

PT NEWS AND LATEST RESEARCH

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HEART ATTACK SURVIVORS SHOULD HIT THE GYM

A recent Swiss study has shown that although any exercise program can improve blood flow following a heart attack, the benefits last for only a month after exercise is stopped.

Dr Margherita Vona, director of the Cardiac Rehabilitation Centre at the Clinique Valmont-Genolier in Glion sur Montreux, said 'The main goal of our study was to determine the impact of different types of exercise on vascular [blood vessel] function. The conclusion was that in our patients, after a heart attack, all types of exercise were useful for correcting vascular dysfunction, without any difference among aerobic, resistance or combined training'.

'These data imply that good, long-term adherence to training programs is necessary to maintain vascular benefits on endothelial dysfunction' Vona said.

The researchers recruited 209 heart attack survivors to participate in the study, and they were placed in groups which focused on either aerobic training, resistance training, a combination of both of these or no training at all.

The aerobic group had four weekly cycling sessions which included a 10-minute

warm-up, 40 minutes of cycling, and a 10-minute cool-down. The strength training group were prescribed four weekly sessions of 10 exercises using weights and resistance bands.

Flow-mediated dilation (FMD), the amount that blood vessels widen to increase blood flow, was used to measure Endothelial function. Both exercise groups displayed a significant increase in FMD from 4 per cent to 10 per cent. The non-exercising control group exhibited no significant FMD change.

Discussing the loss of improvement evident four weeks after exercise had ceased, Vona stated, 'This aspect is particularly important in patients with coronary artery disease, in whom correction of endothelial dysfunction could help to slow the progression of atherosclerosis and probably avoid new cardiovascular events'.

Dr Johnny Lee, an assistant clinical professor of medicine at Mount Sinai Medical Center in New York City, commented on the study's findings, saying 'Most of the time, we tell patients about aerobic exercises – running, jogging and swimming. We haven't thought that resistance exercise, lifting weights and the like, can have an equal benefit. This shows that it does. That



there was benefit from aerobic exercise was no surprise. What was a surprise was that resistance exercise gave equal benefit'.

Lee went on to discuss the need that the study had shown to make exercise an ongoing habit for heart attack survivors, concluding, 'If this applies to the sickest patients, that if you stop you are going to lose the benefit, it shows that continuing to exercise can only have a positive effect if you are a normal subject with no heart disease'. ■

Source: *Circulation*

PT NEWS AND LATEST RESEARCH



NO MATTER WHAT, THINGS WILL GO ON

I have had a fair bit of feedback from my December column on dealing with the tougher economic times. It seems that everyone who knows I run a small fitness business is very keen to ask me when they see me; 'Well how bad is it? How are you coping? What's the impact?'

It's almost as if they are looking for their own confirmation that things are tough out there and this will put them at ease. I spoke about this phenomenon with one of my long term clients, Peter Webb, recently. Peter is one of the wisest and most switched-on people I know, in fact as a coach specialising in leadership he just oozes wisdom and considered thought (check out peterwebb.com.au for his blog).

Peter said 'this could be a nasty downturn, but, no matter what, things will go on'. I really like his thinking and positive attitude. He is not burying his head in the sand and ignoring the situation, rather he is very aware of the environment he is operating in and still manages to approach it in a positive manner. He pointed me toward a recent article in the *Harvard Business Review* that recommended using the downswing to get ready to launch yourself in the upswing. So here are five things to work on over the winter:

1. SPEND MONEY STRATEGICALLY

Do not cut off all your business spending. Keep some for the strategic things you need to spend money on – marketing, technology, career and technical development. Consider

what will give you a good result in 6 to 18 months if you spend it now.

2. MANAGE YOUR STRESS

Despite the fact you may need to do more, do not just work longer and longer hours, instead, work hard, but work smarter and more efficiently. Sure you may be working more but make sure the time put in is effective and productive. Manage your stress outside of work; remember to put time and effort into the rejuvenating activities in your own life – home, family, friends, sport and yourself.

3. ENHANCE YOUR SKILLS

Use any extra down time you may currently have to invest in yourself – a workshop, conference, online course or research into your speciality area. If you do not have a specialty, consider what you would like to be known as the expert in, in your market.

4. SHARE AND GATHER IDEAS

If you are part of a team at work, now is a great time to consolidate, come together and ask for ideas, share opinions and collaborate. If you work solo then consider becoming part of a community or non competing team such as a Round Table (see www.roundtables.com.au) or maybe work with a mentor (see www.ptplus.com.au).

5. SUSTAIN YOUR VALUE AND PRICE

In tougher times people always speak to me about discounting their price. My advice – NEVER discount!

