



RUN FOR YOUR LIFE

Running Wild Newsletter June 2007 No. 2

Now that its winter time don't fall into the trap of eating more and exercising less. Continue to make the effort to come to the gym and keep your metabolism pumping!!
Don't let the cold, wet weather put you off.....make that extra effort to keep moving!

New Phone Number

Many of you will be pleased to know we now have a landline. The phone number is **9456 3242**. The mobile number will also still be in use for the time being. We will gradually change our signage and handouts to include the new number.

Posture Poles - we are now an official supplier! Posture poles are great for realigning your spine. They are ideal for people who slouch or work with a head forward posture, such as sitting at a computer. Try it at the gym! Or buy one, \$60.

Changes to Timetable:

While it's cold & dark the gym will only be open at 6am on Tuesday and Thursday mornings only. **However, the gym will now be open Wednesday morning from 7am to 9am.** Collect a new timetable next time you come in or else check our website, www.runningwildfitness.com.

First Aid Course

We are considering running a one day first aid course in August or September. The cost would be approx \$120. Please let Jenny or Merridy know if you are interested.

The Truth about Chocolate

It might be choc full of antioxidants and it may help combat heart disease, but there's a limit to the magical properties of chocolate. In what may come as a shock to those who swear by a little choccy indulgence when they're feeling down, a new Australian study (published in the Journal of Affective Disorders) has found chocolate does not actually work as an antidepressant, and it may in fact deepen a depressive mood. According to the report, those who turn to chocolate to improve their mood only experience a short lived boost, before coming down, possibly to an even lower level than before their chocolate hit. (Source: Runner's World Magazine, Jan 2007.)

Latest Research

At the fitness industry's conference in April, a lot of cutting edge research on exercise and weight loss was released. We have begun to introduce this new type of programme to some of our clients. It involves less cardio work and more reps at individual exercises and is quite demanding.

As well, current thought is that a regular resistance programme is far more effective than a

cardio programme. The resistance programme should be done 3 to 5 times per week, which may not be realistically possible. The recommendation for weight loss is at least 30 minutes of exercise every day.

Build it into your lifestyle! Walk to the shops, rather than taking the car etc.

Workout for Your Bones

We have just registered with *Osteoporosis Australia* to support Workout for your Bones, an event in August. It is to raise awareness of this disease. Osteoporosis results in brittle bones that break easily. **One of the best ways to help prevent and manage osteoporosis is by doing weight bearing exercise regularly.**

Concept Two Rowing

What a fantastic machine! If you haven't tried it yet, please ask.

Merridy does a lot of training on it and lists the following benefits:

- Suitable for all ages,
- Exercises and strengthens core muscles as well as the upper and lower body muscles,
- It is smooth, rhythmic and impact free,
- The wide range of motion promotes flexibility in muscles and joints.

New Space

Unfortunately we haven't progressed with the other space we are hoping to rent for classes. It's still going to happen but not as quickly as we would have liked. We will keep you posted.

Yours in good health

Jenny and Merridy