# AUSTRALIAN FITNESS NETWORK’S 2006 ARTICLE INDEX

Articles are listed in chronological order

Refer to your own archives or visit the Publications pages at www.fitnessnetwork.com.au to read any of these articles

## Personal Training and Special Populations Articles

<table>
<thead>
<tr>
<th>Article Title</th>
<th>Author(s)</th>
<th>Publication Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotion and marketing skills for your PT business</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Live your passion for personal training!’</td>
<td>Analee Matthews</td>
<td>Personal Trainer Network, Autumn 2006, p4</td>
</tr>
<tr>
<td>Preview of FILEX 2006 personal training education sessions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Advanced exercises for clients who like Russian women and vodka!’</td>
<td>Tony Boutagy</td>
<td>Personal Trainer Network, Autumn 2006, pp5-8</td>
</tr>
<tr>
<td>Advanced strength exercises with an Eastern Bloc influence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Cutting edge core control. A PERFECT PRACTICE™ article’</td>
<td>Anna-Louise Bouvier &amp; Lisa Champion</td>
<td>Network magazine, Autumn 2006, pp17-22</td>
</tr>
<tr>
<td>Teaching correct core control to your clients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Common injuries: heel pain’</td>
<td>Paul Wright</td>
<td>Network magazine, Autumn 2006, pp24-25</td>
</tr>
<tr>
<td>Examining common fitness injuries encountered by fitness professionals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Examining the pros and cons of stretching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Pre-exercise stretching – just don’t do it?’</td>
<td>Jay Blahnik</td>
<td>Network magazine, Autumn 2006, pp69-70</td>
</tr>
<tr>
<td>Discussing research into the pros and cons of stretching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Examining common fitness injuries encountered by fitness professionals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Exercises under the microscope: triceps kickback’</td>
<td>Tony Podpera</td>
<td>Network magazine, Autumn 2006, pp61-66</td>
</tr>
<tr>
<td>Examining the pros and cons of stretching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘The 5 magic Ps of marketing’</td>
<td>Dax Moy</td>
<td>Network magazine, Winter 2006, pp51-52</td>
</tr>
<tr>
<td>Using positioning, packaging, promotion, persuasion and performance to increase your personal training business</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Are your clients at risk of over exercising?’</td>
<td>Dr Elizabeth Celi</td>
<td>Network magazine, Winter 2006, pp56-58</td>
</tr>
<tr>
<td>Identifying and managing excessive exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A PERFECT PRACTICE™ article’</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teaching correct posture to your training clients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Presenter profile: Paul Wright’</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Profile of Australian Fitness Network’s Author of the Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Personal Trainer Network’ Winter 2006, p5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

*Note: The table continues with additional articles listed in chronological order.*
'Training the athletic population: The strength and conditioning coach' by Peter Twist
The role of the strength and conditioning coach
Personal Trainer Network, Spring 2006, pp6-8

'The versatility of the BOSU®' by Ken Baldwin
A series of BOSU® balance exercises
Network magazine, Spring 2006, pp14-17

'The transformational trainer: creating clients for life' by Jon Denoris & Gary Stebbing
Building and maintaining long-lasting training relationships
Network magazine, Spring 2006, pp24-26

'Upper body strength training for structural balance' by Tony Boutagy
Using Charles Poliquin’s training techniques to achieve the best upper body results
Network magazine, Spring 2006, pp31-34

'Motivation and inspiration: the Vanuatu Round Island Relay' by Heidi Dening
Training clients for exciting outdoor challenges
Network magazine, Spring 2006, pp49-50

'Survival of the fittest' by Ish Cheyne
Putting your personal training business on the path to success
Network magazine, Spring 2006, pp49-50

'An adventure challenge can change your clients’ lives' by Diane Westaway
The world of outdoor challenges for you and your personal training clients
Network magazine, Spring 2006, pp59-63

'Common injuries: shoulder dislocation' by Paul Wright
Examining common fitness injuries encountered by fitness professionals
Network magazine, Spring 2006, pp65-67

'The guinea pig promotion' by Andrew May
The steps needed to run a successful and profitable personal training promotion
Network magazine, Spring 2006, pp69-70