If you drop prices then people will automatically question if you are reducing your service or value. Keep the prices stable but increase the value you deliver. This works for the client as they pay the same amount as previously but get more bang for their buck. Be sure to make everyone aware of the extra service or features you know offer.

I have decided not to put my annual price rise through this year on 1 July. I normally raise prices by 5 per cent, but this year I have frozen them. I have been sure to put this in writing for all my current clients to let them know they are effectively getting a bonus. My knowledge, service and systems improve every year but for 2009 this will not cost them any extra.

So, until next month, be aware of what's going on out there but keep moving forward and growing. If you are attending FILEX prepare yourself for a great convention. I am excited to be back this year for my thirteenth FILEX and am working as a room host with the Network team so if you see me be sure to come up and say hi. ■

Andrew Verdon, Dip. Ex Sci
Andrew owns a successful personal training studio in Sydney. He combines a business background with over a decade of hands-on experience in the fitness industry. He also held the position of strength and conditioning coordinator for the 2004 and 2008 Australian Olympic sailing teams. For more information, call 02 9908 2499 or visit www.beyondstudio.com.au



PT NEWS AND LATEST RESEARCH

YOUNG AT HEART...?

As fitness professionals, Network's members are, hopefully, a pretty fit bunch. In fact, I'd be willing to wager that most of you would reckon you feel, and maybe look, younger than you actually are, thanks to your well balanced diet, exercise regimen and refusal to partake in nicotine or alcohol. OK, perhaps not the bit about alcohol, but if the countless industry players I encounter on a daily basis are anything to go by, the first few points are valid. So, with your body being your temple, and all that, how old do you think your body really is?

I pondered this very question last week as I found myself standing nervously in a Sydney gym waiting for my body's biological age to be tested. Surely the past few years of (relatively) healthy eating and regular exercise had done me some lasting good? Those street-pounding runs and heart-pounding indoor cycle classes must have undone some of the excesses and neglect of my late teens and early twenties? But then again, a crook back had put me out of action for the best part of the last month and my cardio fitness must have suffered... I would know soon enough, so I told myself that as long as my biological age turned out to be no older than my actual age, I would be happy. Secretly, though, I wanted to be younger, of course.

The ultimate solution for being younger than your birthday age begins with determining the body's BioAge, a scientific measurement based on an integrated wellbeing assessment of various physical tests and lifestyle evaluations. There is greater motivation for better long-term health and fitness when focusing on the holistic nature of the BioAge rather than a single factor such as just reducing blood pressure or cholesterol. Now, BioAge testing software has been created for the health and fitness industry by Paul Taylor, an exercise physiologist and nutritionist who has studied neuroscience, quantum physics and positive psychology.

Biological age testing has been developed by a team of exercise physiologists and approved by doctors, making it scientifically valid and clinically relevant; the measures tested have real impact on lifespan and longevity. Taylor says, 'Making permanent health and lifestyle changes for better wellbeing is easier when we discuss reducing the BioAge, especially when compared with the chronological age; you may be 40 chronologically, but you can have a biological age of 30 or younger!'

'For motivation of the mind and body towards better health, the key to change is based on the brain's 'reward pathway' where certain rewards are worth repeating certain behaviours. Some natural rewards include things such as nurturing, water, food and sex which are considered vital for continuing existence of the species. Motivation to exercise and eat well comes from the anticipation of these fundamental rewards and the ability to self-regulate – using the 'executive brain' to undergo short-term sacrifice for long-term gain' Taylor explains.

There are two levels of testing; the Standard Biological Age Test determined from physical and behavioural assessments, and Clinical Biological Age Testing which is more comprehensive, adding metabolic measurements including cholesterol levels and lung function. Each test has a weighting taken into account when calculating the BioAge. Elements such as cholesterol and aerobic fitness have a higher weighting than other physical tests, such as the number of push-ups completed, as these have the least impact on longevity.

Lifestyle factors identified as indicators of disease are assessed, such as nutrition, stress, smoking and alcohol consumption. For physical tests, there is a range of assessments which may be done such as push ups, flexibility and measuring the body composition. BioAge testing can be used to assess wellbeing and monitor progress, an assessment that individuals can seek from health and fitness professionals.

To tailor a wellbeing program focused on longevity and for the most effective method to reduce the BioAge of an individual, Taylor identifies where they are positioned on a scale of motivation. This ranges from 'Amotivation' where there is no motivation, then 'Other-Determined Extrinsic Motivation' where a person is driven by rewards, coercion, guilt and motivation from others such as a partner or looking good for an event. Getting to the next phase, 'Other-Motivated Extrinsic Motivation' involves passing through the 'Threshold of Autonomy', which Taylor believes is the key to a younger BioAge and better holistic wellbeing.

