



November E~NEWSLETTER

This month's E-newsletter includes:-

- **Upcoming events**
- **Website of the month**
- **Quote of the month**
- **Movember**
- **Vitamins – Fish Oil**
- **Muscle - Lats**
- **Top Ten Superfoods**

1. Upcoming Events

Looking for your next challenging event?

Visit www.coolrunning.com.au for future fun runs.

Christmas Run – 12 December

Join in the festive spirit by participating in the 2007 Christmas Run at Albert Park! Catering for both serious runners and those participating for fun, the 5/10km run or walk around Albert Park Lake includes a group fitness warm-up and post event activities including event presentations, spot prizes, food and drinks. Why not grab a picnic rug, bring your friends and family along and make a night of it?

http://www.ausrun.com.au/start_to_finish/events.html

Oxfam Trailwalker – 11 – 13 April 2008

Over 600 teams of 4 will take part in 'Trailwalker' Melbourne on the weekend of 11-13 April 2008. Their challenge: to walk (or run!) 100km within 48 hours!

The 2008 trail will follow a similar route to 2007, starting at Jells Park in Wheelers Hill and finishing at Wesburn Park in the Yarra Valley.

Are you up for the challenge?

<http://www2.oxfam.org.au/trailwalker/melbourne/>

We already have 2 teams organised for this challenge and we are looking to put together a few more. It's all for a great cause!

If you'd like to register your interest, contact Scott Hollow at scott@xosize.com.au.

3. Website of the month

The Science of Sport <http://scienceofsport.blogspot.com/>

4. Quote of the Month

"The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing."

Michael E. Gerber

5. Movember

Hi All,

During Movember (the month formerly known as November) I'll be growing a Mo. That's right I'm bringing the Mo back because I'm passionate about changing men's health and the fight against male depression and prostate cancer. Why...

Depression affects 1 in 6 men...Most don't seek help. Untreated depression is a leading risk factor for suicide. Last year in Australia 18,700 men were diagnosed with prostate cancer and more than 2,900 died of prostate cancer - equivalent to the number of women who die from breast cancer annually. Men are far less healthy than women. The average life expectancy of males is 5 years less than females.

To sponsor my Mo please go to <http://www.movember.com/au/donate>, enter my registration number which is 120703 and your credit card details. Or you can sponsor me by cheque made payable to the "Movember Foundation" clearly marking the donation as being for my Registration Number: 120703. Please mail cheques to: PO Box 292, Prahran VIC 3181. All donations over \$2 are tax deductible.

The money raised by Movember is donated to the Prostate Cancer Foundation of Australia and beyondblue - the national depression initiative, which will use the funds to create awareness, fund research and increase support networks for those men who suffer from prostate cancer and male depression. For those that have supported Movember in previous years you can be very proud of the impact it has had and can check out the detail at: Fundraising Outcomes. Movember culminates at the end of the month at the Gala Partés. These glamorous and groomed events will see Tom Selleck and Borat look-a-likes battle it out for their chance to take home the prestigious Man of Movember title. If you would like to be part of this great night you'll need to purchase a Gala Parté ticket .

More info is available at www.movember.com.

Movember is proudly grown by Commonwealth Bank, Holden, Schick and VB.

Movember is proud partners with the Prostate Cancer Foundation of Australia and beyondblue - the national depression initiative.

Thanks for your support

Shaun Murphy (Xosize Trainer)

6. Vitamins – Fish Oil

Fish oil (high DHA type) combined with exercise can reduce abdominal fatness

A study by Alison Hill, PhD student from the University of South Australia ([abstract published in Asia Pacific Journal of Clinical Nutrition](#)) showed that 6g (or 6x1g capsules) of fish oil (high DHA content) daily for 3 months reduced body fat by 5% especially from the abdominal (visceral) region, only when combined with moderate aerobic exercise for 45 minutes 3 times a week. The groups that were placed on fish oil alone or exercise alone did not lose abdominal fat.

It is known that omega-3 fatty acids from fish oil increase the expression of fat burning enzymes, but until now the implications of this in humans was not entirely clear. This study suggests that although fish oil increases the expression of fat burning enzymes taking it alone will not have a significant effect but that it needs a driver - exercise - to increase metabolic rate and lower body fat.

This is an interesting study because the subjects were not on calorie restricted diets and yet the fish oil when combined with exercise facilitated abdominal fat loss and yet the other groups did not lose body fat. The fish oil groups also reduced their blood fats (decreased triglycerides and raised HDL "good" cholesterol) and improved blood vessel elasticity.

It would be interesting to know if you can get similar results by combining exercise with fatty fish (e.g. tuna) daily or by combining exercise with lower doses of fish oil (say 1-2g/day) of the standard variety (EPA/DHA).

