

PT NEWS AND LATEST RESEARCH

DIABETES CONTROLLED BY EXERCISE



A recent research review has shown regular exercise to be an effective tool in the control of type 2 diabetes, the condition in which the body cannot properly use the blood-sugar-regulating hormone insulin.

The results of 103 studies, which involved a total of 10,455 type 2 diabetes sufferers, were combined, revealing that changes in lifestyle helped diabetes sufferers to gain a greater degree of control over their blood sugar levels. It is known that diet, exercise and medication all contribute to the control of diabetes, but this review by a team at the University of Missouri-Columbia isolated the effects of exercise.

The researchers found that diabetes studies which focused on the effects of increased exercise only reported greater benefits than those studies which changed diet, exercise and medication procedures.

Commenting on the findings in the journal *Diabetologia*, lead study author Dr Vicki Conn from the University of Missouri-Columbia said that the findings could indicate that people find it easier to focus on one thing at a time; 'It is easy for people to get overwhelmed when asked to make too many changes' she said.

Conn and her colleagues found that studies which focused on exercise alone reported improvements in blood sugar levels which were twice as great as those reported by mixed studies. The researchers also found that the benefits of exercise were recorded in all participants, regardless of weight or history of poor blood sugar control; 'The improvements from exercise were equal across the board' Conn concluded. ■

Source: *Diabetologia*

HEART PROBLEMS PREDICTED BY FITNESS LEVEL



A recent study published in the *American Journal of Epidemiology* has found that an apparently healthy individual's likelihood of suffering a heart attack may be able to be predicted by their level of cardiovascular fitness.

In the study of over 26,000 adults, none of whom had any symptoms of heart disease, those displaying the greatest endurance in exercise tests also displayed a lower occurrence of heart disease and stroke over the following decade.

The fittest men in the study were shown to be 31 per cent less likely to suffer stroke or non-fatal heart attack or to need surgery to unblock arteries than their most unfit counterparts. Correspondingly, those men with moderate levels of fitness also had moderate risk.

Lead study author, Dr Xuemei Sui, a research associate at the University of South Carolina in Columbia, noted that the findings once again reinforce the importance of regular physical activity for good health. ■

Source: *IHRSA*

EXERCISE CREATES A HEALTHIER AND LONGER OLD AGE



Researchers from the Medical University of South Carolina report that even people who only start eating well and exercising regularly when they hit middle age can reduce their risk of suffering cardiovascular problems and early death.

The report published in the *American Journal of Medicine* claims that exercising for at least two and a half hours per week, maintaining a healthy weight, consuming at least five fruits and vegetables daily and not smoking can decrease the risk of heart trouble by 35 per cent and the risk of death by 40 per cent, compared to those with less healthy lifestyles. Data was collected from 15,792 men and women aged 45 to 64 who participated in the *Atherosclerosis Risk in Communities* study.

Dr Dana King, lead study researcher, said; 'We call this the turning-back-the-clock study. We want to emphasise that it's not too late to change, and the benefits of a healthy lifestyle don't accrue only to people who

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have been doing this all along, but you can make changes in your 50s and 60s and have a healthier longer life because of it'.

The study was carried out to see if there was a stage of life at which adopting healthier habits ceased to reap actual health rewards; 'We found that it's not too late' King said, 'The benefits were dramatic and immediate, even at age 65. Some people in middle age don't change, because they think the damage is done. In fact, in this study, the chances of dying or having a heart attack were reduced by a third after just four years of living a healthy lifestyle'. ■

Source: IHRSA

MEDICAL BODIES UNITE TO PRESCRIBE EXERCISE

The heads of two major American medical bodies have united in their mission to encourage doctors to prescribe exercise for their patients.

Robert Sallis, a California physician and the president of the American College of Sports Medicine, said, 'We're trying to get every physician to prescribe exercise. Physicians have a moral responsibility to inform patients of the danger of inactivity and the health benefits of being more active'.

Ronald Davis, the incoming president of the American Medical Association concurred, saying, 'We are in lockstep with them on that concept. We need to get doctors to prescribe exercise more and we need to get patients to follow that advice.'

