

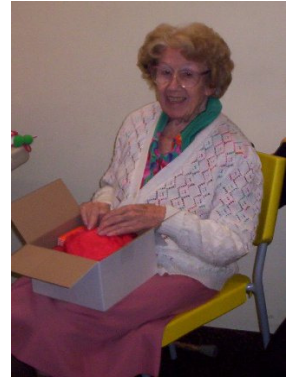


RUN FOR YOUR LIFE

Running Wild Newsletter May, 2009

What an inspiration.....Kit Waller, 96 years young has retired from the gym!

Kit, featured in the Hornsby Advocate recently, has been a client of Running Wild for about 8 years. We are going to miss Kit and her acerbic humour.



OPENING HOURS ON JUNE LONG WEEKEND

The gym will be open Saturday 8am - 12.30pm and Monday 4pm - 8pm only. No classes Saturday & Monday night, but all welcome in the gym.

Running Wild Team for CITY TO SURF 2009

If you are interested in being in a team for the City to Surf on Sunday 9th August please register at the gym. Further information is available from Jenny. Please note that you **don't** have to run it. If you've never participated in Sydney's greatest road race, it's a fun day out and you'll get a great sense of achievement upon completing it.

Osteoporosis Presentation

Despite the inclement weather, 65 people came to the informative talk by Janine Dawson from Osteoporosis Australia in April. The lucky door prize Draw over we all enjoyed afternoon tea and a chat.

Hopefully by getting information out to the community we can play our part in awareness and prevention of this disease. Jenny is planning another presentation on a different topic later in the year.

Vitamin D

Adequate Vitamin D levels are critical for us to absorb calcium in our intestines and to metabolise calcium throughout life. Vitamin D is best absorbed by exposing the skin to low levels of ultra violet light, that is, sunshine.

Running Wild T-shirts

Anyone purchasing a 20 visit pass or unlimited pass will receive a Running Wild T-shirt during June & July 2009. (While stocks last)

Five, Ten, Twenty Visit Passes

Unfortunately we are unable to offer free extensions on these passes. Please choose wisely knowing they are valid for six months only.

Twelve Week Unlimited Pass

Please note that this pass is for 12 continuous weeks use. It is also not transferable to another person. If you purchase a 12 week pass you agree to these conditions and there will be no variation.

PROPOSED TIMETABLE CHANGES

We are considering changing our opening times for the gym and would appreciate your comments. (Please note this is only in the planning phase and we will notify every one of the changes)

Monday/Weds/Friday	7am - 12noon (instead of to 1pm) 4-8pm (Mon/Weds) (same)
Tues/Thurs	6am - 12noon (instead of 6-7.30 & 9-1pm) 4-8pm (same)
Saturday	7am - 12noon (instead of 8am - 12.30) 3pm - 5pm (same)
Seniors Off peak time	10.30 - 12 noon (instead of 11.30 - 1pm)
Heartmoves Tues/Thurs	12noon - 12.45pm (instead of 1 - 130pm)

Please send any comments to merridy@runningwildfitness.com.au

Dietician

We have recently made contact with Kate Marsh an Accredited Practicing Dietician and Credentialed Diabetes Educator, and the owner of Northside Nutrition and Dietetics. Kate is available for appointments in Hornsby. See Jenny or Merridy for details.

(Kate graduated with a Master of Nutrition and Dietetics from the University of Sydney in 1995 and completed a Graduate Certificate in Diabetes Education and Management in 1997. She has just completed her PhD looking at the effects of Glycemic Index (GI) in the diets of women with PCOS (Polycystic

Ovarian Syndrome) and is co-author of *The Low GI Guide to Managing PCOS*, *The Low GI Vegetarian Cookbook* and *Low GI Gluten-Free Living*.)

2009 BUSINESS ACHIEVER AWARDS

Running Wild Fitness has been entered into the Fitness Retail and Services category of the 2009 Business Achiever Awards. We would value your vote. Go online to www.businessachieverawards.com.au, or follow the link on our website or fill in the form in the Hornsby Advocate. Voting closes 19th June. Thank you.

Music and Training

According to the *Journal of Sport & Exercise Psychology*, results reveal that listening to correctly paced music increases stamina on the treadmill by 20%. Matching the beat of the music with the tempo of the exercise can also regulate your movement and reduce the oxygen required during running by up to 6%. The ideal workout tempo is 120 to 150 beats per minute. Researchers have found that training to music lowers your perception of effort and can trick your mind into feeling less fatigued.

Winter Chills and Ills

If your symptoms are below the neck, such as a tight chest, then your body needs rest. Exercising with major cold symptoms, particularly a fever, will prolong your illness and can be dangerous. Physical activity will compromise your immune system as the body focuses on energy production and muscle function instead of fighting the illness.

If your oral temperature is at or over 37.5 °C (99.5 °F), your body is fighting an infection, and needs rest to recover. Listen to your body. When you have cold and flu symptoms, attempting to exercise or "sweat it out" may actually allow your symptoms to become worse. Too much sweat can dehydrate you at a time when you actually need extra fluids to loosen congestion. Dehydration can also dry the mucous membranes in your respiratory tract, worsening a stuffy nose or scratchy throat.

Stay healthy,

Merridy, Jenny & staff