BRB newsletter content July 2014



Big Mac 2070 kj

Filet o Fish 1330 kj

Large fries 1660kj

Big bag of Eta Kettles 3240 kj

Moro bar 1110kj

The average 68 kilo person burns 2000 kj in an hour of walking at 5km per hour…. Do the maths…



Get Wet!

Aquatic exercising has always been the ugly stepsister to land based exercise. It’s often seen as the easy or old lady option, with ‘real’ exercisers preferring to sweat it out at the gym rather than splash around in the pool.

It’s all lies!! Exercising in the water is an awesome option for anyone looking for an alternative to land based exercise, and can provide and intense alternative to your land based cardio workout if you know what you are doing.

It’s also the perfect exercise solution for those who are limited by injury, pain, age, weight or pregnancy, providing full body support while allowing a workout that is hard enough to produce real fitness results.

Aqua jogging involves using a flotation belt (available at the pool generally) to keep you upright so you can ‘jog’ in the water without having your feet on the ground. You do laps as swimmers do. If you are not sure what to do ask if your pool has a ‘workout card’ with exercise suggestions or just take a sly look at the other folks in the pool to see what they are doing, it’s very simple to pick up AND you can keep your hair out of the water.



NOT ALL YOUR CLIENTS HAVE A HEART RATE MONITOR:

You can find your maximum heart rate (MHR) by subtracting your age from 220. This is a rough guide only!!

First multiple (MHR) by 0.60 = This is the lower end of your target heart rate zone- 60% of your maximum heart rate

Then multiply (MHR) by 0.85 = This is the upper end of your target heart rate zone

These two numbers are the 2 ends of your target heart rate zone.

It is recommended to stay within these 2 numbers, at a level that suits your fitness level and training needs.

An example calculation for someone who is 30 is below:

* 220 - 30 = 190 = MHR
* 190 x 0.60 = 114 beats per minute
* 190 x 0.85 = 161 beats per minute

Taa Daa- Target heart rate zone = 114 to 171 beats per minute

To find out what your heart rate is take your pulse for 10 seconds and times by 6. EASY!!

The bottom end of your heart rate zone is best for non-trained folks. If you’ve spent more time on the sofa than on the treadmill start here and build up, as you feel fitter.

For those of you with a bit more puff then you should be heading into to higher end of your heart rate to get improvement.

If you want to push yourself without karking out on the side of the road then try intervals of higher intensity work with rests at the lower end of your heart rate.



WHAT THE HECK IS THAT? SUSPENSION CABLES

Instead of traditional weight training methods where we use an external source of weight the suspension system uses body weight as resistance.

The other significant difference between suspension and traditional weights is that the suspension system allows you to work on different planes of motion at the same time. Instead of simply lengthening and shortening a muscle within a simple range to improve strength suspension training allows us to add stability, work many muscles simultaneously and engage our core muscles throughout all movements.

This allows us to make our training reflect the necessary movements for every day life.

Suspension training can be adapted to all exercisers including beginners and is of particular use to those dealing with postural issues or those post injury to assist in recovery and prevent injuries re occurring.

Like any exercise, suspension training is one tool among many. It won’t replace your cardio workout; most clients add suspension training as part of their current routine.



EXERCISE AND AGEING

It’s official, for every year that goes by we get a year older.

There are some things that go along with aging that are beyond our control. There are also genetic factors that go along with that parcel.

However many of the outcomes of aging are on a scale, based in part on what we contribute to the process- what we eat, how much we exercise, whether we smoke or drink lots.

Some natural effects of aging:

* It takes longer to warm up and get ‘ready’ for higher intensity exercise
* We are more prone to dizziness if we change body position suddenly
* It takes us longer to recover after a bout of exercise
* Our flexibility decrease as our muscles age
* Our bone density decreases
* Our ability to balance and our coordination is reduced
* It’s harder to learn new skills
* Our reaction time decreases

But wait… Many of these effects are relative to how we treat our body. If you are unfit and unhealthy at 30 your starting point for the aging process is further along than someone who exercises regularly and looks after themselves.

While exercise can’t shave years off your age, it can possibly add a few more years onto the end of it. And you’ll be in better shape to enjoy them.

The level of exercise you need to do to get health benefits is not high; the secret is in the consistency. Taking part in physical activities that you can do regularly for years not just weeks.

This regular exercise will decrease the above effects of ageing, possibly increasing not only the length of your life but the quality too.



Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

It's fine to celebrate success but it is more important to heed the lessons of failure.

Bill Gates

Many of life's failures are people who did not realize how close they were to success when they gave up.

Thomas A. Edison

Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.

Lee Haney

