



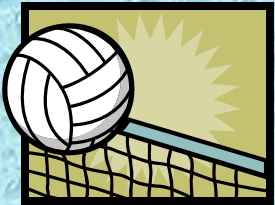
# WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

June 2009

**JUNE  
2009**



## In this issue:

- Tournament Details
- The Benefits of Beach Volleyball
- Calorie-Burning Stats

## JOIN US...

**... during our beach  
volleyball tournament!**

When: Wednesday, June 10<sup>th</sup> and/or Saturday, June 13<sup>th</sup>  
Where: At Port Dalhousie

This fun filled round – robin tourney allows you to participate in physical activity at the same time as socializing with co-workers, friends and family.

As of June 1<sup>st</sup> over 45 people have signed up to either play or cheer from the sidelines.

Pizza and refreshments will be served. All levels of fitness are welcome, bring your competitive nature or sit back and relax.

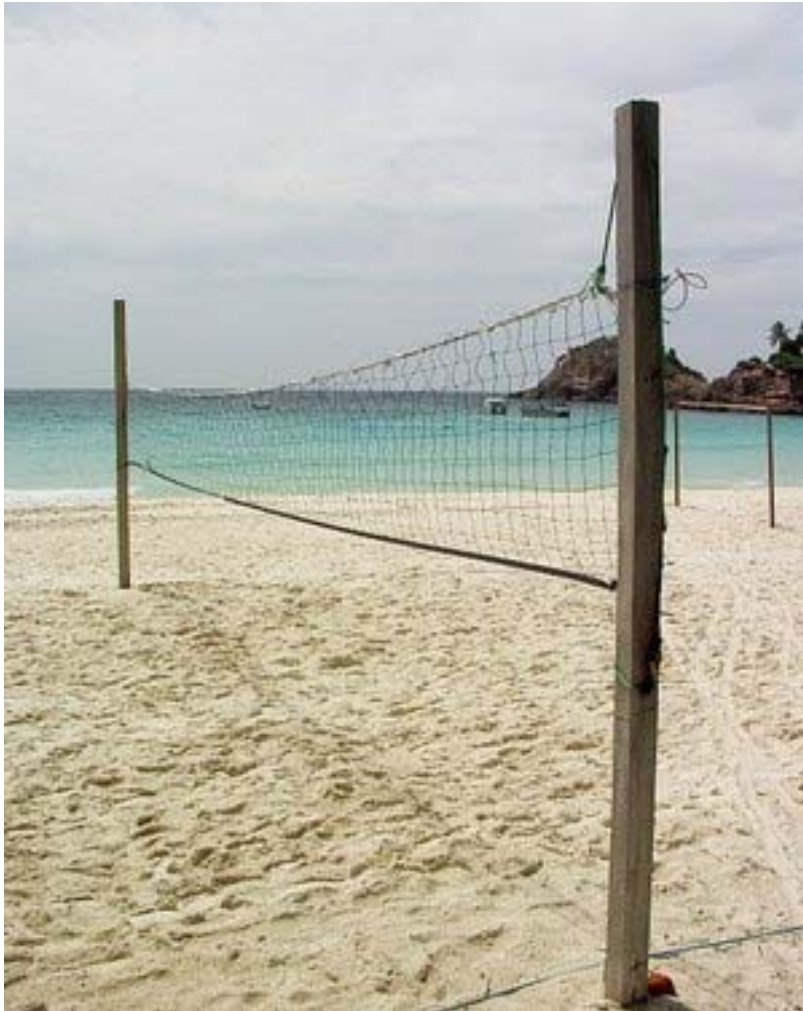
### WHAT PHYSICAL ACTIVITY CAN DO FOR YOU...

- ☺ Improves health and well-being
- ☺ Reduces stress
- ☺ Strengthens the heart and lungs
- ☺ Increases energy levels
- ☺ Helps you achieve & maintain a healthy body weight
- ☺ Improves your outlook on life



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## BENEFITS OF BEACH VOLLEYBALL

- ⊗ Improves physical condition
- ⊗ Increases agility
- ⊗ Increases hand-eye coordination
- ⊗ Increases reflex time
- ⊗ Increases strength
- ⊗ Socialization
- ⊗ Minimal chance of getting injured

| Playing Beach Volleyball - Per 15 Minutes |                 |
|---|-----------------|
| WEIGHT IN POUNDS                          | CALORIES BURNED |
| 105                                       | 101             |
| 110                                       | 106             |
| 115                                       | 110             |
| 120                                       | 115             |
| 125                                       | 120             |
| 130                                       | 125             |
| 140                                       | 134             |
| 150                                       | 144             |
| 160                                       | 154             |
| 170                                       | 163             |
| 180                                       | 173             |
| 190                                       | 182             |
| 200                                       | 192             |
| 210                                       | 202             |
| 220                                       | 211             |
| 230                                       | 221             |
| 240                                       | 230             |
| 250                                       | 240             |

### Tips to remember:

- Communication is key! Be sure to communicate to your teammates, and “call the ball” to avoid bumps and mishaps.
- Look before you shoot. A common mistake is to aim the ball towards the players on the other team, but instead aim for the spaces between the players. You’ll have a better chance at scoring points, plus it will get people moving for the ball!
- Most importantly, have fun!