



JUNE e~NEWSLETTER

This month's E-newsletter includes:-

- **Upcoming events**
- **Community Conversations is back!**
- **Product Of the month – Running tights**
- **Website of the month**
- **Quote of the month**
- **Exercise After Eating**
- **Winter Special ' Free Saturday Group Session'**
- **Cellular Health Assessment**
- **The Orthotic Clinic Special**

1. Upcoming Events

Are you wondering what your next fitness goal might be? Check out www.coolrunning.com.au for future fun runs.

Sri Chinmoy Como Landing Run

Sunday 24 June

Corner Williams Rd & Alexandra Ave, South Yarra, Melbourne

Half-marathon & 7km Run/Walk

Sri Chinmoy Princes Park 30K

15 July

Northern Pavilion, Princes Park, Royal Pde, Parkville, Melbourne

30km Run, 21.1km Run, 10km Run/Walk & 5km Run/Walk

2. Community Conversations Is Back

Topic: Cutting Diet Confusion and Activating Activity

Presentation will cover:-

- *Diet confusion – How do I rate?*
- *Diet myths that won't go away?*
- *7 Questions about diet stories*
- *10 keys to diet success*
- *51 reasons to be active*
- *51 ways to be active*
- *My physical activity plan (worksheet)*

Presented by Scott Hollow, Personal Trainer and Owner of XOSIZE Personal Training

Date: Friday 22 June, 2007 **

Time: 7.15pm for 7.30pm -- 8.30pm

Venue: XOSIZE Personal Training Studio (223 Tucker Road, McKinnon)

Cost: \$5 per person (all proceeds going to Diabetes Australia)

RSVP Essential by 20th June (*be quick -- limited seating*). Register your attendance via email scott@xosize.com.au or 9576 7218

. **** Please note Change of Date**

3. Product of the Month – Running Tights

20% off Compression Running Tights (offer ends 28th July 2007)

Running tights are great for cold weather, their snug fit minimizing muscle tightness as they keep the legs warm. French research on 12 male runners shows that compression tights allowed these runners to use **less energy** compared to running with shorts or normal tights. These performance enhancing tights delay muscle fatigue and let you go farther or make you use up less energy at a given speed

2XU Tights

- Unisex Full Length
- Female $\frac{3}{4}$

Jaggad Tights

- Women's Tights
- Mens Tights

Please contact Scott (scott@xosize.com.au or 9576 7218) to place your order.

4. Website of the month

www.dr.lenkravitz.com

Dr Len Kravitz

What is the Purpose of this Web Site?

The purpose of the Ask Dr. Len Kravitz Web Site is to provide health and fitness education to exercise enthusiasts, fitness instructors and personal trainers. In this site you will find fitness questions and answers, selected fitness articles by Dr. Len Kravitz, an online health resource library, and some fitness, health and exercise physiology trivia tests.

5. Quote of the Month

Fitness - If it came in a bottle, everybody would have a great body.
- Cher -

6. 'Exercise after eating' diet tip

Exercising after meals can help promote weight loss by boosting hormones that suppress appetite, say UK scientists.

Thanks to these hormones, active people feel less hungry immediately after exercise, and this carries through to their next meal, experiments suggest.

Even when their meals were bigger, sporty people gained fewer calories overall because they burned off more.

The Surrey University and Imperial College London work is published in the Journal of Endocrinology.

Exercise may alter people's appetite to help them lose weight

Researcher Dr Denise Robertson

Twelve volunteers were fed the same breakfast.

An hour later, half of them worked out for an hour on an exercise bike while the other half sat quietly.

Both groups were left for another hour and then allowed to eat as much as they liked.

Exercise guidelines

Unsurprisingly, people who exercised burned more calories than those who sat quietly, 492 kcal compared to 197 kcal.

And when given the chance to eat afterwards, people who had exercised tended to eat more, 913 kcal versus to 762 kcal.

However, when the amount of energy burned during exercise was taken into account, the sporty people took in fewer calories overall - 421 kcal compared to 565 kcal for the inactive group.

And levels of hormones called PYY, GLP-1 and PP, which tell the brain when the stomach is full, increased during and immediately after exercise.