The stance has been adopted in response to the situation in the United States where, according to the Centres for Disease Control and Prevention, more than half of the population do not get the recommended daily dose of 30 minutes physical activity. It is this inactivity that led to the coining of the term 'Sedentary Death Syndrome' to describe the condition that, according to Frank Booth, professor of physiology at

the University of Missouri, takes 250,000 American lives annually.

According to research, sedentary individuals also spend an average US\$1,500 more annually on medical bills than more active people. 'There are also studies to show that they miss more work and are not as productive' Sallis said, continuing, 'Exercise is medicine. We know that it works very well. We just don't have the proper way to administer it'. It is for this reason that he is leading an initiative to get every doctor and health professional to ask their patients about their exercise habits.

In addition to the exercise recommendations, the nutrition of patients is also an area of increasing interest to the medical community. Harvard Medical School is considering setting up 'teaching kitchens' in hospitals which would enable patients with diabetes, heart disease or other nutrition-linked conditions to learn how to make healthier meals. ■

Source: IHRSA

GROUP EXERCISE & MIND BODY NEWS

YOGA EASES PMS



Scientists in India claim to have proved that yoga can help relieve the pain of pre-menstrual tension.

Dr Ratna Sharma, a physiologist at the All India Institute of Medical Sciences in

New Delhi, informed the World Congress of Neuroscience in Melbourne that for the first time, scientific evidence has been gathered proving that yoga helps PMS; 'It is widely understood in India that yoga works (for PMS) but we've never shown it' she said.

Tests carried out by Sharma and her colleagues found that the traditional Indian discipline can alleviate the physical and psychological symptoms experienced by many women. The study appeared to reveal that yoga can actually raise levels of allopregnanolone, an antidepressant-like hormone in which chronic sufferers are usually deficient; 'The fact that it appears to influence symptoms and also change levels of an important hormone is very significant indeed' Sharma stated.

The researchers studied the effects of yoga on 40 women who were recruited to practise it intensively, five times a week for a month. Half of the participants reported suffering from depression, stress, body aches and bloating in the week prior to their monthly period.

Thorough questionnaires were used to gauge the women's physical and psychological state before and after the

trial, and 64 per cent of those who usually suffered with PMS displayed reduced symptoms after the month of yoga; 'The women with the worst psychological symptoms benefited most' Sharma reported.

Participants' hormone levels were measured before the study, revealing that sufferers of PMS had considerably lower levels of allopregnanolone, a biochemical with antidepressant qualities. By the end of the month of intensive yoga these levels had risen, especially in the participants who reported a diminished sense of depression. Sharma speculated that the rise was brought about by the yoga, and that it was the hormone increase that helped to alleviate PMS symptoms.

The findings were greeted with a little scepticism in some quarters however. Dr Sue Reddish, medical director of the Jean Hailes Medical Centre for Women in Melbourne, conceded that mind body exercises could help depression, but said; 'If yoga is enough to help a particular person that's good, but I doubt it's enough for the majority of women with severe PMS. And I really can't see how yoga would alter your hormone levels'. ■

Source: smh.com.au

GROUP EXERCISE & MIND BODY NEWS

DRINK POSITIVE, THINK POSITIVE



We all have the power to be a positive force for change. A drop can turn into a ripple and a ripple can grow into a wave. And if 20 million Australians drink positive and think positive, we can create a tidal wave of goodwill and cause a sea of change.

Mount Franklin, has launched a national campaign, called 'Drink Positive, Think Positive' to give Australians the opportunity to bring their positive experiences to life by adding a drop to the 'Well of Positivity' at www.thewellofpositivity.com

The 'well' embodies the positive messages as pink lotus flowers and enables people to spread positivity to friends and family. For every message added to the well, Mount Franklin will donate \$1 (up to \$250,000) to help fund research into the prevention and cure of breast cancer, hoping to raise a total of \$250,000 for the National Breast Cancer Foundation this year.

If there's one thing we can all do for our wellbeing, it's to drink more water. Increasing the amount of water we drink, and ensuring we are properly hydrated, has a positive

impact on our mind and body.

