



SPORTS

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This is one car you don't want to break down



**Ed
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Training
Matters



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Imagine only having one car for the rest of your life. You have to make that mode of transport last from now until the end. Chances are pretty good that you would treat that thing very well: Regular tune ups and oil changes, tire alignments, cleanings, you would let it warm up, you would definitely take it to an expert when things aren't working right. Bottom line, most of us would invest considerable time, effort and resources to ensure that car performs at its best for as long as possible.

You guessed it, this analogy relates to your body! We only get the one, yet people invest far more in the vehicles that they replace every few years. Don't get me wrong I think it's good to take care of your car, but what about your body? It is truly irreplaceable.

Jumping twisting turning dancing hammering lifting bending running skiing hiking loving playing adapting... a healthy body is a blessing and allows us to work, to play, and to live rich and full lives.

Wheezing limping aching coughing struggling suffering an unhealthy body changes who we are!

"Ya my car has this crazy high speed wobble, makes a loud grinding sound, and the tires are wearing out, but I'm just going to keep driving till the tires blow, the drive train gives out or I hit the ditch." We would all say this guy needs to take his car to a mechanic pronto. And if that doesn't fix it go see another mechanic, right?

"My knee is killing me, makes this grinding noise and my shoes are wearing out on the inside edges." When I suggest Joe (not his real name) sees an expert he balks and makes up excuses not to go. Or he just pops some anti inflamms, which is like the car guy turning up his stereo so he can't hear the grinding and assuming the problem is fixed.

Doctors, chiropractors, physical therapists, exercise therapists, massage therapists and naturopaths all have a different approach to helping Joe's knee but most would take one look at the shoe wear and suspect some sort of mechanical issue and apply treatment as necessary. I see people every day who resolve years of mechanical imbalances and pain when they invest themselves in getting better. Many times they have seen multiple caregivers to get different perspectives toward helping. I also see people every day who ignore pain, or wear it as a badge, adapt around it and ultimately set themselves up for a lifetime of suffering. Please be aware there are many excellent caregivers in our community that can help you resolve your mechanical issues but it's up to you to make it happen.

It astounds me how many people don't understand or care how huge an impact they can make in the long-term health of their bodies. Regular appropriate physical activity! Moderation, variety, and informed nutrition habits! Healthy sleep patterns! Stress management strategies! A continual quest for balance in our mechanical state! Utilizing experts or not.

This remarkable human machine is too precious to take for granted. Take action to maximize your body's potential and longevity. Invest in your body today.

