



WELCOME to the FitWomen™ and FitMen NEWSLETTER for NOVEMBER/DECEMBER 2009

RECENT EVENTS

Oxfam Trailwalker and Harbour Bridge Run

Congratulations to Greg Crowley, Simon Jagot and Dave Brewster for completing the Oxfam Trailwalker at the end of August and Congratulations to Rivka Goldberg, Jo Cooper, Kyla Slaven and Rivka Goldberg for their 9km run in the Bridge Run as part of the Runner's Festival in September. We are looking forward to having a team to do the half marathon next year and perhaps a few more entrants in the Oxfam!

UPCOMING EVENTS:

Kat's Farewell and Christmas drinks:

Please join us for farewell drinks and a celebration of Kat's time with us! It is also the perfect excuse for some Christmas cheer, the more the merrier so please pop in to say 'Merry Christmas!' See below for details.

"The Sanctuary of Light" Seminars and Workshops:

After my trip to Peru and the business course, I have launched a new branch to the business with educational workshops in Mind/Body/Spirit. I am bringing out healers, Shamans and experts in their field from USA and Peru in 2010. They are amazing healers and it is very exciting and a rare occurrence to have so many highly respected and experienced energy workers brought together for these workshops which begin in January 2010! I am also running workshops and seminars in March/April next year and I am chatting with other experts to continue the exciting education programmes throughout 2010, so watch the website as more events are posted!

There are workshops for both children and adults and numbers are limited so take a look at the course outlines and bios of the experts at:

www.sanctuaryoflight.com.au

Fitmen and Fitwomen hours into 2010:

Fitwomen and Fitmen will be closing at 12 noon on December 24, 2009. We will re-open on Monday 4th January.

- Studio Fitness sessions will be on Monday/Wednesday/Friday and Saturdays for January, with the full class schedule resuming on Monday 1st February (depending on demand)
- Beach fitness sessions will resume on Wednesday 3rd February 2010. Ring Eddy if you are keen to begin earlier ☺
- The Sanctuary of light energy workshops begin on Thursday 8th January with workshops for 6-12 year olds at 10am
- Iyengar yoga with Margaret will resume on Sunday 17th January on Sundays and Tuesday evenings. Thursday evening will resume as an 8 week course from Thursday 28th January (min. numbers required). Please register at the studio via e-mail or phone
- Hatha yoga with Justine will resume on Thursday afternoons as an 8 week course, from Thursday 28th January (min. Numbers required). Please register at the studio via e-mail or phone.
- Pre-natal yoga will resume as an 8 week course from Saturday 7th February (min numbers required). Please register at the studio for the course.
- Pilates will resume on Monday 1st February at 6:30pm and Friday 5th February at 9:30am for an 8 week course (min numbers required). Please register at the studio. If you are interested in classes over January please let Lou or Eddy know by 5th December 2009 and we may run January sessions.
- Spin classes and Express classes will resume in Jan/Feb 2010 please register interest for preferred times in 2010.

PHOTOGRAPH OF PAULINE HERE ☺

Congratulations to Pauline Halkitis who has won client of the season for her dedication and fantastic results over September/October. She has been highly motivated, training 4 times per week, increasing her fitness and changing her body shape so I asked her a few questions about her training.

How long have you been training at Fitwomen and Fitmen ?

I trained at Fitwomen 9 years ago for 18 months and I have come back again this year in May-6 months this year.

What made you come back to our Fitwomen/Fitmen centre?

I came back because I know Eddy is the best in the industry and I had the best results in the past with Eddy. She got my body to where I wanted for my 30th and now I am back for my 40th!

Do you have any tips for keeping on track?

Stay focused on your goal and keep trying on your smaller clothes! Trying on my favourite jeans and wanting to wear them again has kept me very motivated!

How did you achieve your goals?

I am known for my winging and my 'phantom' repetitions, but Eddy knows me too well so I haven't been able to get away with them. I guess no phantom repetitions has meant better results!

What are your health and fitness goals for 2010?

To get back to a size 10 and to be fitter and even more fabulous!

What do you like best about training at Fitwomen?

It's fun working out with Eddy-its not like a big commercial gym. Eddy makes it fun and puts up with me, we always have a good laugh!

HEALTH TIPS

Benefits of Spices, Herbs and Vinegar

Many clients say to me that they struggle with the lack of flavour in their low-fat meals. Spices are the perfect solution as they make your food taste better, they are full of anti-oxidants and healthy compounds.

Ginger

This root-like spice contains polyphenols, a group of powerful anti-inflammatory compounds.

Studies show that ½-1gram (about half a teaspoon) of ginger daily can reduce joint pain.