'The forgotten practice of overhead pressing' by Tony Boutagy
The advantages to personal trainers of training overhead pressing movements
Personal Trainer Network, Summer 2006, pp1-4

'Perfect Practice in Strength Training' by Lisa Champion
The importance of posture and alignment in maximising performance and minimising risk
Personal Trainer Network, Summer 2006, p5

'The overtraining trap' by Marek Doyle
The folly of overtraining the muscles and the benefits of working smart
Personal Trainer Network, Summer 2006, pp6-7

'Public speaking for fitness professionals' by Jim Labadie
Tips on sharing your knowledge while increasing your network of contacts and leads
Personal Trainer Network, Summer 2006, p8

'Guy Andrews: The Endurance 7'
Q&A with former Ironman and adventure challenge devotee.
Network magazine, Summer 2006, pp26-27

'Growing trends in obesity in children and adolescents: the fitness industry response' by Robbie Parker PhD Med
Childhood obesity and the Australian Fitness Industry’s role
Network magazine, Summer 2006, pp43-46

'Enhancing exercise adherence' by Wendy Sweet
Exploring exercise adherence from a behavioural health perspective
Network magazine, Summer 2006, pp11-13

'Attract more of your ideal clients' by Mark Kostner
The benefits to small businesses of niche marketing
Network magazine, Summer 2006, pp15-17

'Personal training people in pain: comprehensive assessment. A PERFECT PRACTICE™ article' by Lisa Champion & Anna-Louise Bouvier
Examining professional boundaries and the necessary elements for assessing clients in pain
Network magazine, Summer 2006, pp20-25

'The transformational trainer: thinking, behaviour and skills' by Jon Denoris & Gary Stebbing
The actions required to build and maintain long-lasting training relationships
Network magazine, Summer 2006, pp28-31

'Exercises under the microscope: leg press vs squat' by Tony Podpera
Insightful comparison of the two leg exercises
Network magazine, Summer 2006, pp51-53

'Common injuries: high hamstring tendinopathy' by Paul Wright
Examining common fitness injuries encountered by fitness professionals
Network magazine, Summer 2006, pp67-69

Nutrition and Fat Loss Articles

'Understanding the pros and cons of protein' by Matt O'Neill
Evaluation of assorted studies into protein rich diets
Network magazine, Autumn 2006, pp9-10

'Transforming the male gut' by Paul Collins
Changing male eating patterns
Network magazine, Autumn 2006, pp64-67

'How healthy is the CSIRO Total Wellbeing Diet?’' by Matt O’Neill
Examines evidence surrounding the controversial and remarkably popular diet
Network magazine, Winter 2006, pp25-26

'Advising your clients on childhood obesity' by Susie Burrell
Advice on how to improve juvenile eating patterns
Network magazine, Winter 2006, pp22-23

'Should junk food ads be banned? An essential update' by Matt O'Neill
Looking at the arguments for and against banning food advertising during children’s television programming
Network magazine, Summer 2006, pp63-64
Group Fitness and Mind Body Articles

- 'Indoor cycling and obesity' by Janine Joseph
  Indoor cycle recommendations for larger clients
  Vanessa Vassallo
  Hip hop choreography
  Group Exercise & Mind Body Network, Autumn 2006, pp1-4

- 'Dance of the dragon – for weight loss and wellbeing with the healing art of Qi Gong' by Monica Linford
  Mind Body routine to regulate internal functions and increase energy
  Group Exercise & Mind Body Network, Autumn 2006, pp5-7

- 'Live your passion for group exercise and mind body!' by Analee Matthews
  Preview of FILEX 2006 group ex and mind body education sessions
  Group Exercise & Mind Body Network, Autumn 2006, p8

- 'Versatile step' by Mirko Turla
  Using rhythm to revitalize your step choreography
  Group Exercise & Mind Body Network, Winter 2006, pp6-7

- 'Pilates for every body' by Zosha Piotrowski
  The importance of personalised Pilates inductions
  Network magazine, Autumn 2006, pp12-15

- 'Parkour – more than just a sport' by Helen Jones
  The art of fluid movement using public spaces and obstacles
  Group Exercise & Mind Body Network, Winter 2006, p8

