

► **MANCHESTER**
MON—FRI: 9AM-9PM
SAT: 9AM-6PM

October 2017

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► **CHESTER**
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Manchester and Chester

October 2017

October Offer

Like our Facebook page to get 10%
off your appointment
(also follow us on twitter/instagram)

Leave a review of your appointment
for 10% off your next one!



After 9 years of being around we
could really do with updating our
social media :)

Our Staff

We are so proud of our fabulous therapists and want to show them off :
Kat is returning to University this year to study for a Masters Degree in
Sports Rehabilitation
Francis continues his second year in his Physiotherapy degree (as well
as already having a Sports Therapy degree!)

It will mean a change to some shift patterns for watch out for those.
I'm sure all of our clients will wish them all success in their studies

Restarting Training After Summer Break

Some of us get spurts of energy and become more aware of our bodies and fitness during the Summer months which leads to an increase in gym and fitness activities—as well as more salad eating. Great :)

However, at Anatomy, where a lot of our clients are competitive athletes, there tends to be a break in training for summer and now is just about the time where we are all groaning and dragging ourselves back to our usual training regimes.....and this in turn brings problems!

We have some general advice for those re starting their training after a short break: Here's a tip :be realistic and honest with yourself. If you have done no training then brush off the guilt and admit to it.

- Don't over train!
- Your fitness level reduces significantly even after just 3 weeks. Please don't be tempted to do a 25 mile run in your first week of training - just because you could do it last April doesn't mean you should still do it now!
- Go back to basics—build yourself a training plan (a sensible one!) Don't overdo it because you'll end up injured! October and November are some of our busiest times for injuries—especially running injuries because of this.
- At the same time it is important to run to your limits if you want to train effectively. Get injuries/niggles sorted early and there is no reason why you have to take weeks to get back to your peak. In fact statistics show that maintaining your peak training level reduces the overall risk of injury.
- Remember to hydrate—sounds silly but keeping your water intake up in the colder months can be difficult and it is essential.
- Review and if necessary refresh your trainers. Keep an eye on your gait after those months of wearing flimsy shoes.
- Muscles will have weakened. Consider your core and glute strength—maybe look at a Pilates class alongside your training if you think is an issue.

Don't forget Anatomy are trained in Biomechanical assessments, Gait Analysis, Sports Injuries for all kinds. We also run Pilates Classes three times a week.

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Your Anatomy Team



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Hayley Wild
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