



Personal Training Studio now open in McKinnon

XOSIZE – You can't beat it!

The very first issue of the XOSIZE Health and Fitness newsletter has arrived in your letterbox.

This free quarterly community health and fitness newsletter is delivered by the team at XOSIZE Health & Fitness Solutions—a studio based and mobile service specialising in personal and group training.

XOSIZE now has a new studio at 223 Tucker Road, McKinnon, catering to all fitness levels. **Opening hours: 6am – 9pm (Mon-Fri), 6am – 1pm (Sat) or by appointment. Tel: 9576 7218 or mob: 0419 519 114.**

So look out for the XOSIZE newsletter every quarter in your letterbox.

What is XOSIZE?

The XOSIZE philosophy is very simple . . .

To optimise the health of individuals within the local community by providing an affordable health and fitness service.

IN THIS ISSUE . . .

- **WIN a Personal Training package!!**
- **Introducing the XOSIZE Trainers**
- **Group Training – Give it a Go**
- **It Starts with your Feet**
- **The A-Z of Nutrition and Health**
- **Bombay to Beijing by Bicycle**
- **Learn the Label Lingo**
- **The Oxfam Trailwalker . . . walking enthusiast, Erica Gill recounts her own experience in this ultimate endurance challenge and discovers what she is really made of . . .**

XOSIZE provides the following personalised services:

- Personal and Group Training
- Boxing/Circuit
- Triathlon Coaching
- Corporate Health Management
- Limited Gym Membership
- Mums with Bubs sessions
- Walking and Running sessions
- Gift Vouchers

XOSIZE Personal Trainers are:

Passionate - XOSIZE personal trainers are passionate about the benefits of exercise.

Goal Orientated - XOSIZE is committed to helping people achieve their own fitness goals ie marathon, fun run or simply just getting fit.

Supportive - XOSIZE provide the highest standard of service within a friendly and supportive environment.

Professional - Our trainers hold the Certificate IV in Fitness and keep up to date with changes within the industry.

Fun - XOSIZE IS FUN AND ENERGETIC!

Are you running on empty?

'It is estimated that about 200,000 Australians are using personal trainers.' (Holroyd, J, 27/2/06, *The Age*, *To make short work of exercise regimes, a personal trainer may fit the bill*)

Keeping fit and working out on your own can be hard going sometimes, especially when so many of us are time poor.

Working full time, juggling family life and other commitments, at the end of a busy day, who has the time or the energy to exercise?

This is where a personal trainer can help.

A Personal Trainer can show you the way, track your progress and provide the motivation you need can make all the difference.

Personal training will help you gain the maximum benefit from the time you spend exercising.

XOSIZE is all about high energy and great results.

You'll love experiencing the 'natural high' you get from exercise!

What to look for in a Personal Trainer

The first step is always the hardest

When it comes to choosing a personal trainer the most important step is ensuring that you receive value for money, have a rapport with your trainer and genuinely like your trainer (you are going to be spending some time together after all).

XOSIZE encourage you to do your homework.

Here are some things you'll want to keep in mind as you take that important first step in considering personal training.

Talk to other clients

Don't just take our word for it. We have a list of referrals and are happy to provide these.

Relevant qualifications

To best achieve your fitness goals you need to be helped by experienced, professional and supportive trainers. We encourage you to ask our trainers questions about their experience and qualifications.

Environment

Consider accessibility, cleanliness, safety and equipment of the studio facilities. XOSIZE provides the most up to date training techniques, equipment and facilities.

Convenience

Don't forget having a personal trainer means that one on one sessions are scheduled at mutually convenient times to suit your busy lifestyle. After all, this is a 'personalised' service and that's what your paying for.



Melbourne-based event hot spot, Red Scooter, has become Australia's first carbon neutral venue.

red scooter: greener events

The venue has subscribed to non-profit organisation Greenfleet Australia, which will plant native trees to neutralise the Red Scooter's green house gas emissions.

Red Scooter's managing director, Eammon Hamilton, said an important focus of the Greenfleet program is restoring biodiversity. Red Scooter will plant more than 850 native trees along the Murray Darling Basin, an area subject to wide spread land clearing. As these trees grow, they'll absorb an estimated 221 tonnes of carbon dioxide, which the venue generates in one year. In turn, the soil quality will improve, salinity will decrease and an essential habitat will be improved for native animals.

