



A word from your trainer...

by Russell Kapper



Welcome to the September issue of our newsletter, again we have some excellent articles for your reading pleasure so do yourself a favor take a moment and READ them.

Participants come to Boot Camp for numerous reasons, for example weight loss, to tone up, to get fitter and healthier, or to support their child or partner, just to name a few. It always intrigues me when I get asked by participants as to why they don't lose any weight. It seems

that some people are under the assumption that if they eat a Pizza Saturday night they can work harder at Boot Camp on Tuesday and that will make up for any dietary lapse.

Here are some facts, to put you in the picture. Unless you have a hormonal imbalance, thyroid problem or something similar, the only way to put on weight is what you put in your mouth. Let me repeat that just in case you weren't reading it correctly. The only way to put on weight is what you put in your mouth.

The equation for weight loss is the difference between what your put into your mouth minus your body's requirement and the difference is stored in your body as fat.

Don't believe this, well here is an example:

A study by the Brisbane-based Children's Nutrition Research Centre shows that if you eat a small burger, chips and soft drink it would take an average eight-year-old almost five hours of running in a playground, three hours of bike riding or almost 2 1/2 hours of skipping.

The study also found it would take an hour of running to burn off a 25g packet of chips and kids would need to run or ride for at least an hour to burn off a can of soft drink

To burn off the calories in one stubby of Light beer, you'd have to walk 1.8k. If you're drinking a non-light beer, 3.6k!

Now I realise this is not everyone's poison so what is there for all those chocolate lovers

After eating one Snickers bar, you would have to walk 5k

Now are you convinced! This is scientific research and based upon sound facts, not promotional ideas from your local chemist offering weight loss shakes or supplements.

Still not convinced? Come to my Nutrition Seminar on the 30th Sept and I will explain more.

So now you have signed up for Boot Camp understand this basic formula and put it to good use, don't be fooled into thinking this won't happen to you it will, plain and simple. Now I live by the 80/20 rule as most people who know me will tell you, if you are good 80% of the time, your body can accept 20% of insults, unfortunately I meet the opposite scenario 20% good and expect their body to accept 80% insults, don't laugh it happens way too often. Don't let this happen to you, take the message to heart, come to the seminar and ask as many questions as you want about your own nutritional needs and learn more about how you can shape the body you want.

Enjoy the September issue of our newsletter.

Cheers,

Russell Kapper

Injured? Check out Rehab Camp!

by Maddy Plaister

Healthy body, healthy mind, healthy life- this is what I strive for, and Boot Camp encourages every participant to achieve this motto.

I am both a participant and an instructor at Boot Camp so I have firsthand experience with Rehab Camp. I know that it can be frustrating when you have an injury or a niggle and are unable to participate with everyone else in the normal Boot Camp session. It makes you feel un-motivated to go to boot camp and you feel like you won't get the results you're after if can't do what everyone else is doing. And this is why Boot Camp Tasmania has Rehab Camp- Rehab Camp caters for anybody who is unable to take part in the normal session for any number of reasons; whether you have strained a muscle, have shin splints or are recovering from an injury. Don't feel as though there is no point turning up to Boot Camp just because you won't be able to keep up with everyone else. Come along and talk to one of the instructors who

can put together a workout that will accommodate your injury and work you just as hard as the normal session if not harder!

When people come to me in Rehab Camp they often have a glum face because they have an injury of some sort and are disappointed that they can't workout with everyone else, that they can't work as hard as they did before the injury and that this injury may un-do all the hard work they have put in over the course of Boot Camp. It is important that as a participant, you stay positive and that, as an instructor, I encourage you to stay positive and motivate you while we work together. People often think they should take it easy when in rehab camp, and sometimes they have to due to their injury, but it is so important to remember that even though you are in Rehab Camp that you are still exercising, still working hard and working towards those goals you have set for yourself.

It is a great feeling for me when someone achieves something in Boot

Camp that they didn't ever think they could do, whether it is run 10km's or just do one single abdominal crunch for the first time or for the first time in years, it makes all the cold mornings and nights worthwhile.

All of the instructors are there to help you stay focused, motivated and to push your limits so you can leave the session in a positive state of mind.

