



EGOSCUE

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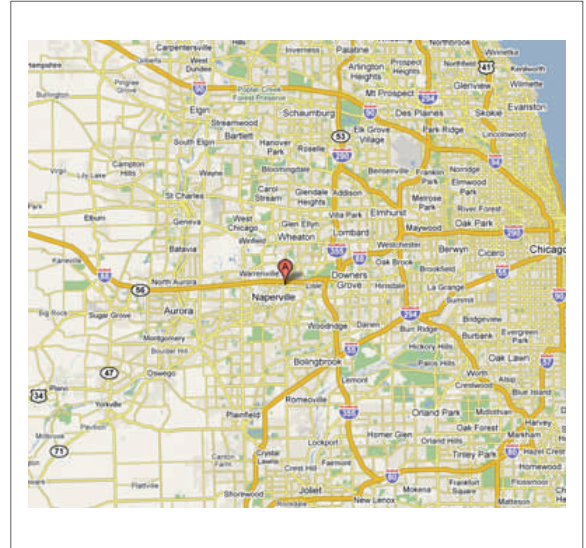
Events at a Glance

F.A.Q.

Egoscue in Naperville

We are proud to announce our newest travel clinic - Naperville, IL! Our travel clinics are a way for us to reach out to those who may need us. We setup at our host site just like if you were to come into our clinic. Starting this December, we will be in Naperville on the second Monday of every month from 10:00am - 6:00pm, unless scheduled otherwise. Space is limited, so call ahead to schedule. The host site will be the Marriott Courtyard:

1155 East Diehl Road
Naperville, Illinois 60563
(773) 772-1194



I-88 West to Naperville Road Exit, turn left at the bottom of the ramp. At Diehl Road turn right, Hotel is immediately on the right.

Best Wishes for a Holiday Season

For those of you who know Barbara, you know she's always curious about what the future holds. The other day she came out to the therapy floor and stated "I pulled up the 14-day forecast and ... (as her bottom lip starts to protrude)". It seems like summer barely got here and then fall ... what's that? And then there's those of you who live south of the Chicagoland area, or our caravan of Egoscuecisers ready to make the race to Florida ... ya, laugh it up (don't forget to call us on video conference from the Palm Beach Gardens clinic)! So in light (or lack thereof) of the seasonal change, some tips are in store.

'Tis the season where the layers come out, the holiday food is in abundance, and the cocooning begins. The evenings begin to turn cold and dark, and therefore the running, biking and workouts end up getting skipped. Now I understand that there are those of you who trudge through the weather to get it done ... in your boots, that don't let your ankle move, that shuts down your proprioception and balance, did I mention over the snow and ice - those go

together like a fork and gravy! Then comes along spring, and you jump back into where you left off?

Let's decide to turn the tides (of sleet) into a tsunami of progress! Take advantage of that time that you couldn't devote to your menu, or the time where you skip it, and go into next spring a well tuned machine. For those of you heading out to the slopes, ramp up your function to get a couple more runs down that mountain!

Here are 8 tips to a pain free and prosperous season:

1. It's easier to stick to a fitness program than it is to start up again after months of inactivity so make a plan and stick to it. Make a schedule of vacations or visits with the family and pencil in your menu (you are still doing it daily right?!)
2. Have a travel menu prepared for the reasons mentioned above in case time and equipment factor in!

"A pain free, active lifestyle is not only possible, it is the way you should expect to feel and live." - Pete Egoscue

Continued from previous page

3. Have a Patch Fitness menu prepared for you in case of hazardous conditions - turn your home into that gym, scenic trail by the lake, park, or wherever you get your motion fix!
4. Stay hydrated - do this: divide your weight in half and drink that amount of water in ounces every day. Try and drink **only** water for 1 week and see how much better you feel!
5. Eat healthy, don't be tempted by all the comfort food. When eating a meal, eat the healthiest foods first and then slow goes it with the rest!
6. Get your light; you've probably heard of S.A.D. (Seasonal Affective Disorder), which is acquired in some people who, without sunshine, become lethargic, irritable, and can develop low-grade depression. The way around this: open those blinds and drapes, bundle up and force yourself for a walk out in the sun. It's easy, get off the train or bus a stop or two early, park your car a little farther than usual, and walk in those boots I don't like so much - don't forget to put on your Vibram Five Fingers once you're inside!
7. Do your menu prior to activity. Remember to straighten before you strengthen. If you were to go to the gym, would you want to be in alignment before or after your workout? Well, the same goes for when you end up doing that season-preparing maintenance work around the home, or end up with a surprise of a shoveling spree to get the family where they need to be!
8. Remember when I said to make a plan ... well, that includes rest. Stop procrastinating, or know when to say when with work and life because without your health, those will perish. Sleep is important, and maintaining a consistent sleep/wake cycle and avoiding lots of food or alcohol before bed are key to preventing insomnia. With all the technology claiming to make things more efficient and productive it sure seems to be quite distracting, so unwind and relax with a long Static Back prior to bed - I promise you'll be more productive because your energy levels will replenish!

E-cise of the Season



Static Back Foot Circles



Static Back Point/Flexes

Static Back Foot Circles & Point/Flexes

Instructions:

1. Lie on your back with your legs up over a block or chair
 2. Place your arms out to the sides at 45 degrees from your body with palms up
 3. Relax your upper back
 4. Circle one ankle/foot counter-clockwise 20 times, then repeat the same number of circles clockwise
 5. For the point/flexes, point the toes down and away and then pull your toes back toward the shin for one repetition, repeat this 20 times
- ***Make sure that the movement for the circles and the point/flexes is coming from the ankle and not the knee
6. Switch legs and repeat

Events at a Glance

Travel Clinics - *Coming to a city near you!*

October 15, 2009	Glenview, IL
November 19, 2009	Glenview, IL
December 14, 2009	Naperville, IL
December 17, 2009	Glenview, IL
January 11, 2010	Naperville, IL
January 21, 2010	Glenview, IL

Education Events - *Enhance your knowledge of The Egoscue Method and Patch Fitness!*

October 31, 2009	Pain Free Workshop
November 7, 2009	P3 Class
November 21, 2009	Pain Free Workshop
December 19, 2009	Pain Free Workshop
January 18, 2010	Red Tomato Class
January 30, 2010	Pain Free Workshop

For more information on our upcoming events, give us a call at (773) 772-1194, or visit us on the web at <http://Chicago.Egoscue.com> - click on the "events" section.

F.A.Q.

This is a new section devoted to the frequently asked questions we receive. This quarter's question:

Q: What is a Menu Review?

A: A Menu Review is just what it says. This is a no cost service for you to come into the clinic and perform your menu so you and your therapist can review things. Whether you have questions about performing an e-cise correctly or are experiencing something new or different, your therapist can help to give you a better understanding of The Egoscue Method and what your body may be going through. This is also another great opportunity to meet other clients and share stories: we like to think of you as part of the family! We do recommend that you please call ahead; this will ensure a therapist as well as space is available.

Quick Links

Egoscue.com

Egoscue University

Patch Fitness

Egoscue Foundation



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The Egoscue Method

THE WORLD LEADER IN NON-MEDICAL PAIN RELIEF

EST. 1971

Do you have an idea that you would like to see discussed? Are you curious about something you've heard regarding The Egoscue Method? Send me an email, I look forward to your questions and feedback.