Dr Darren Morton, Australian Fitness Network's former Author of the Year, physiologist and author of *Seven Secrets for Feeling Fantastic* said, 'When it comes to the pursuit of wellness, nothing is as important as water for the body, and a positive thought for the mind. We should all start each day with these - it's a great mantra for a healthy mind and body. Water is an essential part of life. Every function in your body performs better with a healthy supply of water, so staying hydrated is important for the body to function at optimal levels. Quite simply, when we are well hydrated we work better and feel better'. ■

Source: ICON Communications



KINNIE HO'S TOP TIPS!



Hello to all Group Ex Instructors!

Do you ever have those moments where teaching your weekly Step class becomes all too mundane and repetitive, a recurring sense of déjà vu? So how do you break the drought and avoid the feeling of constant repetition? You spice it up with an element of variety and surprise for yourself and your class participants by teaching a double or multi-Step class! The added bonus to this kind of approach is that it alleviates the pressure to come up with new choreography every week. You can use familiar choreography or routines and modify them to work on either double Step or multi-Steps, but there are some housekeeping points to keep in mind if you decide to change from single Step to a multi-Step class for a particular week.

- Ensure there are enough Steps for everyone! – there is nothing worse than discovering a member is short of a Step when you have already exhausted the entire supply of benches available. Before you commence the class, check to see your class participants have access to all the necessary benches to either the sides, back or front (this will depend on what benches you intend to base your moves on: lateral, forward, backward, diagonal, etc)
- Ensure the Steps are spaced apart evenly – before you start the class, walk around the room to ensure members have placed their Steps at a safe distance from each other. Bear in mind that only you will comprehend the relative space required between each platform in relation to your choreography/routines.

- Ensure all the Steps used are of the same height whether they are placed in a row or column format – this is to ensure participants' safety when they transition between platforms, particularly where there may be challenging moves in the routine. Even though there is a variation of Step heights used among participants, for a double or multi-Step format it is important to educate members about the need to keep the Step height all the same level for safety concerns.
- Ensure there is generally enough room for participants to move on the floor as well as between Steps – it certainly helps to have a basic knowledge of the room size and the total number of Steps available for use when planning a double or multi-Step class.
- A note on choreography – aim to keep your teaching progressions and learning curves 'simple' and clear. Some participants may find it a challenge working between two or more platforms in addition to remembering the choreography. Therefore, when planning to teach a double or multi-Step class, do not feel that you need to develop a complex routine simply because you are using more than one Step.

I hope these handy tips and reminders will serve you well next time you plan to teach a multi-Step class format. As for the drought solution, bring the element of surprise to your participants!

Until next E-News, stay healthy and happy to all ya Groovy Group Ex instructors! ■

Kinnie Ho

NUTRITION NEWS



SUSIE'S NUTRITION BITES

COULD YOUR CLIENTS BE HORMONALLY CHALLENGED?

In an ideal world, all of our clients would exercise more and eat less and as a result achieve their health and lifestyle goals on their own. The reality, however, is that many things get in the way of such outcomes, which is why a personal trainer may be brought in to help clients stay on track and reach their goals. Sometimes though, despite our best efforts, clients still do not lose weight. In many cases, dietary compliance may be the issue but there are also some circumstances when hormonal issues may be preventing fat loss. Insulin resistance is one increasingly common hormonal disturbance which may contribute to your client's difficulty in losing body fat.

Signs your client may have hormonal disturbance and require further tests via their general practitioner include:

- 1) Seeming inability to lose body fat despite reporting diet and exercise compliance
- 2) Distinct abdominal obesity
- 3) Fluid retention
- 4) Fatigue
- 5) Bloating
- 6) Polycystic ovaries
- 7) Snoring
- 8) Sugar cravings
- 9) Family history of type 2 diabetes
- 10) Hair loss
- 11) Forgetfulness

While diet and exercise prescription does not necessarily change if clients do have a degree of insulin resistance, it may just explain to them why they are finding it so difficult to lose body fat, which may ultimately keep them motivated enough to keep seeing you! ■

Susie Burrell

Susie is a sports and paediatric dietitian who specialises in fat loss, childhood obesity and sports nutrition. She is the obesity dietitian at The Children's Hospital at Westmead, and is also the consultant sports dietitian to a number of elite sporting teams including the St George Illawarra Dragons, Parramatta Eels, Illawarra Hawks Basketball, Sydney University Sport and Randwick Rugby Club. For more information and to subscribe to Susie's weekly newsletter visit www.susieburrell.com.au

HIGH-CARB DIET LINKED TO HEART DISEASE IN WOMEN



A new Dutch study has found that a diet high in processed carbohydrate-rich foods may increase women's risk of developing heart disease.