'For most people, crossing the 'Threshold of Autonomy' is the defining moment for permanent change. This is where you become motivated by good health, fitness and the benefits of these such as reduced stress or a more positive attitude. Following



Network's editor and fellow BioAge participants attempt to push their age down with push ups

this, 'Intrinsic Motivation' is the focus for individuals and athletes who are motivated by enjoyment of exercise, the challenge, and mastering an activity'.

Interesting stuff, and it all seems to make sense. Having a definite, validated biological age can surely only be motivating, fitness and lifestyle-wise. I can't do anything about my actual age plodding slowly but surely onwards, but an age based on my lifestyle choices, that's a different matter.

Two hours later I had been weighed, measured and had my blood tested (having fasted since the previous evening). My lung capacity had been gauged and blood pressure taken, my diet examined, flexibility recorded and stress levels indicated. And after that little lot I'd pushed myself to my limit with push-ups, sit ups and running 'beep' tests. By the end of the morning I was feeling about 80 years old, but a blueberry muffin soon perked me up and made me feel human again. So, what was the result? I needn't have feared; after numbers were crunched and results fed into computers the news came in that my BioAge had shaved six years from my actual age. Fantastic, my body was now a member of Generation Y! Did this mean that my car insurance premiums would go up...?!

It had certainly been an interesting experience, and I was pleased with my new age. So, where from here? Perhaps if I added an extra run to my weekly training schedule and tweaked my diet a little I could be eight years younger this time next year... Better not take that second muffin then.

For more information on BioAge testing, visit www.humanperformance.com.au/biological-age-testing.aspx ■

Source: WordStorm PR & Australian Fitness Network

GROUP EXERCISE & MIND BODY NEWS

YOGA BUILDS BALANCE CONFIDENCE IN OLDER PEOPLE

Recent US research has shown that instruction in hatha yoga can increase the confidence that older people feel in relation to falls.

Falling is a major health issue in the older population, and falls prevention programs are very important in helping people to remain active and independent into their older age.

Researchers from Indiana University studied 14 participants, both men and women, whose age averaged 78 and who voiced a fear of falls. Of this group, five had fallen previously. For twelve weeks the participants attended a one-hour hatha yoga class twice a week, delivered by a yoga therapist. Hatha is a gentle form of yoga which can be adapted for individual needs and be performed in a seated position. By the conclusion of the study the participants reported a decreased fear of falling, improved flexibility in their lower body and more freedom in their leisure pursuits. The reported fear of falling reduced by 6 per cent, while lower body flexibility was recorded as being increased by 34 per cent.



Marieke Van Puymbroeck, assistant professor in the Department of Recreation, Park and Tourism Studies in Indiana University's School of Health, Physical Education and Recreation, said, 'Our study found that yoga was a feasible intervention with older adults and that they perceived great benefit from it'.

Both the high 90 per cent attendance rate of the classes throughout the study

period and the low dropout rate of 6 per cent were notable, said Van Puymbroeck. She noted that participants reported 'tremendous benefits' including the ability to apply posture principals to other situations, increased flexibility, increased range of motion and improved balance. ■

Source: Medical News Today

MIND BODY PRACTICE ASSISTS STROKE PATIENTS

Individuals who have survived the debilitating effects of stroke can improve their impaired sense of balance by practicing the Chinese martial art of tai chi, according to a recent study.

The study was conducted by Christina Hui-Chan, professor and head of physical therapy at University of Illinois at Chicago, while she was at the Hong Kong Polytechnic University. In the study 136 participants who had previously suffered stroke were randomly placed in either a control group or a tai chi group.

The tai chi group learnt a simplified version of the practice which involves continuous coordinated movement of the head, torso and limbs and which demands great control and concentration. The control group practiced breathing, stretching and other walking, sitting, memorising and reasoning exercises.

The participants attended a weekly instructional class for twelve weeks and were also entrusted to practice for an hour three times a week at home, with the aim of making them as independent as possible treatment-wise.



At the end of the study, the participants had their ability to balance tested when shifting weight, leaning and standing on a moving surface. Members of the tai chi group exhibited greater balance skills in these areas than their control group counterparts. In a separate test which focused on sitting, standing, walking and returning to the seated position, both groups performed equally.

'The tai chi group did particularly better in conditions that required them to use their balance control. In only six weeks, we saw

significant improvements. The ability to shift your weight is very important because all reaching tasks require it' said Hui-Chan.

Hui-Chan highlighted the other health benefits of tai chi, including increased strength and cardio fitness and said that group exercise classes teaching tai chi could provide healthy social gathering opportunities for older people; 'It can be taught at community centers, YWCAs or YMCAs, or in parks in the summer' she said. ■

Source: Medical News Today

NUTRITION NEWS

YELLOW PEA PROTEIN FOR BLOOD PRESSURE?

