

## Spot Light On Staff



Agape Therapy would like to welcome our new Massage Therapist, Britta Adams, to the team. We are so excited to have her as part of the team!

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## Sarah's Favorite Things



Keeping your core strong is important because these muscle groups act as the center of your body and help you utilize every other part of your body to maximum efficiency. Try one of Sarah's Favorite core exercises: Scissor Kicks! See Page 3 for directions.

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## Sports massage



You do not need to be an elite athlete to benefit from sports massage. Anyone with muscle or joint issues can benefit!

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## *Childhood Obesity: Make A Difference Today*

Up to one out of every five children in the U. S. is overweight or obese, and this number is continuing to rise. Children have fewer weight related health and medical problems than adults. However, overweight children are at high risk of becoming overweight adolescents and adults, placing them at risk of developing chronic diseases such as heart disease and diabetes later in life. They are also more prone to develop stress, sadness, and low self-esteem.

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem. A physical exam and some blood tests can rule out the possibility of a medical condition as the cause for obesity.

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## Britta Adams Massage Therapist

Britta grew up in Marshalltown, IA. She then moved to the Cedar Valley and received her Bachelors Degree in Organizational Communication at the University of Northern Iowa. After graduation she decided to pursue her love for music in Nashville, TN as a singer/songwriter. Britta moved back to the Cedar Valley in 2011 and worked for UNI in the Department of Residence. Shortly after her return she decided to go back to school for Massage Therapy.

Britta Adams graduated from Carlson College of Massage Therapy. She was chosen the Carlson Award; which is given to one student of the graduating class and voted on by faculty and students. We are excited to have Britta join the Agape team, where she will be working at the Cedar Falls, and Key West locations. If you see her be sure to welcome her aboard!

## Sports Massage

You don't have to be an athlete to benefit from sports massage. Sports massage is also good for people with injuries, chronic pain, or restricted range of motion, and much more. The Massage Therapist will concentrate on a specific problem area. Back aches or stiff neck and shoulders anyone? This is mainly caused by office-based jobs, driving long hours, sleep issues, or stress, not necessarily sports. If you deal with any of these issues for whatever reason you will be happy to know that our new Massage Therapist, Britta, who specializes in Sports Massage is available to help you feel better!

Sports Massage is a type of massage that stimulates circulation of blood and lymph fluids. This helps reduce pain and speeds recovery from injury, improves tissue elasticity and strengthens weak muscles, breaks down scar tissue, increases circulation, aids in tissue repair, removes waste products, such as lactic acid, encourages muscles to take up oxygen and nutrients.

### A few of the areas Sports Massage can help are:

- Muscular aches and pains
- Back, neck and shoulder pain
- Whiplash
- Migraine and tension headaches
- Repetitive strain injury (RSI)
- Tennis elbow (Lateral epicondylitis)
- Golfers elbow (Medial epicondylitis)
- Carpel tunnel syndrome
- Discomfort and stiffness in joints
- Frozen shoulder (Adhesive capsulitis)
- Runners knee (Illiotalibial band syndrome)
- Ankle sprains
- Shin splints
- Plantar fasciitis
- Muscle strains
- Ligament injuries

*Call 277-3166 for an  
appointment today!*





## SCISSOR KICKS

**Muscles Worked:** Abdominals

1. To begin, lie down with your back pressed against the floor or on an exercise mat (optional). Your arms should be fully extended to the sides with your palms facing down. **Note:** The arms should be stationary the entire time.
2. With a slight bend at the knees, lift your legs up so that your heels are about 6 inches off the ground. This is the starting position.
3. Now lift your left leg up to about a 45 degree angle while your right leg is lowered until the heel is about 2-3 inches from the ground.
4. Switch movements by raising your right leg up and lowering your left leg. Remember to breathe while performing this exercise.
5. Repeat for the recommended amount of repetitions.



**Sarah's Tip:** Beginners place your hands under your hips and bend your knees. Make sure to keep your bellybutton pulled down to the mat and core engaged at all times. The lower your feet are to the floor the harder it will be.

