



John Ghobrial, M.D.  
Board Certified Ophthalmologist

# EYE ASSOCIATES Of Monmouth

"Enhancing quality of life through advanced eye care."



# 732-431-6688

- Cataract Surgery With Advanced Lens Implants
- Glaucoma Medical, Laser & Surgical Therapy
- Customized Laser Vision Surgery
- Diabetic Eye Disease
- Eyeglass & Contact Lens Prescription
- CK procedure to restore reading vision

Visit us at: 410 Route 34 Suite 218 • Colts Neck

## Want to Sleep Better? Get Your Snorer to Our Center.



Snoring is a symptom that has been linked to obstructive sleep apnea (OSA). OSA is a medical condition often associated with excessive snoring, daytime fatigue, severe headaches, irritability, accidents caused by lack of sleep and even depression.

Early detection and treatment of sleep apnea is extremely important. The condition may cause an irregular heartbeat, heart disease, high blood pressure, or even stroke. Just one night at our Center may be the answer to a lifetime of problems.

Call us at 732.360.4255 for a free sleep assessment.

### Raritan Bay Medical Center Center for Sleep Medicine

3 Hospital Plaza, Suite 407, Old Bridge, NJ 08857  
Tel: 732.360.4255 • Fax: 732.360.4257 • [www.rbtmc.org](http://www.rbtmc.org)



Accredited by the American Academy of Sleep Medicine  
All physicians are board certified in sleep medicine

## Health & Fitness

# Move of the month

**NAME OF EXERCISE:** stability ball bridge

**DIFFICULTY LEVEL:** intermediate

**EQUIPMENT:** stability ball and an exercise mat.

**BENEFIT:** This exercise works the abdominal muscle groups, back (erector spinae), buttocks (glutes) and the back of the thighs (hamstrings). It also helps to build core stability.

**PROGRESSION:** Start off doing one set of 8-12 reps. Once you learn the form of the exercise gradually increase to an additional set of 10-15 repetitions.

#### DESCRIPTION OF THE MOVEMENT:

- Lie face up on an exercise mat and rest your feet on top of the ball.
- Contract your abs and bring your arms out to your sides, palm sides down.
- Exhale and press your hips up so that your body forms a straight line from your shoulders to your heels. Maintain a neutral arch in your back (do not hyper-extend).
- Press your heels and the backs of your lower legs into the ball to help
- Hold momentarily in this raised position.
- Inhale and lower your hips back to the starting position.
- Continue performing this movement for the desired number of repetitions.



**WAYNE'S TIP:** During this particular exercise, if you need to support your lower back you can put your hands underneath your glutes or flat on the floor underneath you. To add an additional challenge try this exercise with only one leg on the ball.

*This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or visit [www.ftfreehold.com](http://www.ftfreehold.com).*