

personal trainers

Sarah Harrison

As a Personal Trainer, Sarah's aim is to assist people in finding a sustainable, balanced way of incorporating fitness into their lifestyles. She specialises in functional training, specific to the needs of the client. Main areas of focus are postural correction, core stability, weight management and strength development. As a martial artist, Sarah also offers boxing for cardiovascular improvement, and stretching for the development of flexibility.

Contact Sarah: ph 0431 370121
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Starr Hindley

Starr believes in the wholistic benefits of exercise and achieves this through postural improvement, cardio and weight training. She specialises in boxing, postural balance and performance analysis. Contact Starr: ph 0425 735 944.

Please consult your chiropractor before embarking on a new fitness regime for optimal results and expert advice.

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Matt Pow
Anna Gileno
Adriano Brochardo



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 13th August, 2007

Exercise in August

Saturday 25th August 10.00 am

BOOK NOW!

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exercise
c4w newsletter
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summer is just around the corner

We are now into our last month of winter and most of us are looking forward to some warmer weather. The Bureau of Meteorology has informed us that this is the coldest winter in 8 years!

Winter is the season for eating a lot of food, sleeping a lot and staying indoors. Consequently many of us will have reaped the rewards of a sedentary life by gaining a few extra kilos. Now is the time of year to start thinking about the warmer months - long hot summer days, the beach, t-shirts and shorts. Every women's magazine at this time of year starts promoting this diet and that diet to get us "skinny" for the beach.

While we do suggest you eat a healthy, diverse diet with as little processed food as possible, the best way to shed those kilos is to get off the couch and get moving!

Our newsletter for August is all about exercise and the key ingredients to getting you fit and healthy!

As part of our theme Sarah Harrison, a personal trainer from Fuse Fitness, will be doing a talk and taking you through a light exercise program on Saturday, August 18th at 10 am. There is only room for 10 people, so please register asap at reception. The fee is \$15.00 per person with all proceeds being donated to the Australian Spinal Research Foundation. This fee is tax deductible.

Have a fantastic August.

thought for august

Life's not just being alive, but being well
- Martial

the ingredients of a great exercise regime.

The four basic ingredients to great exercise regime are the following:

- cardio training
- weight training
- core strength exercises
- stretching

Cardiovascular fitness

Cardiovascular fitness, also called cardiorespiratory fitness, is the ability of the lungs to provide oxygen to the blood and the heart to transport the oxygenated blood to the cells of the body. It is also the ability of the body to sustain an activity for an extended period of time. Engaging in cardiovascular workouts help the body to decrease blood pressure, lower body fat, decrease cholesterol, increase heart function, increase the ability to handle stress and anxiety, and many more. Keep in mind the F.I.T principle when doing cardio exercise: frequency, intensity and time. Aim to increase your heart rate 3 to 5 times a week, vary intensity during your work out and work out for at least 20 - 30 minutes.

Weight training

Weight training increases the strength and ability of muscles, increases the body's metabolism, and therefore the ability to burn fat, improves appearance of the body, increases energy, increases physical capacity ie. do more with less effort, and decreases risk of injury. As we age our body's metabolic rate decreases. It is important to increase muscle mass which keeps the metabolic rate high. One very important part of weight training is getting good advice about technique. Many people lift weights incorrectly and cause themselves more harm than good. Good technique maximises weight training and you get better results sooner! Typically 2 weight training sessions of 45 minutes each per week is enough to get great results

Core Strength exercises

The core is you entire torso, including the internal organs. The muscles of the core protect the internal organs and the spine. Good core strength helps the organs to maintain proper function and assists the spine in maintaining proper posture and alignment. When your core muscles are strong you also hold a chiropractic adjustment for longer! Pilates, Callanetics and Fit ball exercises all work on strengthening the core. Again technique with all these types of exercise is important in order to gain the best results and decrease the chance of injury. You can include core exercises as part of a weight training session, however being mindful of you core every day is essential. Stand with you pelvis slightly tilted forward and slightly contract your abdominal muscles to maintain good posture and keep core muscles working. Pelvic floor muscle contractions for men and women are great too.

Stretching

Flexibility is an essential part of any exercise regime and is often forgotten or ignored. Stretching improves stress levels, increases blood supply and fluids to joints, increase coordination, increases performance and reduces risk of injury. Stretching should be performed both before and after exercise. Yoga. Pilates and Tai-chi are all great for flexibility . You can also pick up a stretching brochure from us too! When stretching you should aim to gently increase the stretch and hold the position for 20 - 30 seconds. Never bounce. It is better to repeat the stretch 2-3 times and increase the intensity as you go.

Getting sensible advice from experts before you start an exercise regime is essential. More often than not people exercise incorrectly or subconsciously compensate and change the way they exercise, leading to poor habits and injury. Some sessions with a personal trainer is a fantastic way to make sure you are always exercising correctly and increasing the intensity as you become fitter.