

June / July 2009



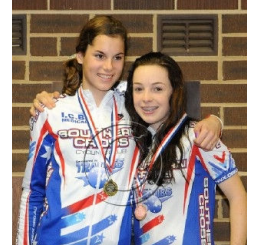
CORE Gymball Term 2

CORE News

It has been a fun, heart rate rising and warming term of gymball! Great work to all our gymballers who coped with adding some heart rate challenges to our program each week. The term ahead is a neck focus, so for those of you who may be slumping read-ing this—watch out! :)

Best wishes are extended to Jarod Triggs from the cycling class who is racing in the US for 6 weeks and to Pete and Kit who are off to explore the Alps by bike! We look forward to hearing all about your adventures.

Congratulations to Laura Triggs and Rebecca Peters, also Wednesday 6.30pm, who won gold and bronze at the Metro champs recently. Jack and I enjoyed watching you both race. Lots of baby news this term! Welcome to Samson (Mum Cheryl, Tues 9.15am), Christian (Mum Andrea, Tues 7.45pm), Daniel (Mum Steph, Tues 7.45pm), Ben (Mum Jenny, Tues 7.45pm) and Joshua (Mum Grace, Sat 9.15am) - Yes, 5 boys this term! Best wishes are extended to our expectant Mums; Sammy, Trinity, Louise, Verity, Sally, Bree, Leona, Elizabeth and Kathy. We wish you well in the final weeks of your pregnancy and look forward to meeting your little ones. Natasha



Women's Cardio In the Park

We have been having an awesome time in the park each Friday morning and the weather has certainly been on our side! It's been lovely to have a mix of women of all ages in the group this term. We have enjoyed getting out in the fresh air and working to improve our fitness and strength.

The bubs have a ball in the tent set up for them. We have all been training hard while Kate occupies our little ones. We are so grateful to have her there.



We have also learnt a lot about our pelvic floors and each week we try to improve on our strength and incorporate our pelvic floor into the other exercises we do. Well done girls for your consistent effort each week! Next term we're adding in Tues morning too, can't wait! Miriam



**JOIN US NEXT TERM—Women's Cardio in the Park
Women of all ages welcome!**

**Tuesday and / or Friday 10-11am. 8 week program, \$128
Sign up now and be part of a great program. Commences 4th Aug.**

September Workshop

Saturday 19th September 1-4.30pm Pelvic Floor Workshop

Did you know 1 in 3 women who have had a baby leak urine?

Did you know 41% of elite female athletes leak urine?

Did you know 1 in 8 women who haven't had a baby leak urine?

This workshop and is a must attend for all women. Learn about how the pelvic floor works, it critical role in supporting our lower back, pelvis and organs. Learn how to sit properly on the toilet, why straining on the toilet is bad and tips for teaching your children / grandchildren. And if you have a naughty bladder we promise to help you fix it! This workshop and one-hour private consultation (with physio Rachael Wiltshire) allows us assess if there are issues we can teach you to fix and manage, to personalise your goals, and if there aren't issues yet, lets prevent them from happening! Numbers limited to 16 participants, cost \$150 (rebates from health funds) Register now!

Get Healthy Info and Coaching Service

The NSW Dept of Health have set up a new, free telephone and web based coaching service. The service will help people make lifestyle changes regarding healthy eating, exercise and achieving and maintaining a healthy weight. Qualified health coaches (all university trained) will help you develop personal health goals and help you to create an action plan that will make your goals become a reality. As a participant you will receive 10 telephone based coaching calls over 6 months at times that suit you. You can also receive emails and other reminders.

This program seems a fantastic initiative so we thought it deserved a place in our newsletter!

Get Healthy contact details are 1300 806 258 or email contact@gethealthynsw.com.au

The Recovery Window—Eating After Exercise

Did you know... Muscles are “hungriest” in the first 15 minutes following exercise and high GI foods consumed within this period replenish muscle energy 3 times faster than if consumed 2 hours following exercise – Aim to eat 1 –2 gms of carbs per kg body weight.

Our goal is to consume a high glycaemic index (GI) snack immediately after exercise. This ensures faster recovery and avoids us feeling flat and tired post exercise. It is particularly important after hard sessions (Miriam’s cardio classes!?) and gymball sessions when you feel you have really worked hard. It makes sure you can back up again to exercise and work tomorrow without feeling flat and tired.

Examples of high GI snacks include; tropical fruits (eg. watermelon & pineapple), dates, white bread sandwiches or toast with jam or honey, ripe banana, rice & cereal bars without fruit, white rice, potato, sports drinks, cordial, glucose lollies.

Term 2 Class Quotes.... which need to be shared!!

- Whilst doing a sustained wall hold squat “This would come in handy for those European toilets... if I ever go!”
- As Natasha corrected the exercise technique “Can you stop interrupting our good conversation with exercises?!”
- As we do push ups over the ball... “I think that’s affecting my cornflakes”

Term 3 Class Timetable 2009

Term 3 gymball focus area is the Neck

Classes recommence from Monday 27th July 2009

A thank you to all of you who let us know about attendance each week. Please let us know if you can’t make class—it allows us to manage our class numbers better and stops the need for guess work!

Monday	5.15 pm	Teens
	6.30 pm	
	7.45pm	
Tuesday	9.15 am	
	6.30 pm	
	7.45 pm	
Wednesday	5.30 pm	Cyclists and Runners
	6.30 pm	
	7.45pm	
Thursday	9.15 am	
	10.30 am	
Saturday	9.15 am	

Women’s Cardio Class

Thursday 7.30 pm

Saturday 8 am

Women’s Cardio in the Park

Commencing from 4th August—for 8 weeks

Tuesday 10am

Friday 10am

All classes are 1 hour in duration