- 'The art of relaxation' by Monica Linford
  Using Tai Chi-Qi Gong exercises to journey into relaxation
  Network magazine, Winter 2006, pp42-44

- 'Breakdancing for beginners' by Yami Smith
  Basic breakdancing choreography
  Network magazine, Autumn 2006, pp31-32

- 'From low to high impact – a lesson in value' by Kinnie Ho
  Guidelines for creating a great group exercise CV
  Network magazine, Autumn 2006, pp40-41

- 'What's hot?' by Michelle Dean
  Rundown of the latest trends in group exercise

- 'Member profile: Margaret Anderson'
  Profile of Fitness Australia's Fitness Professional of the Year 2006
  Group Exercise & Mind Body Network, Spring 2006, p8

- 'I.C.E. - A new philosophy in indoor cycling' by Analee Matthews
  The latest development in Australian indoor cycling
  Group Exercise & Mind Body Network, Spring 2006, pp6-7

- 'Member profile: Caroline Pitney'
  Profile of the Les Mills Instructor of the Year 2006
  Group Exercise & Mind Body Network, Summer 2006, p5

- 'Fitness pole dancing – the long and the short of it!' by Rachel Holmes & Stephanie Kite
  Overview of the fitness trend which has been growing in popularity worldwide
  Group Exercise & Mind Body Network, Summer 2006, pp6-8

- 'Goodbye 'to do' list, hello 'stop doing' list' by Robert Gerrish
  Eliminating distractions from your working life

- 'Evolving freestyle routines' by Zosha Piotrowski
  Using base moves and layering in your choreography to conduct successful classes for all ability levels
  Group Exercise & Mind Body Network, Summer 2006, pp1-4

- 'Saluting the sun: hot yoga tips for floppies, flippies and stiffies. A PERFECT PRACTICE™ article' by Anna-Louise Bouvier
  The right and wrong ways of performing this classic yoga sequence
  Network magazine, Spring 2006, pp27-29

- 'Getting mum back in shape - and keeping baby happy' by Donna Sizer
  Hosting Pilates classes for post-natal women

- 'Keeping classes interesting' by Paul Peroy
  Maintaining a passionate group teaching style
  Group Exercise & Mind Body Network, Spring 2006, pp4-5

- 'I.C.E. - A new philosophy in indoor cycling' by Analee Matthews
  The latest development in Australian indoor cycling
  Group Exercise & Mind Body Network, Spring 2006, pp6-7

Aqua Articles

- 'Pilaqua for ultimate strength and stability' by Mirko Turla
  Incorporating Pilates moves into aqua classes
  Aqua Fitness Network, Autumn 2006, pp1-3

- 'Integrating balance strategies into your sessions' by Mary Wykle & Marty Biondi
  Balance strategies for aquatic interventions
  Aqua Fitness Network, Autumn 2006, pp4-5

- 'Education for results with RBK Tomahawk I.C.E.' by Jackie Diss
  Focusing on strong indoor cycling education programs to appeal to wider audiences
  Network magazine, Spring 2006, pp18-19

- 'Strategies for awesome word-of-mouth referrals' by Rachel Holmes
  Tips for increasing class participant numbers
  Aqua Fitness Network, Autumn 2006, pp6-7
‘Live your passion for aqua fitness!’
Preview of FILEX 2006 aqua education sessions
*Aqua Fitness Network*, Autumn 2006, p8

‘Aqua for the larger adult’ by Laura Ribbins
Advice for hosting classes for overweight participants
*Network* magazine, Autumn 2006, pp46-47

‘Hydro BLITZ… stepping back so you can step forward!’ by Laura Rogers
Creating aqua classes that cater for every fitness level
*Aqua Fitness Network*, Winter 2006, pp1-3

‘Becoming an aqua personal trainer’ by Ken Baldwin
Exploring the potential for aqua based personal training
*Aqua Fitness Network*, Winter 2006, pp4-6

‘In praise of the humble dumbbell’ by Marietta Mehanni
Aqua choreography incorporating dumbbells
*Aqua Fitness Network*, Winter 2006, pp7-8