A diet high in rapidly-absorbed carbohydrates (high glycaemic index – GI) was found to go hand-in-hand with increased rates of cardiovascular disease, particularly among overweight women.

Researchers from the University Medical Centre Utrecht studied 16,000 women for nine years. The women were all aged between 49 and 70 years of age at the start of the study, and were all free of heart-disease. After nine years, 556 of the women had developed heart disease, and 243 had suffered strokes.

Researcher Joline Beulens said; 'It's a bit hard to exactly quantify the risk based on just this study. However, our results showed that women consuming the highest glycaemic load diets had an about 1.5 times higher risk of cardiovascular disease than those consuming the lowest glycaemic load diets. Looking only among overweight women, we found that overweight women consuming the highest glycaemic load diets had about 1.8 times higher risk than overweight women consuming the lowest glycaemic load diets'.

Even after adjusting for other cardiovascular disease risk factors, such as overweight, Beulens' team found links between the women's dietary glycaemic load and heart disease and stroke.

The quality of carbohydrates and the speed with which they are absorbed determines their GI. White bread, biscuits and soft drinks have a high-

GI, meaning that they are absorbed quickly and prevent insulin levels from remaining stable; 'The study shows that it is important to choose the right carbohydrate product in your diet. For example, choose whole grain bread instead of white or whole meal, choose porridge or muesli instead of cornflakes' Beulen said.

She said that the most important mechanism connecting a high glycaemic load diet and heart and blood vessel problems was blood lipids (fats); 'A high glycaemic load diet increases LDL, the bad cholesterol, and triglycerides, and may lower the good, HDL cholesterol' she concluded. ■

Source: HealthDay News

SUGAR ON THE BRAIN



It's not often that high glycaemic index (GI) foods get good press, so a new Australian study which links sugary breakfast cereal to improved memory function, comes as something of a surprise.

The research by PhD student Michael Smith of the University of Western Australia was presented to the IBRO World Congress of Neuroscience in Melbourne this month. In the study, Smith compared the effects of low and high-GI cereals on the short-term cognitive powers of a group of adolescents. 37 students aged 14 to 17 years were divided into two groups, with one being given a high GI corn-based cereal and the other a low GI high fibre bran-based cereal. They were then shown a list of twenty words and tested to see how many of them they could remember.

The students who ate the high-GI cereal recalled an average of 1.52 more

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words than their low-GI cereal consuming counterparts. Whilst acknowledging that the difference was small, Smith hailed it as 'statistically significant', saying, 'Those who had consumed the high-GI cereals actually recalled significantly more words than those who consumed the low-GI breakfast cereal'.

The findings appeared to support previous research by Smith's PhD supervisor, Dr Jonathan Foster, which has found that sugary drinks can help people remember what they have been told, but Smith said it was the first time that the so-called 'glucose memory facilitation effect' had been recorded in cereal.

The findings go against those of other previous research, however, which has found that low-GI foods are more effective at assisting memory function. Smith claimed that the difference in findings was caused by his method of replicating a more real-world environment for his tests. While attempting to memorise the words, the participants were distracted by having to make a series of movements with their hands. 'Very rarely will the students have 100 per cent attention

focused on the teacher' Smith said, 'There's generally something going on that they'll have to block out in some way'.

Research psychologist Dr Janet Bryan, of the University of South Australia in Adelaide, greeted the findings with scepticism, commenting that the effects of such cereals are short term, and that care should be taken in using glucose to aid brainpower. She agreed that the effect could be useful, but said that she would not advocate sugary drinks in the classroom or sugary cereals at the breakfast table. Bryan concluded that it would be preferable to study which type of cereal resulted in sustained memory improvement. ■

Source: ABC Online

PUMPKIN EXTRACT BOOSTS INSULIN

New research has suggested that an extract from pumpkin may be able to reduce, or to be used in place of, insulin injections for people with type 1 diabetes.