"Many of us point our finger at the government and say 'they should fix it' but if small to medium businesses do their bit and start realising it's

simply about meeting the needs of the present without jeopardising the needs of future generations, the world is going to be a much greener place," Hamilton says. "In our case, for the next 12 months all functions held at Red Scooter will be rendered carbon-neutral.

"The calculation is based on estimated annual energy (electricity) use on supplier deliveries and travel by staff and guests to the venue," he says. The offset is the equivalent of taking 50 cars off the road for one year.

This initiative delivers "a final product that exceeds expectations, reflects the very best business principles, services and standards and supports the economic, cultural, environmental and social well being of the community," says Hamilton.

Take a look at the Red Scooter venue by visiting the web site at:

www.redscooter.com.au



WIN

Free Personal Training !

It doesn't get better than this!

Get your health and fitness back on track in 2006 and be in the running to win one of these great prizes.

1ST PRIZE PERSONAL TRAINING PACKAGE VALUED AT OVER \$500

(includes 6 x 1hr Personal Training sessions and comprehensive fitness screening)

2ND PRIZE – 5 WEEKS FULL GYM MEMBERSHIP VALUED AT \$200

3RD PRIZE - 6 x 1hr GROUP TRAINING SESSIONS VALUED AT OVER \$100

How to enter:

It's easy. Complete your details, cut out and drop this flyer into the barrel at the XOSIZE STUDIO
223 TUCKER ROAD, MCKINNON.

Entries close **5pm AEST on April 28, 2006** and the competition is open to Australian residents over 18 years of age.

The draw will take place on 1pm April 29, 2006. Winners will be notified by phone and mail.

Name:

Address:

Contact no:

Email:

GOOD LUCK!

Meet the Xosize Trainers

Scott – Founder and Personal Trainer

The founder of XOSIZE Health & Fitness Solutions is Scott Hollow. Scott is a VicFit Qualified Personal Trainer, Triathlon Coach and holder of the Green License for swim coaching. Scott has also worked with Camp Australia in delivering sporting programs to children.

Fitness has been a part of Scott's life. He has participated in numerous sporting activities, including VAFA football, swimming, athletics and triathlons. In 2003, Scott left a corporate career to pursue a career in the fitness industry. Scott is committed to helping others to achieve their own health and fitness goals.

Scott also enjoys competing in grueling 'Ironman' Triathlons (3.8km swim, 180km bike ride & 42km run), club races and the Melbourne Marathon.

In April, Scott will compete and raise funds for the charitable event, The Oxfam Trailwalker – a 100km walk.

Geraldine – Personal Trainer

Geraldine, a VicFit Qualified Personal Trainer has always been involved in sport, namely netball, hockey, athletics, cross country running competing at various levels. Her favourite event being the 10km run.

Geraldine became a personal trainer to assist others in the pursuit of health and fitness. She currently coaches a group of mothers who all told her they couldn't run and now regularly take part in Fun Runs.

Geraldine is the proud mother of two beautiful little girls and rather than let this become a reason not to exercise, Geraldine's girls join in on her daily exercise regime –she takes them on her daily run in the double baby jogger!

Geraldine's sessions are challenging and incorporate cardio, resistance, core, and flexibility training.

She enjoys working one-on-one or with a small group and has experience working with post-natal mothers.

Tony – Personal Trainer

Tony is a qualified Personal Trainer, who completed his fitness qualifications at the Australian Institute of Fitness.

Health, good nutrition and fitness are a large part of Tony's life. He regularly competes in sprint distance Triathlons, 10km runs and half marathons.

Tony's goal this year is to complete a full marathon and he has his sights set on the Melbourne Marathon in October.

Tony comes from a professional background in the building and construction industry. He has seen first hand what the pressures of a busy career can have on your health and fitness.

Tony's knowledge, enthusiasm and positive outlook will help you achieve your fitness goals and improve your quality of life.

Group Training . . .

Give it a go!

Remember when we used to flock indoors to our local gym, wearing our brightly coloured leotards to take part in an aerobics class?

Well not anymore. The new fitness craze sweeping over local parks and sporting fields is group fitness training.

What better way to improve your health and fitness than by working out with a personal trainer in a small group, while enjoying the great outdoors and fresh air!

XOSIZE makes use of the sporting fields available in the local area.

Group training is conducted at McKinnon Reserve on Tucker Road and each session includes a variety of cardio workouts, circuit and strength training.

You'll never get tired of the same old routines – XOSIZE trainers understand that variety is vital in maintaining motivation.

