Ring in the New You

INSIDE
- 12 tips for a healthy and happy 2014
- Paudie O’Mahony - Operation Transformation
- Increase your exercise
- Get Footastic feet
- Weight loss tips
  ... and lots more!

FREE TAKE ONE

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New Year, new you? Many of us look toward to the New Year as a time for renewal, to resolve to achieve better health. Up to 40% of adults make one or more resolutions each year and individuals who explicitly make resolutions are 10 times more likely to keep them than those who don’t. Try to adopt as many as possible in January, or resolve to incorporate a new one each month during 2014 for a healthy new year. Outlook Magazines (Tralee Outlook, Killarney Outlook and Sliabh Luachra Outlook) are delighted to help you achieve a healthy, happy and weight free 2014 thanks to our new guide ‘Ring in the New You’. To help you along the path to health, take a minute to check out these helpful tips which will ensure a happy and enjoyable new year.

1. Quit smoking.
2. Get adequate sleep. At least eight hours of sleep each night has many health benefits, including a better mood, reduces the risk of cardiovascular disease and an improves memory.
3. See your doctor. Take care of yourself by scheduling a check-up.
4. Wash your hands. Regular hand washing with soap and water is one of the most effective ways to stop the spread of germs and stay healthy.
5. Budget your food like your money.
6. Drink water. Staying properly hydrated is one of the keys to good health. Water should be your first choice when thirsty.
7. Wear a pedometer. People who regularly wear a pedometer typically walk about an extra mile each day, lose weight and lower their blood pressure.
8. Exercise. Being physically active is vital to good health, and both aerobic and strength training should be at the core of your exercise regimen. These activities are especially important for women and seniors to prevent age-related muscle and bone loss.
9. Eat by color. Instead of relying on vitamins for your nutrients, strive to eat a variety of fruits and vegetables to meet daily recommendations. Try to include red, dark green, yellow, purple, blue and orange fruits and vegetables for good health.
10. Know your family’s health history.
11. Minimize sugar to increase energy. When sugar is decreased from your diet, your energy actually increases.
12. Get or stay involved. Socially active people tend to be happy people. Consider volunteering.
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One of the iconic GAA figures in Kerry is set to inspire the nation over the next two months as he strives to shed the pounds in the popular RTE series Operation Transformation. Former Kerry goalkeeper and GAA All Star Paudie O’Mahony from Killarney initially took part in physical and emotional assessments for possible inclusion in the seventh series. Having been selected for the series Paudie is now set to radically change his eating patterns and exercise habits as he prepares to inspire RTE listeners and viewers to follow him on his difficult journey over 8 weeks in January and February. Paudie, who weighs in at 20 stone and 5.5 pounds, is a separated father of three and new granddad to baby Dáithí. Paudie (61) played football with Kerry from minor level in 1970 until retiring from the senior squad in 1982. He has 5 Senior All Ireland medals and the distinction of being the only senior Inter-County goalkeeper to have gone through the Senior Championship without conceding a goal. He also won an All-Star award in 1975. Rather than feeling like a star, these days Paudie is embarrassed walking through the town because of how he has let himself go. “People often remark on how my physique has changed. I feel embarrassed walking down town in Killarney. The weight gain is a wake up call for me. Unless I change I could be dead in five years,” said Paudie. Speaking on the RTE chat show ‘The Saturday Night Show’ with Brendan O’Connor, Paudie said his problems with weight dates back to 1982. “When Kerry lost out on their 5-in-a row All Ireland titles to Offaly I was the No.2 goalkeeper on the team. I retired and decided to coach some club teams. However I missed the buzz of big time football and started eating. I stayed out late at night and began drinking. My eating included a breakfast of 3 rashers, 3 sausages, 2 eggs, black and white pudding and lots of bread. At this rate I was not going to live beyond 65.” A trained engineer, Paudie ran his own successful consultancy company. “After 24 years in business, I was forced to close down last year due to major cash flow problems. It was a very stressful time because so many employees were depending on the business, including my daughter and sister. The stress of the business contributed to my weight,” said Paudie. Paudie has lost two good friends and teammates, John Egan (Sneem) and Páidí Ó Sé (Ventry), in the past two years and he doesn’t want to be another member of the team to pass away because of not taking care of himself. “I joined Operation Transformation to inspire men in rural Ireland to turn to a healthier lifestyle. My goal is to get down to 18 stone at the end of the eight week series. By July I hope to have shed my weight to 16.5 stone.” The first interview on the RTE show on January 7th was an emotional time for Paudie. He revealed that his heavy drinking had culminated in his wife walking away with their three children in November 1994. “It was the biggest disappointment of my life,” he said. At the time of his marriage break up, Paudie was consuming two bottles of spirits a day over a week and then giving his body a rest for the following week with just one bottle a day. “My daughter Fiona came home from Canada and was shocked to see my weight gain and lifestyle. Since I became part of Operation Transformation I have been humbled by the support of people all over Kerry and from former players in various parts of Ireland. I hope people will follow me on the Operation Transformation website and start 2014 with a positive outlook on health and on life.”
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HEALTH BENEFITS OF WEIGHT LOSS

