

Pelvic floor health

Current studies show that as many as one in four women have incontinence.

A study from the Cleveland Urology Associates shows that 50 percent of women 50 years of age and older have organ prolapse; 200,000 surgeries are done each year in the US to correct organ prolapse.

Pelvic floor health needs to be talked about — yet it's been a taboo subject.

Carolyn Janke, who operates Sisters Barre & Yoga Studio is not only speaking out about the subject, she's addressing it directly in the fitness classes she offers with yoga instructor Becca Touvell

"We are raising awareness around the taboo topic of the pelvic floor," she told *The Nugget*. "And the awareness of how to actually properly engage and strengthen without any devices or gimmicks. We can then take this awareness and learn how to mind-body connect with our pelvic floor to make it stronger. The foundational classes were created to bridge the gap between regular exercise and your physical therapist or the OBGYN. We go to these professionals as we have a problem. We're

here for prevention."

According to the University of Chicago, people with pelvic floor disorders may experience: urinary problems, such as an urgent need to urinate, painful urination or incomplete emptying of their bladder; constipation, straining or pain during bowel movements; pain or pressure in the vagina or rectum; a heavy feeling in the pelvis or a bulge in the vagina or rectum; or muscle spasms in the pelvis.

Childbirth increases the risk of developing pelvic floor disorders and become more common with age.

However, UC notes, "While pelvic floor disorders become more common as women get older, they are not a normal or acceptable part of aging. These problems can have a significant impact on a person's quality of life."

Pelvic floor disorders are not the sole province of women. Men can experience muscle spasming or weakness in the pelvic floor that can cause urinary or bowel problems, chronic pain, and/or sexual dysfunction.

Visit your physician if you are experiencing symptoms.

Sisters lifters set records

Nine of the best lifters with Level 5 Barbell Club in Sisters brought home 14 gold medals, 14 new national records and the team title plaque to hang at Level 5 Barbell and Crossfit, Sisters, last weekend.

The inaugural USPA Oregon drug-tested state powerlifting championship meet was held at Downing's Gym in Corvallis on Saturday.

Lifters at the Oregon state powerlifting championship competed in a variety of weight and age categories.

- Coach Ryan Hudson achieved new national records: 195kg (429.901-pound) squat; 125.5kg (276.68-pound) benchpress; 207.5kg (457.46-pound) deadlift.

- Bryan Strong earned three new national records with a 237.5kg squat (523.60-pound); 115kg (253.53-pound) bench; and 250kg (551.16-pound) deadlift.

- Joe Mendez earned Best Master Lifter honors on his way to two national records with a 192.5kg (424.39-pound) squat; 115kg (253.53-pound) bench; and 220kg



PHOTO PROVIDED

Level 5 Barbell Club lifters set records at the Oregon state powerlifting championships.

(485.017-pound) deadlift.

- Tony Gonzalez made a 190kg (418.88-pound) squat; 130kg (286.6-pound) bench; and 220kg (485.017-pound) deadlift.

- Anne Geser set two new national records with a 50kg (110.23-pound) squat; 30kg (66.14-pound) bench; and 92.5kg (203.93-pound) deadlift.

- Leah Tolle set a new national record with her 92.5kg (203.93-pound) squat; 58kg (127.87-pound) bench; and 107.5kg (237-pound) deadlift.

- Cenobia Gonzalez's 115kg (253.53-pound) squat; 75kg (165.35-pound) bench; and 140kg (308.65-pound) deadlift was enough for a new national record.

- Amanda Westfall McCarty turned in an 80kg (176.4-pound) squat; 50kg (110.23-pound) bench; and 120kg (264.55-pound) deadlift.

- Doreen Matecki set a new national record with an 85kg (187.39-pound) squat; 70kg (154.32-pound) bench; and 105kg (231.49-pound) deadlift.



Level 5 Barbell Club & CrossFit Sisters

Level 5 Barbell Club & CrossFit Sisters is Sisters' only CrossFit affiliate and Sisters' strongest fitness community. Folks from 8 to 80 gather at their new location in Outlaw Station near Ray's Food Place to challenge themselves and build their strength and fitness in a supportive environment.

Workouts are challenging and results-oriented — but there's no need to be intimidated. Coach Ryan Hudson offers a variety of ways to become part of this community. Come in for a free trial workout to ease into a program that will give you life-changing results. Private personal training is newly available on Tuesday and Thursday mornings. Ryan will meet you where you are and help you become what you want to be.

Customized programs are available. Out-of-town drop-ins by Crossfitters are welcome.

People of all ages and backgrounds have found their community at Level 5 Barbell Club & CrossFit Sisters — and discovered strength they never knew they had.

CrossFit
SISTERS

LEVEL 5
FIVE
BARBELL CLUB

JOIN SISTERS STRONGEST FITNESS COMMUNITY!

Customized Programs for Ages 8 to 80

- 37 one-hour group classes a week to fit *your* schedule.
- Private one-on-one, customized training Tuesday/Thursday mornings. Only a few spots left, call for availability.
- Free introductory private session to Fast Track your health & fitness to be your *best* in *all* your activities!

Cenobia Gonzalez:
Lost 54 lbs. and went from 43% body fat to 19%

Tony Gonzalez:
Lost 67 lbs. and went from 28% body fat to 11%



Call 541-699-7800 or email coach@crossfitsisters.com
New and improved location in Ray's Shopping Center

RIGHT STEP
ORTHOTICS S.L.L.C.
COMFORT...FROM THE GROUND UP

Ski • Bike • Hike • Run
Back-Pain
Foot-Pain & Bunions

541-636-0855
— Free Consultation —

GET MOVING™

Since 1952
Therapeutic Associates
PHYSICAL THERAPY
AT SISTERS ATHLETIC CLUB

PHYSICAL THERAPY | AQUATIC THERAPY | POST-SURGICAL
SPORTS SPECIFIC TRAINING | STRENGTHENING & CONDITIONING

541-549-3574
1011 Desperado Trail, Suite 201
Sisters, OR 97759

www.therapeuticassociates.com/Sisters