

LTYB

Listen To Your Body  
results focused personal training

# Newsletter

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“Over The Easter holiday period, the average person increases their calorie intake by over 1000 per day!”

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## THE BENEFITS OF CORE STABILITY



### What is core stability?

Core stability allows an individual to perform different movements in different directions without losing balance or falling over. Core stability works by utilising the strength and endurance of our core muscles. For example, our core muscles help keep us upright when we are standing, walking and sitting up and down.

Our core musculature involves many different muscles which wrap around our torso like a corset. Major muscles include abdominals, transverse abdominals, obliques (internal and external), multifidus and erector spinae. These muscles provide support and allow movement to our spine, rib cage and pelvis.

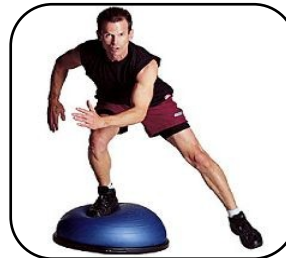


### What are the benefits of increasing Core stability:

- assists in good posture. Good posture provides a strong foundation for our arm and leg movements

as well as protecting the spine and skeletal structures from extreme ranges of movement and/or abnormal forces acting on our body.

- helps to control power which is derived from our trunk region allowing for more efficient, smoother and better coordinated movement.



- aids in maximising sporting performance.
- prevents injuries resulting from poor posture such as lower back pain.
- reduces lower back pain.
- increases balance and prevents falls.
- increases physical functioning of everyday activities and quality of life.

### How do you increase core stability?

There are multiple ways of increasing core stability including doing exercises such as abdominal sit ups, which focus on recruiting particular core muscles. Alternatively you can utilise equipment like a fit ball to

perform strength exercise such as a chest press, which forces activation and recruitment of our core muscles to occur.

### Core exercise ideas include:

Sit ups, back extensions, prone hold, balancing on a fitball or bosu, opposite arm to leg extension and the list goes on. Remember to always breath as normally as possible and not to hold your breath when performing the following exercises. Ask one of your trainers if you are unsure about any of the above exercises or would like to know more core stabilising exercises.

### When and how often should you do core stability exercises?

Core stability exercises are best performed after you have performed a warm up or as part of work out. If your muscles aren't warm, then core stability exercises may be harmful to your spine. It is recommended to do core stability exercise 2-3 times a week .

### Who can benefit from greater core stability?

People with back and neck pain, poor posture or people who just want to develop a toner, fitter, healthier and more balanced body.

**Nadia Perich**

A DELICIOUS AFFARE  
FINE FOOD & CATERING



“Muscle soreness after training is a natural thing, it should subside after 48-72hrs”

“A lot of cereals contain high levels of sugar and Sodium. How much sugar and salt does your cereal have?”



# Meal of the Month



## Healthy eating tip:

Before you head off to the supermarket plan out your meals and write down a shopping list. This ensures you know what you're getting and can help "impulse" buys at the counter. Planning your daily meals is one of the best ways to stay on track with nutrition. Making sure you have breakfast, lunch and dinner including 2 - 3 snacks will keep your energy levels up and metabolism burning.

Team LTYB is happy to help out with your nutrition planning or any advice you may need. The studio stocks a range of supplement products and snack bars to help you get through the day as well.

## Fast & Healthy High Fibre Pasta:

- Olive oil, to grease
- 500g Jap pumpkin, deseeded, peeled, cut into 2cm pieces
- 1 garlic clove, crushed
- 1 tsp extra virgin olive oil
- Salt & freshly ground black pepper
- 4 red capsicums, quartered, deseeded
- 1 x 500g pkt wholemeal spaghetti
- 200g reduced-fat feta, crumbled
- 125g pitted kalamata olives, halved lengthways
- 1/4 cup finely shredded fresh basil
- mixed salad leaves, to serve

1. Preheat oven to 200°C. Brush 2 baking trays with oil to lightly grease. Place the pumpkin, garlic and oil in a bowl. Season with salt and pepper, and gently toss until combined. Place pumpkin on a prepared tray. Place capsicum on remaining tray. Bake in preheated oven for 30 minutes or -

until pumpkin is golden brown and the capsicum is tender. Set aside for 5 minutes to cool slightly.

2. Meanwhile, cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain. Return to the pan.

3. Thinly slice the capsicum. Add to the pasta, along with the pumpkin, feta, olives and basil. Gently toss until just combined. Season with salt and pepper.

4. Divide the pasta among serving bowls. Serve with salad leaves, if desired.

**\*SERVES 6, 500Cals per serve**

## Muscle Soreness After Training (DOMS)

You've just done a workout session and you feel great. Going home on a high and satisfied that you've burnt some quality calories. The next morning, your alarm goes off and the first thing you notice is you can suddenly feel every little muscle you worked out the previous day. So what is this muscle soreness and why has it only hit you many hours after your workout?

“DOMS” or **D**elayed **O**nsset of **M**uscle **S**oreness is a very common thing after training (especially weight training) This article will shed some light on how it happens, how long it should last for and if it's a good or bad thing.

DOMS describes a phenomenon of muscle pain, muscle soreness or muscle stiffness that occurs in the

day or two after exercise. This muscle soreness is most frequently felt when you begin a new exercise program, change your exercise routine, or dramatically increase the duration or intensity of your exercise routine.