Most importantly, you'll have fun getting fit with friends.

Contact Scott on 9576 7218 for session times and details

**Only one entry per person. Conditions apply.

It starts with your feet by Lance Penn



Did you know . . .

. . . the average person walks 128,000km in a lifetime, or three times around the world, so it's not surprising that over 63% of Australians have suffered foot pain, yet interestingly, few seek professional help. You don't have to put up with lower limb, knee, ankle and back pain as a result of participating in exercise activities. Pain is not normal; in fact, it can be both prevented and dealt with through muscular and biomechanical treatments.

Prevent pain before you participate

Undertake a pre-participation evaluation, to identify fitness level and existing injuries. The right assessment can help you answer the following questions:

- Are you wearing the right shoes?
- Do you have adequate foot and ankle protection?
- Do niggling, older injuries require treatment or strapping?
- What stretching and preparation should you do?

Many injuries can result from 'over training,' which leads to 'overuse injuries.' This occurs when repetitive pounding or stress on your body causes a progressive failure of the muscle (strain), tendon (tendinitis), or bone (stress fractures). Such injuries can be minimised by undertaking a proper warm up, to increase your body temperature and allow the joints and tissues to become more lubricated. Warm up should consist of simple, easy motion and should take three to five minutes. Do not include stretching in this warm up.

After warming up, you can then turn to stretching. Stretching is important because it reduces muscle tension, maintains flexibility, facilitates muscle strength, increases blood flow and reduces soreness. There should be no pain involved with stretching. The most common problem with stretching is 'overstretching' – if you overstretch you can suffer a stretch reflex in your muscles which causes them to contract and can cause tearing if you try to stretch through it. One way to prevent muscle soreness is to increase the training gradually, to have the appropriate warm up and stretching, and avoid over-exertion.

Relieving pain

Our feet are a complex combination of bones, muscles, ligaments and joints, which we use each and every day, but of course, unlike shoes, we cannot simply go out and buy a new pair.

The most common feet-related injuries include arch or shin pain, callouses and blisters. Arch pain and shin pain are related to poor support of the foot, tendons and ligaments. Flat feet or poorly supportive shoes are the main culprits. Treatments for these injuries usually consist of x-rays, rest, ice and possibly custom heel cushions or arch supports.

Callouses can occur in the feet over areas of prolonged pressure and friction over a bony prominence. It is important to have properly fitting shoes to try to avoid callouses. Treatment can include shoe inserts to help distribute the body weight on the feet, or possibly donuts to avoid further pressure on the area of involvement. Blisters will occur when shearing forces on skin cause a split in the skin and fluid accumulates in the splint.

Pain prevention measures

Whether you train at the gym, walk, play netball, soccer or football, sporting activity places greater than normal strains on your body. The majority of sporting injuries occur in the feet and lower limbs. A podiatrist cannot only provide an accurate assessment of any injuries, but can recommend the right footwear and training routines to prevent future problems and injuries.

If foot, ankle and knee pain disrupt your day-to-day activities then it is time to have a professional assessment. Ideally of course, early diagnosis is the key to relieving symptoms as well as to injury prevention.

Meet Brooke, an XOSIZE client

Brooke Norris has been training with Scott Hollow, XOSIZE Personal Trainer since October 2005.

Brooke has gone from not being able to run 1km, to setting goals of running her first marathon in 12 months and her first 'Ironman' in 18 months – a grueling challenge indeed!

"I have been training with Scott from XOSIZE for the last 4 months. In that time, I have started to see significant improvement in my fitness levels and really look forward to training twice a week with him.

Scott is able to tailor challenging and interesting workouts to suit the individual, either indoors or outside.

Whilst I'm not really very fit (compared to a 'real' triathlete), or genuinely competitive and certainly not naturally talented! Scott has helped me to launch my 'triathlon career!' I have started competing in 'mini triathlons' designed for beginners. This really suits my 'goal oriented' personality as it gives me targets to aim towards. Scott has helped me from both the fitness perspective as well as with skills and techniques in the three disciplines of swimming, running and cycling.

The absolute best thing about training with Scott is that as long as you are trying and giving 100% (and he knows when you're not!) there is absolutely no judgment from Scott. You can be as slow as... well...me! As long as you are giving your best, Scott will encourage and support you and help you to improve. Scott has also been readily available for extra training/ dietary advice and support via email and has answered all of my questions no matter how silly.