Some points to stay on track:

- Talk to a member of the Boot Camp Team if you have any concerns about doing any of the sessions
- Listen to your body
- Stay Positive
- Keep your original goals in mind
- Remember that your injury may only be temporary
- Acknowledge your success- keep tabs on how much progress you're making

Roasted Salmon with Pesto Crust

by Russell Kapper

Serving size: Serves 6

Preparation time: 15 minutes

INGREDIENTS

6 Salmon fillets ,
rinsed and patted dry
1/2 cup Basil pesto
1 Tbsp plus 1tsp coconut oil
1 small shallot
350g baby spinach leaves, washed
sea salt and freshly ground black pepper
6 cherry tomatoes

METHOD

1. Preheat oven to 220°C (400°F). Spread 2 Tbsp pesto over salmon fillets
2. In ovenproof pan over high heat melt 2tsp of the coconut oil. Sear the salmon, pesto side down for 2-3 minutes. Gently turn over fillets with spatula. Place in oven for 5-6 minutes until lightly cooked through
3. Add remaining oil and chopped shallot to another pan stirring, squeeze out any extra moisture from spinach leaves and pat dry. Add with salt and pepper to pan and saute quickly over high heat about 1-2 minutes.
4. Divide spinach onto serving plate as a bed for salmon. Place a salmon fillet on top. Garnish with 1-2 cherry tomatoes
5. Accompany with a mixed green salad and balsamic vinegar as a option for a side dish.

Basil Pesto (Homemade)

2 Cups of fresh basil leaves
3/4 cup of fresh Italian flat leaf parsley chopped finely
1/2 cup of pinenuts
2 med garlic cloves
3 drops lemon oil or 1/2 cup of lemon rind grated
1/2 cup extra virgin olive oil
1 tsp sea salt
1/4 cup grated Parmesan cheese
In food processor bowl combine all ingredients
Process until blended and fairly smooth. Store in covered container in fridge for up to 3 weeks

Psst....want to hear a secret...?

by Melanie Greenwood

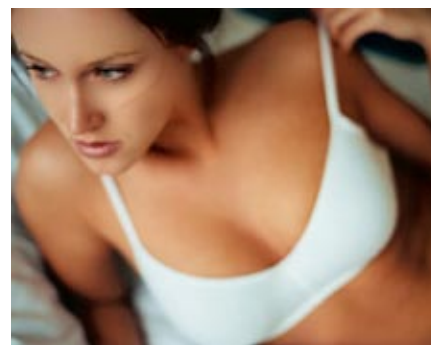
Now that I have your attention, let's talk about breasts ... boys stop reading this and go look at the recipes or something, I want to have a serious discussion with the girls who come to Boot Camp! Now ladies, lets take care of ourselves and look after what for some of us are one (two!) of our most important assets.

Did you know that 80% of women wear the wrong size bra? That is what the experts tell us, with even the best sports bra not doing its job if it doesn't fit well. Also did you know size does **not** matter! Pain is not linked to the size of a woman's breasts. It has been suggested that an A-cup woman could be prevented from doing sport just as much as a woman with double FF-cup size (*ScienceDaily, 2007*).

Recent research found that exercising while wearing the wrong type of sports bra, or an ill fitting one, caused breast pain in up to 50% of women, putting some off exercise all together (*ScienceDaily, 2007*). Bras are designed to stop breasts bouncing but studies have shown that when exercising, breasts also move side to side and in and out. Significantly, "it has also been found that breasts move as much during

slow jogging as they do at maximum sprint speed. This makes wearing a sports bra as important if you jog slowly as if you sprint" (*ScienceDaily, 2007*).

The breasts are supported by Coopers ligaments which are a collection of connective tissues at the front of the breast. Frequent exercise without proper support can break down the ligaments leading to permanent sagging. Also a badly fitted bra can contribute toward tension and strain in the upper back and neck, and subsequent weakening of muscles in these areas (*Daily Mail, 2009*). Another problem arises from the placement of shoulder straps of standard bras. Most well-fitting bras are constructed in the form of a "square frame", with all dimensions adjusted for women in a normal standing position, with arms placed at the sides. When a woman performs an activity which requires her to lift the arms above shoulder height, the frame is strained. This is because it is anchored by the bra's chest band, which puts direct pressure on the shoulder (trapezius) muscles. This may result in neck and shoulder pain, numbness and tingling in the arm and headaches (*Wikipedia, 2009*).



