



HEALTH AND FITNESS SOLUTIONS

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September E~NEWSLETTER

This month's E-newsletter includes:-

- Upcoming events
- Good Foods That Can Help Lose Weight
- Mindless Eating - Strategy 3
- Quote of the month
- Website of the month
- Welcome to Steve Collier – Sports Kinesiologist and New XOSIZE Trainer
- Chiropractic Solutions – Injury Management and Lower Back Pain

1. Upcoming Events

Looking for your next challenging event?

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

Melbourne Marathon Carnival

<http://www.melbournemarathon.com.au/>

Sunday October 7th - Marathon, Half Marathon, 10km and 5.5km

Good luck to Simon Senior, Rosie Horvat and Arron Strachan (XOSIZE Trainer) who will be competing in the first ever Marathon!!

2. Good Foods That Can Help Lose Weight

Wayne McGregor

No food alone could ever cause us to lose weight, there is no such thing as the best single weight loss food. We all understand that weight loss is the result of the energy consumed from all various foods within the diet, and that a diet's total energy must be lower than the energy used by the body.

Some sites peddle the idea that certain foods are the best for weight loss because when these "special foods" are eaten they result in negative calories however; there is no hard scientific proof to support this theory. In fact the only reason some foods are considered the best for weight loss is because they help reduce the total energy consumption in some way. For example, some fruits are listed in the negative calories foods list and considered one of the best foods for losing weight but this is probably due to the fact that fruits are often very low in energy. If any low calorie food is replacing another food high in calories then it can be considered good for losing weight.

Some other foods that are considered helpful when losing weight are those high in fiber. The fiber helps fill up the stomach quicker causing the individual to eat less, thus less calories are consumed.

Foods that are low in fat are also believed to be the best for losing weight. Fat contains more than twice the amount of energy than carbohydrates or protein, so eating less fat naturally lowers calorie intake.

Foods that are nutritionally dense, especially from some of the B vitamins may help increase energy levels and give an individual more desire to exercise.

Many foods with a high water content are among some of the best foods to help lose weight. They are often low in calories plus increasing water intake has been shown to benefit weight loss.

Fresh, natural produce are among the best foods for weight loss, they are often low in energy and low in sodium. A high sodium intake has been shown to cause slight water retention, thus gaining an extra few pounds of water weight. A low sodium diet can help rid the body of water retention.

Processed and convenient products loaded with refined sugar are NOT the best foods for losing weight. The sugar contributes to "empty calories" void of all nutrients.

All the best foods for weight loss should generally be....

- Fresh natural food
- Nutritionally dense
- High in fiber
- Low in calories
- Low in fat
- Low in refined sugars
- Low in sodium

Many good weight loss foods may also contain...

- Complex carbs
- High quality protein
- Fiber
- High water content

Examples of some of the best foods for losing weight...

- Fruit
- Vegetables
- Legumes
- Wholegrain foods (muesli, oatmeal, wholemeal pasta, etc)
- Baked potato
- Boiled brown rice
- Fresh fish

3. Mindless Eating – Strategy # 3

Be Your Own Tablescaper.

- ***Mini-size your boxes and bowls*** – The bigger the package you pour from-be it cereal boxes on the table or spaghetti in the kitchen-the more you will eat:20 to 30 percent more for fats foods. How can you get your supersized savings and still eat less? Repackage your jumbo box into smaller Ziploc bags or Tupperware containers, and serve it up in smaller dishes. The smaller the box, the less you make, and the less you eat. The smaller the serving dish, the less you take, and the less you eat
- ***Become an illusionist.*** Six ounces of goulash on an 8-inch plate is a nice-size serving. Six ounces on a 12-inch plate like a tiny appetizer. Make visual illusions work for you. After you drop your platter-size dinner plates off at Goodwill, pick up a nice set of mid-size plates that you can be proud of. With glasses, think slender if you want to be slender. If you don't fill your glass, you'll tend to pour 30 percent more into a wide glass than into a tall, slender one. Its easier to get rid of your wide glasses than to consistently remind yourself not to use them.
- ***Beware of the double danger of leftovers.*** The more side dishes and little bowls of leftovers you bring out of the refrigerator, the more you will eat. If your bringing out carrot sticks, this probably doesn't matter-but are you? The second danger of leftovers? They signal that you made to much and probably ate to much-of the original meal.

4. Quote of the Month

Eubie Blake (On his 100th Birthday):

If I'd known I was going to live this long, I'd have taken better care of myself.

5. Website of the month

<http://www.betterhealth.vic.gov.au>

The Better Health Channel (BHC) was established in May 1999 by the Victorian (Australia) Government. The information on the site aims to help improve the health and wellbeing of the Victorian community. The website provides online health and medical information that is:

- Quality assured
- Reliable
- Up-to-date
- Easy to understand
- Locally relevant.

Information on the Better Health Channel includes:

- Fact sheets with healthy living tips
- Fact sheets on health conditions
- Questions and answers from a range of health experts
- Recipes
- Interactive features and health tools
- Directories of events, services and activities

6. Welcome to Steve Collier – Sports Kinesiologist and New XOSIZE Trainer

What services does Steve offer?

