

Upcoming Events:

Sunset Series race 3

Princes park 4km-8km

5th march

www.starttofinish.com.au

Twilight Tan Time trial

Melbourne 4km-8km

13th march

www.runningcalendar.com.au

Gatorade triathlon

750m/20km/5km

30 march

www.supersprint.com.au

Team up tri series race 5

6th april

Kids,mini,sprint,Olympic

www.starttofinish.com.au

Two months down and it's already March! We hope you're all flying towards your 2014 health and fitness goals. After self-proclaimed 5 time running PT of the year won the 2014 Kew Golf Club Championship, Paul Walter has taken his winnings and is leaving us to go on vacation to Africa! We wish Paul (aka The King) well in his quest to return to his pride.

Technique Tips

Pushup up

1. Start with your hands slightly wider than shoulder width, roughly at chest height
2. If on toes, keep feet hip width apart and keep a straight line from your ankles, through your hips to your shoulders.
3. If on knees, place them at a distance where you can keep a straight line from your knees, through your hips and to your shoulders throughout the entire repetition
4. Ensure neutral spinal alignment is maintained. Squeeze your shoulder blades together and keep eyes on ground in front of you
5. Slowly lower yourself down and push up whilst keeping your shoulders back and down

Lat Pull

1. If performing wide grip, place hands slightly wider than shoulder width & on top of the bar
2. If performing close grip, place hands at shoulder width apart and underneath the bar
3. Feet flat on ground, knees in line with hips, knees at 90° and lean slightly back from hips
4. Pull bar down, elbows moving back and down until the bar touches upper chest
5. Raise bar up slowly, keeping shoulders back and down until elbows are extended

Squats

1. Knees and feet at hip width apart
2. Centre of gravity b/w balls of the feet and heels
3. Imagine you are sitting backwards and down when you are lowering your body
4. Try get to a depth where your thighs are parallel to the ground
5. Imagine you are forcing your knees outwards throughout entire repetition and push through your heels and outside of your feet
6. Stand up tall at the top of the repetition

Always perform full range of motion at a controlled tempo for all repetitions

Healthy Ageing – staying physically active

(Information adapted from betterhealth.vic.gov.au)

The physical decline of older age

Without regular exercise, people over the age of 50 years can experience a range of health problems including:

- ↓ muscle mass, strength & physical endurance
- ↓ coordination & balance
- ↓ joint flexibility & mobility
- ↓ cardiovascular & respiratory function
- ↓ bone strength
- ↑ body fat levels
- ↑ blood pressure
- ↑ susceptibility to anxiety & depression
- ↑ risk of diseases including cardiovascular disease & stroke.

Common myths

Many older people believe that exercise is no longer appropriate. Some common misconceptions include:

- Older people are frail & physically weak.
- Older people don't require as much physical activity
- Exercising is hazardous for older people
- Only vigorous & sustained exercise is of any use.

Benefits to the older body

Muscle – A reduction in muscle size may be related to a sedentary lifestyle, rather than age. Regular exercise can still increase muscle mass.

Bone – Exercise may help to reduce the risk of bone loss & osteoporosis. Weight-bearing exercise, helps to keep bones healthy & strong.

Heart & lungs –Regardless of age, people are able to improve their cardiorespiratory fitness through regular exercise.

Joints – the joints of the body require regular movement to remain supple & healthy.

Body fat levels – Regular exercise burns kilojoules, increases muscle mass & speeds the metabolism.

Improvements/Additions to the Gym:

I hope you all were as excited as we were with February's surprise. No longer do you require sunglasses and SPF 50+ to do a morning circuit class. This month expect to see:

1. New Dumbbells
2. New Kettlebells

**“Age is no barrier. It's a limitation you put in your mind.”
- Jackie Joyner-Kersey.**

Salad of the Month

Hellenic Republic's Cypriot grain salad



Ingredients

1 bunch coriander, chopped
 1/2 bunch parsley, chopped
 1/2 red onion, finely diced
 1 cup freekah (or cracked wheat or quinoa)
 1/2 cup Puy lentils
 2 tbsp toasted pumpkin seeds
 2 tbsp toasted slivered almonds
 2 tbsp toasted pine nuts
 2 tbsp baby capers
 1/2 cup currants
 Juice of 1 lemon
 3 tbsp extra virgin olive
 Sea salt to taste
 1 pomegranate, deseeded, to serve

Dressing

1 cup thick Greek yoghurt
 1 tsp cumin seeds, toasted and ground
 1 tbsp honey

Method

Blanch freekah and lentils separately in boiling water until both just cooked.
 Drain well and allow to cool.
 Mix the yoghurt, ground cumin and honey until combined.
 In a medium bowl, place the coriander, parsley, red onion, freekah, lentils, toasted nuts, capers, currants, lemon juice and olive oil. Mix well and season to taste.
 Place into serving dish and top with cumin yoghurt and pomegranate seeds.

How's your booty going?

For many people the size and shape of their booty is very important, as an osteopath the way in which your booty contracts is more important than the way it looks. Our booty (Gluteal muscles) consist of three separate muscles; Gluteus maximus, Gluteus medius and Gluteus minimus. These muscles are important as they hold us upright while we stand and stabilize our pelvis while we walk and run.

In our clinic, many patients present with acute or chronic injuries of the lower limb or spine, generally this results in the gluts switching off. Initially this process slows us down which aids in the healing process, the problem exists when the gluts are unable to switch back on once the injury has healed. The brain starts to redirect any neural signals originally meant for the gluts to the surrounding muscles (lumbar erector spinae muscles and the hamstrings). We are now left with a brain and booty that don't communicate, overactive lower back muscles and hamstrings. This sequence of events can directly cause lower back pain, hamstring irritation, tight ITB and patella-tracking dysfunction.

Within our osteopathic practice, when treating a patient whose gluts have switched off, we not only prescribe exercises to train the gluts to start firing appropriately again, we also aim to establish why they turned off in the first place.

The following simple exercise is a great way to build the connection between your gluts and brain. – Get that booty contracting again!

1. You need to be seated in a chair with your feet flat on the floor
2. Place your hands under your bottom to monitor the gluts contracting.
3. Contract your left side and then the right and alternate contractions for 5min.

Good luck and if you'd like to ask any questions please don't hesitate to contact the osteopaths at Eastern Osteopathy Melbourne on 03 9095 6556 or easternosteopathy@gmail.com

If you're interested in coming to see one of our experienced osteopaths, as a special offer to the members of Fitness Dimensions your initial consultation will be the price of a return consult. A saving of \$30. Valid until Easter 2014.

Dr Kathryn and Elizabeth Johns (osteopaths)

Snack of the Month - Energy balls

Ingredients

1/2 cup dried figs, chopped
 1/2 cup plain, chopped roasted unsalted almonds
 1/2 cup brown puffed rice
 1/4 cup plain, unsalted cashews
 1/4 cup maple syrup
 1/4 cup tahini
 1/4 cup sesame seeds

Method:

Combine figs and almonds in a food processor for 1 minute or until mixture forms a medium-fine consistency.
 Add puffed rice and cashews and pulse for 15 seconds.
 Pour maple syrup and tahini into mixture while the motor is still running, until mixture reaches a moist consistency that
 Using damp hands roll a heaped teaspoon into a ball and coat with sesame seeds. Repeat to make 12 balls.
 Store in airtight container in the pantry for up to 3 weeks until ready to eat.