Although it can be alarming for new exercisers, delayed onset muscle soreness is a normal response to unusual exertion and is part of an adaptation process that leads to greater stamina and strength as the muscles recover.

This sort of muscle pain is not the same as the muscle pain or fatigue you experience during exercise. DOMS is also unlike the acute, sudden and sharp pain of an injury such as a muscle strains or sprain that occurs during activity and often

causes swelling or bruising. The DOMS is generally at its worst within the first 2 days following a new, intense activity and slowly subsides over the next few days. Put basically, DOMS is the body's reaction and process to exercise. A lot of people describe it as a “good sore” because it lets you know you've worked out. DOMS generally shouldn't last more than 2-3 days. If soreness persists or swelling of the area presents you should consult with a doctor to check for injury.



## Quick Facts

### Sport Drinks

Sport drinks are a very good way of rehydrating your body. While they are good, a lot of sport drinks have high amounts of sugars. On a general day to day basis it's healthier to drink water. Only when you are doing extended exercise (hour+) or are dehydrated is it suggested to have sports drinks.

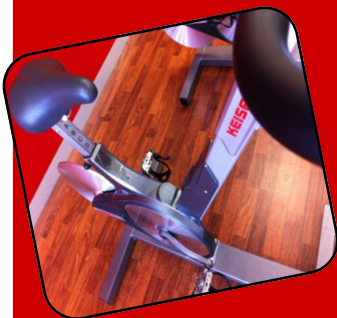
### Cereals

Breakfast is the most important meal of the day. What you eat for breakfast is as important. Some cereals have more sugar per serving than a can of soft drink. Cereals like porridge, oats, muesli are great sources of energy for the morning. Next time at the supermarket have a look at the sugar content on the box. If it's more than the cereals listed above, they generally aren't the best for you.

### What does GI mean?

GI stand for Glycemic Index. High GI foods digest very quickly and low GI foods digest slowly. The reason lower GI foods are more desirable is they don't create a big spike of insulin response in your body. Big insulin spikes usually lead to a lot of fat storage. High GI foods are simple sugars like candy. Low GI foods are usually whole-grains like brown rice.





*“After a weight training session you body still burns calories at an accelerated rate for up to 24 hours!”*

*“In an average 45min training session you will burn 400-700 calories”*



## Product Of The Month

Muscle Milk is a great-tasting, protein-enhanced functional formula that combines 32 grams of high-quality protein along with premium ingredients to provide healthy, sustained energy and recovery for performance and lifestyle.

Muscle Milk is a great in between meal snack. A lot of the time it's hard to find a snack in-between meals. Muscle Milk is gender friendly and is low in calories. Muscle Milk comes in 16 amazing flavours.

**LTYB Now Stocking**



## Launch Countdown

Listen To Your Body is pleased to announce after 2 years we are about to launch a new updated website. We have been working hard over the last couple of months on a new web design and will be launching in the coming month.



Keep you eyes posted on [www.ltyb.com.au](http://www.ltyb.com.au)!

## Footy Tipping Update

After 5 rounds of the Premiership season here are the current standings:

<b>1st Carts34</b>	<b>28pts</b>
<b>1st hotpies11</b>	<b>28pts</b>
<b>3rd tommyg500</b>	<b>28pts</b>
<b>4th dangerfield</b>	<b>27pts</b>
<b>4th dcharman</b>	<b>27pts</b>
<b>4th duckman22</b>	<b>27pts</b>
<b>4th Frank Rio</b>	<b>27pts</b>



\*Round 6 JACKPOT \$300

## LTYB Fitness Events

**Date:** Sunday May 15th and 22nd  
**Location:** Shop 4/5 Lloyd St Strathmore (Training Studio)  
**Training Type:** Boxing - Core Strength - Resistance Training and Cross Training Cardio  
**Cost:** \$60 Per person or 2 for \$100 (Payment must be before event)  
**Time:** 11:30am till 2:30pm sharp.

Each day will be suitable for all fitness levels and health and fitness backgrounds. Please bring a drink bottle, towel and a good attitude.

**If interested please speak to any of the LTYB team & we can book you in!**

## Message From Katie “The Osteo”

### LOW BACK PAIN

Low back pain is one of the most common complaints preventing people from exercising. Poor flexibility of the hamstrings (back of thigh), gluteals (buttocks) and lower back muscles can be a contributing factor to low back pain. Stretching, together with core strengthening and good ergonomics are important for back health.

### COOL DOWN

Cooling down allows the body to recover and reduces the effects of fatigue, including muscle soreness. An effective cool down consists of a gradual reduction in activity levels for 5-10 mins followed by stretching. This allows the recovery of the muscles, heart and other tissues through the removal of waste products and prevents pooling of blood in the limbs, which can cause fainting or dizziness.

### STRETCHING

Stretching is vital for injury prevention by improving flexibility and range of motion. Warm up prior to stretching, hold stretches for about 20 secs and never bounce or stretch rapidly. Stretching is the best way to prepare before a training session, while stretching at the end of the session will help reduce muscle soreness.

## Ruby Oak Mothers Day Special

**20% OFF Kitchenware from the 2<sup>nd</sup> – 8<sup>th</sup> May**

Kitchenware includes  
*beautiful platters  
 mugs, scales,  
 egg timers etc*



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