By Deirdre O’Connor - Aherns Pharmacy, Farranfore

It is that time of year again where Christmas has come and gone, yet the pounds gained during the seasonal indulgence remain. Why not make it your new year’s resolution to tackle those excess pounds once and for all?

HEALTH BENEFITS OF WEIGHT LOSS: Being overweight places one at a higher risk of acquiring serious illnesses such as high blood pressure, heart disease, stroke, type 2 diabetes, some types of cancer, infertility, osteoarthritis, back pain and depression. Not only does weight loss reduce the risk of these health problems, but it also provides a noticeable energy boost, which can be used to make everyday life more fulfilling, by providing the energy needed to take part in sporting activities or to play with the kids. For those already suffering from certain health conditions, losing weight can reduce the medication burden. Your doctor may decide that you can take less prescribed medications, or better yet, stop taking them altogether. This may include drugs to lower blood pressure, cholesterol or blood sugars.

HOW TO KNOW IF YOU ARE OVERWEIGHT: A BMI measurement determines if you are a healthy weight for your height. Waist measurements are also important. Carrying too much fat around the middle increases the risk of developing heart disease, type 2 diabetes and cancer. Most people are either apple (carry fat around the middle) or pear (carry fat around the hips) shaped. Being overweight and apple shaped gives a higher risk of health problems. You have a higher risk of health problems if your waist size is more than 94cm (37 inches) for a man or more than 80cm (31.5 inches) for a woman.

LOSEING WEIGHT: Weight depends on how much energy you take in (the calories in food and drink) and how much energy your body uses up. To lose weight, more energy needs to be used up than taken in. Put simply, you need to eat less and move more. Weight loss must be gradual and an average loss of 0.5-1kg per week is recommended. More than this means that more muscle tissue rather than fat may be lost, giving rise to unsustainable weight loss. Motivation is the key for weight loss. No weight loss plan will work unless you have a serious desire to lose weight. Some people find it helps to write down the reasons why weight loss is desired as referring to this list frequently re-ignites the motivation.

EATING TO LOSE WEIGHT: Keeping a food diary can be helpful to track unhealthy eating patterns. The aim should be to eat a healthy balanced diet.
- The bulk of meals should be wholegrain starch based foods (cereals, bread, potatoes, rice, pasta etc.).
- Eat plenty of fibre in the diet.
- Have at least five portions of fruit and veg a day.
- Limit fatty foods such as fatty meats, cheeses, full-cream milk, fried foods, butter etc. Use low fat options where possible.
- Skimmed or semi-skimmed milk instead of full cream milk.
- Using low-fat spreads instead of butter.
- Eat lean (without fat or skin) meat or chicken.
- Grill, bake or steam rather than frying food.
- Avoid sugary drinks and foods such as chocolate, sweets, biscuits and cakes.
- Limit take away and fast foods. Avoid salty foods and do not add salt to food.
- Always have a healthy breakfast.
- Include 2-3 portions of fish per week.