‘ABBA: Arms, Butts, Backs and Abs’ by Kerri Parkinson
Using basic aqua moves enhanced with extreme strength components
*Network* magazine, Autumn 2006, pp33-34

‘Spinning the wheel’ by Tamara Middleton-Echave & Stephanie McLennan
Using an innovative technique to challenge and motivate aqua participants
*Aqua Fitness Network*, Spring 2006, pp1-3

‘CLUB PROFILE: Dandenong Oasis, VIC’
Profile of this Australian Fitness Network Fitness Facility of the Year finalist
*Aqua Fitness Network*, Summer 2006, pp4-5

‘Hos-pool-tality: How facility managers can attract and retain clients’ by Christine Crutcher
*Aqua Fitness Network*, Spring 2006, pp6-8

‘Timing patterns for challenge and coordination’ by Laraine Dunn
Aqua moves to challenge and help older participants
*Network* magazine, Spring 2006, pp45-47

‘Keeping aqua choreography fresh!’ by Tim O’Connell
Simple tools and techniques for creating new aqua choreography
*Aqua Fitness Network*, Summer 2006, pp1-4

‘Taking stock: A new start to the new season’ by Laraine Dunn
Re-evaluating your teaching and planning the season ahead
*Aqua Fitness Network*, Summer 2006, pp5-6

‘OPEN UP and teach with intention’ by MaryBeth Marotto
Techniques for improving your aqua instruction
*Aqua Fitness Network*, Summer 2006, pp7-8

‘Floating feet’ by Marietta Mehanni
Refreshingly new aqua exercises using the Hydro Ankle
*Network* magazine, Summer 2006, p33-36

‘The value of brand’ by Derek Barton
Recommendations for raising your club’s profile
*Club Network*, Autumn 2006, pp1-3

‘FILEX Presenter profile: Justin Tamsett’
Profile of FILEX 2006 Business Summit presenter
*Club Network*, Autumn 2006, p4

‘Change your thinking for greater success’ by Robert Gerrish
Steps to positive thinking
*Club Network*, Autumn 2006, p5

‘Eight things about women boomers’ by Mary Brown
How your club can maximise patronage by women boomers
*Club Network*, Autumn 2006, pp9-10

‘The cost of recruitment’ by Richard Dryden
Effective hiring processes for fitness facilities
*Club Network*, Winter 2006, pp1-3

‘Best methods for selling fitness’
Evaluating the trial, fit-test and consultation methods
*Club Network*, Winter 2006, pp4-5

‘Awesome new benefits for Club Network members’
Details of the expanded Club Network benefits
*Club Network*, Winter 2006, pp6-8

‘Lunch time fitness for personal training success’ by Stuart Evans
Maximising use of your club for personal training
*Club Network*, Winter 2006, pp10-11

‘Manual for Success, Volume 1, Number 2. How to design the optimal risk management system’ by Dr Dion Klein
8 pg manual sent to members with *Club Network*, Winter 2006

‘Could your key staff hold you to ransom?’ by Justin Tamsett
The importance of having a back-up plan in place for when staff leave your business
*Club Network*, Spring 2006, pp1-3

‘CLUB PROFILE: Green Apple Wellness Centre, QLD’
Profile of Australian Fitness Network’s Fitness Facility of the Year
*Club Network*, Spring 2006, pp6-7

‘Maintain bones to retain members’ Osteoporosis Australia
How fitness programs can help to combat osteoporosis
*Club Network*, Spring 2006, pp8-9

‘A good cause that’s good for business’ Osteoporosis Australia
How aligning your club with a charity can benefit your business
*Club Network*, Spring 2006, pp10-11

‘Manual for Success, Volume 1, Number 1. How to run a health expo’ by Justin Tamsett
8 pg manual sent to members with *Club Network*, Winter 2006

‘Being real is the only way to sell’ by Heidi Di Santo
How empathising with prospects can turn them into clients
*Club Network*, Summer 2006, pp1-3

‘Think Different’ by Derek Barton
Making your business stand out from the crowd
*Club Network*, Summer 2006, pp6-7
Club Network Article Reviews