The pancreas produces insulin in order to feed the body's cells with blood sugar,

but type 1 diabetics have to rely on insulin injections to control their blood sugar levels. In the US nearly one in five people over the age of 60 has diabetes, and nearly 21 million people in total have either type 1 or type 2 diabetes.

In the study published in the Journal of the Science of Food and Agriculture it was reported that type 1 diabetic rats that were fed the pumpkin extract had just 5 per cent fewer plasma insulin and 8 per cent fewer insulin positive (beta) cells than non-diabetic rats.

The researchers claimed that the pumpkin extract helped to regenerate damaged pancreatic cells which produce insulin, thereby increasing production of the carbohydrate metabolism-regulating hormone.

Lead study author Tao Xia, of East China Normal University in Shanghai, said that although the discovery would not eliminate the need for insulin injections, it may well be able to significantly reduce the amount of insulin needed. ■

Source: Society of Chemical Industry

CLUB CORNER

VIRGIN PREPARES TO ENTER AUSSIE FITNESS MARKET

Richard Branson's Virgin Active fitness facility group is poised to enter the Australian fitness marketplace in 2008.

After it's acquisition of the Holmes Place chain of clubs last year, Virgin Active became one of Europe's largest gym operators, managing 170 facilities across Europe, and a membership base of 900,000. The group proceeded to purchase facilities in Spain, Italy and South Africa, prompting much speculation that Australia would soon be in its sights, as has proved to be the case.

Virgin has recently registered Australian company names and trademarks and the company's Australian spokesperson, Danielle Keighery, confirmed that the market would soon be joined by Virgin Active; 'We're definitely interested in bringing the business to Australia. We think Virgin Active's positioning is right for the Australian market' she said.

In Europe, Virgin's largest competitor is Fitness First, and the same situation may unfold here where, with the exception of the YMCA which provides services to over 400 communities, Fitness First is the biggest player.

Stephan Herzog, chief executive of Fernwood, Australia's third-largest gym chain, voiced concern that the Australian fitness marketplace was becoming overcrowded, saying, 'I think Australia has too much of everything including too many service providers in the fitness industry. Virgin is likely to compete directly in the Fitness First space for young customers'.

Craig Knox of Fitness Victoria begged to differ, however, saying, 'The fitness industry has always been a competitive environment, however with emerging public health concerns more people are becoming aware of the need for regular physical activity. An increase in demand will require an increased number of service providers'. ■

Source: www.news.com.au

FITNESSBIZ 07 LAUNCHED TO SUPPORT FITNESS INDUSTRY GROWTH

FITNESSBIZ
07

A new business education conference for the Australian fitness industry has been announced by organiser, Justin Tamsett, managing director of Active Management.

'Australian Fitness Network currently delivers exceptional conventions but we have received requests from those industry members who are unable to travel to attend' Tamsett said.

FitnessBiz 07 will take the form of a half-day conference in Brisbane, Melbourne, Adelaide and Perth in September. It has been designed to meet the needs of the owners and managers of small and medium-sized businesses, who wish to increase their profits and improve their efficiency of operations.

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Attendees will receive tools and strategies that they can put in place immediately.

'FitnessBiz is not for strategic thinkers. It has been designed to give every attendee an immediate return on their investment' explained Tamsett; 'We understand that these small and medium-sized businesses need specific tools to help improve their bottom line, and so all sessions are designed to provide these tools. This means that personal trainers, sales people, club managers and owners will all benefit from attending.'

The event has been modelled on the successful FitnessBiz conference run by Fitness New Zealand. Whereas that event is a multi-stranded conference, however, FitnessBiz will be just a single-strand conference. 'We are fortunate to have Bliss Fitness Systems and Ezypay as sponsors of the event. We are also very thankful to Australian Fitness Network, Worldwide Print and Ricksure who are also supporting FitnessBiz 07' said Tamsett.

FitnessBiz aims to supplement Australia's existing major fitness conventions. 'We guarantee that attendees who attend FitnessBiz 07 will increase their profits by implementing the abundance of ideas that

they'll take home. So much so, they'll soon be able to afford to fly, stay and attend the major conferences in Australia' he said. ■

For more information, e-mail Justin Tamsett at jt@activemgmt.com.au or call 02 9980 9089

EASTERN EUROPE CLUB MERGER ANNOUNCED

The owner of World Class and FizKult brands, the Russian Fitness Group (RFG), has merged with the MaxiSport club chain, which works under the Reebok system.