DO YOUR EATING HABITS NEED IMPROVING?
- Take smaller portions when having a meal. Using smaller plates helps. Avoid second helpings.
- Change snacks of chocolate, cakes or crisps for fruit.
- Skipping meals can lead to over-eating later in the day. Eating regularly is important. Three healthy meals a day is best.
- Overweight people on average eat faster than slimmer people. Train yourself to chew each mouthful for longer, and to eat slowly. Try to put your knife and fork down between each mouthful. Also be conscious of what you drink. Sugary drinks such as cola, tea and coffee with milk and sugar and alcoholic drinks all contain calories. An easy way to cut back on calories is to drink water as your main drink.

INCREASE YOUR PHYSICAL ACTIVITY LEVELS: All adults should aim for at least 30 minutes of moderate intensity physical activity at least five days a week. If you are overweight or obese and are aiming to lose weight, you should aim to do around 60-90 minutes at least five days of the week. Moderate physical activity includes brisk walking, jogging, dancing, swimming, badminton, tennis etc. Simple changes to your daily routine also help. Use stairs instead of lifts, walk or cycle to work or school etc. Avoid sitting for too long in front of the television. Even if you find it hard to fit in the time, you can break it into blocks of 10-15 minutes. Build your exercise levels up gradually. If you are not used to physical activity, try starting with a 30 minute brisk walk every day and build it up from there.

If you have any Health Care query, call in to Deirdre at Aherns Pharmacy for advice and help. 0669764110.
With a New year many of us are making plans to make new resolutions. The most common resolution year after year is to ‘eat healthy and exercise more’. While healthy eating and regular exercise is important to everyone this resolution has been found to be most prevalent in those who perceive themselves to be overweight. This can be then be understood as code to “lose weight”.

**TIPS TO EXERCISE AND LOSE WEIGHT**

**DO KNOW YOUR WEIGHT:** Studies show we underestimate our weight and overestimate our height. Measure both and use an online tool to calculate your BMI. A healthy BMI is 18-25. >25 is overweight and >30 is obese.

**DON’T ‘DIET’:** A diet is temporary and unable to sustain.

**DO ALTER YOUR DIET:** No matter how hard you exercise you cant out run your fork.

**START SLOWLY:** It will take time to build your exercise tolerance.

**SET TARGETS:** 1lb/week weight loss is achievable and a healthy rate to lose weight.

**DON’T GET A YEARS GYM MEMBERSHIP:** This will not make you attend. Try a month instead and see if it is for you.

**DO USE THE PARK:** The park is free and accessible to everyone. Buy a rain jacket and don’t use the weather as an excuse.

If you have concerns regarding taking up exercise or if you are having any symptoms on exercise do not be afraid to consult your doctor.
NEW YEAR, NEW YOU = NEW THOUGHTS!

If, like many people you are feeling inspired to make some positive life enhancing changes this New Year, there is one thing you need to be aware of:

YOU HAVE TO CREATE NEW THOUGHTS FIRST!
Albert Einstein was spot on when he said, “You can’t solve a problem with the same mind that created it.” This is so true and yet year after year many people try harder to achieve their dreams instead of thinking smarter and more creatively! New advances in psychology are proving that we really do create our lives by thoughts we choose! This was once considered an “airy fairy” idea that was ridiculed by the scientific community. However, research into quantum physics has proved that thoughts carry a frequency (an energy) that have the power to attract into our lives the experiences we desire.

Many of the thoughts we habitually think are just old programmes and past conditioning that we are allowing to continue to play out in our heads. The first step in changing your thoughts is to become aware of the thoughts you are currently thinking and get curious about them! Notice what you continually say about yourself and your life. Where are you limiting yourself? Is what you think even true? Who does that thought belong to? Is it your parents or someone from your past? Maybe it’s a cultural belief? The second step is to actively CHOOSE better thoughts!

My own maxim is to always reach for the thought that makes me feel better!

