



LTYB

Listen To Your Body
results focused personal training

Newsletter

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"The Physio Association of Australia have recently released a study showing that all stretches should be held for 10 - 30 seconds"

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THE IMPORTANCE OF FLEXIBILITY DO YOU STRETCH AFTER EVERY WORK OUT?



What is flexibility?

Flexibility is classified as a health related component just like body composition, cardio respiratory fitness and muscular strength. It contributes to an overall improved quality of life. Flexibility is the ability to move a joint or series of joints smoothly, easily and pain-free through a full range of motion (ROM).

What are the benefits of stretching and increasing flexibility?

- Improves posture and balance. As we grow older this can help to reduce the risk of falls.
- Improves circulation which increases blood flow to muscles. This speeds up the recovery process of muscle repair. Increased circulation also increases our energy levels.
- Improve strength and cardiovascular training technique
- Increases ROM which reduces risk of injury. When muscles and skeletal joints are prepared to encounter exaggerated movements, there is less likelihood of damage to occur.

- Minimise and alleviate muscle soreness
- Provides a form of exercise where your body and mind can relax, which may help to reduce stress and muscle tension.
- Increase and maintain ability to carry out activities of daily living. I.e. carry heavy objects, reach up above.
- Reduce back pain. Tight muscles such as hamstrings and gluteus maximums (back of thigh and buttocks) can be the cause of back pain, especially lower back pain. Stretching these muscles help to reduce tightness and therefore reduce and even eliminate pain.



Guidelines for increasing flexibility using static stretching methods:

- Static stretching is the most common method used to increase flexibility. Static stretching involves slow movements into position and holding the position for a few seconds at peak tension.
- It is recommended to stretch major skeletal muscle groups at least 2-3 times a week, 5-7 time is optimal.
- When stretching a muscle, move

into a position of mild discomfort before holding the stretch.

- Hold each stretch for 10-30 seconds. There seems to be little additional flexibility benefit to static stretch times that exceed 30 seconds.

- Exhale slowly as you move toward the end point of a stretch and inhale as you return to the starting position.



When should you stretch?

It is best to stretch after a brief warm up, during or at the end of a workout as the increase in muscle temperature increases the elastic ability of the muscle. Therefore if you stretch when your muscles are warm, you are allowing your muscles to stretch to their full potential and therefore gaining a greater ROM.

So next time you decide to skip stretching for whatever reason after your workout or put it off until you get home, think again and you will be actively contributing to increasing your quality of life.

- Nadia Perich BAppSc(Exercise Science); BA
LTYB Personal Trainer

A DELICIOUS AFFARE
FINE FOOD & CATERING



"If shoes aren't fitted for your feet, you can get problems such as back pain!"

"30 minutes of steady state running or bike riding will burn on average 400-500 calories"



Meal of the Month

Healthy eating tip:

It's ok to eat carbohydrates at night time, as long as you're having low GI carbs, it can be a good source of energy to keep your metabolism burning throughout the night. A good source of low GI carbs is brown rice. See our March edition newsletter for a healthy fried rice recipe using brown rice. Much like the engine in your car needs petrol our bodies need Carbs to run. Carbs provide the fuel for our bodies to function. Low Carb diets while popular can cause depleted energy levels during the day and restless sleep. Controlled amounts of Carbs is the key to a balanced diet.

Healthy Lamb Burger:

- Red onions, halved, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 4 Trimmed lamb leg steaks
- Olive oil cooking spray
- 4 Halved wholemeal rolls
- 2 tablespoons low-fat hummus
- 30g baby spinach leaves
- 2 tomatoes, sliced
- 225g can beetroot, drained



1. Combine onions and oil in a microwave-safe bowl. Cover. Microwave on HIGH (100%) power for 3 minutes. Preheat barbecue grill and plate on medium-high.

2. Cook onions on barbecue plate, stirring, for 5 minutes. Stir sugar into onions. Cook a further 3 minutes.

3. Spray both sides of steaks with oil. Season. Cook on barbecue grill for 3 minutes each side. Remove to a plate

4. Spread rolls with hummus. Add spinach, tomatoes, beetroot, steaks, onions and bread tops. Serve.

(Serves 4)
* 450 Calories per serving.

One Shoe Fits All ?

Your old runners have finally seen their last step and you decide it's time for a new pair. Walking into the local sports store to find yourself a pair seems like something pretty simple, what color you think looks nice and do they have your size. Unfortunately your feet require something a little more than the colors of your runners to match your work out gear.