The merger brings the number of clubs under the control of the RFG to more than 40 and the combined membership to 100,000, cementing its' leading position in Russia and the 11 former Soviet Union Republics that make up the Commonwealth of Independent States (CIS).

Chairwoman and CEO of the Russian Fitness Group, Olga Sloutska, said 'The merger of World Class and FizKult with MaxiSport is an unprecedented deal not only for the Russian fitness industry, but also for Central and Eastern Europe. It is considered to be a great achievement for the Russian

Fitness Group and for myself as well. The choice of MaxiSport was strategic, as out of all the national fitness chains we believe only MaxiSport best meets Russian Fitness Group's high requirements. We looked for the scale of business, training staff's professionalism and corporate reputation'.

Maxim Ignatiev, the current CEO of MaxiSport who will become a partner and member of the Russian Fitness Group Board, said, 'In six years our team created a chain of eight MaxiSport fitness clubs working under the Reebok system. I am very glad that I found such partners as Olga Sloutska and the Russian Fitness Group who share my passion to accelerate the further development of the fitness club chain. With our efforts united under one team we will attain outstanding results and will retain leadership in the fitness industry'.

Chief Executive Officer of Alfa Capital Partners, Richard Sobel, commented; 'We see the merger with MaxiSport as a perfect example of how market leaders can efficiently cooperate with the purpose of further development of the fitness industry in Russia'. ■

Source: IHRSA

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NETWORK HOME STUDY EXAM NOW PROVIDES NZ CECS

Australian Fitness Network and the New Zealand Register of Exercise Professionals (REPs) have made it simple for every Kiwi member of Network to fulfil their ongoing education requirements thanks to Network's quarterly CEC Home Study Exam being awarded eligibility for NZ CECS.

Kiwi Network members simply need to successfully complete the multiple choice exams which are made available, upon request, with each issue of *Network* magazine. By passing three out of four exams each year, the member receives 10 NZ CECS.

In addition to the workplace CECS that need to be earned, fitness professionals in New Zealand have to earn 20 Ongoing Education CECS every two years. Successful completion of the Network CEC Home Study Exam each quarter, therefore, will fulfil the ongoing education requirements. So if members complete the exam for every issue, they will not need to earn any additional Ongoing Education CECS! ■

RIDE FOR LIFE



Sydney's Centennial Parklands will come alive on Saturday 4 August in a burst of life and colour when annual cycle event 'Ride for Life' hits the road.

Organised by the Prince of Wales Hospital Foundation, the event is spearheaded by Rick Christie, a cancer survivor himself, and Professor Michael Friedlander, the director of medical oncology at the Prince of Wales Foundation. Peter Garrett, Member for Kingsford, and Ride

for Life's Patron has supported the event since its inception in 2004.

'Ride for Life will provide everyone with the opportunity to pedal for cancer and raise the much-needed funds for the Prince of Wales Cancer Centre' said Rick.

Inspired by Lance Armstrong's acclaimed book *It's Not About The Bike*, Rick was motivated to overcome testicular cancer and assist other cancer sufferers by emulating

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the American cycling event 'Ride of Roses' to raise funds for cancer treatment.

Ride for Life is not just about professional cycling though. Corporate teams will again be featured and for the first time in more than 25 years, NSW Schools Championships will be staged. In addition to the professional cycling, which will feature Olympic Games gold medallists, will be a recreational Fun Ride for cyclists of all ages and abilities. Family teams, club mates and individuals are encouraged to participate, with prizes awarded for the best dressed teams.

Ride for Life has quickly become the must-do cycling event in Sydney. Athens Olympic Games Gold medallist and four times World Champion, Steve Wooldridge OAM, an ambassador for the event, is looking forward to competing this year. 'It's a great opportunity to race at a world class venue and also support the growing need for cancer research – I too have had a scare with testicular cancer' he said.

