


**KINESIOLOGY WEEK**  
**JUNE 1 - JUNE 8, 2024**





**Helena Ritchie, Kinesiologist**



Hi everyone, this is Helena Ritchie,  
Kinesiologist at APC.

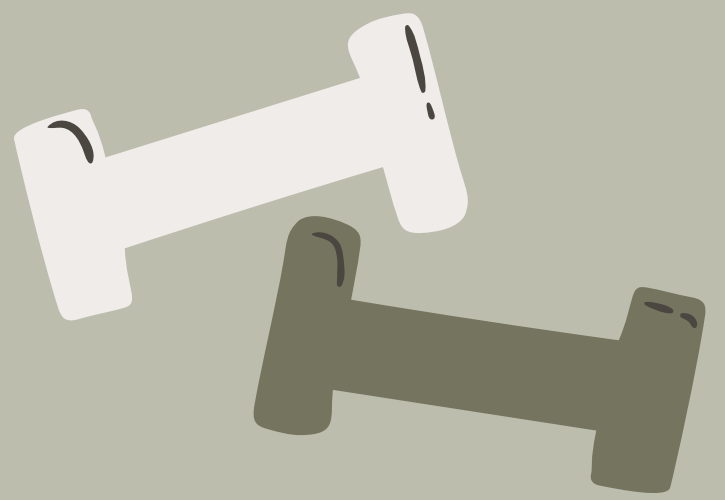
In celebration of Kinesiology Week,  
I wanted to reach out and remind  
everyone of the health benefits of  
staying active and the importance  
of regular Kinesiology visits.



# HEALTH BENEFITS OF KINESIOLOGY

## Benefits

- Lifestyle Improvement
- Cardiorespiratory Fitness
- Health Promotion
- Improve Wellbeing



## Benefits

- Chronic Disease Management
- Injury Prevention and Rehabilitation
- Increase Strength and Mobility and Enhancing Performance



# Importance of Kinesiology Visits

It is important to come in for your Annual Wellness Kinesiology appointments to establish a solid baseline of physical health parameters and assess your current fitness level. This way you can track your individual trends of important health metrics such as balance, cardiovascular health, and strength needed for positive quality of life and independence. This is a similar concept to doing annual doctor's visits to track and assess cholesterol, lung and heart health, and blood glucose.

Aside from annual Kinesiology assessments, you can benefit from seeing a Kinesiologist if you want to work on balance, flexibility, strength, or cardiorespiratory fitness, if you lead a sedentary lifestyle, want to manage your weight, or have low bone density.




A Kinesiologist can also help you to start an exercise routine or modify your current routine, manage blood glucose levels, or blood pressure, maintain independence with age, improve mood, and manage aches and pains.

## Importance of Staying Active

Regular physical activity is a significant tool for both primary and secondary prevention of chronic disease, with the ability to mitigate symptoms and slow or stall disease progression (Ambrose & Golightly, 2015).

Physical activity is also relatively free, has no negative side effects, and can be broken up throughout the day into smaller bouts so that it does not interfere with your routine, all while still giving incredible health benefits!

On the flip side, sedentary lifestyles and behavior result in increased odds of disability. The World Health Organization and the Centers for Disease Control and Prevention (CDC) identify insufficient physical activity as a leading risk factor for noncommunicable diseases and death worldwide.



Visiting a Kinesiologist can help you overcome the barriers to being more active and optimizing your health.

I believe exercise should be fun and I will do my best to find an option that is engaging, enjoyable, and beneficial to your individual preferences and circumstances.

If you have any questions,  
please feel free to reach out to me by email:

[helena.ritchie@advancedprimarycare.ca](mailto:helena.ritchie@advancedprimarycare.ca)





## Reference:

Ambrose, K. R., & Golightly, Y. M. (2015). Physical exercise as non-pharmacological treatment of chronic pain: Why and when. *Best Practice & Research Clinical Rheumatology*, 29(1), 120-130.

<https://doi.org/10.1016/j.berh.2015.04.022>