So, the answer if you experience an 'extra bounce' in your step so to speak would be to visit one of the specialty stores who are able to provide a bra fitting service and take their advice. You never know how much more comfortable and 'well supported' you will feel during exercise until you try.

References

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University of Portsmouth (2007, September 23). Bouncing Breasts Spark New Bra Challenge. ScienceDaily. Retrieved September 1, 2009, from <http://www.sciencedaily.com/releases/2007/09/070915124901.htm>

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Referred Pain In The Knee

by Peter Leach

When is a sore knee not a sore knee? When it's a sore hip!

Many people with hip problems get some pain in the groin, but much of the time when people have problems in the hip pain is actually felt in the knee! This is called "referred pain". One theory for this is that the brain gets confused about pain signals from the hip and interprets the sensation as though it is coming from the knee.

There are other sites in the body that give referred pain as well. (like the shoulder hurting when there is a liver problem.)

Of course people with knee problems usually feel pain in the knee as well,

which can make it difficult to be sure what is actually happening. Many of the things that aggravate knees and hips are the same too, like walking for example, making it even harder to distinguish between the two.

So how does someone distinguish between the two? There are a few things you can check for yourself. The first thing is to see if there is any local tenderness. The hip is a very deep joint which means you can't really feel it, but the knee can be easily palpated for tender spots. Secondly if there is any inflammation the knee might be red or swollen, and thirdly if there is any structural damage in the knee you may find it locks or gets stuck in certain positions.

If you have knee pain but don't have any obvious signs of any knee injury then it's possible your hip could be the cause. There are many types of hip problem that can cause referred pain some of which include osteoarthritis (OA) which is wear and tear of the joint and

Perthes disease in children. Some types of hip problem can be very serious if not detected early so if you find you are experiencing knee pain for no apparent reason, a full clinical assessment by your health practitioner might be the only way to really work out what is going on.

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How To Select Your Running Shoes

by Allan Thomas - The Running Edge

All running shoes are not created equal. Not only can they alter your speed, but they can also affect your knees, your back and other joints. Selecting the right running shoes can make all the difference, and it can be overwhelming when faced with a wall full of shoes that look pretty much the same.

If you follow these steps you will get a lot closer to a Surefit.

- Find a good running specialist retailer. You can buy your shoes at the local Mega-mart but the sales professionals in a specialty store are better trained to help you select the right shoe. To locate the best store word of mouth is always their best advertisement.
- Examine the soles of your old running shoes. Notice the spots where the shoes show wear. This tells you where your foot falls every time it hits the ground.
- Place your shoes side by side on a flat surface. Take note of the way they are tilting. This will tell you whether your shoes have life left in them and whether they originally had enough support for you in the first place.
- Sizing is very important. If you can see an outline of your big or little toes and you've noticed discomfort in those areas while running, you should try a larger or wider shoe.
- Consider the amount of running or particular activity you are doing. This tells you whether you should buy an elite running shoe or a more basic model. The more intense the running the more important it is to have the right technical features in your shoes.
- Go to the running store. Take your old shoes with you and tell them what you have found out about your old shoes. The employees should be able to Read your old running shoes and guide you towards the best choice. If not, it's probably best to find another store.
- Try out the shoes. When you think that you have the best shoes for you and you like the feel and fit, the best of running stores should have a treadmill in their store. Go for a run and make sure the shoes maintain their comfort.

Tips

- Break in your new running shoes gently and start out with shorter runs.
- Running shoes should be replaced at approximately 700 kms for best performance and less chance of injury. For most people this is around nine months of running.

Bring in this page to The Running Edge for \$20 off your next shoe purchase plus a free pair of socks!

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Exercise of the Month - Push Ups

by Melanie Greenwood

The Correct Way to Do Pushups

Age and gender shouldn't be an issue when doing pushups since you're only pushing up your body weight. Lack of strength or sufficient repetitions is usually the issue. You must work to get stronger, here are the following tips:

Male Pushups

- Elbows must be fully extended at the start and end of a pushup, forefoot or toes on floor; legs, hips and back straight. Belly button tucked in.
- Commonly, people don't make a deep enough descent. Your chest should be slightly lower than parallel to the level of your arms
- To test your form, have someone make an upright fist and position it below your chest. Your chest should make contact with the fist.
- Avoid half-pushups, a common error caused by fatigue.
- Avoid head bobbing, keep eyes looking ahead of the fingers but not straining your neck.
- Inadequate reps are usually due to a lack of strength endurance, which can be built up over time by executing pushups properly and doing multiple upper body exercises to increase strength.