A recent Canadian study has found that a protein in the yellow garden pea may be able to reduce blood pressure and delay or even prevent chronic kidney disease.

Approximately 13 per cent of adults in the US are affected by kidney disease, a notoriously difficult disease to treat. In Australia Chronic Kidney Disease (CKD) is a growing public health concern, responsible for substantial burden of illness and premature mortality. One in three Australian adults is at increased risk of developing CKD, and 1 in 7 Australians over the age of 25 have at least one clinical sign of existing CKD. Most people with kidney disease succumb to cardiovascular complications linked to high blood pressure.

Study lead author, Rotimi Aluko, an associate professor in the department of human nutritional sciences at the University of Manitoba in Winnipeg, said, 'What we seem to have here is sort of a natural approach to treating this disease, as opposed to the normal pharmacological approach. We're talking about an edible product, not a drug, which can help to reduce blood

pressure and, at the same time, reduce the severely negative impact of kidney disease'.

The research focused on peas, which are known to be a cholesterol-free source of protein and fibre. For eight weeks the study team fed a purified mix of yellow garden pea proteins, called 'pea protein hydrolysate' to rats with kidney disease. The rats treated with the pea protein exhibited a reduction in blood pressure of 20 per cent, compared to a control group of untreated rats. Urine production also increased by over 30 per cent among the treated rats, another indicator of improved kidney function.

The authors did note however that in their natural form, yellow garden peas would not provide the same results, explaining that a complex protein purification process is necessary to activate the benefit. The positive results, however, have led to human trials of the protein.

Dr George Bakris, director of the hypertensive diseases unit at the University of Chicago, commented, 'This is not the first time that the secret to blood pressure control has been found in Mother Nature. Ten years ago, a substance was isolated



in celery, for example, that also had a controlling effect. But here what they seem to have shown is that there is a substance in this pea, when cleaved, which works in a similar fashion to the ACE inhibitors that have been out for the last 25 years. So basically, they have a natural substance that works like standard drugs we know a lot about. Of course, we have to see what the human studies show, but if the results are as compelling as they were in animals, then this would potentially be a very reassuring, exciting and positive development as it is certainly very difficult to control blood pressure in people with kidney disease'. ■

Source: HealthDay News & Kidney Health Australia



NUTRITION NEWS

VITAMIN D MAY REDUCE FRACTURE RISK

The results of a recent meta analysis (combining the results of several studies) have indicated that vitamin D supplements are associated with a reduced risk of bone fractures in older adults.

Heike A. Bischoff-Ferrari, Dr.P.H. of the University of Zurich, University Hospital, Zurich, Switzerland, and colleagues found the reduced risk when oral vitamin D supplements were administered at a dose of at least 400 international units per day.

‘The anti-fracture benefits of vitamin D have been questioned by several recent trials, leading to uncertainty among patients and physicians regarding recommendations for vitamin D supplementation. Factors that may obscure a benefit of vitamin D are low adherence to treatment, low dose of vitamin D or the use of less potent ergocalciferol (vitamin D2)’ the authors wrote.

The meta analysis looked at 12 previously published clinical trials into the effects of oral vitamin D supplements in adults aged 65 or older. These randomised trials involved over 42,000 participants whose average age was 78, and focused on non-spinal fractures, including eight trials which looked at hip fractures.

The researchers found that vitamin D supplements decreased non-vertebral fracture risk by 14 per cent and hip fracture risk by 9 per cent. Focusing on the studies which involved



supplementation of over 400 international units per day of vitamin D, the researchers found non-vertebral fractures reduced by 20 per cent and hip fractures by 18 per cent.

‘The greater fracture reduction with a higher received dose or higher achieved 25-hydroxyvitamin D levels for both any non-vertebral fractures and hip fractures suggests that higher doses of vitamin D should be explored in future research to

optimise anti-fracture efficacy. Also, it is possible that greater benefits may be achieved with earlier initiation of vitamin D supplementation and longer duration of use. Our results do not support use of low-dose vitamin D with or without calcium in the prevention of fractures among older individuals’ the authors wrote. ■

Source: Archives of Internal Medicine

CLUB CORNER

HOW TO REVAMP YOUR CLUB FOR UNDER \$1,000

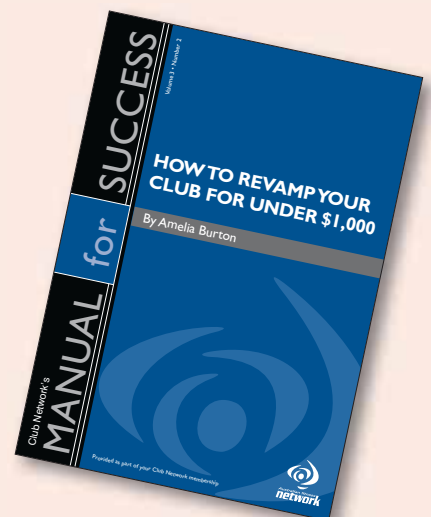
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An invaluable quarterly publication produced specifically to help fitness facility owners and managers make the most of their businesses, the latest, timely, Manual entitled ‘How to revamp your club for under \$1,000’ is written by experienced fitness facility owner and manager, Amelia Burton.