Have a wonderful New Year and remember that THOUGHTS BECOME THINGS!
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A HEALTHY LIFESTYLE? Thanks to Outlook Magazines

What exactly is a healthy lifestyle? Thanks to Outlook Magazines and our team of top professional contributors we can help make 2014 a healthy and happier year for our readers. Health is the biggest key factor for self-confidence, having more energy, living a longer life, having less chance of getting sick, being less stressed, and feeling mentally and emotionally happier in general. Being healthy is a lifestyle choice and something that has to be achieved over time, not just overnight. Why not check out our life changing tips from a range of professional people right across Kerry to help you on the road to better health.

Diet and exercise are two of the most important factors to becoming healthy. For some people having a proper diet and exercising frequently are second nature. But for most of us vigorous exercise and dieting consist of a lot of hard work. Even for people who are accustomed to it, they must be conscious of what they’re eating almost all the time to maintain a healthy lifestyle! Don’t feel discouraged if it doesn’t seem to come naturally to you. You’re not alone. If you have just made the decision to change your life into a healthy lifestyle start off slowly and gradually. A common mistake most of us make is that we try to go too extreme with diet and exercise, too fast and too soon. However, that doesn’t mean you won’t see some results relatively quickly. You’ll probably notice that you’ll have more energy and feel better within the first day.

When starting an exercise plan, one of the simplest and most effective things you can do is walking. This is easy and you don’t need expensive gym membership or equipment to do it. It’s recommended that you exercise between a half-hour to an hour four to six days a week. Even ten or fifteen minutes of walking are better than none at all. Diet is the same. Starting a new diet can be daunting. The most important thing to remember when starting a healthy lifestyle diet is to eat things with plenty of vitamins, nutrients and healthy fats to keep you full and satisfied such as vegetables, fruits, nuts, lean chicken and fish.

You will find that all of these factors snowball into each other to create an overall healthy lifestyle. For example, getting more exercise usually helps people sleep better, and sleep is one of the most important things you can do for your health. Also, smoking makes it harder to breathe if you are exercising regularly, so that gives you added incentive to quit if you’re trying, which you should be. The same goes for alcohol. If you drink to excess, you will be much more fatigued in your daily life, especially while exercising, so perhaps it will inspire you to cut back. Being healthy takes baby steps, so start small and build yourself up from there. See you all in 2015…… slimmer and healthier.
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BALLYGARRY HOUSE, LEEBROOK, TRALEE, CO. KERRY
Your feet take the weight of your body, so it is no surprise that foot problems can quickly cause discomfort which in turn can affect the way you walk. By taking some time to care for your feet you can help to prevent most of the problems which may arise.

**Basic Foot Care to Give You New Feet for 2014**

- Wash your feet every night and apply a foot moisturiser before going to bed.
- Gently remove hard skin with a foot file regularly to avoid build up.
- Trim your toenails by cutting straight across to avoid ingrown nails.
- If you wear heels to work try to wear a wedge or a heel no higher than 2 inches.
- Be sensible with shoes... Wear high heels and pointed shoes for special occasions only and shop for shoes in the afternoon. Your feet swell as the day goes on so if the shoe fits comfortable in the afternoon they are the correct size.
- Athlete’s foot is very common. Let your feet breath when possible and wear flip-flops in public pools, hotel bathrooms etc to avoid Verrucas.
- Avoid wearing flip-flops for long periods of time. They provide no support and can cause arch pain along with heel pain if worn too often.
- For the over 60’s - Special care and attention is a must for the mature foot. Age can contribute to your skin becoming thinner and drier. Your nails may thicken and joints may stiffen. All of this can make foot care difficult. Regular 3 to 6 month visits are advised to ensure fabulous feet.

