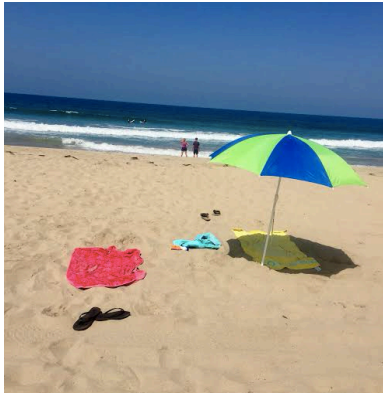


July/August 2018



Century City Physical Therapy Newsletter

FITTIMES

www.centurycitypt.com

(310) 553-2519

SUMMER READING & PODCAST LIST

Summer is here!

If you've spent much time at Century City Physical Therapy you've probably gathered that we like to stay up-to-date on health and wellness trends through a mix of books, podcasts, internet resources, and research articles. We figured summer would be the perfect time to share our current favorite reading and podcast recommendations. Hopefully you get some downtime this summer to check out our suggestions, but even if it's a podcast on the way to work as usual, we hope you enjoy! ■

GROUP CLASS OFFERINGS

Please call to reserve a spot for group classes
(310-553-2519)

Awareness Through Movement® Classes

Taught by Dr. Stacy Barrows. Based on the principles of the Feldenkrais Method®, participants are guided through a series of slow, gentle movements which develop a heightened sense of their own physical restriction and become aware of new, more useful movement patterns. These classes will help you: Enhance exercise and performance skills! Improve flexibility and posture! Ease pain and promote relaxation!

Tuesdays 12:30-1:30pm

Pilates Mat Classes

Taught by Dr. Jamie Schoen, certified Pilates instructor and licensed Physical Therapist. Classes are based on the principles of Joseph Pilates: providing a combination of core strength, toning, and flexibility. Classes are mixed level and are designed to meet the needs of diverse students. Beginners are able to learn and review basic Pilates concepts, while more advanced students are challenged by exercises that progressively build on those basic principals. Please bring your own mat.

Wednesdays 6-7pm

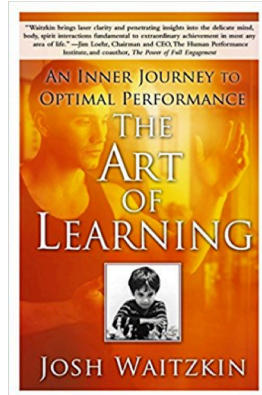
BOOKS

The Art of Learning

By: Josh Waitzkin

If you appreciated the movie “Looking for Bobbie Fisher,” this is the author’s story and insights on how he

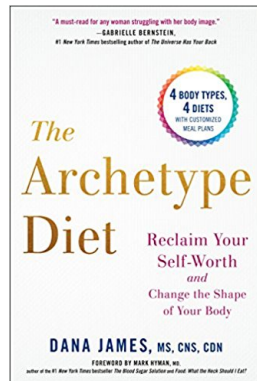
deconstructs how he learns. There is a tie in to movement and learning through his exploration with Tai Chi and mastery. – Stacy



The Archetype Diet: Reclaim Your Self-Worth and Change the Shape of Your Body

By: Dana James

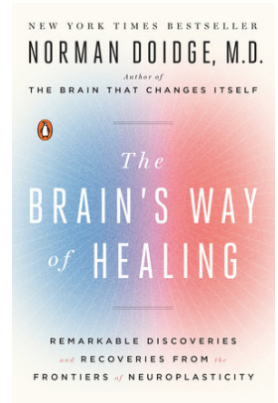
Written by a certified nutritionist also trained in cognitive behavioral therapy, this book does a fantastic job at linking nutritional science to how our thoughts and behaviors developed in childhood play in to our adult eating behaviors and body shape. Dana James, MS, CNS, CDN opens the book by helping the reader determine which archetype they are, then provides easy to follow eating strategies, recipes, exercise suggestions, and meditations to address your individual patterns. –Jamie