Delivered as part of your Club Network membership in a convenient and environmentally-kind PDF format, the Manuals are written by experts in their fields, and comprehensively address issues of major significance to fitness clubs. Past topics covered include member retention, branding and risk management.

All Manuals are available for downloading directly from www.fitnessnetwork.com.au – just log in (using your surname and 6-digit membership number) and select *Club Network’s Manual for Success* from the Publications drop-down menu on the homepage. By using Network’s library of specialist information, you can gain the skills to give your club the professional edge. ■



CLUB CORNER

IS THIS REALLY A FITNESS EMPLOYER'S JOB MARKET?

As unemployment figures rise there has been talk that we're in an 'employer's market', suggesting there are now more candidates applying for available positions. There is no denying there has been an impact on unemployment figures due to economic conditions but we need to take some time to consider the facts, especially as they relate to our industry.

Current unemployment figures are not in and of themselves a staggering amount – the bigger issue is the rate at which it rose from the previous level of 4.8 per cent to the current level (at the time of writing) of 5.2 per cent. And from which industries are these candidates coming? Are they coming from service-based industries, or from areas such as manufacturing, where 'people' skills are not necessarily as imperative as in the promotion of health and fitness.

Another thing to consider is that a significant portion of the rise in unemployment is attributable to an increase in levels of unemployment among 15 to 19 year olds. At 24 per cent, it's at its highest level since 2001. To illustrate this point, we're finding that approximately 18 per cent of the 400+ applications we process for Membership Consulting roles as part of our 'Recruitment Club' are from candidates in the 17 to 19 year age group. While this demographic may be represented in many clubs, it's my experience that the majority of fitness employees are in their early to mid 20's and up.

I have not heard of any clubs laying off staff as a result of the 'economic downturn' and furthermore I doubt that any who are shedding staff are letting go of the good ones. So yes, there may be more applications for advertised roles but the percentage of suitable candidates may be watered down as a result.

I have always spruiked the value of an ongoing recruitment process. The notion of waiting for gaps to appear in your workforce before actively recruiting, while traditional, is inherently flawed. It often results in lost productivity, lost sales/income, reduced efficiency, diminished customer service and a lot of additional stress. All problems that are only exacerbated where the recruitment process is drawn-out by increased applicant numbers. If your recruitment strategy relies on advertising when the crisis hits, you may be pleased with a larger than normal volume of applications. Whether you'll enjoy a proportionate increase in the number of suitable candidates or simply an additional burden on the recruitment process remains to be seen. ■

Source: Dennis Hosking, HealthyPeople.com.au

MEMBERSHIP AGREEMENTS COME UNDER SCRUTINY

Following recent Tribunal decisions in Victoria where Fitness Centre contracts were deemed 'too in favour' of the fitness centre, Ezypay has teamed up with leading Sydney lawyers Holman Webb to review the often complex and misunderstood membership agreement.

Ezypay can now offer its clients, free of charge, a membership agreement that is fair for all parties and meets all the State codes and rulings made.

Many decisions by the Consumer Tribunal have held up the Fitness Centre contracts as being unfair against the consumer. Scrutiny

and criticism has been aimed at operators for having sole discretion to terminate the contract, vary payment amounts, hours and facilities. This precedent could now be applied to other States under the Consumer Legislation act in the individual States. It is recommended that club owners look over their contracts to see if they comply with the local State codes and check that their terms and conditions are not too in favour of the Fitness Centre.

An agreement that works nationally could be difficult to put together, due to the difference in codes between the States. Holman Webb, in conjunction with Ezypay, has been able to develop a precedent that would be applicable in most States in Australia. Simon Ridge of Holman Webb says

'the agreement has been drafted very much with the provision of the various State codes and taking into consideration the judgment made in Victoria, which brings it up-to-date with recent development in the law'.

To watch the interview with Simon Rigby of Holman Webb click the YouTube link www.youtube.com/watch?v=2aGmdh_eZbl Ezypay clients who would like to receive a copy of their FREE contract can contact training@ezypay.com.au and request one.

