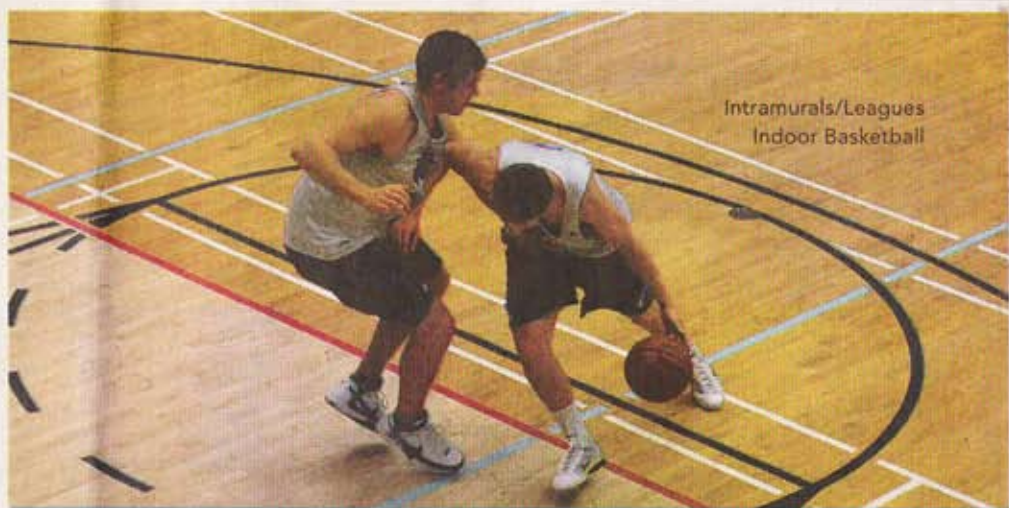
Children who eat breakfast show a general increase in math grades and reading scores, increased attention spans, improved behaviour, and fewer emotional issues.

- Eating breakfast increases daily dietary fibre intake significantly, and also provides more protective vitamins and minerals.

- Helps to teach our children that it is better to stay slim and healthy by eating good foods and being physically active.

More information on the importance of eating a healthy breakfast and great recipe ideas are available at www.breakfastforlearning.ca and www.artoflivingwell.ca

www.newscanada.com



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