Turmeric

This bright yellow curry spice gets its colour – and health benefits from a compound called curcumin.

Scientists believe curcumin may lessen muscle soreness post exercise, as well as protect the brain from diseases such as Alzheimer's.

Vanilla

The rich flavour of vanilla comes from two powerful antioxidants that may help reduce muscle soreness and

ward off age-related diseases that have their origins in oxidative damage.

Red Chilli Pepper

In some studies, consuming capsaicin, the spicy hot phytochemical in peppers, reduced osteoarthritis pain. It also has been shown to cause a short-term spike in metabolism, allowing your body to burn a few extra kilojoules.

Marjoram

According to a 2005 study in the British Journal of Nutrition, adding just a small amount of the aromatic herb marjoram to a salad of lettuce, tomato, onion, carrot, and cucumber boosted its antioxidant value by 200%.
(Ref: Runners World 2009)

Salad Dressing with Vinegar

Dressing salads with olive oils and wine or apple vinegars also increases the antioxidant capacity.

Scientific research also indicates that vinegar (as little as 20ml) or lemon juice in the form of a salad dressing consumed with a mixed meal lowers blood sugar levels by as much as 30%. The best vinegar was found to be red wine vinegar.

TEST RESEARCH

Exercise protects against type 2 diabetes in all age groups



An ongoing study in the US is looking at how exercise can help protect against diabetes by boosting the function of mitochondria, the energy centres of cells. Dr Nicolas Musi, a diabetes specialist and associate professor in the School of Medicine at The University of Texas Health Science Center at San Antonio, is studying the effects of physical activity on the mitochondria. By converting different nutrients into energy, mitochondria are mini-powerhouses for energy production.

Musi said, 'With age, there is a decline in the number and function of the mitochondria. We did an exercise intervention in older individuals and noticed that physical activity improves mitochondrial function substantially in people over 65'. Explaining that it is never too late to reap the health benefits of exercise, Musi said, 'While the benefits are related to the amount of exercise, in general, any amount of exercise is better than none. Even small amounts of exercise can confer benefits. However, it is important to design an exercise program that will not cause harm, particularly in older persons or those compromised by conditions such as heart disease. If an older person has not done regular exercise for several years, it is best to begin a new exercise program under the supervision of a physician or certified trainer'.

One contributing factor of type 2 diabetes is age-related decline in the number of mitochondria, but this can be reversed with exercise; 'Older patients have a high incidence of diabetes and pre-diabetes, but respond very well to exercise. We are investigating how physical activity can prevent diabetes in people who have pre-diabetes' Musi said. Although it is not known why exercise helps increase the fat and sugar-burning efficiency of muscles, it is hypothesised that physical activity may activate an enzyme called AMP kinase, which monitors energy levels, maintaining normal energy levels in cells.

Musi said, 'Further study will help us understand how exercise works to improve our health. Also, by doing research in exercise, perhaps we can develop medications in the future that work like exercise. These could be used to help people who cannot exercise, and to maximize the benefits of exercise for those who can'. Source: *University of Texas Health Science*

Are you sitting comfortably?

For years we have been told to sit up straight, but now researchers are questioning just how ideal the 'ideal' sitting posture really is. A study carried out at the University of Queensland's Centre of Clinical Research Excellence in Spinal Pain, Injury and Health, has found that the posture frequently advocated as 'ideal' is not achievable without assistance, and that the recommended 'curved lower back' takes considerable effort to maintain. Lead researcher Dr Andrew Claus said that the decisions on what constitutes 'good' and 'bad' postures have traditionally been based on measurements of the pressure applied to spinal discs in different positions, and that the assumption that slouched positions are bad for you is based on this belief. His study, he says, is the first to accurately measure how the spinal muscles respond when manipulated in a range of postures. 'That's the thing that we're starting to redress. It may be that slumped postures are uncomfortable for the spine and may cause people some problems, but the science to actually test or prove that is really weak' Claus said. For the study, sensors were attached to the backs of ten male participants, and the angle of their backs was monitored as they attempted to copy an assortment of postures. The 'ideal' curved lower back posture was not achievable for the men without the assistance of a physiotherapist, leading Claus to suggest that people need actual training and assistance to learn how to sit properly.

Contrary to previous research findings by the Centre of Clinical Research Excellence in Spinal Pain, Injury and Health appeared to show that, contrary to previous thinking, sitting is not linked to damaged spinal discs. Claus said, 'There's reason for confidence that why we sit all day is partly because it's not as bad as we used to think. I do think that we're heading towards something really clinically useful once we get to the stage of clinical trials comparing one posture versus another and how people respond to that'. Source: *Manual Therapy, Fitness Network 2009*