Whilst doing triathlons and triathlon training may not be for everyone, I have also been a part of training groups that Scott runs that are more tailored to general fitness and have found them to be really fun and interesting as well.

He ensures that you see continuous and measurable improvement which is great for motivation to keep going!

...Oh and he won't make you crawl on the ground like they do at some boot camps...ever! (He promised!)"

by Andrew Verdon



the A to Z of nutrition and health

As a society, we are becoming increasingly fatter. Regardless of the low fat or no-fat food options available, many of us are simply not returning to the old methodology of calories in must be less than calories out, whereby, if you consume more calories (eat) than you expend (exercise) then you will grow fatter. While there are no set rules that apply to every person, understanding and adhering to the following general A to Z guidelines of nutrition and exercise will ultimately lead to optimal health.

Aerobic exercise at least three times per week for 40 minutes each time, to maintain your fitness levels.

Breakfast like a king, lunch like a prince and dinner like a pauper—this saying reminds us that breakfast is the most important meal of the day because it's when you fuel your body for the day.

Caffeine has been proven to be of benefit for fat loss, but no more than 300mg per day (three cups of coffee) and is best taken prior to your morning cardiovascular session.

Drinking water is equally important as we are made up of 60 to 70% fluid and should drink 8 to 10 glasses per day.

Educate yourself on what is hot and what is not in relation to your own personal health and fitness.

Fasting, or the practice of going without food for days at a time, has been shown to lead to a deficiency of essential vitamins and minerals that the body needs to function. It can also cause a slow down in the body's metabolism, which does not assist weight loss.

Goals should be realistic for both the short and long term and are as important as once you set off on your health and fitness journey you need to keep sight of your destination.

Help from a professional (whether training or nutritional) is the best way to achieve great results and can save you time and money on the quest for your goal.

Iron is an important nutrient to ensure your immune system is strong and healthy. Exercise can cause iron loss, and people who don't eat red meat can sometimes have an iron deficiency. Also, women should be aware that during menstruation, iron is lost.

Jogging can be a great way to burn large amounts of calories, but is not necessarily suited to everyone as it is a high impact activity.

Knees are one of the most common problem areas for exercisers, but correct

technique and stretching will help prevent injuries.

Lifestyle should be considered when setting goals, to ensure they are realistic and achievable.

Metabolism, or the body's ability to burn calories for energy, can be assisted by training regularly, adding lean muscle tissue, eating certain spicy foods. While training, you get an increase in your metabolic rate that lasts for several hours.

Nutrition, and research into the fat cell and fat loss suggests we should eat 4 to 5 small meals each day, rather than 3 large ones to maximise our metabolic rate.

Overtraining – the 'more is better' principle is not accurate in this instance, as overtraining has been found to be counterproductive to long term results.

Protein is another nutrient that is deficient in a lot of exercisers but is essential for optimal health. Common sources of protein include eggs, red meat, nuts, seeds, legumes, dairy foods and grains.

Quality, not quantity, is the key to success so aim to work the muscles to failure each time and if you can do more reps on your next visit, then do them – don't stop at a given number if you can do more.

Rest is just as important as exercise and allows the body a period of recovery. Find the best form of relaxation that suits you and do it regularly to avoid stress.

If you **S**moke, not smoking for two hours before exercise will help your body as it limits its ability to transport oxygen via the blood around, due to toxins from the cigarette infesting the lungs by binding themselves to your red blood cells.

Thermogenesis is the production of body heat through: 1) oxidation of foods; 2) physical means; and 3) biochemical means. There are ways to induce this calorie-burning thermogenic response in your body, to enhance your fat loss

efforts, like eating certain herbs and spicy foods.

Unsaturated fats (mono or poly) or 'good' fats are essential in helping to lower LDL (bad) cholesterol.

There are fat soluble **V**itamins (A, D, E, K) and water soluble vitamins (B1-12, C), all of which are an essential part of your diet because they serve to help the body function optimally. The vitamins A, C and E are also called anti-oxidants and they help to fight the problems caused by free radicals, which roam the body trying to steal healthy cells.

Weight training, also called resistance or strength training should be included in any health and fitness regime, as it adds lean muscle tissue to your body, increases your metabolism, improves posture and delays the onset of osteoporosis.