The Brain’s Way of Healing

By: Norman Doidge

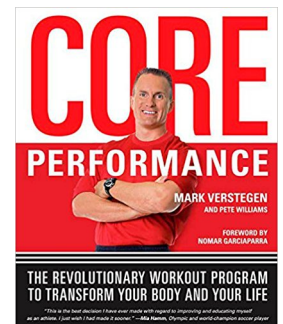
Seven years after enlightening us with the New York Times bestseller “The Brain That Changes Itself,” Dr. Norman Doidge’s follow-up book researches case studies that offer amazing insights into neuroplasticity. There are two chapters dedicated to the Feldenkrais Method™ that can help explain this method for those that are interested. –Stacy



Core Performance

By: Mark Verstegen

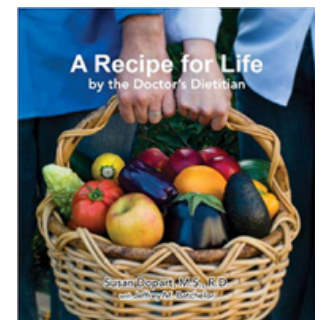
An oldie but a goodie! I continue to recommend this to patients because it’s a great resource for straightforward and effective workouts, including my favorite pre-sports warm-up as well as many of the exercises and stretches I use regularly with patients. –Jamie



Recipe for Life

By: Susan Dopart

Susan Dopart, MS, RD is considered the Dietician of the Doctors, and has written a very user-friendly book on the updated science of a very controversial subject: nutrition. I



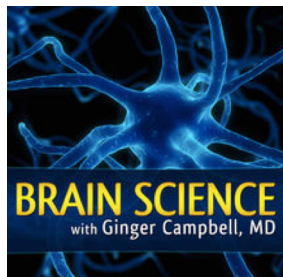
highly recommend this book as well as her blog to stay informed on the science and trends in diet and health.

www.susandopart.com – Stacy

PODCASTS

Brain Science Podcast

Dr. Ginger Campbell is an ER physician who interviews authors, researchers, and more to explore the brain and the exciting research that is being uncovered. **Suggested episode:** #116—Dr. Norman Doidge reviews his book *The Brain’s Power of Healing*.



Pain Reframed

This podcast offers a great resource for those that want to learn more about a difficult subject: pain. Hosted by two



Century City Physical Therapy is owned and operated by licensed physical therapists Susan L Bass, PT, DPT and Stacy Barrows PT, DPT, GCFP, PMA®-CPT. Jamie Schoen PT, DPT is a certified Pilates instructor and is enthusiastic about helping people to be proactive in their own recoveries. Together, CCPT has over 50 years of clinical experience. We combine our varied backgrounds with evidence-based practice to provide up to date models of care to meet individualized needs.



physical therapists who are highly respected in the medical world who interview varied guests to explore this topic.

Suggested episode: #41—Stacy had the pleasure of being interviewed to explain how the *Feldenkrais method* can be of benefit for those who suffer with pain.

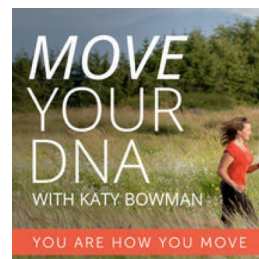
On Being

This should be at the top of my list. Krista Tippet was honored with a National Humanities Medal for her journalism to explore the human condition. I often listen while I am gardening or taking walks in nature. I am always inspired by this podcast and am excited every time I see a new episode in my inbox. In today’s times, it’s nice to feel uplifted.



Move Your DNA

Katy Bowman refers to herself as a biomechanist and she delves into some interesting ideas about movement and exploration.



Suggested episode: #45—“Natural movement and Eyes” can give you insight (pun intended) to how our eyes and movement are so integrated in our way of being. ■