

NEWSLETTER - NOVEMBER 2008.

REVIVE RECEPTION RAMBLINGS

* Glenelg footballer, Personal trainer & Revive Reception Staff Member **Daniel Kirk** kicked 3 impressive goals during the SANFL Grand Final at AAMI Stadium on Sunday 5th October. He was the highest goal scorer on the day for the Glenelg football Club. Awesome to watch Dan!!

* Retirement Congratulations to **Yvonne** - a wonderful lady who you may not know but who has been an invaluable asset to Revive fitness, working tirelessly behind the scenes keeping the Centre clean as a whistle for 21 long years. Yvonne intends to maintain her already amazing fitness by joining the wonderful Revive 'Strength for Life' Program.

* Best of luck to the lovely, long-serving Reception Staff Member **Jacquie**, who has recently undertaken a career change. Her friendly welcome, dazzling smile & sharp wit will be greatly missed - we hope she joins us when she can for a weekend workout.

* Welcome to **Vanessa & Fiona** the fabulous new faces on Reception at Revive Fitness.

* Also deserving a mention is the 'gutsy manoeuvres' soon to be deployed by Reception Staff / Fitness Instructor **Lisa & Brenton**. They have both been accepted into the Army Reserve. Lisa takes leave soon to embark on a month's Basic Training at Kapooka, while Brenton goes in January. Watch this space as Lisa is sure to have some stories to tell when she returns to us at the end of December, while Brenton will keep them on their toes!

KICK - BUTT LISA & BRENTON!!

READ ON.....

SPEAKING OF COMBAT



BODYCOMBAT® Combines moves & stances from a range of self-defence disciplines - e.g. Karate, Boxing & Taekwondo - into an hour-long energetic routine.

Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

SPEAKING OF KICKING-BUTT

Why not give Kick-Box circuit a try?! These Classes are here to stay; the only difference will be in where they are held in the Centre. Details soon.

~~~~~AQUA ADDITION~~~~~



Why not try a Wet & Wonderful start to Wednesday with a Workout in the pool. An Additional Aqua Class begins Wednesday November 5th at 9:30am with Janice.

Items for the Revive Newsletter can be emailed to: gail.jackson@flinders.edu.au

WHEN LESS IS MORE

What is sometimes poorly understood is the fact that training too hard - **over-training**, may be profoundly counter-productive.

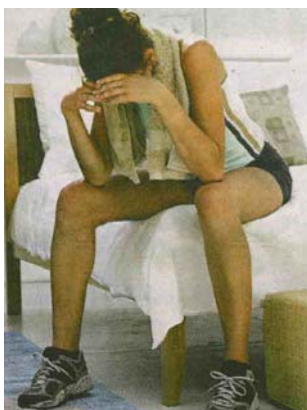
How much is too much?

Over-training may be defined as a situation where the volume & intensity of one's exercise exceeds one's recovery capacity. Typical features of over-training syndrome may include **persistent muscle soreness & joint pain, fatigue, increased susceptibility to injury & infections (i.e. frequent colds, flues & sore throats as a result of reduced immunity), irritability, depression, lack of motivation, poor appetite, decreased libido, weight loss & difficulty sleeping.**

Another indication of over-training is that is that your resting heart rate may increase. You can track your resting heart rate each morning before rising; any significant increase from the norm may be a sign that you are over-training or simply not resting adequately between training sessions to allow for full recovery.

What can be done?

The answer is fairly intuitive: you need to pull back & allow yourself to rest & recuperate. Reduce stress & concentrate on quality nutrition & a balanced diet. Depending on the individual situation, your Doctor may recommend low levels of moderate exercise, known as "active recovery". However you should definitely avoid really pushing yourself during the recovery period, which may take anything from a few days to several weeks. Ironically, the prevailing wisdom is that it is actually better to be slightly under-trained than over-trained. **Rest is actually as important as training, since it is during the recovery phase that physiological improvement, regeneration & adaption occur.**



c/- Sunday Mail Body & Soul 19 Oct 2008

TASTY REMEDIES TO TRY

EAT: Spinach salad with raw almonds with a glass of 'Anlene' milk.

For: Stress fractures - The combo of calcium, vitamin D & vitamin K speeds up bone formation to help repair breaks.

EAT: Peanut butter on wholemeal bread.

For: Muscle soreness - The carbs restore energy for faster muscle recovery & protein-laced Peanuts help repair damaged muscle fibres.

EAT: Walnut-encrusted salmon.

For: Tendonitis - Polyunsaturated fats, like the omega-3 fatty acids found in fish & nuts, can help reduce inflammation of tendons.

NOTHING WRONG WITH BEING A LITTLE ECCENTRIC

What if I was to tell you that most people are only doing half the work needed for an effective strength exercise?

Most exercises are executed through two phases - one requiring a particular muscle to contract or shorten & the other requiring it to lengthen. Each phase should in fact be regarded as of equal importance.

Generally we concentrate only on one of the 2 phases. The concentric phase (where the muscle shortens) tends to 'hog' our attention, because we perceive it as our 'effort' phase. The push up, for example, is generally seen as requiring more effort.

As a result we tend to focus on performing the good controlled movement only during the concentric phase & we often switch off & 'drop', allowing gravity to take over, during the eccentric phase. This drop & loss of control is an opportunity lost, for we are only completing half the exercise, minus the added benefits that can be gained when working through both phases & completing the exercise as a whole.

Essentially, what is required is a constant & controlled movement pace, as well as even & perfect control throughout both phases of the exercise. From now on, try practising this technique in every aspect of your workout regime in order, most likely, to double your entire workout effectiveness.

WHAT A GREAT BONUS!!