Female Pushups

- Elbows must be fully extended at the start and end of a pushup, knees on floor; step arms out and roll knees over so you are off the bony part of the knee cap, your core should feel tension applied and your legs, hips and back are straight.
- Commonly, people don't make a deep enough descent. Your chest should be slightly lower than parallel to the level of your arms
- To test your form, have someone make an upright fist and position it below your chest. Your chest should make contact with the fist.
- Avoid half-pushups, a common error caused by fatigue.
- Avoid head bobbing, keep eyes looking ahead of the fingers but not straining your neck. Note the poor head position in the picture, try to avoid this
- Inadequate reps are usually due to a lack of strength endurance, which can be built up over time by executing pushups properly and doing multiple upper body exercises to increase strength.



A Members Story

by Rebecca De Courcy

As I hold my breath, close my eyes and hit send on the email responding to the call for any interested people to join the Launceston 10 training sessions I wonder for what turns out to be just the first of many times "what the hell am I doing???"

I'm possibly the last person you would expect at these sessions. It's precisely why I signed up. Well one of the reasons.

Firstly I hate running. I'm that red faced person way (way way..) at the back on the string desperately trying to keep up whilst trying not to pass out or throw up. I've been coming to boot camp for nearly a year and I can honestly say I am no longer the same person who joined up. There's less of me for a start.

I've done most of the diets, tried eating healthier foods and cutting out all the bad stuff and even with the added exercise of Bootcamp I didn't shift much weight.

It took turning up to running training at Russell's place - the day no body else turned up (thanks guys :o) and Russell

sitting me down and asking that dreaded question I'd kept asking myself "what are you doing so wrong?"

The answer is simple really I let what I loosely refer to as life get in the way - I work back late most nights, getting home late I'd eat a rushed meal too late in the evening and portion sizes roughly in line with my mood not my actual need. I'd skip meals believing I was too busy. I'd drink water only when I felt thirsty.

Sound familiar? But in the last three months I've made some changes. I changed my eating pattern to simply eat my bigger meal at breakfast, my main meal at lunch and swapped dinner for a light snack.

I have taken up extra training (Launie 10, Burnie 10 and now Point to Pinnacle) but if I don't eat properly all that work is slowed down (and remember I'm slow to begin with!) and the weight loss plateau. I drink more water (yep Russell's right on that one too I'm afraid) and for me that's meant to be 3.5 litres a day (on a good day I achieve this)

And the training, well it's actually quite enjoyable and surprisingly (for me) achievable. Pete, Russell and Christie don't miss much, they check in throughout the sessions, call out encouragement and stop to give pep talks when it all feels too hard. The training is challenging (but then nothing worth doing should be easy), variable and adaptable to participants capacity and ability.

When I started I couldn't run 1km without stopping. At the end of the first 10 weeks I ran the Launie 10, stopping only when I crossed the finish line 90 mins later. Don't get me wrong my run resembled a survivor shuffle but that's not the point is it?

The training doesn't require you to be able to run well or to be able to run 10km, you build up your ability over shorter distances and in a relatively short time aim to reach your goal whatever that may be. And if you are lucky and can run already, you get better at it. Give it a go....it won't kill you... honest!

Building Unstoppable Health

by Russell Kapper

My definition is: The physical, mental and emotional vitality you will need to live your goals, dreams and vision.

Building unstoppable health is the integration of the proven laws of success, the laws of physical health and the power of the mind and emotions to heal your body and live your purpose.

The main premise of unstoppable health is applying the laws of success to health and healing whilst the main obstacle is behaviour.

The first time I see a client I ask them to advise me of their goals, by their own submission they list five. Whenever things get hard I refer back to those goals to see if they still mean something and 8/10 times they change. Sure they still want to look good but their

behaviour has changed from their initial consultation to the present and now the goals have to be re-defined as they realise their dreams were to far out of reach

The proven laws of success are:

- Define what you want
- Create a plan for its achievement
- Stay focused on your goal and plan.

