

# WV Wellness

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*Mind, Body and Spirit*

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## Train body and mind together

We all know that regular physical activity improves our quality of life, because it is good for the body and the mind. But scientific research has proven that the mind too can play a leading role: a trained mind considerably improves your body's performance, optimizing the effectiveness of your workouts and helping you stay young.

Indeed, several studies have shown that an active mind is not only good for your memory and sharpness but can also improve the quality of your physical movements. In other words, by constantly stimulating our mind, we help our body move better. How exactly?

**Unlike our body, our mind does not need a planned training program: it's enough to get into the habit of performing simple memory and logic exercises. This will fire up our neuron connections, with positive fallout on our physical performance.**

But just like our body, our mind too can keep fit in the gym. Today, many training machines offer the added bonus of a variety of games. Thus entertainment, far from distracting you from physical activity becomes an additional incentive to achieving your fitness goals. And conversely, just like "mental training" helps us remain physically young and active, physical training can improve mental pliancy.

Having fun with stimulating games as you perform your workouts means you can really get the most out of your training sessions, in terms of performance and mental and physical well-being.



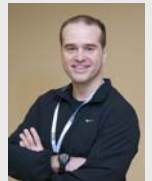
Willamette View

### TIPS FROM THE TRAINER

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#### When Physical Therapy Ends

It seems like one would be hard pressed to find someone who hasn't undergone some physical therapy in the course of their lifetime. And anyone who's been through it knows that the real work begins when the physical therapy ends. Typically patients get a number of appointments to make improvements and then are sent out on their own to continue on. Sadly, most do not. What is problematic is that so many people who did see improvements will lose those gains rather quickly if they don't continue with the regime or an exercise program designed to enhance those advancements.

Most people don't know that a qualified fitness professional can actually work with your PT to help facilitate a post rehab exercise program that will keep them moving in the right direction. Seeing a personal trainer after your rehab has ended can help you maintain and or keep improving long after your last physical therapy session. If you find yourself struggling to continue your post physical therapy exercises, don't hesitate to contact your trainer. It could be one of the smartest things you do.

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