2004 Update

Hundreds of studies have been done on fish or fish oils and prevention or treatment of heart disease. Most of the effect is attributed to the fat content called omega-3 fatty acids. A recent review recommends fish or fish oil supplements to prevent heart attacks, particularly if someone already has vascular disease. How omega-3 fats reduce heart disease is not known, but they lower blood triglycerides and blood pressure, prevent clotting, are anti-inflammatory, and reduce abnormal heart rhythms. Several large trials have been done with fish oil capsules in people who had heart attacks, and the reduction in second heart attacks has ranged from 30 to 48 percent. The review was published in the January 3, 2004 edition of the British Medical Journal.

Fish Oil

Many GP's prescribe fish oil capsules; these are valuable for lowering triglyceride levels, but fish itself, in modest quantities gives protection against coronary heart disease mortality. It appears there is a factor in fish which increases the potency of its important omega 3 fatty acids EPA or eicosapentanoic acid and DHA or docosahexaenoic acid which may be absent in fish oil supplements. Two fish oil capsules (e.g. MAXEPA) or fatty fish three times a week will provide about 0.5g of EPA/DHA daily. Tissue concentrations of EPA increase when the diet is supplemented with linolenic acid, but fish oil is the most efficient way to increase tissue EPA because the rate-limiting step (cyclo-oxygenase) is by-passed.

Fish oil has not been found to protect against restenosis after angioplasty (Leaf et al. Circulation 1994; 90: 2248); the DART study found that fewer people died suddenly but recurrent myocardial infarction was not reduced (Burr et al Lancer 1989; 2: 757-61). Fish oils may prevent fatal ventricular arrhythmias. Animals fed pharmacological doses (10-40g/day) of fish oil have reduced incidence of cardiac arrhythmia. This is of considerable interest as arrhythmia is linked with sudden cardiac death – a leading cause of heart-related deaths. Feeding of fish oils to animals has been shown to protect the myocardium against the full damage of ischaemia, infarct size is less, blood flow better maintained and there is less

oxidative damage and calcium overload, both of which can induce arrhythmias (Nestel 1991, World Rev Nutr. Diet; 66: 268-77).

Endothelium dependent dilatation of arteries is enhanced by fish oils which also inhibit the vasoconstrictive effects of sympathetic overactivity and norepinephrine (Chin et al. Hypertension 1993; 21: 22-8). Arterial compliance or elasticity is improved in diabetics taking fish oil (McVeigh et al. Arterioscler. Thromb. 1994; 14: 1425-9). Thrombogenic factors are reduced in people eating fish oils; bleeding time is prolonged (nearly always safely), platelet aggregation is inhibited and thromboxane production in platelets (a vasoconstrictive effect) is suppressed (Tremoli et al. AJCN 1995; 61: 607-13). PAI-I, an inhibitor of plasminogen, is reduced.

Triglyceride rich lipoproteins are reduced by fish oil in both the postabsorptive and postprandial states (Nestel; Ann Rev Nutr. 1990; 10: 149-67). LDL may increase slightly and LDL isolated from people eating fish oils are susceptible to oxidation and are potentially more atherogenic (Suzukawa et al. J Lipid Res 1995; 36: 473-84). However, enrichment of the diet with vitamin E prevents this problem, leading to a proposition that fish oil should be supplemented with this vitamin.

Summary:

1. Fish oils exert favorable effects on plasma triglycerides, platelet aggregation, myocardial arrhythmogenicity, inflammatory cell response, vascular reactivity and possibly blood pressure.
2. The beneficial effects probably outweigh a marginal increase in LDL concentration and an increased susceptibility to oxidation which seem to occur with fish oil consumption.
3. Fish oil supplements are a safe and often effective treatment for patients with hypertriglyceridaemia; they may also help lower blood pressure and reduce blood clotting. However, the capsules are expensive and high doses are required to have a beneficial effect; e.g. to reduce platelet aggregation. Consistent effects at lower doses with fish oils have not been observed. Despite the circumstantial evidence that fish oil consumption protects against CHD, there is still no direct proof of benefit in intervention studies. Eating two servings of fish a week may help reduce the risk of CHD. There may be other factors in fish that contribute to its protective effect against CHD.