New to Ride for Life this year will be Live for Life. Backed by the Prince of Wales Hospital Foundation, Live for Life will be a market day focusing on healthy living. Prince of Wales Hospital staff and trained professionals will be present on the day, showcasing what Life for Life is all about – being healthy and active. A variety of interactive health booths run by the hospital will be set up to help educate the need for healthy lifestyle choices. Selected market stalls, all complementary to the Life for Life theme, will also be on site.

The latest addition, following the demise of the Bicycle Trade Show in Sydney, will be some of Australia's leading wholesalers promoting the latest equipment and bikes to arrive in the country for the 2008 year.

Whether you're a competitive cyclist, a recreational cyclist, or someone who enjoys a market day and Fun Fair, Ride for Life has something for everyone. Along with the featured cycling events, there will be music, guest stars, entertainment, market stalls, food, bike repairs, Rotary BBQ, health promotion and fun activities for kids, all in a relaxed fun atmosphere.

Ride for Life will be held on Saturday 4 August in Centennial Parklands from 8am to 4pm, with entertainment kicking off at 11am.

For more information, please visit the Ride for Life website www.rideforlife.org.au

Source: The Prince of Wales Hospital Foundation

MELBOURNE MARATHON TO CELEBRATE 30 YEAR ANNIVERSARY



The Samsung Melbourne Marathon has announced a new race format to celebrate its 30 year anniversary. On Sunday 7 October, both the elite and the recreational runner will be able to take to a new course that runs along Melbourne's Bayside and finishes with a lap of the MCG.

Competitors will have the opportunity to take part in four distances. The Samsung Melbourne Marathon covers the full 42.195km distance, while the Asics Half Marathon is 21.1km. Both races are set to produce fast times with the introduction of an out and back course format. For those who prefer shorter distances, there is the Melbourne 10km run and the Yarra 5.5km run/walk.

As recognition of the strength of the event, an agreement has been struck to make the MCG the start and finish points for all events, giving every competitor the chance to run a lap on the hallowed turf with their loved ones cheering them on. No stranger to this experience is Samsung Melbourne Marathon ambassador Kerryn McCann, who was lifted by the MCG crowd's roar when she took gold in the 2006 Commonwealth Games.

'The thrill of running along William Barak Bridge with the crowd cheering and then entering the stadium gave me the biggest boost of my running career and I'm sure everyone who enters this year's event will get a tingling sensation when they enter the MCG, whether they are running, jogging or walking' Kerryn commented.

Only three marathons have ever been run on the MCG; the 1956 Olympic Games

and last year's male and female events at the Commonwealth Games.

The Samsung Melbourne Marathon and Asics Half Marathon course will take in Melbourne landmarks such as Federation Square, The Arts Centre, Albert Park Lake, Fitzroy Street and the Port Phillip Bay foreshore. The Melbourne 10km includes a lap of the Royal Botanic Gardens, while the Yarra 5.5km will take in the banks of the Yarra River.

Dallas O'Brien, IMG Director of Athletics and Fitness, said 'The 2007 Samsung Melbourne Marathon will see a new era in marathon racing in Australia. The introduction of the MCG as host to the new out and back race format and a truly fast and internationally accredited course contribute to making the Samsung Melbourne Marathon the best marathon in Australia!'

IMG, the event owners and promoters will donate \$25,000 to the official charity partner, The Cerebral Palsy Education Centre (CPEC). Competitors will also have the opportunity to pledge their support or be sponsored to run for CPEC.

The marathon expects to attract 15,000 competitors with a strong international field. Competitors will be racing for over \$20,000 prize money and over \$30,000 worth of prizes. Last years winners were Kazunari Suzuki from Japan (2 hours 23 minutes) and Karen Natoli from Australia (2 hours 53 minutes) who is sure to be a force again this year.

Visit www.melbournemarathon.com.au for more information and to register. ■

Source: Cox Marketing

BOOK REVIEW

Book title: Weight Training 3rd Edition

Written by: Thomas R Baechle/
Roger W Earle

Reviewed by: Peter Lawler

RRP: \$31.95. Network members:
\$29.70 (if purchased online at
<http://www.fitnessnetworkcentre.com/PRODUCTS/SHOWPRODUCT.CFM?ISBN=9780736055338>)

This book was first published in 1992 by Leisure Press. As testament to its longevity, it has now reached its 3rd Edition and is a much loved and trusted member of the 'Steps to Success' series of sports instruction books from Human Kinetics.

