

NEWSLETTER - FEBRUARY 2009.

FABULOUS FIT FEBRUARY!!!

February follows hot on the heels (wheels?!) of "Jolly" January - rather a hard act to follow. February has us feeling patriotic following AUSTRALIA DAY on the 26th January.



February has us feeling inspired & very proud following the TOUR DOWN UNDER which attracted the likes of the incredible Lance Armstrong, along with all of our own 'home grown' heroes. The Tour also showcases our lovely city of Adelaide, home of REVIVE!!!



BREAKING NEWS

REVISED REVIVE FITNESS GROUP FITNESS TIMETABLE

We have taken on board the valuable feedback received from our wonderful members, since changing the Group Fitness Class Timetable last year. It seems that many of you find it difficult to travel from work, arrive & get changed for the classes scheduled at 6pm in the evening. Devising a timetable to suit everyone is one of the most difficult tasks in the Fitness Industry. We thought that a small shift forward of just 15 minutes, for the evening classes only, may give some members that small window of extra time to make it possible to attend a 5pm or 6pm class. Alternatively, we felt that this would not be too drastic a change for those who previously may have had an issue with the late finish of the final evening class.

The Revive Staff trust that our members, on the whole, will be pleased with these minor changes. Please keep giving us your feedback. Please read on for the changes which will begin

FROM: MONDAY 2nd FEBRUARY

ALL EVENING CLASSES WILL START 15 MINUTES LATER AS FOLLOWS:

<u>MONDAYS:</u>	- B/Pump	- 6:15pm
	- B/Attack	- 7:15pm
	NO CHANGE	- B/Balance - 7:30pm.
<u>TUESDAYS:</u>	- B/Attack	- 6:15pm
	- F/Step	- 7:15pm
<u>WEDNESDAYS:</u>	- B/Combat	- 5:15pm
	- B/Pump	- 6:15pm
	- Pilates	- 7:15pm
<u>THURSDAYS:</u>	- B/Step	- 6:15pm
	- B/Pump	- 7:15pm
<u>FRIDAYS:</u>	- B/Balance	- 6:15pm
<u>SATURDAYS:</u>	- Aqua	- 9:15am*
	NB *Sat morning Aqua 15 minutes earlier*	

FREQUENTLY ASKED EXERCISE QUESTIONS & ANSWERS

I am a keen cyclist but lately I increased my hill training & am getting pains around my left kneecap. What can I do to help it & why did it occur?

Knee pain is one of the most common overuse injuries in cyclists. The most common cause is tightness of the muscles & grisly tissue that runs down the side of the thigh & joins onto the outside border of the kneecap. Other factors also need considering including foot alignment, bike setup & leg stability. Cycling tends to pull & tilt the kneecap outwards which disturbs its smooth tracking in the groove on the bottom of the thigh bone (femur). Hills & big gears will further increase the pressure through the kneecap. You probably need to stretch your outside quads and ITB (iliotibial band) specifically.

I do 'aerobic' classes approximately 3-4 times per week & have been having problems with my calf and Achilles becoming sore. I work in high heeled court shoes & do my classes after work. Could this be causing my problem?

High heeled shoes place abnormal stress on many areas of the legs, pelvis & back & would likely be contributing to your current problem. These shoes elevate the heel in relation to the forefoot which decreases the stretch load on your calf muscles/Achilles tendon. Over time your body responds to this altered heel elevation by becoming tighter in the calf. When you get to aerobics after work you are effectively decreasing this elevation by putting on sneakers & this drop in elevation places increased stretch loads on your calf, which when continued with the activity of your aerobics class causes the problems you mentioned. Treatment initially would consist of changing your work shoes for ones with a decreased heel height & block heel to control abnormal foot motion. This should be done in conjunction with a stretching program for the calf muscles/Achilles tendon. Also check the wear of your current aerobic shoes as they may also contribute to these problems - if they are worn, do not give adequate support to the foot or are incorrect for the types of activities undertaken. If this fails to completely resolve these problems an assessment by a podiatrist or physiotherapist would be recommended.

I have weak ankles & knees & have to strap both firmly when I play sport. I feel that the strapping is affecting my performance, as it doesn't allow me to move freely. Are there any alternatives to strapping affected areas?

If your 'weak' ankles & knees are due to 'sloppy' or lax joints then strapping will give you a feeling of support. However you may also benefit from strengthening the surrounding muscles (quads and hamstrings) of the knees, calf & other lower leg muscles of the ankle. Balance or proprioceptive retraining would help improve the speed of reaction of your surrounding muscles, to give more dynamic support for your ankles and knees.

Such exercises include standing on one leg & balancing, whilst moving your body &/or other leg from side to side, increasing the difficulty by closing your eyes, going up on your toes etc. The progression of exercises in Body Balance & Pilates are ideal.

Thanks to SportsMed for their assistance with this information.

TUNA & VEGETABLE RISOTTO

Serves: 4 people

Prepare time: 45 mins

Energy: 2141 kJ (512 kcal)

Carbohydrates: 86.0 g

Protein: 27.0 g

Fat: 6.0 g

INGREDIENTS:

2 cups arborio rice

1/2 chopped red capsicum

1 clove crushed garlic

1 chopped tomato

1 cup small, chopped mushrooms

1 chopped white onion

1 chopped zucchini

1 cup frozen peas

5 cups hot chicken stock

250 g can tuna slices in springwater

2 tbsp lemon juice

Freshly ground black pepper

Parmesan cheese



METHOD:

Heat olive oil in a large pan then add garlic & onion. Stir for 5 minutes then add the mushrooms, capsicum, tomato & zucchini, continue stirring.

Add the rice and stir thoroughly. Add a cup of stock at a time, stirring constantly. Add the lemon juice & the peas and stir until all the stock is absorbed.

Add the tuna slices & continue heating until the peas are cooked. Serve on warmed (moderately deep) plates, sprinkle with freshly ground black pepper & top with shaved Parmesan.