FUNCTIONAL TRAINING

Burn fat, tone up, strengthen and prepare your body to cope with the demands of life. Functional training utilises the most effective and scientific methods of training and exercises that integrate the core and have a high carry over to your daily or sporting activities.

What's Different about Functional Training

Traditional exercise programs often use machines that isolate muscles in unrealistic environments. These can leave you with muscle imbalances and instabilities due to the decreased use of important core and stabiliser muscles. Functional training strengthens and integrates the entire body as it was intended by nature to improve muscle tone, core strength, balance, coordination, and agility.

Restore muscle balance and counteract the degenerative effects of life your body. Corrective exercise and stretching programs are scientifically designed for your specific requirements from comprehensive physical assessments.

Why Correct Posture and Muscle Balance

Our bodies require a natural balance between muscle strength, and flexibility to function optimally. If this relationship is compromised; joints become unstable, posture is impaired, and pain or injury often follows. By assessing the length and strength of various muscles we can correctly identify and retrain muscle imbalances and poor posture using a variety of exercise and stretching techniques.

HOLISTIC HEALTH AND ENERGY ENHANCEMENT PROGRAM

Lose weight, reduce stress, boost vitality and cultivate your long term health.

A unique approach to wellbeing that integrates the latest independent and accurate scientific research, the traditional wisdom of our ancestors and your body's unique requirements.

What Your Holistic Health Program Will Consist of

Holistic Health Evaluation to identify your current level of wellness and priority health considerations.

Energising Exercises incorporating correct breathing to reduce stress and increase energy.

Nutrition and Lifestyle Plan to lose weight and balance your hormones. Learn to listen to your body's signals, eat for your metabolic type, identify and reduce toxicity, and optimise sleep/wake cycles.

Uncover underlying causes of physical, nutritional, or emotional stress in your body

A new holistic therapy for anybody who wants to fine tune their body and mind, which utilises techniques from Applied Kinesiology, Sports Medicine, Energetic Science and Chinese Medicine.

How Sports Kinesiology Works

The body is a complex network of interactive physical and energetic systems that communicate and work together. Pain and discomfort are symptoms of underlying imbalances and blocks within these systems. Muscles are used as monitors to access neurological feedback from the subconscious brain about your body and find the most appropriate corrective technique to address your priority issues

7. Chiropractic Solutions – Injury Management #1 Low Back Pain

Low back pain

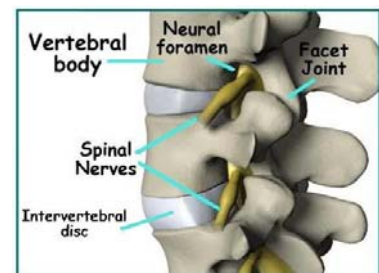


The Spine forms the basis of our structure and with the surrounding musculature and ligaments, permits movement. The spine also protects and houses the nervous system. The correct function of the nervous system is vital as it carries information to and from the brain and controls ALL functions. With certain traumas, spinal segments (called vertebrae) can misalign and compromise the function of these spinal nerves.

One of the most common symptoms associated with these spinal misalignments is muscle spasm and tightness. When the nerve is irritated it causes a reflex muscle spasm which is a protective mechanism. As Chiropractors, we remove this nerve interference to allow proper muscle function.

Other common symptoms we see associated with spinal misalignments of the low back include:

- low back stiffness upon exercise or first thing in the morning
- altered sensation in the legs (pins and needles, numbness)
- pain referred into the legs (sciatica)
- hip pain
- groin pain
- chronic hamstring/calf/quadriceps tightness and recurrent tears
- recurring cramps in the legs.



As you can see there is a large range of symptoms that these spinal problems cause, so you should have your problem checked to see if it is something which can be helped!

Chiropractic treatment for the low back generally consists of adjustments to restore normal movement and muscle tone. Once your spinal problem is corrected with Chiropractic care, low back stretches and exercises can then be incorporated to maintain good strength and stability. Common exercises and stretches given include:

- 1) Stretches for the Hamstring, Quadriceps, Gluteals and Low back
- 2) Abdominal strengthening: especially focusing on the transverse abdominus (TA) group. The TA is your inbuilt corset and aids in the stability of the low back.

It is essential that these exercises are prescribed by a proper health or fitness practitioner to make sure that they are performed correctly to obtain maximum benefit and also to avoid re-injury.



Correct exercise technique is vital especially during resistance exercise, in order to prevent injury to the low back. Common mistakes that place undue stress on the low back include:

- a) Incorrectly lifting weights before you do the exercise. Care should be taken even when setting up, ensure you bend at the knees, not at the hips.
- b) Lifting too much weight. Increasing resistance steadily but gradually is the safest and most effective way to increase muscle strength.
- c) Jerking the weights. You're likely jerking your muscles as well and risking injury
- d) Using incorrect technique. Improper technique can place undue stress on the low back.
- e) Not cooling down after any type of workout. Taking a few minutes to lower your heart rate reestablishes normal blood flow.

**If you need to make an appointment or have any further questions,
Please don't hesitate to contact Dr Luke Nelson or Dr Neil Gomez:
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