Volunteers also said they felt less hungry during this time.

Researcher Dr Denise Robertson said: "In the past we have been concerned that, although exercise burns energy, people subsequently ate more after working out. This would cancel out any possible weight reduction effects of exercise.

"But our research shows that exercise may alter people's appetite to help them lose weight and prevent further weight gain as part of a healthy, balanced lifestyle."

Experts recommend people do at least 30 minutes of physical activity on five or more days a week.

'Significant contribution'

Dr Ian Campbell, medical director of the charity Weight Concern, said: "This is an interesting study. Patients often report that they feel increased hunger and eat more after exercise.

"What this study shows is that, although total calorific intake is greater, the net result, because of the exercise taken, is a reduction in the net energy balance.

"Dieting is never easy. Increased physical activity is an essential part of any weight management programme, not just to expend more calories but also, as we see here, to help control our appetite too."

Dr John McAvoy, a GP with a special interest in obesity, said the study was a "significant contribution to understanding the complex mechanisms of energy balance".

"It will be of much more interest to the pharmaceutical industry than the general public at this stage, for the simple reason that most people view exercising so soon after eating as akin to putting your fingers down your throat," he added.

"For exercise to contribute to weight control it should be sustainable over the long term and enjoyment remains a critical factor to this end."

Story from BBC NEWS:
<http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/6712923.stm>

Published: 2007/06/04 23:05:05 GMT

7. Free Group Session – Saturday 8am

Winter is generally a time people do less exercise and eat more calories. So we have decided to help you out with some with extra motivation.

We will be conducting free group session on **Saturdays at 8am** up until the end of winter.

How's that for winter motivation!

*****Conditions Apply - You must have participated in a paid session (PT or Group during that week or normal charges will apply.) Offer ends on the last day of winter.***

8. Cellular Health Assessment

Cellular Age Assessment measures key indicators to determine your health status. This is performed with an assessment tool called a Bio-Impedance Analyser (BIA), it measures and calculates a range of body parameters.

It will give you a health analysis of the following:

- **The age of your body? (Biological age)**
- Am I drinking enough water?
- Are my cells absorbing nutrients or not?
- Do I have too much fat or not enough fat?
- Do I have too much muscle or not enough muscle
- Do I have inflammation or toxicity in my body?

What's involved in the Health Analysis:

The Cellular Health Analysis involves a simple and painless procedure where the weight, height, waist measurement, wrist measurement and a BIA machine are used. Details are entered into the software program and then calculated, giving you an individualized result.

How long will it take?

Consult takes 30 minutes – this involves 5-10minutes of testing, an explanation of results and recommendations.

Who is it for?

Everyone and anyone.

What will it cost? Initial investment is \$50. If you would like further health assessments, they are also available. Please contact Giuliana (Naturopath) on 0414 345 151.

9. The Orthotic Clinic



ARE YOU LETTING SORE FEET DEFEET YOU?

If the body is a temple, your feet are the foundations. Incorrect foot structure and alignment can cause many different problems – not just at the feet, but also for the joints above.

Flat Feet/Over-pronation

This is the most common condition, and occurs in feet where the arch has collapsed. This type of foot is often associated with heel spurs, bunions, plantar-fasciitis, shin splints and arthritis, as well as arch, ankle, knee and back pain.

High Arches/Supination

At the other end, having a high-arched foot can also present problems. People with this type of foot can often have issues with ankle instability, forefoot and heel pain/callousing or stress fractures during their lifetime.

Many people choose to put up with these problems, because they have learned to live with it, or simply believe that nothing can be done to help them. This is where foot orthotics comes in.

Custom made foot orthotics can help to realign your feet, and the rest of your body. The Orthotic Clinic specialises in semi-rigid orthotics, made from comfortable foam rubber materials that offer a much better balance of cushioning and support than rigid plastic ones still made by most podiatrists today. So, who couldn't benefit from a little more comfort in their life?

To see if you could, make an appointment with David on 9570 8538 – Mention XOSIZE for a free initial consultation (normally \$50).

We are conveniently located at Southern Suburbs Physiotherapy, on Centre Rd in East Bentleigh (opp Becket Ave).

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