“As a Podiatrist I can help treat and alleviate day to day foot problems while offering advice on how to look after your feet. I also prescribe foot orthotics, which are tailor made to your needs. Whether its corns, heel pain, arch, knee, hip or back pain an orthotic may help to alleviate the pain by re-aligning your foot. I have extensive experience in dealing with patients who have foot complications due to Diabetes or Arthritis. All patients are unique and catered for in a caring, confidential and professional manner. Should you have any foot complications, aches or pains or simply have a query please don’t hesitate to contact me,” said Jennifer Cahill from the Podiatry/Chiropody Clinic at the Killarney Medical Centre, 47 New Street, Killarney. Jennifer Cahill (BSc Pod. M. Inst. Ch. P. HPC Reg) can be contacted on 087-7116675.

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Terms & Conditions apply. Prices valid until 31st January 2014

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Killarney Toning & Beauty Studio has long prided itself on enabling women to look and feel their best. With January already upon us, it is now as important as ever to look and feel good. Anyone who has enjoyed and over indulged this Christmas...and who hasn’t, will feel under pressure to rid the body of those extra inches and unwanted toxins that have found their way onto our bodies after the festive season. “Here at Killarney Toning & Beauty Studio we have a full set of Toning Tables based on a Pilate’s style workout. Uniquely, these machines are suitable for all weights, ages and fitness levels. As the Toning Tables are non-impact we can say with confidence they are suitable for all. Beginners are strongly recommended to join us for a FREE TRIAL,” said Jill Duggan from the Killarney Toning & Beauty Studio.

“The Toning Tables provide a full body workout over 6 different machines in a short space of time. Full body measurements and weights are confidentially recorded so we can track your progress and help you anyway we can. If you want an overall reduction on a specific stubborn area then a Eurowave course is for you. Over a short course of 12 sessions at 18 minutes each, you can lose a dress size with Eurowave. Weight and measurements are also recorded confidentially to track your progress. If for example you choose to concentrate on the tummy area, then each session provides you with a workout equivalent to 200 sit ups...while you don’t move an inch!. Using pads placed directly onto your stubborn area a mild current passes through them and into your muscles giving you a tighter toned look. Eurowave is also an extremely effective solution for removing stubborn cellulite from the bum and thighs. This course is excellent for people with a busy lifestyle that don’t have hours each week to dedicate to the gym.”

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Then enjoy a facial cleanse, grain exfoliation and nourishing mask followed by relaxation time with fresh fruit and herbal teas.

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Guided meditation, chakra balancing & positive energy lock in.

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Looking to be a healthier version of you this year…. let me tell you how I can help you with that. My name is Ronan Kiely and I am a qualified Personal Trainer who specializes in weight loss, nutritional advice, strength and conditioning, behavioural and physiological aspects of weight loss and exercise.

I commit myself to my clients 100% — always giving my best. I expect my clients to not only commit 100% to me, but also to themselves, to be the best they can be. I am committed to the vision, mission, code of values, and success of my clients at all times. I will encourage a winning attitude and seek to find out the why’s, who’s and how’s of who they are at this stage of their lives. I am extremely positive and believe anything is possible and enjoy helping people. For more info please check out my Facebook page www.facebook.com/victoryfitness.ie or ring me on 086 8955080. Don’t wait till tomorrow, act now….

Let me also tell you a bit about the facility I use in Tralee. It’s Kerry’s number 1 health and fitness club. With the best trainers on hand to help you achieve your goals we at BTS Fitness ensure that all our members get the best value for their memberships with over 20 classes weekly free, free assessments and reassessment. With our tailored workout programs you can’t but meet your goals. Whether you are an early morning or evening gym goer, our 6.30am opening and 9.30pm closing is a must for you. Enjoy a coffee, tea or protein shake after your workout on your way to work or on your way home.

Have you availed of our amazing New Year “Train with a Friend” membership offer?. Buy 12 month membership and get a 2nd 12 months 1/2 price. That’s a massive saving of €237.50. Offer ends January 31st.

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First developed in the early 20th century by a German named Joseph Pilates, Pilates have become one of the most popular types of strengthening program for people of all ages and exercise tolerance, with people like Madonna pioneering the movement. There are many varieties of Pilates but at Galvin Physiotherapy we teach the Australian Physiotherapy and Pilates Institute (APPI) method.