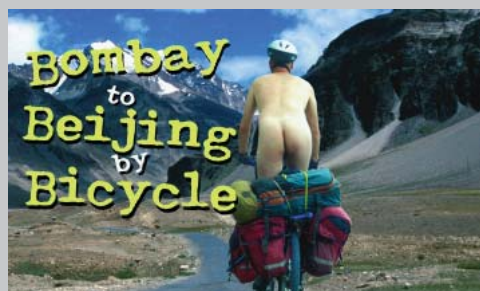
EXercise in any form has many benefits – better sleeping patterns, improved health, lowered stress levels, increased mental awareness, decreased body fat, reduced risk of health related conditions such as heart problems, cancer, Alzheimer's, depression, etc.

You are the person that you should be caring for. Motivate yourself to stick to your health and fitness program and you will thank yourself in the long run.

Zzz . . . sleep is a very relaxing activity and is required by your body to repair your cells and restore your energy levels for the following day.



Squeaky Board Theatre and Rah Rah Productions present . . .



'Congratulations. You are having the malaria.'

The sellout show of the Melbourne Fringe Festival 2005 is back!

Slap on your sandals and slip on your saris. Russell McGilton, the man who had Neil Mitchell gasping for the gutter, is at it again!

Due to popular demand and a notorious nude cycle ride through the streets of Melbourne, *Bombay to Beijing by Bicycle* hits the Comedy Festival at last.

Based on his book *Yakety Yak*, Russell morphs between 20 characters in just 60 minutes as he tells the story of a writer hell-bent on writing his travel opus. He battles rabid dogs, svelte British officers, Hindu gods, cabaret mosquitoes, misbehaving monkeys and the odd dash of urine therapy (not bad with a slice of lemon!). Exhilarating, evocative and achingly funny, Russell is Bollywood packed into one man.

Don't miss out on this unique comic travel adventure that was the most talked about comedy hit of the Melbourne Fringe 2005.

WINNER OF the George Fairfax Playwright Award, 2003

SOLD OUT at the Melbourne Fringe Festival, 2005 and the Castlemaine Arts Festival, 2003

'genuine comic insights into cultural difference ...a superb ride through the self.'

Helen Razer, *The Age*.

'...plays like a fever dream...funny, well written show.' Michael Ward, *The Herald Sun*

Venue: Forty Five Downstairs, 45 Flinders Lane, City.

Dates: 12-30 April (not Mondays)
Late show 28 April 10:15 pm

Tickets: \$ 22 full. \$16.00 con

Times: 7:00 pm (Sundays same time)

Bookings: 9662 9966, at the door or info@fortyfivedownstairs.com

Production website:

www.bombaybeijingbicycle.com.au

Learn the label lingo by Dr Gerry Egger

Our supermarkets contain thousands of foods with an assortment of nutritional claims that can leave even the keenest shoppers bewildered. A Choice magazine survey of 408 shoppers in New South Wales, for example, found that many people were not aware of the true meaning of the common nutritional claims. Here's a summary of what the survey revealed:

- **'Reduced', 'lower', 'less'** - More than 50% regarded these terms as absolute, meaning, for example, that reduced-fat cheese has the same fat content as 'reduced-fat' yoghurt. People confused these terms with 'low-fat'.

- **'Light' and 'lite'** - over half thought yoghurts labelled 'light' or 'lite' had a lower or low-fat content than yoghurts not so labelled - and they were right. But 33% also believed that oils so labelled were low or lower in fat than other oils (when the labels actually referred to the colour of the oil).

- **'% fat free'** - Some thought that a 97% fat-free frozen desert was completely fat-free. Others thought that a 90% fat-free mayonnaise was low in fat (but not when they realised it contained 10% fat). Almost half surveyed thought that 80% fat-free

mince was lower in fat than lean mince - incorrect.

- **'Fights cholesterol'** and 'cholesterol free' - Almost one-third thought that the 'fights cholesterol' claim on a margarine meant lower or low food cholesterol - and they were correct. However, one in ten thought the tag also meant the margarine was low in fat or fat-free.

- **'No added sugar'** - About half thought products labeled 'no added sugar' contained little or no sugar. But these claims are most often found on products fairly high in natural sugars, like fruit juice and jam.

The Australian National Food Authority (NFA) has produced a Code of Practice on nutrient claims in food labels and in advertisements. The preceding box provides a summary of the NFA's permitted claims and the criteria for these.