For more details contact Simon Hall, Ezypay's marketing manager, on simon.hall@ezypay.com.au ■

Source: Ezypay

IHRSA DEFEATS PROPOSED NEW YORK 'HEALTHY LIFESTYLES TAX'

While Fitness Australia is busy battling the fee increases proposed by the PPCA, over in the US the fitness industry has been using legal recourse to prevent its local industry being unfairly taxed.

The International Health, Racquet & Sportsclub Association (IHRSA) and the health club industry were victorious in defeating New York Governor Paterson's proposed expansion of sales tax to health club dues and services.

'Fitness professionals and health club members made a strong case for how

the health club industry makes New York physically and fiscally healthier' said Amy Bantham, IHRSA's deputy vice president of government relations, 'Just as Governor Paterson's proposed 'obesity' tax would have discouraged New Yorkers from drinking sodas, so too would his 'healthy lifestyle tax' on health club memberships have discouraged New Yorkers from exercising. That messaging really resonated with New York legislators. Policy makers should be doing everything in their power to encourage physical activity and to reward those New Yorkers who pursue healthy lifestyles and do their part to keep down the state's healthcare costs'.



CLUB CORNER

As part of an organised campaign to defeat passage of the proposed sales tax, IHRSA and its members argued that it would act as a barrier preventing New York residents from living healthy lifestyles. A total of 2,441 fitness professionals and health club members wrote 7,902 messages to legislators in Albany urging them to remove the tax from the budget.

'This is an incredible victory, especially considering the massive deficit facing New York' said Joe Moore, IHRSA President and CEO, 'It is a testament to the power of working together'.

The proposed US\$1.3 billion tax increase would have affected currently tax-free items

including clothing under US\$110, sugared drinks, digital downloads, cable and satellite television, manufacturers' coupons, haircuts, manicures, concerts, movies, live theatre, health clubs, bowling, golf, skiing and others.

In a statement released on the day of the ruling, Governor Paterson said, 'The proposed tax increases we are eliminating today were only put forward as a last resort when the deficit ballooned to an unprecedented level. Now that enhanced federal funding is available, our highest priority must be to provide targeted relief to those who need it most during this

economic crisis – average New Yorkers struggling to make ends meet'.

Statistics from the Centers for Disease Control and Prevention (CDC) indicated that US\$6 billion is spent annually in New York on obesity-attributed medical expenditures in adults, with US\$1.3 billion paid by Medicare and US\$3.5 billion by Medicaid. IHRSA believes that the health and wellbeing of New Yorkers should be one of the state's top priorities. And, the state should be doing everything in its power to encourage – not discourage – physical activity. ■

Source: IHRSA

ANNOUNCEMENTS

FREE FITNESS CHART FOR ALL NETWORK MEMBERS

In a bid to clarify the sometimes conflicting and misleading fitness information available, Pro-Visual Publishing is urging greater awareness of key fitness indicators through its *National Guide to Fitness & Health*.

The guide, which is being sent out free of charge nationally in time for this year's Australian Fitness Expo (17 to 19 April), explores eight ways to test fitness levels. It also demonstrates how to measure waist circumference accurately and identifies the guideline measurements for BMI ranges.

Network believes the guide will help gym members and staff to assess and monitor their

fitness, flexibility and endurance, and will motivate them to continue a healthy lifestyle.

'Fitness professionals and club owners and managers find the chart an extremely useful resource, as it provides accurate technical guidance for their clients an members' said Nigel Champion, Network's Executive Director. By displaying the chart prominently, gym members and staff have a daily reminder of key areas integral to the health and wellbeing of all Australians.

The guide will be distributed to gyms and fitness centres nationally. Additional copies are available and all guides are produced and distributed without cost thanks to sponsorship.



For further information, or to obtain additional copies of the chart, call 02 8272 2611, e-mail enquiries@provisual.com.au or visit www.provisual.com.au ■

Source: Professional Public Relations

HF INDUSTRIES ADDS FITNESS ANYWHERE'S TRX® SUSPENSION TRAINING SYSTEM TO PRODUCT RANGE

HF Industries, a family owned and operated business that has been prominent in the

Australian fitness industry for more than 30 years has added the Fitness Anywhere range of TRX® Suspension Trainers® to its product range.

A recognised and respected training modality, both in Australia and overseas, the TRX® Suspension Trainer® is the original bodyweight-based portable training tool that builds strength, balance, flexibility and core stability for people of all fitness levels. Used by everyone from professional athletes to defence forces, elite level coaches to physiotherapists, the TRX® Suspension

Trainer® is a highly versatile product.

TRX® Suspension Training® harnesses the user's own bodyweight to create resistance as they train, meaning that no additional weights are required. The system allows you to instantly adjust not only the level of difficulty for each exercise, but to customise any workout on the fly. You can easily switch from exercise to exercise in less than 15 seconds, allowing you to maximise training time with clients and enable circuit-style workouts.

