

# Pulse

## PERSONAL TRAINING

*August 2017*



Coming up on 8 October is the Direct Group Hamilton Half Marathon (and 5km and 10km distances) which Pulse PT is proud to be sponsoring this year. I will be giving away entry tickets to this event - details will be on our Facebook page soon. If you are keen to enter this event, it's time to start training, and included in this newsletter are tips to getting started.

In the events section of this newsletter, you will see a Trail Trilogy event. This is held on the Hauraki Rail Trail, with various events and starting locations. This should be a fun event, and a great opportunity to check out the fantastic work that has been put into this Rail Trail if you haven't already been on it.

Yoga is proving to be very popular at Pulse Personal Training, with the wonderfully experienced Alli Jeffrey as instructor, so beginning of September we will be increasing our range of classes. Keep an eye on our Facebook page (<https://www.facebook.com/pulse4pt/>) for the new timetable.

A new circuit class on Tuesday evenings has commenced, with participants enjoying these new sessions. Several of the participants are doing both Monday and Tuesday classes and gaining benefit from the 2 x weekly workouts.

If there is someone in your life that you would like to support in getting fit and healthy, Pulse PT gift vouchers are available - often people just need a little extra push in the right direction.

Jenny

*If you haven't found me on Facebook yet, here is the link <http://www.facebook.com/pages/Pulse-Personal-Training/107082481262?ref=hl>*

*'Like' my page to keep up to date with what is happening and get some great tips*

## Trendy Grains

With many people wanting alternatives to wheat, there are other trendy grains we now hear of - quinoa, amaranth, buckwheat to name a few. Are

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## 5 Minutes

Got a spare 5 minutes?

I bet there is not 1 person who could honestly say they don't have 5 minutes a day to spare, so here is a REALLY speedy workout that is designed to get your heart rate up, get you off your chair or couch, get the muscles and joints moving. It is NOT designed to be an every-day, 'this is all you need' workout - it is just for those days when life is particularly busy and unexpected stuff happens that means you don't get a decent amount of time to exercise. Enjoy.

- 30 seconds jog on spot
- 30 seconds star jumps
- 30 seconds step lunges
- 30 seconds press ups
- 30 seconds punch to ceiling
- 30 seconds press ups
- 30 seconds step lunges
- 30 seconds star jumps
- 30 seconds sprint on spot
- 30 seconds plank

## Preparing for a Fun Run / Walk

As we look towards the end of the year, more walking and running events are starting to be planned, and the Direct Group Half Marathon (sponsored by Pulse Personal Training) is a significant one in Hamilton. Even if you haven't thought about doing this kind of event before, why not give it a go? You don't need to win - you just need to participate, and having a goal to work towards is great for your fitness and motivation. Here are some tips to starting out:

- choose the event that you want to work towards (it should be challenging but achievable - take into account what is happening in your life in the next couple of months)
- there are many 'couch to 5km' apps and programmes available to get you started, or contact

- ▶ quinoa and amaranth have the highest protein content in grains, but wheat follows close behind
- ▶ all grains contain complete amino acids (quinoa has only slightly higher levels)
- ▶ brown rice, rye, barley and wheat are lower in fat than trendy grains
- ▶ rye has 14.6g of fibre per 100g, followed closely by wheat and barley, while quinoa and amaranth have around 7g
- ▶ wholegrain wheat, oats and rye can also help promote good gut health with prebiotic fibres
- ▶ people who regularly consume wholegrains are at a reduced risk of developing type 2 diabetes
- ▶ wheat has 11g of iron per 100g compared to 4.6g of iron for quinoa

So while there are people that need to avoid or minimise their wheat intake, the 'traditional' grains are still beneficial to include in our diets, and having a variety of different grains is ideal.



## Foam Rollers



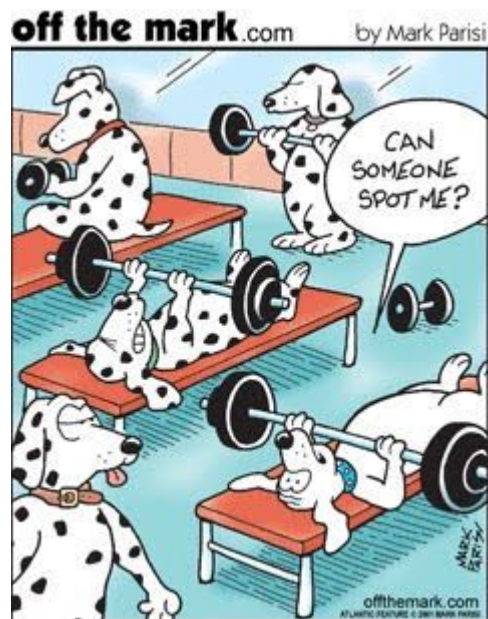
Foam rollers - love them or loathe them? Most people love the result, but may dislike the actual rolling because it can be quite intense. Rollers provide self-myofascial release (a technical term meaning self massage) and using a roller regularly can reduce injuries, improve mobility/flexibility. Here are some tricks to gain the most benefit:

- ★ don't go so hard that you are screaming with pain
- support yourself with other parts of the body if you need to
- ★ roll slowly
- ★ roll on all major muscles, not just those that feel tight

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the event, not just endure it

- find someone else or a couple of others that have the same goals, and are in a similar position now, to train with for extra motivation
- make sure your shoes are suitable for what you are doing - injuries because of old/inappropriate shoes are a good way to kill your motivation
- baby steps - if you go out too hard too soon you may get demotivated or injured
- ensure you have sufficient rest and recovery periods
- get into a routine - what days you run, what time of the day, and try to avoid disrupting this routine as much as possible
- don't be put off by the weather - as long as you have suitable apparel and can have a hot shower afterwards, there is no reason to not run in the rain or cold
- if you are starting from scratch, make sure you build up your distance, rather than your speed
- make sure that you are eating well to support your training
- there are several organised 5km training runs / walks in Hamilton (all year round) - Sat morning 8am Hamilton Lake and Sunday morning 8am Flagstaff Park to help you with your training



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knee)

- ☆ be regular - once a month isn't enough
- ☆ don't spend too much time on any one area
- ☆ combine rolling with stretching

## Upcoming Events

- **Saturday 26 August**, Mt Maunganui Half Marathon, 10km and 5km running and walking
- **Sunday 27 August**, Cambridge Half Marathon, 10km and 5km running and walking
- **Saturday 2 September**, Hoka One One Kinloch Off-Road Challenge, 5, 10, 21 and 42km distances
- **Sunday 3 September**, The Moa Experience, Papamoa, 15km trail run
- **Saturday 9 September**, Whangamata Walk / Run Festival, 5, 10 and 21km distances
- **Saturday 16 September**, Rotorua Night Trail Run / Walk, 10 and 21km distances
- **Sunday 17 September**, Trail Trilogy, Hauraki Rail Trail - variety of walking and running distances
- **Sunday 8 October**, Direct Group Hamilton Half Marathon and 5 and 10km walking and running distances, plus corporate challenges



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