



EXERCISE PHYSIOLOGY NEWSLETTER

Believe **B**ecome **B**Fit

KICK START YOUR HEALTHY HEART



Trainer Matt Counsel with Robert B

FUN FACTS

- A review of 31 studies conducted by the University of California concluded that up to 2/3 of people who under took strict diets actually gained more weight than they had lost after ceasing the diet.
- The avocado has the most calories of any fruit.
- Eating 8 strawberries will provide with more vitamin C than an orange.
- Yo-Yo dieters are 2 1/2 times more likely to develop kidney cancer.
- The make-up of a fig has shown to have anti-diabetic properties. They have been shown to reduce the amounts of insulin needed by persons with diabetes who require injections. (WHO)

1 in 5 Australians report at least one cardiovascular condition (MJA, 2006). Although there is overwhelming evidence supporting the use of physical activity in the prevention and treatment of CVD, over 50% of Australians participate in insufficient amounts of physical activity (MJA, 2006). It is estimated that if individuals follow the current guidelines for physical activity, there will be a reduction in cardiovascular events by 30-40%.

With high blood pressure being the most common cardiovascular condition regular activity can improve the dilation (relaxation) of blood vessels resulting in better vascular wall function and oxygen supply to the muscles, improving blood pressure and reducing fatigue. A combination of aerobic and resistance training has proven to decrease angina symptoms by increasing the angina threshold, improve blood pressure and blood profiles, increase walking mobility, distance while increasing the overall quality of life.

B Fit offers structured exercise programs for individuals recovering from heart attacks and/or surgery. Exercise programs will be tailored specific to the individual and parameters set in accordance to ACSM.

Whether the individual has suffered from a myocardial infarction (MI), stroke, bypass surgery, angioplasty (stent or no stent), implantable device, angina or other heart condition B Fit will provide a safe and effective program.



Trainer Bianca Cumines



Trainer Kim Noyes

BELIEVE • BECOME • B FIT



PROMOTION!!

Renew your personal training packs and studio membership in full before the end of July and receive **1 month free studio membership for you or a friend.**

CONGRATULATIONS!!

Andrea Kocsis has impressively decreased over 23kg and is now parading around with a waist to hip reduction of over 19cm.



Greg Moran decreased his weight by a whopping 16kg and is now running like a human juggernaut.

Glen Tollis has reduced his waist measurement by over 16.4cm and dropped 18kg, Glen now looks like a younger version of his former self.



Alister Reid has tucked in his midsection by over 12.5cm while decreasing the load on the scales by over 15.2kg.

GET HOT THIS WINTER!

Make it easier on yourself and set a goal not to go backwards this winter. How do you achieve this? Easy!! Maintain your muscle and fitness base. Set a realistic goal to activate each muscle group once to twice a week. Yes the mornings are colder, but you can warm yourself up for the day by firing up your metabolism by eating breakfast and having a hot drink. Try to avoid those starchy potatoes, pumpkin, rice and pastas in the evening and have them for lunch instead. This means that you won't be storing them around that midsection, while you're sleeping. Try having more tomato or minestrone soups. Choose more spicy foods in winter, it has been shown that chili can increase your metabolism. Make it easier for your summer fat reduction by adhering to a sensible exercise regime and not to go backwards this winter.



10% OF THE POPULATION SUFFERS FROM SHOULDER PAIN - IS THIS YOU?

Shoulder impingement may develop following an injury or as a result of repeated overuse.

Symptoms include difficulty reaching up behind the back, pain with over head use of the arm and weakness of the shoulder muscles.

The 'impingement zone' to avoid is 70-120degrees of shoulder abduction. Shoulder impingement confirms the presence of scapula (shoulder blade) muscle imbalances thus an emphasis should be placed on the restoration of scapula muscle balance during rehabilitation.

As pain and inflammation subside, isometric or isotonic (using a fixed weight) exercises are prescribed initially to strengthen the rotator cuff muscle group.

Exercises include external and internal rotation of the shoulder as-well as horizontal abduction causing contraction of supraspinatus, infraspinatus, teres minor and subscapularis.

Lateral rotation exercises are required to strengthen the two smallest muscles of the rotator cuff group: infraspinatus and teres minor.

Subsequent strengthening exercises are then performed in other planes of movement to strengthen the remaining shoulder.

Suggested exercise: Wall angels help to facilitate middle and lower trapezius muscles, whilst also recruiting the rhomboids and shoulder external rotators for correct posture and alignment.

Avoid: complete immobilization of the shoulder joint with tight slings as adhesive capsulitis can form.



Brett Butterworth spots through a 'Wall Angle' exercise.

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