Suspension Training builds core strength with every exercise by creating an element of instability that calls on the core to provide balance and coordination. Having a strong core will prevent injuries, improve posture and increase overall strength because all of our movements are powered by the torso – the abs

and back work together to support the spine during everyday activities and exercise.

To familiarise themselves with the training system, Network members can attend Frazer Quelch's TRX® sessions by registering today for the FILEX Convention (17 to 19 April) and making the following session selections;

- TRX® Suspension Fitness Training for functional strength (A1H)
- Kinetic chain analysis and foundational movements (A3H)
- Metabolic hard core training (B1G)
- TRX®: Sport performance (B5C)
- TRX® techniques to assess and improve foundational movements

For more information on the TRX® Suspension Trainers® call 1800 633 009. ■

Source: HF Industries

ANNOUNCEMENTS

SYDNEY 2009 WORLD MASTERS GAMES

The seventh edition of the World Masters Games, the major international multi-sport event at which everyday people can have extraordinary experiences, will take place in Sydney in October.

David Gyngell, CEO of Channel Nine, the Official Television Partner of the world's largest multi-sport event, said 'The World Masters Games are unique in that they provide everyone, regardless of their sporting prowess, with an opportunity to take part in a sports event on the big stage. Channel Nine is delighted to be associated with this year's Games in Sydney'.

Shane O'Leary, CEO of the Games Organising Committee, said that Channel Nine's support of the Games, particularly the participation of several of the network's famous faces, will help raise the event's profile to a whole new level.

'We warmly welcome Channel Nine to the Sydney 2009 World Masters Games family and look forward to seeing some of the network's stars competing against fellow sports enthusiasts from all around the globe over nine exciting days in October. It doesn't matter how good or how old you are. Everyone's invited to take part in this great festival of sport. The Sydney 2009 World Masters Games are all about being fit, fun

and forever young. Don't miss out on your opportunity of a lifetime'.

Taking place between 10 and 18 October, the games, which are open to everyone rather than just elite athletes, are expected to see 25,000 people from more than 100 countries compete in 28 sports across 72 Sydney venues, including many Olympic sites.

Are you, your clients or participants up for the challenge? Games registrations are open at www.2009worldmasters.com ■

Source: Sydney 2009 World Masters Games Organising Committee

TOUGH BLOKE CHALLENGE

In July 2009, men and women who want to prove their toughness will flock from all over to the outskirts of Sydney where a challenge will determine the toughest of them all. Unlike other endurance events in Australia, there will be no place for designer shorts or a pair of flashy runners, with participants relying solely on the guts and determination as they take on a race that is likely to be the toughest thing they will ever do.

Back for a second year, the hugely popular Tough Bloke Challenge is an off-road running event that combines the challenges of cross country running, man made and natural obstacles, water crossings, mud and some unexpected surprises. The challenge is simple, clear the obstacles and get around the course in as short a time as possible to be in the running for the coveted Tough Challenge Trophy!

'Running is the core discipline of the Tough Bloke Challenge but competitors should be prepared for anything .. and don't expect to be clean when you come out on the other side – the taste of mud and sweat will be familiar by the end of the day' said race director, Gary Farebrother.

The inaugural event in 2008 saw a sell out crowd of 600 participants take on the eighteen obstacles scattered around the course. The popularity of the inaugural event has forced organisers to expand the challenge into a two-day event, giving participants the opportunity to race on 4 or 5 July.

The event will be hosted from Cataract Scout Park, situated outside the township of Appin, an hour and a half from Sydney. The course is set amongst the native bushland of the area and will cover a distance of approximately 7km. The top competitors will clear the course in around half an hour with other participants taking up to two hours.

Contrary to the name, the event is also open to females in the 'Tough Chick' category and a range of age categories. Farebrother commented 'men and women of all ages have participated in the first Tough Bloke Challenge. The reality is everyone likes to get down and dirty once in a while! It's 100 per cent unadulterated fun, an opportunity to be a kid again'. Every participant who completes the challenge will receive a finisher's certificate and an opportunity at unlimited bragging rights!