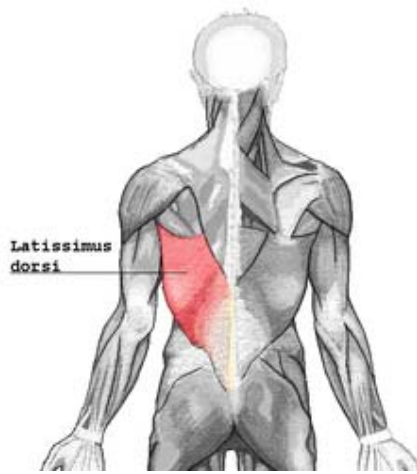
References

<http://www.healthyeatingclub.org/info/articles/supplements/fish-oil.htm>

http://www.healthinsite.gov.au/topics/Heart_Stroke_and_Vascular_Health

7. Muscle Explained- Latissimus Dorsi

The latissimus dorsi muscle in the back is attached to the pelvic girdle and vertebral column and the movable end is close to the midline of the humerus (upper arm bone). Usually, it functions to pull the arm toward the back as in rowing a boat or swimming, but during chinning exercises, the end attached to the humerus becomes the immovable end of the muscle, and the end attached to the pelvis and vertebral column moves



Exercises : Chin Ups, Lat Pull Down, Barbell Rows, Dumbbell Rows, T-Bar Rows

8. Top Ten Super Foods

Top Ten Super Foods



One way to help assess the nutritional merits of a diet or eating plan is to check out the number of super foods it contains. Super foods are better than others for your health. They can extend your "health span", prevent disease and may even reverse the effects of aging.

So, if you're looking to boost your health and wellbeing, make sure you include these foods to help you transform into a superman or woman.

Let's take a closer look at ten of the best:

Oats

Oats, the superstars of the whole grains are rich in beta glucan soluble fibre and are low GI. They can help lower cholesterol control blood sugar levels and help with satiety (feelings of fullness). They also contain potent phytochemicals, phenolic compounds in outer layer of grain, which act as antioxidants.

Yoghurt

You get a great calcium boost from yoghurt, but it's the probiotics that make it a super food. Probiotics, sometimes referred to as aBc bacteria, are live cultures found in certain yoghurts and there are different types or strains available. Emerging scientific evidence suggests that probiotics offer a host of benefits including promoting gut health, immune protection, cancer risk minimisation, cholesterol lowering as well as helping treat conditions like traveller and toddler diarrhoea and atopic eczema.

Blueberries

These brightly coloured fruits deliver high levels of antioxidants called anthocyanins. Anthocyanins have been shown to lower cholesterol, prevent blood clotting, protect body cells and decrease the effects of brain ageing. That's why they're sometimes referred to as the 'brain berries'.

Spinach

This dark green, leafy vegetable contains a synergy of phyto-nutrients and antioxidants including vitamin K, coenzyme Q10, folate, iron, and the carotenoids - lutein, zeaxanthin. Folate is especially important for women planning pregnancies, heart health and cancer protection. So it's not just Popeye who should be getting his fill.

Nuts

Nuts contain healthy oils, fibre, vitamins and minerals, potent phytochemicals and the amino acid arginine. They're no longer a dieter's foe with research showing that regular nut eaters often maintain a healthy weight. There's also compelling research linking nuts and heart health with findings that a serve of nuts (30-45g), five times a week, may cut the risk of coronary heart disease in half.

Soy beans

These beans are an excellent source of high quality protein, containing twice as much protein as any other legume. The active ingredients are the soy protein and plant phyto-oestrogens (isoflavones) which have positive benefits for heart disease and possibly diabetes control, cancer protection (breast, colon, prostate) and in some cases decreasing certain menopausal symptoms.

Tomato

These vibrant red fruits are packed with the anti-oxidant lycopene. Lycopene offers a host of benefits including heart health and may reduce risk of prostate cancer. Interestingly you can increase the absorption of the lycopene in tomatoes by cooking in a small amount of olive oil. What great news for pasta lovers!

Citrus fruits

The CSIRO's Health Benefits of Citrus Fruits report shows a compelling trend of protection against various types of cancers from eating citrus fruits such as oranges, lemons, limes and grapefruit. The greatest protection is for cancers of the mouth, oesophagus, larynx and stomach where studies showed risk reductions of 40 to 50% by consuming one to two serves of citrus fruit a day.

Sardines and oily fish

This heart-friendly, omega 3 and zinc rich fish, makes a perfect grilled lunch dish. And they're also good news for osteoporosis prevention. Sardines contain edible bones with calcium and significant sources of vitamin D. Sunlight also provides vitamin D to the body, however dietary vitamin D may be more important as we 'slip, slop, slap' to prevent exposure to harmful sunrays.

Rosemary and other herbs

Everybody loves a barbie, but in more recent times concerns have been raised about the potentially cancer causing compounds that are formed when meat is grilled at high temperatures. But maybe Mother Nature is looking out for us? Recent research from Kansas State University has revealed that there may be more to the story of the perfect flavour match of lamb and rosemary. When meat was rubbed with antioxidant extracts of common herbs like rosemary, basil, oregano and thyme, the levels of harmful compounds known as heterocyclic amines (HA) were reduced. This effect was thought to be due to the powerful antioxidants in herbs soaking up these HA free radicals.