APPI was founded by two physiotherapists in Australia in 1999, Glenn and Elisha Withers. They took Joseph Pilates traditional Pilates and began to modify them in order to make them accessible to clients with back injuries and general musculoskeletal dysfunction. APPI Pilates are recognised as one of the safer varieties of Pilates being taught at present, especially for those with underlying pathologies and injuries.

APPI Pilates concentrate on re-training the core stability muscles of the pelvis and spine, allowing these muscles to regain their intended function. Posture and realignment is one of the core concepts in Pilates. By improving your posture you realign your muscles, aiding in correcting factors associated with pain and dysfunction. Pilates also improve flexibility, lack of which can contribute to injury and pain. As well as feeling stronger and more flexible, Pilates improves the appearance and tone of your muscles. When done in conjunction with a cardiovascular program Pilates can aid in losing inches but are not considered to be a quick fix for weight loss.

If you are interested in finding out more about APPI Pilates or you feel Pilates may be beneficial to you contact Galvin Physiotherapy Clinic, 21 Clover Lane, College Street, Killarney. 064 6623100

PIlAtes... WHAt ARe tHe beneFIts?   by katie Purtill

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PHYSIOTHERAPY

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If the thought of a long run or hitting the gym makes you feel tired and bored, there are many new devices that you can use to make your exercise more productive, exciting, monitor your progress and encourage you to work harder. Here are six of the most recent and practical fitness gadgets that will help you keep motivated and focussed in your work out life.

1. Xbox 360 Kinect Training Bundle: While you may think that playing the latest computer games will leave you sedentary there are in fact several new games that promote fitness through routines and exercise. They also allow you to work out indoors! Some of these include Adidas mCoach Kinect and Nike Kinect. They both create fitness plans, performance training and set out workout.

2. Nike Fuelband: A wristband that will motivate you more by monitoring your activity all day: This activity is translated into “Nike Fuel Points” and allows you to compare your points to other users. It is sure to be one of the most popular fitness gadgets this year.

3. Strava Run and Strava Cycling Apps: Suitable for iPhone and Android smartphones. Not only do these Apps monitor your heart rate and activity levels, they can also help you to compare your fitness activities with other users and are free.

4. Sony Smartband: This wristband device allows you to track your daily movements and logs information such as the area you have exercised in and the music you were listening to at the time.

5. Polar RCX3: If you want in depth analysis of your exercise and prefer a sports watch style item, there are many available and this version is a GPS watch, which will record your journey, speed and route. This is uploaded onto the Polar Personal Trainer website which will then present you with feedback on your exercise.

6. RunPhones and RunPhones Intensity: If you find that your earphones keep falling out or out of place these headband music players are very stable and comfortable. The new RunPhones Intensity has an onboard MP3 player and a simulated personal trainer that encourages you to exercise in fierce ten minute sessions.

So if you are looking to invest some further time and money into your fitness regime, then these 2014 items (and many others) are perfect to encourage you to get on the road, field or gym!
Ruth Allen MISCP  Kieran O’Shea MISCP
1/2 New Street, Killarney, County Kerry Tel: (064) 6670960
Email: info@kerryphysiotherapy.ie, www.kerryphysiotherapy.ie

Opening Hours: Monday to Friday 8am – 9pm Saturday 9am – 1pm
Our spacious town centre clinic is located at the top of New Street above Sewell’s Pharmacy. Ruth and Kieran are both Professional Chartered Physiotherapists, meaning they are registered with, and regulated by, the Irish Society of Chartered Physiotherapists.

WE OFFER A WIDE RANGE OF SERVICES INCLUDING;
ALTERG ANTI-GRAVITY TREADMILL
As seen on Tommy Bowe’s Bodycheck programme on RTE and the only one of its kind in Kerry, the AlterG Anti-Gravity Treadmill is now available at Kerry Physiotherapy Centre.
The AlterG is used by the world’s top athletes and is ideal for;
- Weight control and reduction
- Orthopaedic rehabilitation following injury or surgery
- Neurological Rehabilitation in MS, Parkinson’s disease or Stroke sufferers

PERSONAL TRAINING SERVICE
Personal training with Kieran who is a certified Strength & Conditioning Specialist as well as a Chartered Physiotherapist. One to one training sessions or group sessions available. Personally tailored training programs for all ages and levels of fitness.