Each of these three principles can have a profound effect on your life but nothing compared to the transformation a person can undergo when all these principles are integrated and flow naturally into your every day to day living. One is not a priority over the other, the priority is harmony between them

Before you make a goal make sure you give it some thought not the first thing that enters your mind or what you would like to do. Failure is not from wanting, but merely from not understanding the path to your goals.

Your mind and the emotions that you feel, determine both the quality of your mind and health. The non-conscious or sub-conscious part of your mind is a powerful yet under appreciated link to our potential as human beings.

The sub-conscious mind stores all the experiences, habits and beliefs we have ever had or developed. It is the seat of our emotions and imagination and it controls the involuntary, vital functions of the human body including the healing response.

The Sweet Tooth

by Russell Kapper



You have most probably read from numerous articles and magazines over time that sugar and sweets should be crossed off your grocery list. Easier said than done as kicking sugar and eliminating cravings is extremely difficult as many have tried on numerous occasions.

The problem lies in that most people are sugar addicted and unlike tobacco there is no aroma that causes people to get hooked and smokers are forced outside and must acknowledge their addiction

This makes eating sweets easy, clean and socially acceptable at home and all public places. More incredible is the feeding of sugar to our children which allows a emotional blanket of that rewards us when we are upset or worried. A good example is the lollipop at the end of a doctor visit.

This emotional blanket blinds us to the growing problems in our arteries, heart, nervous system, kidneys, pancreas and other internal organs.

Sugar is not seen as a public health problem but its effects are widely

documented and strangely not \$ 1 is spent by governments to promote its addiction??

Quitting sugar in two steps

1. Substitute whole grain bread for white bread, oats for other cereals. Similar substitutions makes the important first step of taking the sugar addict from the glucose—insulin roller coaster of extreme highs and lows to a more moderate fluctuation of reaction in your body changing moods, cravings and sensations.
2. After introduction of these transitional foods and now with more moderate levels of blood sugar, the one time addict is in a much stronger position to handle a reduction, then elimination of simple sugars.

Attempts to Break the Addiction

There have been several diet attempts to break the sugar addiction, most famously Dr Robert Atkins advises to give up sugar and high-carbohydrates altogether while consoling yourself on unlimited high-fat and high protein foods.

Although this diet has miraculously worked for many people it is extremely dangerous

and should not be attempted.

The problem with most people is that large quantities of protein and fats are not easily digested for their metabolic type.

Dr Barry Spears from "The Zone Diet" offers simple sugars in the diet along with healthier foods, unfortunately this just keeps the addiction going and does not stop the cravings.

Drs Rachel and Richard Heller "The Carbohydrate Addicts Diet" has a similar problem in which "a reward meal" is available in the evening to those who have denied their cravings during the day. This also keeps the addiction regularly fueled and is very frustrating to the dieter.

William Duffy (Sugar Blues) and Nancy Appleton (Lick the Sugar Habit) have dealt with this problem by warning of the medical horrors of long term sugar consumption and advocate complete avoidance. Another workable diet is "The Sugar Addicts Total Recovery Program" by Kathleen DesMaisons, PhD. makes excellent reading.



On Facebook?

Join the Boot Camp Tasmania facebook for updates on event dates and general discussion!

→ Just search for "Boot Camp Tasmania"

Running with Pete - Goals

by Peter Hoskinson

Hi all bootcampers. Hope you have now started dreaming. Cold runs up Ormond St. are a great time to visualise on your dreams. Believing is much harder, but not if you have GOALS

Why have goals?

Without a plan you are planning to go nowhere. Would you jump in the car and start the car without knowing where you're going. I think a goal is a thought until it is written down. Be aware of you language when you set goals. Use positive and confirming words.

Will, do, must, can... NOT hope, try, maybe!

"I will do a 5k race" is a strong positive statement. But add two small words and you give yourself an out: "I will try to do a 5k race."

"I can run 10km under 50m by running each km in 5min." OR "I hope to run 10km under 50min."

You can set your whole attitude to your training and your journey of achieving your goal by how committed you are in the wording of your goal.

If your magic number is 50 write it down. Stick it on the fridge. Make it your screensaver.

Make a mantra "I will run under 50mins" and repeat it before each training.

About 12 mths ago I rolled up Bootcamp last session and did a beep test and only got to 12 which is poor for me. Hey I just went there no plans, no desire and thought it would just happen. NO WAY, I went home crapped off. I could have let that ruin my day; however I used it to make my day. I said no, I am going to go back this arvo and get 14.

