

Spruce Up For Spring

Have you noticed the mornings are getting lighter, the evenings longer?

Have you noticed the brighter sunlight?

Have you noticed the wattle in flower?

Have you had the urge to spring clean?

It must be spring;

- Time to clean house, spruce up the garden and go through the summer wardrobe.
- Time to get out and enjoy this beautiful city.

Are you ready?



WOMBAT Fitness

Term 4 – Group Fitness Classes

If you want to shape up for the summer but the idea of one-on-one training is a little intimidating, then come and try a circuit class. Circuit Classes are a proven, time effective way to improve your stamina and strength, and burn calories. Suitable for all fitness levels, the circuit is made up of a mix of aerobic and weight bearing exercises for a total body workout.

Term 4 - Group Fitness Classes

Tuesday & Friday

9:15 – 10:00 am

Marmion Reserve, Myaree from 13 October

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

In Term 4 I will be holding group fitness classes at Marmion Reserve (Marmion Street, Myaree). This beautiful park has ample parking, toilets and a large undercover area. The cost per class is \$15, discounted to \$12 if you elect to pay for the term.

In order to cater for all levels of ability, each class will be limited to a maximum of eight participants. So get some friends together and reserve your place now. Call 0410 499 464 or email wombat@winthropdc.com.

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.

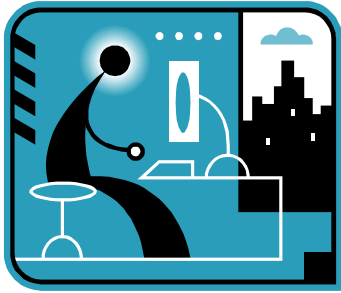
Some Ideas for Being Active

- ◆ <http://www.activefamilychallenge.com.au/> - a host of ideas and community events for families and the workplace
- ◆ <http://www.bv.com.au/ride-to-work/> - This fantastic event encourages novice and seasoned cyclists alike to cycle to work on Oct 14th.
- ◆ <http://www.dec.wa.gov.au/parks-and-recreation/activity-programs/healthy-parks-healthy-people.html> - Visiting a park is one of the simplest and cheapest ways of improving your health

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)



Excessive sitting compromises health

A recent Australian study has found that too much sitting down has health repercussions.

After conducting a study, University of Queensland researchers came to the conclusion that excessive inactivity has a negative effect on levels of both blood pressure and blood sugar, which in turn can lead to heart attacks, cancer and type 2 diabetes.

The team of researchers, led by Professor Neville Owen from the university's Cancer Prevention Research Centre, studied the amount of time that people spend watching television, and pitted it against data pertaining to their blood glucose and cholesterol levels.

The amount of television that people watched was found to be related to blood cholesterol and blood glucose, even after taking into consideration the effect of their physical activity levels and the effect they may have experienced from being overweight or obese. This means that even active people who also spend long periods of time in a sedentary position could suffer health problems as a consequence.

Speaking to the ABC, Owen said 'Large muscles in the legs and the backside, which are designed to be standing, maintaining posture, moving about in hunter gatherers, when those muscles are just immobilised for long periods of time, it looks like there are mechanisms in the muscle through something called lipoprotein lipase, that seems to push signals up through into the hormones and other systems that control cholesterol in the blood and you end up with what looks like a pretty unhealthy profile, specifically coming out of that flaccid, non-working muscle'.



Stand up when on the phone

In an age where an enormous proportion of the workforce spend the majority of their day in a seated position, these findings do not bode well. But, unless we radically and quickly change the way in which most workplaces operate, it seems that the best we can do is be practical and insert small amounts of activity into our working day wherever we can, and to this end Owen recommended have frequent breaks from the desk to take shorts walks.

Source: ABC online

Who Said Wombats Can't Climb!

On Sunday 4th October clients and friends of Wombat Fitness will be participating in the 2009 Rotary Climb for a Smile. Our team, "Wonder Wombats" will wobble and waddle its way up 50 flights of stairs to the top of the Bankwest Tower to raise money for several Rotary projects including WA Cord Blood Bank, End Polio Now and Interplast.

As I write this, we are a little over half way to reaching our target of \$1,000. To sponsor Wonder Wombats, and for more information, go to <http://www.climbforasmile.org.au/>.

In the meantime, watch out for wombats on Jacob's Ladder.



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