What it says	What it means
Reduced fat, lower fat, Less fat.	The food must not contain more than 75% of the total fat content of the same quantity of the regular item.
Low fat, low in fat.	Not more than 3g total fat per 100g of food or 1.5g total fat per liquid food. If the claim is made for a food naturally or intrinsically low in fat, it must refer to the whole class of similar foods. For example, a 'low-fat' claim for pasta must note that 'pasta is a low fat food'
Fat free.	No more than 0.15 of fat per 100g of food.
% fat free.	The food must meet the requirements for 'low fat' and must carry a statement of the actual fat content (expressed as a percentage of the food) close to the claim.
% free.	Cannot be used to refer to any other nutrient other than fat.
Lite or light.	The characteristic that makes the food light must be stated on the label. The term may not necessarily apply to the fat content, but also to colour or flavour. This claim most often applies to foods that have an energy content significantly lower than at which a 'reduced energy' claim can be made. Unless other criteria are met, the food must: <ol style="list-style-type: none"> have an energy content not more than 60% of the reference food; have a reduced energy content of at least 170 kJ per 100g of food (80 kJ per 100g of liquid food); and carry a statement of comparison with the reference food.

100km
Walk!

7-9 April
2006

The Oxfam Trailwalker . . . just a bit further

The Oxfam Trailwalker is one of the toughest team challenges in the world. An endurance event in which teams of four aim to complete a 100km trail within 48 hours. Teams must also raise at least \$1,000 to help support the work of Oxfam Australia. Avid walker **Erica Gill** recounts her past experience in this phenomenal event.

For the first seven weeks after having signed on the dotted line, confirming that 'Yes, I will walk 100km under 48 hours', I kept asking myself why on earth had I willingly agreed to do this? I then grudgingly conceded that I love a challenge—it's part of my genetic make up. Perhaps with recent advances in science I could be genetically modified to become a couch potato instead. What's this all about, you are no doubt wondering? It is the Oxfam Trailwalker, an endurance event in which teams of four attempt to complete a 100km trail within 48 hours, and to raise at least \$1,000 to help overcome poverty and suffering around the world by, er, submitting oneself to voluntary suffering.

The event began in 1981 as a military exercise for the elite Queen's Gurkha Signals Regiment in Hong Kong, and has since grown into one of the world's leading sporting challenges, now held in Hong Kong, Australia and the UK. In Australia, the event has been held in Sydney since 1999 and began in Melbourne in 2004. The 2004 event in Melbourne registered 337 teams, each consisting of four people, with members from an amazing 333 of these teams crossing the finish line at the top of Mt Donna Buang; 187 groups made it as complete teams of four! Of the 1,348 walkers that set off, 1,140 completed the full 100km... Was I one of them? Read on to find out!

Once our team of four had registered, I started sifting through all the official printed literature for the event and I came across some disturbing words such as 'dehydration', 'exhaustion', 'hypothermia', 'snake bites', 'spider bites', 'bush fires', 'storms', 'flash flooding', 'hyponatremia', and details on minor falls, sprains, damaged knees and blisters which were all considered common... Oh, and the more serious risks were major falls, broken limbs and hearts attacks. What was I thinking?! For some nonsensical reason I then proceeded to sign a waiver and I'm sure there was a suggestion of taking out a life insurance policy...

Next, putting a team of fit, committed and equally crazy people together to take up this challenge wasn't easy. But through friends of friends I managed to get three other people – one guy from Melbourne and two ex-pats, one originally from Hong Kong and one born-and-bred Brit. In hindsight it was good not knowing the people beforehand. The same principle as sharing a flat with someone applies here: don't move in with a friend... and don't do Trailwalker with your best mate! Raising money proved to be one of the easiest tasks.

It's surprising how many people will donate knowing they don't actually have to walk the 100km!

Clothing, however, was slightly trickier. It was important one had the right attire—non-chafe was all I cared about. Oh, and what colour the gear was, of course! Of equal importance was buying the right food—carb bars, sports drinks, carb bars, bananas, carb bars, and some extra emergency rations of carb bars. This was a whole new world to me as I had never really focused on food groups before and suddenly I had to work out how many carbs to have for each hour of walking. All of this was narrowed down through trial and painful error - over and over again. Although I already had an average level of fitness, I had to acclimatise to walking such long distances. In the two months leading up to the event I forwent a normal life to meet up with three other near-strangers to walk, walk and walk. Overall I completed 3 long walks before the event—30kms, 33kms, and 66kms. The latter really testing the boundaries and not only was I struggling to walk for days afterwards, my body was eating itself because I didn't eat enough after the walk—that's learning the hard way!

