

Good-bye back pain, hello healthy spine

Health- and mental coach Barbara Luigs is announcing the launch of her fitness programme here at the Red Sea. She is sharing exclusively with us the key focus of her new offer and also has some great advice on the factors influencing a healthy back.

Dear readers,

Most people take a functioning back for granted – until the moment some serious back pains prevent them from doing their daily job, enjoying their leisure time or simply getting out of bed in the morning with ease. During their medical treatment and subsequent supporting physiotherapy, they often ask themselves at which point of time in their life they missed the chance to exercise and if that could have prevented their pain.

Let me give you some background on the structure of our spinal cord before I answer this very valid question. Our spine consists of vertebrae and spinal discs, protecting the nerves that run through this pillar, and surrounded by muscles. The backbone plays a complex, important role in our life. The most obvious is that it keeps us upright – our head alone weighs on average of 4 kg that the spinal column must carry. But it is also a mirror for our attitude, our thinking and feeling. If for example, we lack stability in life, this often shows by raising the shoulders upwards or forwards, giving ourselves a feeling of protection.

In order to keep the spinal system healthy, it needs to be regularly exercised and fed. The good news is that the spinal discs are extremely resilient, the bad news is that from our early twenties on, they start showing the first degenerative occurrences. But don't despair, it is never too late to start your personal fitness programme.

Is there any way how you can support your back in your daily life? Certainly so. Already taking the stairs instead of the elevator, getting up once or twice per hour from your desk or sitting down when you have to work in a standing position is a first step in the right direction. A healthy diet with plenty of nutrients and drinking 2-3 litres of still water per day – which is recommended anyway in the dry climate here – adds to a healthy spinal disc.



In my personal back therapy training we will go a step further. First, I will help you understand your back better and which habits you have acquired over time that are not doing good. In the next phase, we will analyse the individual strengths and weaknesses of your body, you will experience the effects of exercising and increasing the strength of the muscles that lend stability to the spine.

My philosophy is that this will only work if you have fun with the exercises. The other good news is that even if you thought so far you lack the time, you will be surprised to learn that with only 45 minutes per week, you can achieve great results. The secret key to this is highly effective exercises and EMS training, especially for people with cardio-vascular issues. During the training, a device issuing a low frequency electric impulse, is attached to your body and reaches also muscles that are very hard to train otherwise with regular exercises.

Even if you have not found the time to exercise in the past, it will be easy to integrate doing something for your body and mind into your day-to-day life. Motivation plays a very important role in working with you and in this area you will see a difference when you work with someone who has a background as a mental coach like I do.

Besides motivation and fun, the participants of a personal back therapy training also benefit from a significant reduction in pain and relaxation of stiff muscles. And last but not least, it feels great to overcome one's weaker self! And if you are already an active outdoor person, the exercises will reflect your personal requirements, whether you are a diver, a golfer or a surfer/skier.

So what are you waiting for? Let's move!

To schedule an appointment with me, please send an e-mail to Luigs@mein-gesundheitscoach.de or call me at +2 0127 562 36 71. For more information about my programme, please visit www.mein-gesundheitscoach.de

Yours Sincerely,

Barbara Luigs



Barbara Luigs
Health and mental coach

Why training with me is different

My previous experience from working in an executive position in a corporate environment helps me better understand and deal with the time constraints of my customers as well as the physical challenges a daily routine sitting at a desk and working with a computer poses on the back.

I know from my own background how good it feels to regain a painless and stable back and enjoy exercises – and I know the limits of a body that has not been well trained for a while. After having worked with executives in Germany for many years in the areas of physical and mental fitness, I am now bringing this experience to the Red Sea, both for people spending their vacation here as well as the local residents.