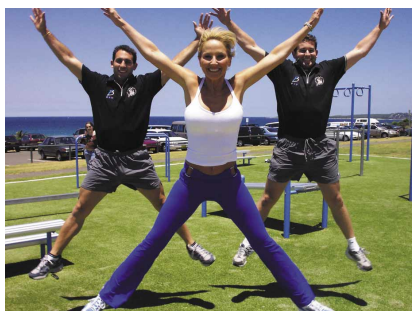




PERSONAL TRAINING NEWSLETTER

*B*elieve *B*ecome *B*Fit

GROUP DIABETES LAUNCH



FUN FACTS

- When taking *BI*, Pressure a difference of more than 20-40mmHg for systolic between arms indicates blocked arteries. (MH Columbia university study)
- The Himalayan Gogi berry contains weight for weight more iron than a steak, more beta carotene than carrots and more vitamin C than oranges.
- A Mayo Clinic study, led by nutrition researcher Wayne Callaway, MD, found that breakfast eaters started their days with significantly higher metabolic rates than breakfast skippers, equivalent to burning an average of 150 additional calories a day.
- Every time you lick a stamp, you are consuming 1/10 of a calorie
- 47% percentage by which 4 hours of exercise a week lowers your risk of heart disease
- If you crave that potato: Try 'sweet potato' — it has been classified as an 'anti-diabetic' food. Recent animal studies have shown it to lower insulin resistance and help stabilize blood sugar levels. This may partially be due to the high concentration of carotenoids. (WHFoods)

We are getting amazing results with lifestyle changes showing to prevent or delay the onset of type 2 diabetes with adults decreasing modest amounts of fat weight while activating lean muscle tissue through regular physical activity.

A Canadian study of type 2 diabetics concluded that exercising just three times a week combining aerobic and strength training had the biggest improvements in HbA1C levels. (Annals of Internal Medicine, Sept 18th 2007, vol 147)

A Study by UKPDS (1998) found that a reduction of HbA1c of 0.9% can reduce the risk of diabetic complications by 20-50%. The current exercise guidelines for maintaining and improving health are an accumulation of at-least 30mins of moderate aerobic and strength activity 3 or more days a week. However it is estimated that 60-80% of type 2 diabetics do not follow these guidelines and around 1/3 are completely sedentary.

DIABETES SUFFERERS GET MEDICARE HELP

Fitness key to wellness

By Belinda Connolly

TYPE 2 diabetes has been described as an illness of affluence that is hurting more and more people.

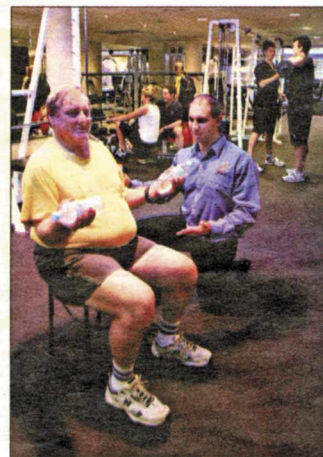
About 7 per cent of adult Australians have type 2 diabetes, and more than 3 million Australians will develop the disease by 2030 unless they adjust their lifestyle.

A Medicare rebate has been introduced to encourage people with the disease to attend group-exercise classes.

Brett Butterworth from B Fit at Caringbah wants people to know they can delay the symptoms of the disease by adjusting their lifestyle.

Mr Butterworth said the rebate was available for classes run by accredited diabetes educators, exercise physiologists and accredited practising dietitians with a GP's referral.

"I'd like to see more people enjoy their lifestyle and improve their quality of life," Mr Butterworth said. "It is never too late to start a healthy lifestyle."



Active approach: Greg Moran, who has type 2 diabetes, is put through his paces by Brett Butterworth from B Fit. B Fit is hosting two information seminars on September 11 at 12.30pm and 7.30pm to explain the rebate. Call 9540 9995 for more information.

Picture: Lisa McMahon

as reported in the Leader

PROMOTION!!

Join before 31 March and receive your 1st 2 weeks group personal training membership free!!
(1st time users only)

PROMOTION!!

Bring a friend in who joins and receive a free personal training session off your pack
(Current members)



F I Y
AUSTRALIA

Alcohol fans take note:

- A glass of wine with a carbohydrate dinner can reduce the GI of the meal. Blood sugars levels have shown to rise less with white wine, than when drowned in water. This could be due to the high acidity of wine helping to slow digestion, preventing sugar entering the blood stream as quickly.
- Dunking berries in alcohol increases their levels of disease fighting anti-oxidants – this yields more ammunition against oxidative cell damage. (MH US study)

CONGRATULATIONS!!

Winner: Jacki Masteroides - At age 45, since the beginning of his training Jacki has lost over 30kg, decreased his fat weight by 29%, lost over 34cm off his waist, and more than doubled his Vo2 cardiovascular fitness from 17ml.kg.min-1 to 47ml.kg.min-1

Fastest weight loss: Ben Preen - who dropped an amazing 18kg in 12 weeks

Over all size reduction: Maija Tillers - who has reduced her waist measurement by 21.6cm, hip measurement by 22cm and lost over 29kg



Jacki Masteroides BEFORE



Jacki Masteroides AFTER



Get work specific with functional training

Keeping at the forefront of the industry, B Fit hosted a health professional seminar launching its latest **work cover accreditation**. This was conducted by Dr George Pitsis and Brett Butterworth, focusing on team work between allied health professionals and injury rehabilitation for back and shoulder pain.



Don't take Back Pain lying down

Back problems are leading musculoskeletal health system expenditure with an estimated total of over \$700 million PA. In Victoria alone, claims lodged for back injury with the workers compensation scheme cost the community \$510 million during the 1999-2000 financial year. (Medical journal of Aust).

Contributors to lower back pain, includes poor muscle conditioning, obesity, smoking and improper lifting technique.

The spinal column and its contiguous muscles, ligament and tendons are designed to move, and reduced motion can accentuate back pain. Thus don't take back pain lying down.

Dynamic lumbar stabilization and McKenzie exercises serve to reduce back pain through stabilization of the inner unit. This includes strengthening of the diaphragm, transverse abdominus, pelvic floor, multifidus and gluteal muscles . Combined strengthening of both the inner and outer units allows for a stronger core.

Suggested strengthening exercises: Supine back presses, supine heel taps, prone holds on forearms.

Tip: Draw belly button into back.

Suggested cardio-vascular exercises: Soft ground walking, water based exercises, bike work.

Tip: Easy aerobic fat burning will assist in fat loss and taking the load off the affected area, this will also help to warm up the area with blood flow and aid recovery.

Avoid: Hard surface impact, dehydration, over-stretching and overflexion of the abdominal area, eg; crunches.

We welcome questions - please don't hesitate to phone us on: **9540 9995** or email us on: **bfit@bfit.com.au**

www.bfit.com.au