



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA)

NEWSLETTER

JULY
2023

PULMONARY REHABILITATION

By Dr.Samana Sayed

CUPPING THERAPY

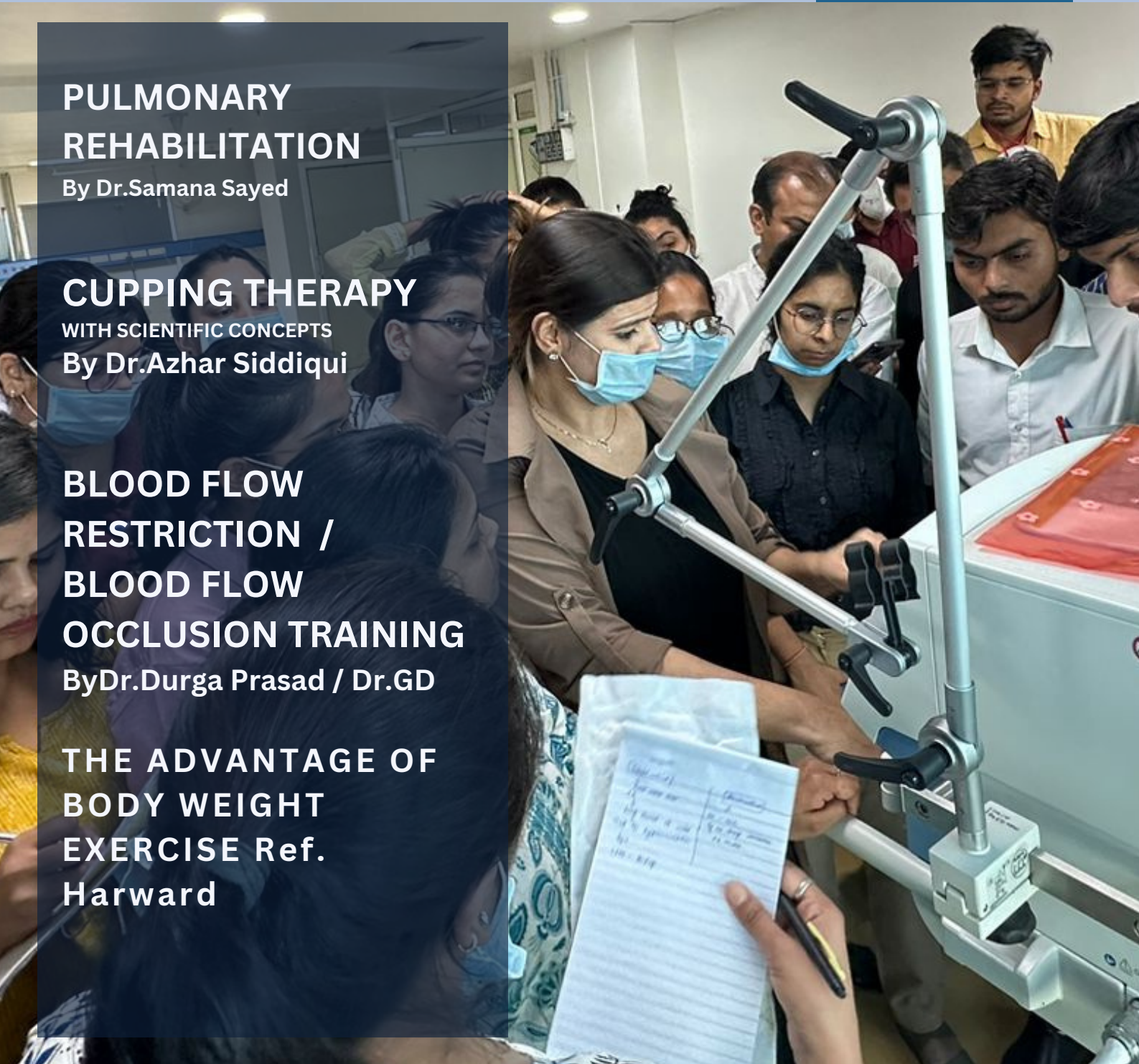
WITH SCIENTIFIC CONCEPTS

By Dr.Azhar Siddiqui

BLOOD FLOW RESTRICTION / BLOOD FLOW OCCLUSION TRAINING

ByDr.Durga Prasad / Dr.GD

THE ADVANTAGE OF BODY WEIGHT EXERCISE Ref. Harward





Certified Pulmonary Rehab workshop organized by You360 Healthcare & Academy Mumbai

SCOPE OF PULMONARY REHABILITATION SKILLS IS BROAD AND ENCOMPASSES VARIOUS ASPECTS OF PATIENT CARE, EDUCATION, AND MANAGEMENT RELATED TO INDIVIDUALS WITH CHRONIC RESPIRATORY CONDITIONS. PULMONARY REHABILITATION FOCUSES ON IMPROVING THE QUALITY OF LIFE, FUNCTIONAL CAPACITY, AND OVERALL WELL-BEING OF THESE PATIENTS.