I met my team - which we had christened 'Just a little bit further', at 9:30am, ready to embark at 11am for the long walk to Mt Donna Buang. Riddled with anxiety, I kept checking that I had packed everything I needed: water, sports drink, carb bars, banana, vegemite roll, toilet paper, first aid kit... and whether I had matching runners on! Agh! The day had come and I just wanted to get going, but fifteen minutes before the start I was in the toilet queue with about 100 other nervous trail walkers!

Bladders aside, we were in luck with the weather - perfectly still and a pleasant 24 degrees. It seemed odd when the starting pistol went off, as I almost felt compelled to run, rather than just start off in a brisk walking pace, which would be endured over the next 29 hours and 18 minutes.

For the first 30km or so I felt pretty good. The excitement of the day was finally arriving had kicked in and we seemed to be moving at a good speed. At the 35km checkpoint I saw my family, who were the support-team for us. When I met them again 12km later I wasn't feeling so good. They all said I looked terribly white, which is unusual for me as I am half Indian!

At night the temperature dropped considerably. I made a mistake by not putting on warmer

clothes as soon as it was cooling down and I started shaking. By this time we had been walking for over 10 hours and I needed something substantial in my stomach. I'm not sure whether the 2-minute curry laska-flavoured noodles were the answer, but combined with some hot Milo I started to feel a fraction better.

At approximately 52km, I took another turn for the worse. The noodles made an unwelcome reappearance and I was feeling a little disorientated now that nightfall had set in and we were following the beams of our head torches. One of my team members could see I was struggling and suggested we all link arms and walk together. This was a brilliant idea because it meant we had the light of four head torches, a little bit of body warmth, a good pace and some very interesting conversations, to say the least! It turned out that this was our winning strategy. For the final 48km I felt good, and for the last 20km I felt fantastic, although that was probably the adrenaline kicking in, knowing the finish line was 'just a little bit further'. Then the finish line was finally within our sights, as were our friends and many strangers, all clapping and cheering for us. We once again linked arms and crossed the finish line together as a team; 29 hours and 18 minutes after we set off.

The Oxfam Trailwalker is a team event and we were all clearly thrilled to have made it to the finish line together and in such a good time. Our spirits were soaring and there was a lump in my throat and tears welled in the eyes of certain other members of the team that I best not mention. Ok, it was Wayne! Looking back, it is hard to fathom what transpired over the 26th and 27th of March and it all seems a little surreal. Did I really walk for 18 hours and cover 74kms of bushland to arrive at our sleeping destination at 5am in the morning? Did I then get up after two and a quarter hours of sleep to then continue on for the next 26kms, with the hardest part of the walk to come at 92km—4kms up to 1,000 metres in a sub-alpine region?

It was all worthwhile for the ultimate rush of crossing the finish line. The walk has gone down as one of the best things I have ever done. In fact, everything associated with my Oxfam Trailwalker experience has been incredibly rewarding. It was a wonderful experience and I definitely want to be involved—as part of a support crew—next year! As far as signing up again... don't be ridiculous. No way, I would never ever do it again... Well, maybe just one more time.



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Fast Food

Thai Chicken Salad

For fast food, without the drive-through, try this quick and healthy option that requires no cooking!

Ingredients

- 4 handfuls of iceberg lettuce, torn
- 1 Lebanese cucumber, peeled and sliced thinly
- 1 red capsicum, finely chopped
- 1 carrot, finely chopped
- 1 BBQ chicken from supermarket (breast), shredded
- 1 tbsp chopped mint

Dressing

- 2 tbsp fish sauce
- 1 tbsp sweet chilli sauce
- 1 tbsp lemon juice
- 1 tsp sesame oil
- 1 garlic glove minced

Method

Toss lettuce, cucumber, red capsicum, carrot and shredded chicken in a salad bowl.

Combine the dressing ingredients in a bowl and drizzle with dressing over the salad and garnish with mint.

Serves 2



Nutrition for Health, Fitness and Vitality

NutriFit is a nutrition consultancy that is committed to helping you learn how to eat for improved body composition, health or athletic performance.

The **10 Healthy Eating Habits** and menu plans help you learn exactly:

- How much to eat (energy intake and food portions)
- What to eat (which foods are best for your goals)
- When to eat (the principles of workout nutrition and nutrient timing)

NutriFit services include:

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- Eating for health
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