MANUAL THERAPY
For treatment of all physical injuries including back and neck pain, muscle spasm, whiplash, trapped nerves and sciatica.

SPORTS INJURIES
Including ankle sprains, Achilles tendonitis, ACL tears, meniscal injuries, hamstring strains, stress fractures and bursitis.

Orthotics, Dry Needling, APPI Pilates Classes Retailer of SKINS Compression Wear Home Visits Available
The KDYS was founded in 1971 to provide recreational outlets for the young people in Kerry. Today the KDYS supports over 50 youth clubs and 8 youth cafes across the county. Both youth clubs and youth cafes serve a very similar function in their communities: To help equip young people with the tools they need for life and have a positive impact on their locality. You will find that many of our youth cafes are in more urban settings with many of our youth clubs being in more rural settings. Both Youth clubs and Youth Cafes are run by trained volunteers. There are various benefits for a young person in engaging in a youth club or youth café.

- Safety: Clubs and Cafes are safe, alcohol and drug free environments led by KDYS trained volunteers.
- Increased self-confidence: Youth Clubs/Café are great venues to meet new friends and discover new passions
- Increased Community involvement: Café/Clubs are run by volunteers from the local community, with young people being actively encouraged to engage in and improve their local communities.
- Increased awareness of others: Meeting new people in clubs and cafés fosters a better understanding of peoples differences.

Being part of over 50 youth clubs with access to 5 youth centres and a host of youth club events like Youth day.

**Benefits to Volunteers Involved in Youth Clubs and Cafes**

The KDYS provide training that gives you the confidence to deal with young people and other volunteers:
- You make a positive impact on a young person’s life
- There is a sense of accomplishment managing a youth club
- You will meet lots of new people both young and old.
- You are providing a vital resource to your community

Clubs and Café generally open when young people are not in school with Clubs focusing on Friday nights. Volunteers in conjunction with young people normally set the agenda for the club/café.

The KDYS provide clubs with training, vetting, help with administration and runs a number of youth events that bring all the youth clubs together.

Each club or café is run by a minimum of 2 trained and vetted volunteers. To understand how you can join or start a youth club contact the KDYS in Killarney on 064 6631748 or visit www.kdys.ie. What are you waiting for.
Reflexology is a science based on the principle that there are reflexes in the feet and hands that correspond with the various systems of the body. Reflexology was first discovered in Egypt where it was used by physicians.

The modern day science was further developed in 1917 by Dr. William H. Fitzgerald on the theory of ‘Zone Therapy’. Dr. Fitzgerald had discovered through many case studies that he could relieve pain in other parts of the body by working the corresponding zone in the feet or hands.

Inspired by his work Eunice Ingram an American physiotherapist, further developed this theory and she produced the map of the body onto the feet with the corresponding reflexes that connect every organ, gland and body part. From these systems various health issues can be relieved. The benefits of reflexology treatment are vast.

- It helps to harmonise your body and has a positive effect on your health - is suitable for all ages.
- It promotes an overall deep sense of relaxation and balance.
- Some of the benefits include Reducing stress and tension, Relieving Pain, Balance the nervous system, Stimulate a sluggish and congested system, Improve sleep pattern, Increase energy and vitality and Promote self healing.

At Acorn Holistics and Sports Centre 18 New Street, Reflexology is on special offer for January. €40 for one hour - book three treatments for €110. €50 for seventy minutes or book three treatments for €125. Let your soles find your souls and let the healing begin. Customer confidentiality guaranteed.

Contact Margaret on 0879181970.
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Check out our website TraleeSportsComplex.ie
and our Facebook page for current offers

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