

Health Central Headlines

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Nicole and Sharon will do all they
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Out and About

Well done to Health Central OTI clients *Phillippa Hill* and *Alex Rogerson*, who recently performed "The Caucasian Chalk Circle" at Applecross High as part of their Yr 12 Drama class. Hard work and weekend practices finally paid off!



Practitioner Larissa defended her state title at the W.A. State Taekwondo Championships and is competing at the Nationals in Adelaide at the end of September.

Congratulations to a patient of ours, an instructor from Oh Do Kwan Taekwondo, Carmella Hartnett took out Bronze in the first ever World Poomsae Championships in Korea.

Did you know...

In one hour, your heart produces enough energy to lift almost 1 ton of weight 1 metre off the ground!

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Clients win Gold and Silver

Recently, two of Health Central OTI's clients fought in the Taekwondo Oceania Championships. The competition was held on August 26th in Auckland, New Zealand. Competitors arrived from 14 different countries.

Client **Julie Dawson** triumphed in the under '42kg Female Black-Belt Under 18s' division. She won a **Gold Medal** for her outstanding accomplishment.

Our other champ, **Graeme Hartnett** fought in the biggest division of the comp. He was up against twelve other opponents in the Under 72kg Open Male Black-Belt division.

Even though the competition was tight, Graeme managed to come home with the Silver Medal. This year was the inaugural year for the Oceania Championships. Aussies from all around the nation travelled to New Zealand to fight in the new comp.

Both Julie and Graeme are students at Oh Do Kwan

Taekwondo. Oh Do Kwan students regularly visit Health Central OTI in order to increase flexibility, increase their strength and recover from injuries.

Practitioners at Health Central OTI can test the strength of different muscle groups and help you to identify weaknesses that may be affecting your performance. Often, athletes are unaware of problem areas that can be drastically affecting their performance.

Good luck to all athletes on up-coming competitions and performances!



Practitioner Larissa Markovina and Health Central OTI client Graeme Hartnett, improving his flexibility to prepare for the Taekwondo Oceania Championships

Out of Towners

Recently the Senior Rugby team from Tonbridge School in Kent, UK visited Perth. Their itinerary was filled with long training sessions and demanding games against local schools and clubs as a part of their 2006 Rugby School Tour. While the "out-of-towners" did prove their strength and skill, there were casualties on both sides. Despite numerous injuries, there was little time for rest and recovery as the next confrontation was only a day away. Fortunately, Practitioner Lauren treated the boys and so most were able to play the next games and make the most of their trip 'Down Under'.

Quote of the Month

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Serious Dancing helped by Serious Fun

Ballet students at the Classical Dance Studio in O'Connor participated in a workshop with practitioner Sue on Saturday 12th August.

Sue asked the dancers to challenge their bodies and find out their strengths and weaknesses. Everyone had a chance to check their level of balance and co-ordination; some with amusing results!

The dancers were then

shown a variety of stretches and exercises by Sue to increase their flexibility, control and strength- without building up the wrong muscles! Each student was shown techniques that helped with their own specific needs.

Health Central OTI has a history of working with dancers of many backgrounds, including Classical, Jazz and Spanish.

Practitioners take special care to work within the recommendations of dance teachers.

If you feel that your dance school would benefit from a visit by a Health Central OTI practitioner, please ask your practitioner. Our OTs can help with a variety of problems specific to your school. Workshops are fun, interactive and target all ages.

Big cheers

For client *Brennan Wilson*, a student at Burrendah Primary School. Brennan has finally managed a 10 game injury-free run! Just in time for his birthday too. Good luck in finishing the footy and basketball season!



Sponsor of the Month at Curves Gym!

Larissa has been helping Curves members South of the River maintain their health and keep up their regular visits at Curves by providing soft tissue treatments. For the month of August, Larissa was the *Sponsor of the Month* at Curves East Victoria Park and conducted complimentary screens on August 17th for any members who wanted old inju-

ries looked at. In August, Larissa also conducted screens at Curves Kardinya, Cannington and Como, following her recent successful visit at Willetton at the end of July. For anyone who is interested in joining Curves, a guest pass can be obtained from any of the centers South of the River or at Health Central OTI,

Ardross. This guest pass provides a complimentary tour and figure analysis. It's been fantastic to treat women from Curves who are all enthusiastic and motivated!



Photo courtesy of Curves Willetton

Congratulations to the Lakeside Lightning SBL women's and men's teams for winning both their Grand Final games. Enjoy the break – see you next season!

Working Together to Make Fitness Safe and Fun!

Recently, Fabton Health and Fitness Studio and Health Central OTI have been working together to ensure clients are in the best hands.

Kaiah, business development manager and fitness leader, understands pain: "Being an active person, I had incurred a right groin injury from past martial arts training which left me

feeling jabs of pain through the right side of my hip whenever I moved".

Kaiah came in to Health Central OTI after being told surgery was her only option. She began a combination of treatment sessions at Health Central OTI and a stretching and strengthening program at Fabton Health and Fitness. It worked so well, Kaiah

and practitioner Sue began working together to provide clients with a full rehabilitation program. Clients that are ready for further strengthening and flexibility have since benefited enormously from consistent and supervised programs.

This gives us all a chance to get into a healthy fitness routine while we recover!



Personal Trainer Mark at Fabton Health and Fitness Studio: Fabton is a great supporter of us and offers bonuses for Health Central OTI Clients! Located at First floor, 791 Canning Hwy Applecross. 9316 2332