Since 1992 the market has been saturated with resistance training books. Fortunately, compatibility is high due to the existing strata in this industry. This one belongs to the base level, the bedrock and is ideal for the L and P-plate coaches needing direction regarding exercises, systems and the fundamental principles of resistance training and programming.

The book focuses on two primary areas. First, it presents over 30 illustrated exercises and describes how to complete them. Secondly, it provides the information required to construct individual programs.

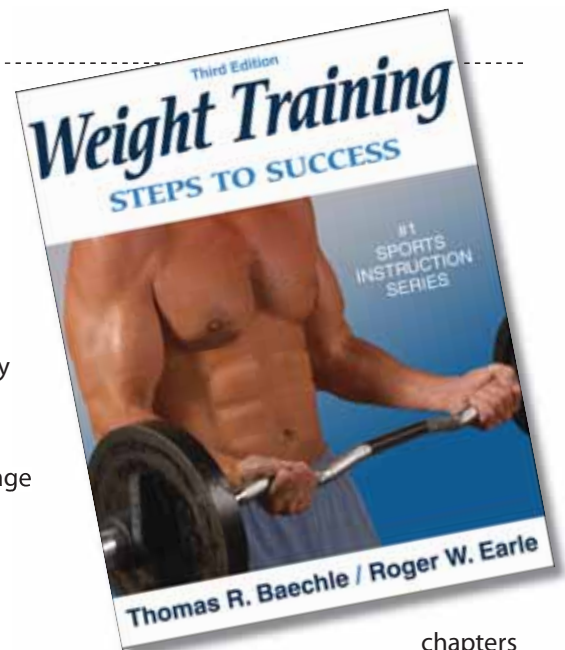
The early chapters are seemingly mandatory; how muscles work, types of working contractions, nutritional needs,

weight control, supplements, equipment and ensuring safety with effective warm-ups and cool-downs. From there, the basic principles of lifting are explained and illustrated; how to grip bars, how to lift and lower the bar without injury and how and when to breathe (an often overlooked topic which certainly helps with staying alive!).

Onto the body of the text. The authors selected exercises include usage of free weights, cam and multiunit machines. The suggested workout procedures are regimented. For each exercise there is a warm up load then a trial load calculated as a coefficient of body-weight. Finally, with further calculation the workload for the day is determined. To ensure loading is not excessive, the repetitions suggested are 12 to 15 per set, which necessitates good lifting technique due to onset of fatigue.

Each geographic region of the body beautiful is given tender loving care in the seven chapters devoted to chest, back, shoulders, arms, legs, abdominals and the best of all – TOTAL BODY EXERCISES. It's a conservative, rather meagre chapter featuring just the hang clean and the push press, but at least these heretical exercises are appearing in books for beginners and women – a positive step for any athlete serious about advancement of strength levels.

The book concludes with four



chapters or 'steps' as they are labelled, focused on devising training programs. This is the best section in the book, identifying seven design variables including exercise order, loading and rest. Coaches unsure as to what to do will be assured by the suggestions offered. The authors Baechle and Earle patiently describe how to develop the variables identified and how to vary them according to the purpose of the resistance training to maximise results. There are plenty of books on the market for basic instructional detail; 'Weight Training – Steps to Success' is one of the better ones. ■

STRONGLY RECOMMENDED TO NEW/ YOUNG COACHES.



VACANT POSITION OF THE MONTH - PILATES MATWORK INSTRUCTOR

Qualified Pilates Matwork Instructor required to instruct Wednesday 6.30pm small group class (limited to 8 participants) in Gladesville (NSW), to start immediately. Classes are run through term blocks and not during school holidays. Our classes cater for beginner to intermediate level as well as specific populations. This is a great opportunity for a positive person who is motivated, a great listener, honest, reliable and who is keen to work as part of The Source of Wellness Team in a holistic environment. Applicants must have a current Senior First Aid Certificate, current Professional Indemnity & Public Liability Insurance and ABN. Email resume to : info@thesourceofwellness.com or phone 02 9817 8766 ASAP

And pppssst! Did you know that www.fitnesscareers.com.au is coming? Keep an eye out for more info!

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