Every ones feet are different and unique. What this means is your shoes and especially your runners need to be suited to

them. For instance if you have flat feet and buy a pair of runners with no arch support to push the arch in your foot up, over time it can cause injuries such as; Plantar fasciitis, tendonitis, knee pain, hip pain etc. Your feet are the first thing that meets the ground and if their support system (shoes) isn't correct then it can cause major implications for your whole lower body. When doing a work out, the runners you wear are the most important piece of training equipment. During a training session you are putting the most amount of load on your body and the foundation needs to be

correct. Companies like "athletes foot" will look at you walking bare foot and assess your feet for the best fit. Also a lot of shops like "SIMS sports" will get their sales people trained by podiatrists to assess feet. So the best thing to do when buying runners, before looking at what design looks best and the price tag, is ask to have your feet assessed.



Quick Facts

Weight Training

If you are looking at toning up, loosing body fat or just gaining a littler extra strength weight training is they way to go. Weight training not only is a good workout but on average you burn calories up to 24 hours after completing your training session. A mix of weight training with cardio will see you get the best results.

BMI (Body Mass Index)

Your body mass index is a calculation of body weight relative to height. BMI calculators can be found online. They are a useful tool to see if your body mass is in a health range. A calculation of 18.5 - 24.9 is considered in the normal weight range. BMI is not a accurate indicator in some instances. Depending on body type and muscle mass.

Proteins

Proteins are the major building block for all body tissue. One of the most important things protein does when training is help repair muscles. When we train tiny muscle fibers break and proteins are the mechanic that comes and repairs them. Proteins are commonly found in foods like; meats, nuts, legumes, some vegetables.





“Adding protein as a regular part of your training program can give you greatly enhance results”

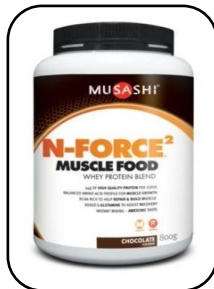
“Technique is the most important part of training, without proper technique the benefit of the exercise is almost halved!”

Product Of The Month

Musashi has been the industry leader in supplements for decades. With years of experience and winning product of the year numerous times. Musashi are pleased to announce the release of their new NForce2 Protein supplement.

NForce2 is for anyone who wants to take their training to the next level. A combination of Whey Isolate and Whey blend Musashi Nforce2 has the best of both worlds.

LTYB is currently stocking NForce2!



Footy Tipping Update

After 1 round of the Premiership season here are the current standings:

1st Dangerfield	7pts
1st FJKW	7pts
3rd domsgam	6pts
3rd duckman22	6pts
3rd ekib	6pts
3rd Frank Rio	6pts
3rd hotpies I I	6pts



*Weekly 8 winners: No weekly 8 winners; JACKPOT



Celebrate Mother's Day and help raise money for breast cancer research.

This event will provide a great opportunity for you to challenge yourself, socialise, exercise and have fun with family, friends and LTYB members. Participation will also mean you will be actively making a difference to valuable research into prevention and cure of breast cancer.

Where: Alexandra Gardens & the Tan Track, Melbourne

When: Sunday 8 May 2011, Walk starts at 9am (Meet at 8.30am; Location - TBA)

Cost: (If purchased before 15th April)

Adult:	\$35
Child:	\$17
Concession:	\$25

How to Register:

Go to <http://mothersdayclassic.com.au/>

Click 'Register online' and follow prompts

Select 8km Walk, Wave 1 at 9am

Welcome

LTYB is proud to announce a new trainer to the team! After a resounding response of applicants over the last 4 weeks the process of finding a new trainer is finally complete.

His name is Chris Muratore, his passion about his own health and fitness is something that LTYB has always looked for. Chris will be in the studio in April doing his 30 hour induction and will be running session by May.



We wish him all the best in his career. If you see Chris around the studio this month don't be shy and introduce yourself!

When asked if you are a member of a team, select 'choose an existing team' and select 'Listen to Your Body'

Once registered, your details will be emailed to you along with your very own fundraising web address so you can start collecting donations.

If you're not interested in participating in the walk but would still like to fundraise or make a donation, select 'fundraise' on the Mothers Day Classic website.

Not sure where to go for your injuries?

OSTEOPATH here at 5 Lloyd Street Strathmore

Osteopaths can help treat a variety of musculoskeletal complaints using techniques such as:

- soft-tissue massage
- stretching
- joint articulation & manipulation
- general dietary and ergonomic advice
- specific take-home exercises tailored for each individual's needs



Dr. Katie Remboulis together with LTYB aim for members with injuries to return to training injury free & well equipped towards self management & prevention of further injuries.

Offer for LTYB members: \$10 OFF Initial Osteopathic consultation
To book an appointment ask at enta or phone 9379 0637

Phone: (03) 9374 3355

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