It is with great pleasure that I introduce Dr.Samana Sayed PT a true luminary in the realm of pulmonary rehabilitation. An individual whose dedication and expertise have profoundly impacted the lives of countless individuals living with chronic respiratory conditions. With a wealth of knowledge spanning both theory and practice, [Presenter's Full Name] stands as an exemplar of excellence in the field.

With her background as a International Certified Instructor of the IHFA, Dr.Samana has not only treated patients but has also dedicated her efforts to educating and empowering fellow healthcare professionals. As a sought-after speaker, she has graced numerous conferences, workshops, and symposia, captivating audiences with her in-depth insights and practical wisdom. Her ability to translate complex concepts into relatable information has left an indelible mark on all who have had the privilege of attending [his/her] presentations.





**#IHFACERTIFIED
PULMONARY REHAB SPECIALIST
(CPRS)**



THE ADVANTAGE OF BODY WEIGHT EXERCISE



All exercise is beneficial. But even stacked up against other types of workouts, body-weight exercise has a lot to offer. Not only does it provide an excellent workout, but it can also help you overcome some common excuses for avoiding exercise, like "I don't have time to go to the gym" and "I don't have space for a stationary bike at home." All you have to do is move your body.

ALL EXERCISE IS BENEFICIAL. BUT EVEN STACKED UP AGAINST OTHER TYPES OF WORKOUTS, BODY-WEIGHT EXERCISE HAS A LOT TO OFFER. NOT ONLY DOES IT PROVIDE AN EXCELLENT WORKOUT, BUT IT CAN ALSO HELP YOU OVERCOME SOME COMMON EXCUSES FOR AVOIDING EXERCISE, LIKE "I DON'T HAVE TIME TO GO TO THE GYM" AND "I DON'T HAVE SPACE FOR A STATIONARY BIKE AT HOME." ALL YOU HAVE TO DO IS MOVE YOUR BODY.

It couldn't be more convenient

No matter where you are, you've got your body, so you can start exercising anywhere, anytime –in your bedroom when you wake up, in the kitchen while you're waiting for water to boil, in your hotel room when traveling. That makes it easy to find the time.

The price is right With body-weight exercise, there's nothing to buy other than a pair of shoes. You don't need stylish clothing. You don't even need a yoga mat, much less an expensive gym membership, although you can certainly do these workouts at the gym, too. You might want a few props, such as a chair, bench, or counter to modify some moves, but these are all items that you have on hand.



The intimidation factor is low You can do these exercises solo. You don't have to walk into a gym full of buff exercisers and complicated-looking weight machines that require adjustments and may still not fit you properly.

it's effective. Research published in the journal *Physiology and Behavior* found that, as a form of resistance training, body-weight exercise helps build muscle "independent of an external load." But it does more than that. When Polish researchers looked at the effects of 10 weeks of body-weight exercises on various physical fitness parameters in a small group of young women, they found improvements in seven out of nine of the parameters. The biggest gains were in aerobic capacity, with a 33% improvement. Muscle endurance, particularly in the core, increased by 11%, while lower-body power posted a 6% gain. Even flexibility was better after the training.

You don't necessarily have to do a lot of it. While it's good to meet the Physical Activity Guidelines, smaller amounts of body-weight exercise can also deliver results. In a small study of active people in their 60s, Japanese researchers found that a workout consisting of eight simple lower-body exercises increased the participants' muscle strength and power by about 15% after 10 months. That may not sound like much, but during this stage of life, strength and power are often declining. What's more, the participants achieved these gains by doing only six workouts a month.



It provides "functional" exercise Most body-weight exercises work multiple muscles at once rather than training an isolated muscle or muscle group, as many exercise machines and dumbbell exercises do. Therefore, body-weight exercises are considered more functional, using more muscles and joints at a time, engaging balance and, and mimicking everyday activities.

It can be adjusted to your fitness level It may not be obvious how to do this at first. When you're using your body as the weight, you can't just remove 10 or 20 pounds as you can with machines or dumbbells. But there are ways to modify moves to decrease or increase the resistance. You can adjust your body position—for example, doing push-ups against a wall rather than the floor—or you can change the number of times you repeat an exercise or modify the pace you're working at.

