

Banish Winter Blues

With the last few weeks of cold, damp, dark days, the urge to “hibernate” in front of a warm telly has probably been strong in all of us. The ability of a lack of sunlight to have a mood lowering effect is so well recognised in the Northern Hemisphere it even has its very own TLA* – SAD (Seasonally Affective Disorder). Symptoms include a desire to sleep too much, a general lack of energy and cravings for sweet and starchy foods.

Ahh, winter! - The reason why our shorts shrink every year! However, help is at hand.

New research supports the theory that exercise has mood-elevating abilities – and not just in the immediate aftermath of a workout.

While previous studies had illustrated the positive mental effects of exercise, this study investigated how long those feel-good effects can last.

For the study, 48 healthy men and women aged between 18 and 25 years were assigned to either a group that exercised or a control group that did not. At commencement of the study a survey was used to gauge each participant’s mood. The exercise group proceeded to undertake a moderately intense twenty-minute indoor cycle workout. The mood survey was then employed again after one, two, four, eight, 12 and 24 hours.

Term 3 - Group Fitness Classes

Tuesday & Friday

9:15 – 10:00 am

Marmion Reserve, Myaree from 21 July

**Maximum of 8 participants per class
Call 0410 499 464 to Reserve Your Place NOW!**

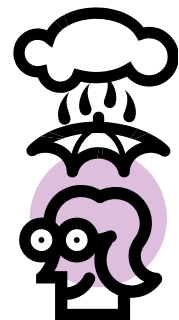
**\$15 per class or \$120 per term (10 Classes)
Ask about our seniors' discount and PT Bundles**



Dr Jeremy Sibold, study lead researcher and assistant professor of rehabilitation and movement science at the University of Vermont, Burlington determined that, “Moderate intensity aerobic exercise improves mood immediately and those improvements can last up to 12 hours. This goes a long way to show that even moderate aerobic exercise has the potential to mitigate the daily stress that results in your mood being disturbed”.

“This goes a long way to show that even moderate aerobic exercise has the potential to mitigate the daily stress that results in your mood being disturbed”.

It is believed that the mood-enhancing effects of physical activity may be due in part to a rise in levels of mood-boosting neurotransmitters in the brain, such as endorphins.



*Three Letter Acronym

Work Out My Butt Abs & Thighs

PO Box 4279 Myaree WA 6960 - Phone: 0410 499 464 - email: wombat@winthropdc.com

Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)

Gymstick™ – Simply Effective

In June I spent a day with internationally accredited fitness presenter, Marietta Mehanni, learning how to safely and effectively use the Gymstick™ and develop programs for my clients around this awesome tool.

The Gymstick™ consists of a fibreglass tube the same diameter and length as a barbell. At each end, instead of heavy, metal plates, there is resistance tubing, with a looped handle at each end of the tubing. This “gym on a stick” makes it possible to perform any exercise that can be performed with a standard barbell, and many, many more. I discovered, through practical experience, just how effective this tool is at delivering a total body workout, developing both strength and aerobic ability.



I don't want to sound like one of those ads you see on mid-morning television, but “call now” and I would be happy to show you how the Gymstick™ can improve your strength, balance, coordination and general fitness level. I will also be using it in the Group Exercise Classes next term.

Living Longer Living Stronger

In addition to the Gymstick™ course, I also gained accreditation in the Living Longer Living Stronger exercise program for over 55s. The weekend workshop focused on many of the conditions that affect us as we age, such as loss of muscle mass, loss of bone density and increased risk of falls and of coronary disease. But it wasn't all doom and gloom. Much can be done to prevent the “symptoms” of aging and, naturally, a healthy weight and active lifestyle is the key. When it comes to our bodies, it truly is a case of “use it or lose it”.

Term 3 – Group Fitness Classes

Beginning in Term 3, I will be holding group fitness classes at Marmion Reserve on Marmion Street in Myaree. Classes will run in the park on Tuesdays and Fridays from 9.15 – 10:00 am. There is ample parking, toilets and a large undercover area at the park, so we will not get wet if it rains.

The cost per class is \$15, or \$120 for the term (Tuesday or Friday). In order to cater for all levels of ability, each class will be limited to a maximum of eight participants. So get some girlfriends together and reserve your place now. If the time and place don't suit, make a group of four or more, and then tell me what time *you* want to exercise.

Some Great Websites for Nutrition and Exercise Information

- ◆ <http://www.sanitarium.com.au/> - Articles on health and wellbeing, and some excellent recipes
- ◆ <http://www.taste.com.au/> - Collects all the recipes from 7 popular food magazines. You will never need a recipe book again.
- ◆ <http://www.heartfoundation.org.au/> - Information on healthy living, and exercise ideas.
- ◆ <http://www.winthropdc.com/wombat/> - Information on Exercise, Wombats and a Food and Exercise Diary to download.

Work Out My Butt Abs & Thighs

PO Box 4279 Myaree WA 6960 - Phone: 0410 499 464 - email: wombat@winthropdc.com

Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)