



PERSONAL TRAINING

November 2017

Well team it's nearly Christmas. I don't think I have spoken to one person who hasn't said "where has the year gone?" The exciting thing is that means having a break for most of us, and thinking about the adventures for a new year!!

Included in this newsletter are some tips on surviving/enjoying/staying healthy over Christmas. Remember this Christmas and New Year can be as good as you make it - think about how you want to feel when you get back into routine - unhealthy, lacking energy, needing to lose those few kgs again, or fit, positive and rearing to go.

A recent presentation I did to the NZ Institute of Safety Management (Waikato branch) has really got me thinking about the sedentary lifestyles that a lot of us lead (sitting at work, sitting at home after work, driving). Below are some insights into the impact of this sitting, and what we can do to try and combat it. If any of you work in an organisation that you think would benefit from a presentation on this subject, have a chat with me.

As some of you may be aware, myself and Ann-maree are getting more involved in seniors programmes, and this will really be taking off next year, along with other initiatives. If there is anything that you would like to see Pulse getting involved with, let me know.

By the way, if anyone out there has borrowed any books off me, I would love to have these returned. I know I have lent a couple out and now I just can't recall who I lent them to (perhaps I need more brain food 😊). Thanks.

On behalf of Alli, Ann-maree and myself, have a fantastic Christmas and New Year, enjoy any downtime you might get, stay safe and healthy, and we look forward to seeing you in 2018.

Jenny, Alli, Ann-maree

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

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- Start your days well with a healthy breakfast - every day
- Keep up your fluids with plenty of water
- If going to a function/party, have a 'pre-party' snack so you have more chance of resisting unhealthy snacks
- Plan your days in advance so you can eat healthy at home as much as possible
- If you are going to family or friend's houses, take healthy food
- Be selective - choose small amounts of foods that you will really enjoy, and stick to these
- Eat slowly, and really taste your food
- Resist the urge to go back for seconds - listen to your hunger rather than your cravings
- Try not to over-indulge with the alcohol - plan your drinking days
- Ensure you have some exercise or activity planned for each day - if you are having family/friends to your place for Christmas plan some fun outdoor sports/activities
- Remember what Christmas / New Year / holiday is actually about - enjoying friends, family, time off work, getting away

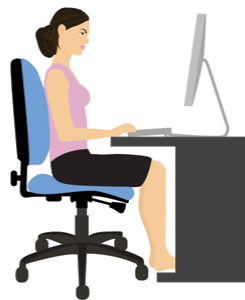


Lower Back Pain *Is bed rest the best?*

Not necessarily. Bed rest will relieve muscle spasm, and may initially ease pain, however it severely limits movement which is needed in order to move

Management about Manual Handling, and Sedentary Work. Here's a few comments/tips from the section on sedentary work, which applies to so many of us now:

- ▶ research now says 1 hour of gym work/exercise does not negate a full day of sitting - you need to be regularly standing up and moving during a day
- ▶ if you sit for the majority of a day, you have 2½ times the risk of developing cardiovascular disease
- ▶ sitting affects our body's ability to break down fat
- ▶ when our shoulders round and our head is tilted forward (eg. texting, browsing on phone, using tablet) it is harder for our lungs to expand
- ▶ within 90 seconds of standing up, the systems that process blood sugar, cholesterol, and triglycerides are activated
- ▶ set a regular timer during your workday so you are reminded to get up and moving (use this opportunity to drink some water also)
- ▶ walk around when you are on your mobile
- ▶ arrange walking meetings rather than sitting in an office
- ▶ consider swiss balls to sit on, or standing desk
- ▶ make sure you have variety (eg. chair sitting, swiss ball sitting, standing, walking)



How To Beat Food Cravings

If you have a craving for a particular food, and you know it's not hunger, think about how you will feel after eating the food. Really put yourself in the mindset of post-consumption - will you be disappointed in yourself, guilty, regretful, angry, flat and lacking in energy because it is highly processed with no nutrients? Sitting back and taking this time may put your head in a better space, may make you really think about what you are doing and what the

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spine's ability to rehabilitate. Unless you have severe sciatic pain, maintaining normal activity rather than taking to your bed will speed up recovery. Walking is one of the best activities for lower back pain.



has then passed.

Upcoming Events

- **Saturday 25 November**, Waitetuna Wind Farm Trail Run, 5, 10 and 21km run/walk off-trail
- **Sunday 26 November**, Podium Rotorua Half Marathon (and 4 and 10km events)
- **Saturday 9 December**, Raglan Karioi Trail, 2, 10 and 24km walk/run
- **Saturday 27 January**, 4Seasons River Run/Walk, 5 or 10km
- **Sunday 25 February**, XRace Hamilton, Family Mystery Adventure Race



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