I went about the day with 14 always in my head. When I got to Bootcamp, I was chatty to people to 30secs before the beep test started. I stood, blanked everything out and confirmed I was going to do 14, I wrote 14 on my palm 14 times, relaxed and nailed it.

Physically I was no different to the morning, just my attitude and my reason for being there had changed.

Don't go through the motions. Ask yourself what do I really want and am I

working towards it.

If you tell me you are absolutely buggered, I expect you to be on your knees sucking your next breath in, not jogging along having a chat!

You can set goals long, medium and short term

Goals should be SMART

Specific... **M**easurable... **A**chievable...
Realistic... **T**imeframe

Long term

May be to run a marathon?

Specific	Yes
Measurable	May not have a goal time
Achievable	Yes
Realistic	Yes
Timeframe	May not have a timeframe

What about "I will run a marathon under 4 hrs. in 2010"

Specific	Yes
Measurable	Yes
Achievable	Yes
Realistic	Yes
Timeframe	Yes

Medium term

May be to run Burnie 10k 2009 in a specific time (lets say 50m)

Specific	Yes
Measurable	Yes
Achievable	Yes
Realistic	Yes
Timeframe	Yes

You should have other intermediate goals on the way. Run with someone faster than you. Run 5k under 24min 5 wks before 10k race

Short term

May to be run and train consistently

Can have several short term goals

Run 4 times per week

Run 2km under 10mins

Run once a wk with a friend

Run every Saturday for 10wks (or run every day for 100days)

When setting time goals for races I have three goals. I set these at the start of the training program. Say 10 or 12 wks. I review them each 4 wks. Or after a landmark race or training run.



DREAM

The day it all goes well. Have it in your mind every time you race. Never exclude it. May only achieve once every 10 or 20 races.

REAL

Realistic and achievable based on where your at and work you have done. Aim to do this for races you train for and target.

ACCEPTABLE

Always be happy with improvement no matter how small. This may be the day you have a bad day but still improve a few seconds.

Or it may be a short race (10k) when you are in the middle of training for a longer race (point to pinnacle).

Examples:

You have a 42m 20s PB for 10K

Dream	41m to 41m 30s
Real	41m 30s to 41m 59s
Acceptable	42m to 42m 19s

Never ran a 10k race before but have run 5 or 8 k in training for about an hour.

Dream	Run under 60mins
Real	Run between 60 and 90 mins run all the way.
Acceptable	Complete the 10km may take some walk breaks

If you have any questions or would like information written on a topic please ask.

Peter Hoskinson
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Aspartame: What you don't know can hurt you

by Russell Kapper

Consumers drink diet drinks for the usual reasons, to avoid sugar and to avoid weight gain. It is not unusual for the dieting consumer to reach for an aspartame product versus a product containing sugar.

Aspartame is "200 times sweeter" than ordinary sugar so fewer calories are consumed. With a weight conscious society, fewer calories can be really attractive. However, a closer look shows that aspartame may not help control weight gain.

According to an article in Technology Review aspartame may actually stimulate appetite and bring on a craving for carbohydrates.

Researchers believe that any kind of sweet taste signals body cells to store carbohydrates and fats, which in turn causes the body to crave more food.

studies have also shown that people who use artificial sweeteners don't necessarily reduce their consumption of sugar or their total calorie intake..... Having a diet coke makes it ok to eat a double cheeseburger and a strawberry sundae. The American Cancer Society documented the fact that people using artificial sweeteners gain more weight than those who avoid them.

Whether you are trying to shed kilos or maintain your weight, using an artificial sweetener such as aspartame does not seem to have a significant effect on weight control. Those extra calories you saved by drinking a diet drink won't make much of a difference if you still need to satisfy your hunger and indulge in several Tim-Tams later. If it is actually increasing your appetite, why use it? Common sense tells you that proper diet and exercise are more beneficial. Even

if you believe in aspartame may aid in dieting, is this worth risking your health?

Still not convinced? Then what about this...

Aspartame - Potential Health Effects

Cancer, asthma, headaches, fatigue, hyperactivity, migraines, memory loss, depression, insomnia, impotence, epilepsy, blindness, diabetes, seizures, brain damage and more

Found In

Diet drinks, low-joule food, low-joule chewing gum, confectionery, anything sugar free or without added sugar, fruit yoghurt, coffee based drinks and over 5000 products.

