

## WELCOME

Firstly thank you to all whom have offered so much support over the past couple of months. This is what I hope will be a bi-monthly email to inform all my valued clients of clinic events, happenings, news, tips and client special offers. I totally understand the inordinate amount of 'stuff' which finds its way into our inbox's on any given day, so I would appreciate if those whom wish not to receive this to let me know and those whom are happy to receive an added bit of 'stuff' thank you. Welcome to issue #1, I hope there is something within of interest for you.

Well I could not be more pleased with the first few months of operation. The clinic already has a strong client base of fantastic people from a wide variety of backgrounds and interests across a diverse age range. At this point in time I have done little in the way of advertising and the clinic continues to grow on the strength of "word of mouth" and referrals from existing clients. For that I cannot thank all of you, whom have spoken so positively of my clinic enough, I truly appreciate it. As a result I am looking at client rewards for referrals, so if you do indeed send a friend to Bear Sports Therapy make sure they mention you!

## WHAT'S NEW AT BEAR SPORTS THERAPY

The clinic now has its own email address so for those who love their email feel free to use it to contact me regarding questions, advice, or whatever you like. The clinic email is:

[bearsportstherapy@bigpond.com](mailto:bearsportstherapy@bigpond.com)

The clinic now has Arnica cream in stock. If you are not familiar with "Arnica", it is a natural topical anti-inflammatory cream for external use. It really does work fantastically for soft tissue aches, pains, bruising and inflammation and makes a great alternative to chemist preparations which generally contain Non-Steroidal Anti-inflammatory Drugs (NSAIDs) such as Diclofenac & Ibuprofen. The use of NSAIDs and their effects on endurance performance continues to be a hot topic. For anyone who is interested I have an interesting article regarding this. The cream is available in 50gm jars for \$15 and truly lasts a long time as only a little is required for each application. If you are interested remember to ask at your next consult.

## MOUNTAIN DESIGNS GEO-QUEST ADVENTURE RACE

WOW, what an event! An absolutely awe inspiring effort by the "BEAR SPORTS THERAPY" team. The boys, Glenn, Gus, Scott & Rob stepped up and had a go looking for something different at the end of the triathlon season, and that's exactly what they got. The boys Ran, Paddled, Mountain Biked, Cannyoned, Flying Foxed & Trekked for **thirty four hours** in a mighty effort to be one of the few local teams to actually make the finish line within the forty-eight hour cut off time.



Not only did they finish but did so in an extremely credible 5th place across the line only to eventually be bumped to 7th in the men's event after a time penalty for failing to punch their control card at one checkpoint. It was an incredible event to be involved in and I thoroughly enjoyed being part of the boys support crew out there for the weekend. I was absolutely inspired by each and every athlete out there and how they managed to just keep going at the intensity which the event required. It was also fantastic to see so many local teams out there taking on such a gruelling event. The boys would like to make special mention and express thanks to the team at **Gordon Street Cycles** and **Coolcene Air Conditioning** for all their support and in particular for the supply of vehicles and equipment for the event. I would like to add a special thanks to Trish and Matt for their contribution as support crew. There is talk of backing up again next year so stay tuned! Well done guys, and congratulations!



## HALF IRONMAN 31ST OCT 2010

At the time of publishing we should be right on top of the event. I would like to take this opportunity to wish all my fantastic competing clients all the very best for the event, I hope you all achieve your goals and have a thoroughly enjoyable race. All the very best of luck to the first time competitors over the distance :- Nicole Bann Murray, Paul Bann Murray, Michael Cutting, Ed Godschalk and Rod Barnaby. And to those going around again individually or in a team, Joel Armitage, Greg Crane, Damien Lewis, Glenn Triggs, Phil Marchingo, Dave Anderson and Gary Humphreys good luck also. Look after yourselves and remember to Eat, Drink (water!), rest and relax!!!! Hopefully I see you all on the day. Have a great race and clock a PB! All the Best on the day!

## FUTSAL

Good luck also to the "Bear Sports Therapy" under 8'S Futsal (indoor soccer) team for their up coming first season. The boys are all developing field football players so it will be great to see how they adapt to the change in game and surface, which I'm sure they will all do with ease. They are off to a great start at least with a win in their first outing in what was a bit of a play ground 'bragging rights' contest against some of their school mates.

## NEW YORK MARATHON

The New York Marathon is fast approaching and one of my valued clients has been pounding the pavement week after week. I wish Suzie Barnaby all the very best on the day. Have a great race Suzie!

Thankyou for taking the time to have a look at my newsletter and if you think there may be something of interest within for a friend or colleague or perhaps a family member please feel free to forward this email on.

Regards,

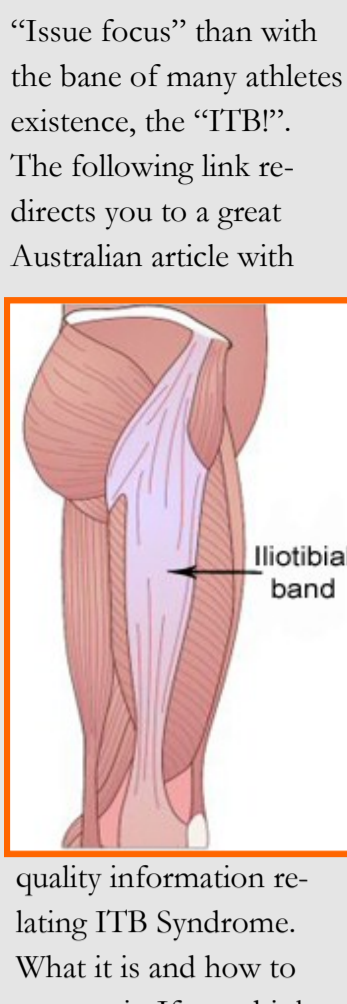
Ali Bear

Bear Sports Therapy

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quality information relating ITB Syndrome. What it is and how to manage it. If you think you may be having trouble with your ITB's be sure to let me know as the problem is manageable.

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