Autumn 2006: ‘People in midlife are open to anything that will genuinely improve their chances of having a more independent and healthy old age’ by Sue Griffin, FitPro Business, August/September 2005, pp38-39; ‘The modern-day sales manager: what cutting-edge leaders are doing to thrive in today’s market’ by Brenda Abdilla, Club Success, pp18-21; ‘Under great managers people blossom and become everything they are capable of being’ by Eric Garner, FitPro Business, December/January 2006, pp10-11

Winter 2006: ‘Use the power of your professional identity to attract new clients’ by Joey Atlas, Can-Fit-Pro, September/October 2006, pp24-25; ‘To facilitate behavioural change, we should make the transition as smooth as possible’, FitPro Business, December/January 2006; ‘Service art on the fitness floor’ by Terri Weiher, Club Success, December 2005, pp8-9


Other Articles

‘Warming up’ by Andrew McCallum
The role of competition in business
Network magazine, Autumn 2006, p5

‘Fit facts: Workout for the body, and the mind’
Research findings from Neurobiology of Aging, January 2006
Network magazine, Autumn 2006, p7

‘Fit facts: Obese run greater heart risk in later life’
Research findings from The Journal of the American Medical Association, January 2006
Network magazine, Autumn 2006, p7

‘Fit facts: Exercise, not cholesterol watching, lowers death rate among seniors’
Research findings by Boston Herald, January 2006
Network magazine, Autumn 2006, p7

‘Research reviews’ by Dr Mike Climstein
Review of articles addressing metabolism and yoga, and effects of exercise on cardiovascular risk factors
Network magazine, Autumn 2006, pp48-49

‘Member profile: John Dowse’
Profile of Network member and Australian Institute of Fitness NSW oldest graduate, seventy year old John Dowse
Network magazine, Autumn 2006, p57

‘Network Community Noticeboard’
Information on the new benefits for Network members
Network magazine, Winter 2006, p75

‘FILEX 2006 has left the building!’
Testimonials from Network members for FILEX 2006
Network magazine, Winter 2006, pp2-4

‘And the 2006 award goes to...’
Profile of the 2006 Fitness Industry Award winners
Network magazine, Winter 2006, pp5-6

‘The Diploma of Fitness: the rationale’ by Dr Grant Pavia
A letter to the health and fitness industry from SA Director of the Australian Institute Pty Ltd
Network magazine, Winter 2006, pp9-11

‘Warming up’ by Bill Robertson
The recipient of Australian Fitness Network’s 2006 Lifetime Achievement Award reviews twenty-five years in the industry
Network magazine, Winter 2006, p13

‘Fit facts: Regular exercisers depressed by forced inactivity’
Research findings from Psychosomatic Medicine, March-April 2006
Network magazine, Winter 2006, p15

‘Fit facts: Fish oil helps pain in the neck’
Network magazine, Winter 2006, p15

‘Fit facts: Improved cognition and exercise go hand-in-hand’
Research findings from Archives of Internal Medicine, 22 May 2006
Network magazine, Winter 2006, p15

‘Research reviews’ by Dr Mike Climstein
Review of articles addressing exercise recommendations for artery disease, and working out during pregnancy
Network magazine, Winter 2006, pp47-48
‘Network Community Noticeboard’
Introducing your Network membership consultants
Network magazine, Winter 2006, p71

‘Warming up’ by Analee Matthews
The benefits of aligning your fitness business with a charity
Network magazine, Spring 2006, p5

‘Fit facts: Apples & Pears Active Challenge’
Simple tools from Australian Apples to get your clients exercising
Network magazine, Spring 2006, p7

‘Fit facts: Exercise as cancer survival technique’
Research findings from the Journal of Clinical Oncology, July 2006
Network magazine, Spring 2006, p7

‘Fit facts: Low GI and high protein equal in the fat loss stakes’
Research findings from the Archives of Internal Medicine, 24 July 2006
Network magazine, Spring 2006, p7

‘Kiwi Korner: Fitness NZ makes its views known’
FitnessNZ’s recommendations regarding tackling obesity in New Zealand
Network magazine, Spring 2006, p9

‘Kiwi Korner: Annual conference’
Information on FitnessNZ’s inaugural conference
Network magazine, Spring 2006, p9