Still keen to choose a diet drink next time?

And I guess that's why they call it the blues...

by Camille Harmon

Did you know researchers have found that regular exercise such as walking fast for 30 minutes or jogging three times a week may be just as valuable in relieving depression as a standard antidepressant drug?

Improved self esteem is a key benefit of regular physical activity which alters brain chemistry and leads to feelings of well being.

Depression is characterised by prolonged feelings of sadness, dejection and hopelessness. It is common knowledge that one in four women and one in six men will suffer from depression at some stage in their lives. It is a complicated illness, which can involve a number of factors such as genes, environment, lifestyle, brain chemicals, psychology and personality.

How does exercise help?

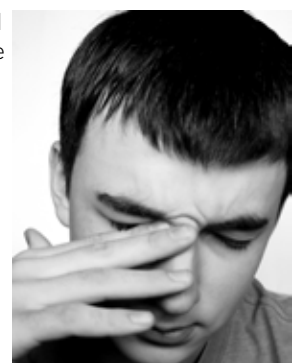
When you exercise your body for approximately 20 minutes or longer, it releases chemicals in the brain called endorphins "natural high." Endorphins are proteins in the brain that act as the body's natural pain reliever. Another

important brain chemical is Serotonin which contributes to a range of functions such as sleep and wake cycles, appetite and mood. Low levels of Serotonin is linked to mild to severe depression which can lead to symptoms such as anxiety, apathy, fear, insomnia, fatigue and feeling of worthlessness. The most effective way of raising serotonin levels is with vigorous exercise which leads to improved mood and a feeling of well being.

Apart from changes in brain chemistry there are many benefits to exercise such as:

- Boost self esteem as they take an active role in their own recovery
- Participation in social events
- Physical activity burns up stress chemicals, like adrenaline, which gives a more relaxed state of mind
- Enjoyment in participation may break the cycle of pessimistic thinking
- Confidence that you can perform activities, therefore raise overall outlook

- Motivated to achieve
- Being part of group exercise more likely to interact with others



All types of exercises completed regularly are effective; aerobic activity, strength or flexibility training all proves effective in treating depression.

Medication is not the only solution to treat depression; some people who experience depression can benefit from alternative ways such as regular exercise, to assist reduce symptoms of depression naturally with minimum side effects. Exercise is an alternate option and a natural therapy that has successful results by improving self esteem and feelings of well being.

Hamstrings

by Serge Rivest

What is a pulled hamstring or hamstring strain?

A hamstring strain or a pulled hamstring as it is sometimes called is a tear in one or more of the hamstrings muscles. Strictly speaking there are three hamstring muscles (Semitendinosus, Semimembranosus and Biceps femoris) which are known as the hamstring muscle group.

The role of the hamstring muscles is to bend (flex) the knee and to move the thigh backwards at the hip (extend the hip). Understanding how the hamstrings work give vital clues as to their modes of injury. Mild to severe hamstring strains are extremely common in sprinters and hurdle jumpers and in all sports that involve sprinting activities, such as football and rugby.

Symptoms of a Pulled Hamstring

- A sudden sharp pain at the back of the leg during exercise-most probably during sprinting or high velocity movements.
- Pain on stretching the muscle (straightening the knee whilst bending forwards).
- Pain on contracting the muscle against resistance.
- Swelling and bruising.
- If the rupture is severe a gap in the muscle may be felt.

Severity of a Pulled Hamstring

Strains are graded 1, 2 or 3 depending on severity. Grade 1 consists of minor tears within the muscle. A grade 2 is a partial tear in the muscle and grade 3 is a severe or complete rupture of the muscle.

Grade 1: What does it feel like?

- May have tightness in the posterior thigh.
- Probably able to walk normally however will be aware of some discomfort
- Minimal swelling.
- Lying on front and trying to bend

the knee against resistance probably won't produce much pain.

Grade 2: What does it feel like?

- Gait will be affected-limp may be present .
- May be associated with occasional sudden twinges of pain during activity.
- May notice swelling.
- Pressure increases pain.
- Flexing the knee against resistance causes pain.
- Might be unable to fully straighten the knee.

Grade 3: What does it feel like?