## Stop Buying Frozen Yogurt...Make Your Own!

Makes 6 - 4 ounce servings  
 1 pound frozen strawberries (or any fruit)  
 1 cup plain yogurt  
 ¼ cup sugar

Put frozen strawberries in food processor and blend until minced. Add yogurt and sugar and puree. Serve immediately. Store it in a container in your freezer for future consumption.

Using low fat yogurt = 86 calories, 0.5 g fat, 17.7 g carbohydrates, 15.7 g sugar, 2.3 g protein, 1.5 g fiber, 29 mg sodium, 2 Points+



## Childhood Obesity

# MAKING A DIFFERENCE

Although weight problems run in families, not all children with a family history of obesity will be overweight. Children whose parents or brothers or sisters are overweight may be at an increased risk of becoming overweight themselves, but this can be linked to shared family behaviors such as eating and activity habits.

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. As computers and video games become increasingly popular, the number of hours of inactivity may increase.

### What Diseases Are Obese Children at Risk For?

Obese children are at risk for a number of conditions, including:

- High cholesterol
- High blood pressure
- Early heart disease
- Diabetes
- Bone problems
- Skin conditions such as heat rash, fungal infections, and acne

### How Can I Help My Overweight Child?

If you have an overweight child, it is very important that you allow him or her to know that you will be supportive.

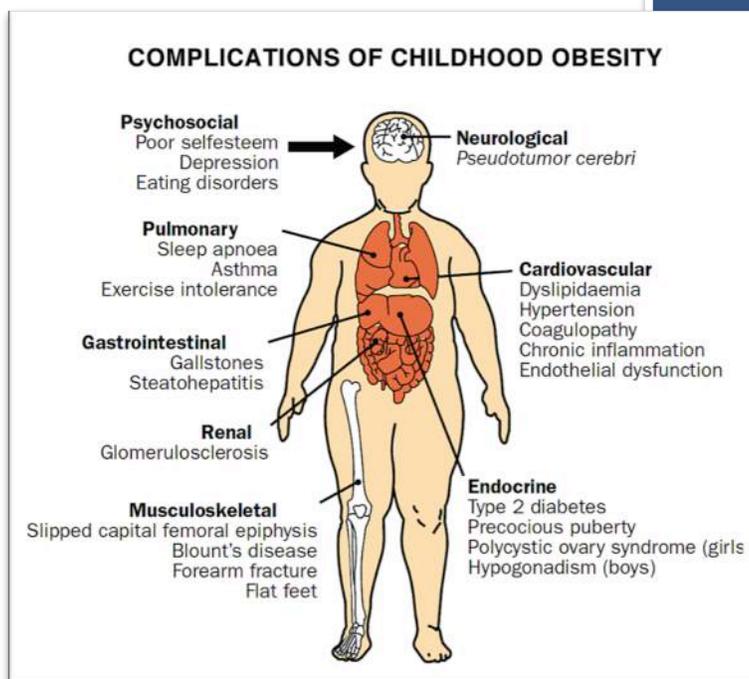
Children's feelings about themselves often are based on their parents' feelings about them, and if you accept your children at any weight, they will be more likely to feel good about themselves.

It is also important to talk to your children about their weight, allowing them to share their concerns with you.

### How Do I Know if My Child Is Overweight?

The best person to determine whether or not your child is overweight is your child's doctor. The doctors will assess your child by comparing their height versus weight. The doctor will also consider your child's age and growth patterns. Assessing obesity in children can be difficult, because children can grow in unpredictable spurts.

It is not recommended that parents set children apart because of their weight. Instead, parents should focus on gradually changing their family's physical activity and eating habits. By involving the entire family, everyone is taught healthful habits and the overweight child does not feel singled out. (Info from <http://www.webmd.com/children/guide/obesity-children>)



# Patient Communication



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319-277-3166 (Main Clinic)



The Side Road Newsletter



## Locations:

Main Clinic: 211 W 6<sup>th</sup> St. Cedar Falls

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

The Den: 668 Main St. Dike

Key West, Black Hawk Village, Cedar Falls