‘Kiwi Korner: Consumer protection program launched’
FitnessNZ’s protection for members whose fitness facility closes down
Network magazine, Spring 2006, p9

‘A progressive retreat’ by Sharon Kolika
The benefits of Lifestyle retreats such as Gwinganna in the Queensland mountains
Network magazine, Spring 2006, pp10-11

‘Research review’ by Dr Mike Climstein
Review of article addressing resistance guidelines for post-cardiac patients
Network magazine, Spring 2006, p21

‘Network Community Noticeboard’
The latest benefits for members via Network’s Network program and other news
Network magazine, Spring 2006, p75

‘Warming up’ by Lauretta Stace
The CEO of Fitness Australia discusses the importance of professional registration as a brand
Network magazine, Summer 2006, p5

‘Fit facts: Exercising monkeys more mentally alert’
Research findings from IHRSA, November 2006
Network magazine, Summer 2006, p7

‘Fit facts: Working out reduces eye risk’
Research findings from the British Journal of Ophthalmology, November 2006
Network magazine, Summer 2006, p7

‘Fit facts: Allergy alleviated by activity’
Research findings from Allergy, November 2006
Network magazine, Summer 2006, p7

‘Kiwi Korner: Record numbers for BusinessGrow’
Short report on FitnessNZ’s annual business summit
Network magazine, Summer 2006, p9

‘Kiwi Korner: Kids in gyms guidelines for NZ’
The development of guidelines in NZ to monitor children’s gym activity
Network magazine, Summer 2006, p9

‘Making the most of your metabolism’ by Liz Dene
Simple ideas to increase your metabolism
Club Network, Summer 2006, p12

PERFECT PRACTICE™ training chart. Cardio Training.
Maximising performance and minimizing risk in cardio training.
Sent to all members with Summer issue of each newsletter.

PERFECT PRACTICE™ training chart. Strength Training.
Maximising performance and minimizing risk.
Sent to all members with Summer issue of each newsletter.

Information Handouts

‘5 steps to a lower GI diet’ by Joanna McMillan-Price
Dietary information
Club Network, Autumn 2006, p12

PERFECT PRACTICE™ training chart. The Circle of Control.
Achieving good core control and posture.
Sent to all members with Winter issue of each newsletter.

‘Exercise your bones’
Exercise recommendations for increasing bone strength
Club Network, Spring 2006, p12

PERFECT PRACTICE™ training chart. Cardio Training.
Maximising performance and minimizing risk in cardio training.
Sent to all members with Spring issue of each newsletter.

‘Remembering Monty Dortkamp’
A tribute to the late Australian fitness industry leader
Network magazine, Summer 2006, pp48-49

‘Get to know your Network! Introducing Jack Lee’
Q&A with Network’s graphic designer
Network magazine, Summer 2006, p71

‘Network Community Noticeboard’
Details the benefits coming to members in 2007 & lists prize winners at Network 06 convention in Brisbane
Network magazine, Summer 2006, p75
Continuing Education Credits (CEC) Exams

In every issue of the Network magazine there is one article that, along with other reading, makes up a FREE exam, which can earn you 1 CEC point if you successfully complete and submit it to Network. Please refer to the following list for the key articles in each issue of the 2006 Network magazines. You will need to request the additional reading and information for each exam if you wish to complete them. To request this information e-mail info@fitnessnetwork.com.au or phone 02 8424 7200.

Autumn 2006: ‘Kids on Balls’ by Lisa Westlake
Network magazine, Autumn 2006, pp35-38

Network magazine, Winter 2006, pp18-23

Spring 2006: ‘Common injuries: shoulder dislocation’ by Paul Wright
Network magazine, Spring 2006, pp65-67

Summer 2006: ‘Floating feet’ by Marietta Mehanni
Network magazine, Summer 2006, pp33-36

E-Newsletters (www.fitnessnetwork.com.au)

13 March 24 July 28 November
19 April 23 August 12 December
19 May 22 September
15 June 25 October

Remember, all articles are available online in the Publications pages at www.fitnessnetwork.com.au or refer to your own library of publications from 2006