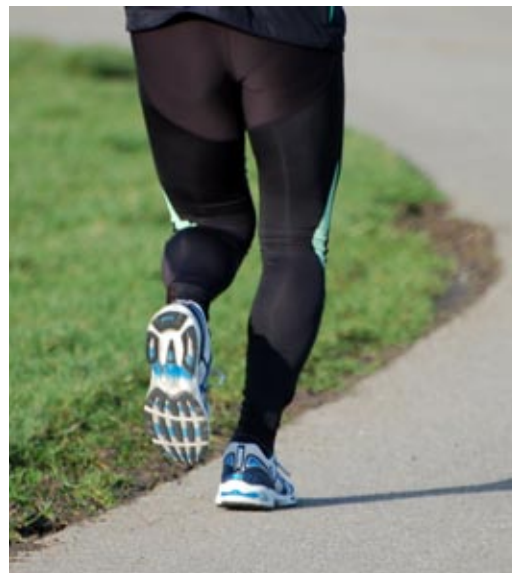
- Walking severely affected-may need walking aids such as crutches
- Severe pain- particularly during activity such as knee flexion.
- Noticeable swelling visible immediately.

Treatment of a Pulled Hamstring

What can the athlete do?

It is vitally important that treatment for a pulled hamstring starts immediately following injury. The most important phase for treatment is the first 48 hours post-injury. In this time the following can be carried out by the athlete themselves:

- Use Cold Therapy (Rest, Ice, Compress, Elevate) technique
- Use a compression bandage to minimize intra muscular bleeding.
- Early mobilization of the injured lower limb is vital for the correct rehabilitation of the muscle. This includes stretching and strengthening exercises throughout the pain free range. These can aid with decreasing the swelling in the area. In addition, exercise will ensure that any new material will be laid down in correct orientation thus reducing the risk of subsequent injuries.
- See a sports injury specialist.



What can a Sports Injury Specialist do?

- Use sports massage techniques to speed up recovery- these are extremely important in the rehabilitation of the injury as massage breaks down the new collagen network allowing for correct fibre realignment and minimizing scar tissue. In addition massage can increase the blood flow to the injured area. Visit our sports massage page to learn specialized massage techniques for a pulled hamstring.
- Prescribe a rehabilitation program
- Advise on specific stretches
- In severe ruptures, referral to a physician may be required.

How is the Hamstring Strained?

During sprinting the hamstring muscles work extremely hard to decelerate the tibia (shin bone) as it swings out. It is in this phase just before the foot strikes the ground that the hamstrings, become injured as the muscles are maximally activated and are approaching their maximum length. A pulled hamstring rarely manifests as a result of contact if you have taken an impact to the back of the leg it should be treated as a contusion until found to be otherwise.

continued over...

Preventing a Pulled Hamstring

One of the most important methods of preventing a pulled hamstring is to warm up correctly, this has been scientifically proven to reduce the risk of hamstring strain. This should consist of some light aerobic exercise followed by stretching and sports specific drills with gradually increasing intensity.

Other factors which increase the likelihood of suffering a hamstring strain include:

- **Age:** The older the individual the greater at risk to a pulled hamstring.
- **Previous Injury:** Prior injuries to the hamstrings or adductor muscles can greatly increase the chance of future injury.
- **Flexibility:** Research suggests that the greater the flexibility of the hamstrings the less prone they are to injury.
- **Hamstring strength:** Similarly studies have shown that lack of hamstring strength is strongly linked to hamstring injury.
- **Lumbosacral nerve impingement:** Nerve impingement in L5-S1 can lead to associated hamstring muscle weakness.
- **Tiredness and fitness:** When an athlete is fatigued he/she loses coordination between certain muscle groups. The biceps femoris muscle is known to become damaged due its two portions being innervated by two separate nerves. In states of tiredness, lack of synchronization between these two nerves can lead to a mismatch in firing resulting in a pulled hamstring.

Reference: www.sportsinjuryclinic.net

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September/October Events

SEPTEMBER

- 21st** Lunch Boot Camp commences
- 22nd** Boot Camp commences
- 30th** Nutrition Seminar 6pm Salamanca Inn RSVP 29th Sep

OCTOBER

- 4th** Meander Valley 8
- 11th** Boot Camp BBQ (@ Russell's Place) all invited
1pm, 314 Churchill Ave, Sandy Bay RSVP 10th Oct
- 18th** Burnie 10
- 24th** Hell Camp (register online)