It's good for your health

Literally thousands of studies have shown that the more you move, the lower your risks for heart disease, diabetes, obesity, multiple types of cancer, joint pain, and Alzheimer's disease. Exercise can also lift your mood, reduce your stress level, and improve your sleep. Body-weight exercise is no exception.

No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

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Testimonials

Dr Anish Mumbai

It was a great pleasure to attend the course..dr fd pratap was very precise and his techniques will really help to upgrade myself... Big kudos to the organising team , it was really well arranged thx a lot again... Thanks to dr gd pratap sir and mam for all the knowledge shared with us and making this topic simple

Regards
Dr Anish Salistekar

8:29 PM

~ Jyoti

On behalf of all of us from TEAM Physiotherapy Services Pvt Ltd, who attended the course , it was a great insight into this new concept.

We are eager to now use it on ourselves and our patients.

Thank you Spinofit and Dr GD and BFOT team.

10:53 PM

Also thank you sir and ma'am for this amazing workshop
Got to learn a new approach
Appreciate the entire organising team for handling everything smoothly.

Regards
Dr Chetan Vijay Dhote

8:39 PM

**Blood Flow Restriction
(BFOT) Therapy
BY DR.GD**

Special Thanks to
Dr.Moushumi Kuvawala



**Successfully 2 days
workshop done at Pune**

Blood Flow Restriction (BFR) Training, also known as Blood Flow Occlusion Training or Kaatsu Training, is a specialized resistance training technique that involves restricting blood flow to a working muscle while exercising. This technique has gained attention in the fitness and rehabilitation communities due to its potential to enhance muscle strength, hypertrophy (muscle growth), and overall exercise benefits with lighter loads compared to traditional high-load resistance training.





CUPPING THERAPY

BY DR.AZHAR SIDDIQUI



Hands on workshop **CUPPING THERAPY** at Jammu by **Dr.Azhar Siddiqui**



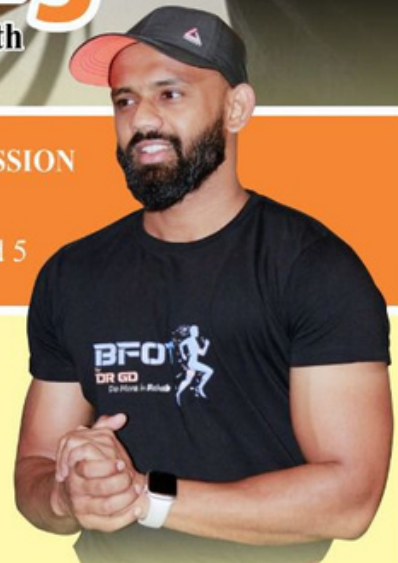
Certificate Course on

Strength & Conditioning

Rehab, Performance and Health



- | | |
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| <p>ONLINE COURSE (8 HOURS)</p> <ul style="list-style-type: none"> ■ 12 August 4 hrs (Evening) ■ 13 August 4 hrs (Morning) | <p>HANDS ON PRACTICAL SESSION</p> <ul style="list-style-type: none"> ■ 26-27 August Day 2 and 3 ■ 23-24 September Day 4 and 5 |
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Dr G. Durga Prathap
 Chief Instructor
 Strength & Conditioning
 Punjab, INDIA

CREDIT HOUR - 40

- Eligibility
- Physiotherapy Students & Professionals

Key Contents

1. Exercise and Human Body
2. Physiology of Strength, Endurance Training
3. Recovery Science
4. Rehab Phases
5. Body Weight Exercises and Biomechanics of The Movements
6. Dead Lifts and It's Variants
7. Upper Body Strength Training Basics
8. Back Muscle Training And It's Variables
9. Weight Lifting Basics
10. Static and Dynamic Core Exercises
11. HIIT and Steady State Cardio
12. WOD Concept and Crossfit
13. Functional Complex Exercises (Kettlebell, Bodyweight)
14. Performance Enhancement Supplements

Course Fees
INR 18000/-
 CREDITS CARDS ACCEPTED

GROUP DISCOUNT
INR 16000/-
 GROUP of 3
 CREDITS CARDS ACCEPTED

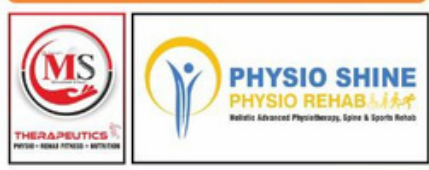
Academic Credential Partner :



Training Partners



Organising Partners



Dr. Sravan
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(on-call hours : 8:00am to 8:00pm)