



July Newsletter

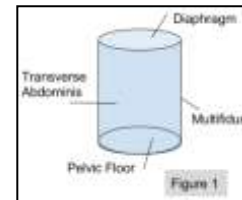
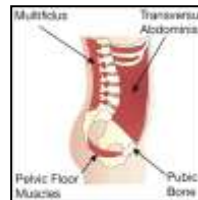
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What is your core?

Your core is the centre of your body universe! The muscles which make up your core play a large role in holding up your body properly and maintaining stability. Your core is not only your abdominal muscles. Think of it as a cylinder with a lid.



The lid symbolises your diaphragm. The front wall is your abdominal muscles, including rectus and transverse abdominus. The back wall is the muscles supporting the spine, such as multifidus, erector spinae and quadratus lumborum. And the floor symbolises the pelvic floor muscles. Various conditions, injuries or procedures can impact upon the strength of each part of the core, and they all work synergistically. In other words, if one isn't working properly, the others will have to work harder and will fatigue quicker.

Why is having a strong core so important?

A weak core can lead to a range of problems and can hinder not only athletic performance but also make activities of daily living more difficult. There are strong scientific links between weak core muscles and lower back pain, which as many of us know can be severely debilitating.

A few signs that you may have a weak core are:

- Lower back pain

Compensation in the lower back for a weak core is very common. The pain can occur either during exercise if your core is not activating properly and your lower back muscles are having to pick up the slack, or during day to day life (walking the dog, getting up out of a chair, sitting up to get out of bed). The contraction of your whole core is essential to protect those lower back muscles from straining. Try lifting a stack of dishes or books from a bench; you should feel your core tighten to evenly take the load in front of your body.

- Poor balance:

Ever wondered why your trainer uses unstable surfaces during your PT session? 'The wobbles' on a Bosu, balance discs or standing on one leg can be a sign of weak core muscles! Again, this isn't just your abdominal muscles. In a single leg stance, a hip drop one side can mean a weak glute medius, which is included in your core muscles. Using any of these surfaces is not only a good way to identify the problem, it is also good to help fix it. Being unbalanced prompts the core to turn on and contract isometrically to keep the body stable. Maintaining good balance is essential as we get older, so frequent practise is very important. Try standing on one leg whilst brushing your teeth. You'll be surprised how quickly you improve!

JULY BIRTHDAYS!

Alan Noy	3rd
Peter McDonald	6th
David Connolly	8th
Vivien Humble	8th
Robyn Clarke	21st
Chris Tsiopelakos	22nd
Noel Holman	26th
Lachlan Hoorn	27th
Toni Somerset	30th



Strengthening the components of your core

Crunches/sit-ups alone will not give you a strong core! Performing only these exercises will leave you with tight abdominal muscles. What is needed to target the whole core area is a mix of deep and superficial abdominal and oblique muscle exercises along with glute strengthening and lower back stabilisation.

Need help with core strengthening? Talk to your trainer! They are fully equipped to assess your core strength and help you improve. Fitness Energy run a Core and Stretch class on Wednesdays at 7:30pm. We can also provide you with a home program to improve core stability.

Full body scan from a DEXA Scan Mobile Unit.

- DEXA is the most accurate way to measure your body composition
- You will receive a comprehensive report listing your fat and muscle mass and bone health
- DEXA scans allow for more targeted training options and more accurate results analysis
- Once only available to elite athletes, it is now affordable for everyone to monitor their health
- Uses minimal radiation and is very safe
- Scan performed while you are fully clothed and takes 10 minutes to complete, including a weigh and measure in the initial assessment.

When: **Saturday 29th July 7.30-11.30am**

Where: **Fitness Energy**

Cost: **\$136 per person**

(2 pack - initial session & follow up scan later in 2017).

Wear comfortable gym clothing.

Open to all adults over 16 years old.

If you would like a follow up scan from last year, please let Jane know



SPEED SMASH

Smash45 - new 30 minute sessions - ONLY \$10

Structured cardio & strength session with a variety of exercises.

Everyone who does the 60 minute class loves it. This group class allows you to work at your own pace. Its 45 seconds work, 15 sec recovery. You can take extra recovery time if you need it.

It's great fun and suitable for all fitness levels.

These shorter 30 minute sessions will be available soon.

Please let your trainer know if you are interested or fill in the survey form at reception so we can plan the sessions.



Congratulations to our Super SMASH winners

- Ann Noonan
- Karen Ebzery
- Chris Mow

Hoodies for Sale

Very warm and cosy ~ ONLY \$50

Fitness Energy

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