August newsletter content



“For every minute you are angry you lose sixty seconds of happiness.”

― Ralph Waldo Emerson

Insanity: doing the same thing over and over again and expecting different results.

Albert Einstein

Before you start some work, always ask yourself three questions - Why am I doing it, what the results might be and will I be successful. Only when you think deeply and find satisfactory answers to these questions, go ahead.

Chanakya



Why DO we stretch?

Stretching is the most often overlooked component of fitness training.

While hastily completed stretches thrown on the end of your workout are better than nothing they will do nothing to improve your flexibility and balance.

Benefits of stretching include

* Prevention of injury
* Aiding posture
* Assisting with correction of imbalances
* Brain time

With the evolution in fitness over the last decade training has become more focused on functional exercises. The average exerciser working on many of the tools your trainer uses in a session will be getting flexibility work as part of their main workout. The mainstream growth of disciplines such as yoga and pilates has also meant we are able to focus on flexibility without being bored silly!

The 2 main categories of stretching are static and dynamic. In static stretching we position ourselves on an angle and hold the stretch for the desired amount of time to lengthen through a muscle before moving onto the next exercise.

Dynamic stretching combines lengthening of the muscle with movement, most often slow and controlled).

Back in the day we used to warm, stretch then continue on with our workout, ending our session with another bout of stretching. The post warm up stretch has fallen by the wayside, our bodies don’t need it to prevent injury, in fact a post warm up stretch gives our bodies the chance to cool off, making our muscles less bendy not more bendy.



3 Reasons you can’t exercise (and why you shouldn’t use them)

Short, sharp and to the point!

I’m too busy

Yep, it is a busy life; the key word here is life though. The more you make time to exercise the longer your life is likely to be.

I can’t afford it

Have you seen the cost of healthcare lately? By all means stick within your budget but there are fitness solutions at any price from free to freakin’ expensive.

I hate it

I hate mushrooms; it doesn’t mean I have given up on all food. It’s ok that you don’t like running or yoga or whatever. Keep looking.



Every week a new ‘superfood’ is launched into the marketplace.

How on earth do you tell whether this is actually the secret to a lifelong health and perfection or just another marketing ploy?

Follow these simple tests:

1. Are the results specific to the brand being sold? This is a warning sign that a company is ‘piggybacking’, claiming results from their product that are not unique to them. (There was a time when a few brands of potatoes had ‘cholesterol free’ all over their bags).
2. Does the product claim amazing results? The reality is no food will compensate for overeating/bad choices in the other parts of your diet so don’t believe it if it does.
3. Is the product replacing one ‘bad food’ with another? Low fat but high sugar? Low sugar but full of chemicals? Low chemicals but full of fat? It’s all about a balanced diet folks.
4. Are the results promised due to portion size rather than health benefits? One teaspoon of butter is low fat compared to one cup of butter. Half a cup will always have less energy that one cup. You don’t need a specific brand of food to apply this principle.