The Tough Bloke Challenge will take place on 4 and 5 July, with competitors having the option to pick which day they want to compete. Entries are now open and can be completed online. To register, or for more information, visit the Tough Bloke Challenge web site at www.toughblokechallenge.com.au ■

Source: Maximum Adventure



BOOK REVIEW

FACILITATED STRETCHING 3RD EDITION

Authors: Robert McAtee & Jeff Charland

Reviewed by: Peter Lawler

Publisher: Human Kinetics 2007, paperback, 184 pages + DVD (90 mins)

RRP: \$37.95 (**Network members:** \$34.30 if purchased online at <http://www.fitnessnetworkcentre.com/products/showproduct.cfm?isbn=0736062483>)

This is a good value package of book and DVD, well worth the expenditure. This 3rd Edition offers more than 80 stretches, 350 demonstrative photographs and a comprehensive DVD that contains millions of PNF stretches. Well perhaps not millions, but it is the length of a feature movie minus the popcorn and chocolate coated ice cream.

All Human Kinetics texts present the theory – HK would be lost without it. Chapter 1 deals with the basics of stretching – types of contraction, the myotatic stretch reflex, reciprocal innervation, types of stretching and safety guidelines. The debate on the value of stretching continues. This text supports the no pain while stretching philosophy and it sways towards ‘stretching is valuable for injury prevention’, but the authors do acknowledge that science is uncertain at this point. The authors await ‘elucidation’. And you no doubt await elucidation as to what is *facilitated stretching*?

Well, it’s a branch of the now familiar PNF, known to you as proprioceptive neuromuscular facilitation, a difficult name for a simple stretch system. The initial version of PNF required the stretchee to exert maximum force against an isometric impasse imposed by the stretcher. In facilitated stretching it is the reverse – a subtle change!

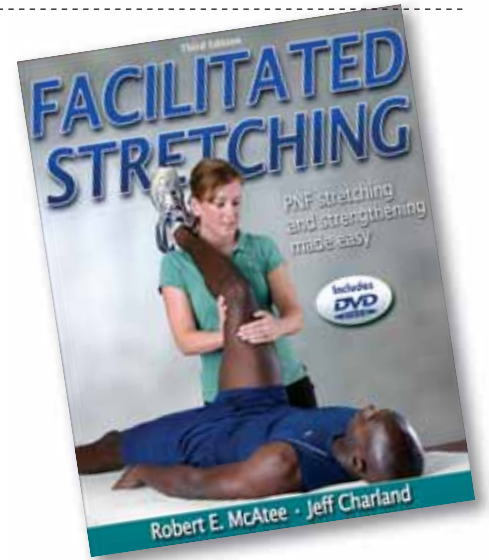
It is important to understand the parameters of stretching. If it is yoga,

then the expectation is to stretch the muscles like chewing gum drawn from the clenched teeth to impossible positions. This book thankfully, is more subdued in its expectations. The authors are anxious for the reader to understand that PNF is based upon spiral-diagonal patterns of movement arising from the skeletal system and the placement of muscles upon it. The muscles spiral around the bones from their point of origin to insertion, and therefore, when they contract, they tend to create that spiral in action (page 19).

I am relieved that is now crystal clear... Moving on with the wagon train heading due West – it is all about flexion and extension.

The goal of this book is to demonstrate how to stretch each major muscle in the body through its entire range of motion (page 35). Now that’s ambition. The trek across the prairies begins! Chapters 4 to 7 offer a plenitude of stretches for the upper extremities, the lower extremities then the neck and the much-loved torso. The stretches offered have variable mechanics – some are completed independently, while many require a knowledgeable partner or professional practitioner to complete. This text offers thorough explanation of how to perform the stretches via explicit instructions, and where available, a reference to the DVD for visual exposition.

Part III is entitled ‘Beyond the Basics’... enter the world of ‘advanced material’ (page 129). This is a great section. Chapter 7 is devoted to stretching muscle affected by injurious scar tissue or fibrotic tissue. PNF used in conjunction with soft tissue therapy has a good record of restoration. Chapter 8 offers stretching routines for specific activities. These are basic subsistent stretches, easily executed for running, throwing, racket sports, cycling, golf, swimming. Nothing flash here, just simply



reliable – solid and stolid stuff.

Finally, the glorious sunset – Chapter 9 ‘Routines for Common Soft Tissue Injuries’ appears in the twilight of this text. This is physio country – with this book as your guide, you could save yourself some money with the self-help remedies to alleviate the nagging conditions many of us just learn to live with. But how can one alleviate the nagging? Why, with the easy-to-follow exercise programs you can attack painful trigger points in the neck, tendonitis in the shoulder, tennis elbow, piriformis syndrome, patella tendonitis, Achilles tendonitis and planter fasciitis. This is an excellent chapter which offers plenty of independent stretches with minimal equipment required and comprehensive instructions to guide you through your pain. This is a no fuss text that makes no outrageous claims as to how far it can stretch the truth. ■

OUTSTANDING BOOK – STRONGLY RECOMMENDED.

Bob McAtee, author of Facilitated Stretching, is likely to be in Australia later in 2009. For further information, contact him at stretchman@stretchman.com

