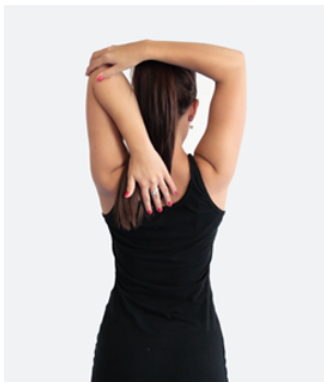


Resistance

April 2015

What a summer we had! And how about those Black Caps? What a way to win the heart of the nation! We've heard reports from members of their summertime pursuits: tramping, sporting events, travel, and all without injury. Great work! Congratulations to the 3 members who each won 3x Personal Training Sessions in the Start Strong competition and to all the others who participated and kept up a fitness routine. Now, as we start to pull out our woollies, it can be all too easy to slowly fall out of our routines. The winter months can be a good time to have a go at our sports-specific training programs, to keep those muscles strong and flexible. These are on the MedStrength website and can also be found by the noticeboard. Just remember when it is raining for the 8th day in a row, we are open and it's warm and dry in here!



Stressed? Tired? Busy?
**STOP. BREATHE.
STRETCH.**
FREE for a limited time!
STRETCHING CLASSES:
Monday - Thursday 12-12:30pm

MedStrength
Strengthen for Life

Benefits of stretching:

Stretching provides many benefits, including helping to improve flexibility and range of motion. As the body ages, muscles can become tighter and the range of motion in the joints becomes less. A lack of flexibility can cause movement to become slower and less fluid, making an individual more susceptible to muscle strains or other soft tissue injuries. Chronically tense and tight muscles can contribute to poor posture. Stretching helps to ensure correct posture by lengthening tight muscles that are pulling areas of the body away from their intended position. An example of this is the hunched shoulders that are now so common because extended time sitting at computers leads to tight chest muscles, in turn pulling the shoulders and head forward.

Stretching also provides the potential to decrease injury by preparing muscles for work before activity and increasing blood and nutrient supply to muscles, thereby possibly reducing muscle soreness.

Make some time in your day to stretch and don't forget that MedStrength offers free stretching classes!

SWING STRENGTH Golf Performance Strengthening Programme



Cold temperatures and rain may not be the best weather for playing golf but it can certainly be a good time to work on conditioning your body for the next season. Keep an eye out for SWING STRENGTH, a golf performance program starting soon at MedStrength. Vijay, our CHEK Golf Performance Specialist, will help you implement a specialised and effective exercise programme after a detailed golf-specific assessment.

Cardiovascular Study

Some of you may be aware that Lloyd has been carrying out a cardiovascular study on members at the gym as part of completing his Degree in Sport and Recreation.

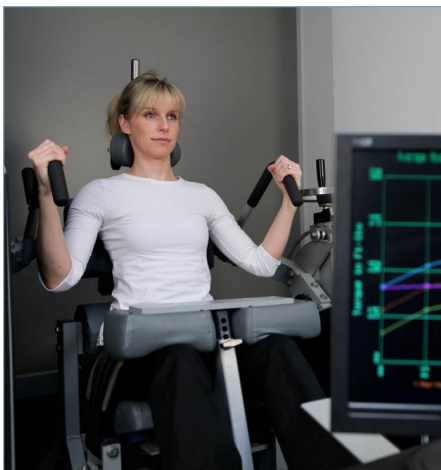
Lloyd is happy to report that all 11 members selected for his 6-week programme had positive results, indicating that the HIT form of cardiovascular training has significant benefits for the heart and overall body.

Lloyd would like to thank all the members who participated. For further information about his study feel free to talk to one of the trainers or to Lloyd himself.

LOCKER KEYS

Please note that lockers are for use **while you are at the gym only**. Please remember to leave the keys in the lockers once you have finished your workout.
Thank you!

Machine of the month: Core Lumbar Extension



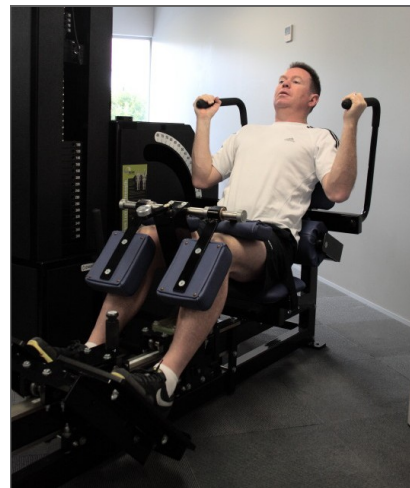
At MedStrength/Functional Physio we have two types of MedX Lumbar extension machine: Exercise and Medical. Functional Physio uses the medical version to very good effect—they are the only clinic in New Zealand to have one. These MedX back machines are recognised as the gold standard for treating and reducing chronic back pain and dysfunction. They have a patented, effective pelvic restraint system that keeps gluteus and hamstring muscles from interfering with the targeted exercise area. They provide isolation of the lumbar spine muscles, increase stability and allow specific, intensive strengthening.

Over the past 15 years, the Universities of Florida and San Diego, along with various orthopaedic clinics around the world, have published compelling research showing that

specific spinal strengthening exercises using the MedX Lumbar Extension Machine help people get better, even after multiple failed attempts at other forms of treatment. With more than 75 published articles in peer-reviewed journals, the proof lies in both the research and the testimonials of thousands of people around the world.

The MedX Core Lumbar Strength machine in the gym is the exercise version of the medical MedX back machine. Compared to the medical back machine, where the weight of the individual is counterbalanced, the exercise back machine in the gym demands a considerable amount of effort from the accessory muscles involved in back extension to maintain good posture while exercising. It is an important for improving stability in the back and thereby enhancing posture and preventing injuries.

Talk to the trainers on the floor about tweaking your form to get the maximum benefit from this machine.

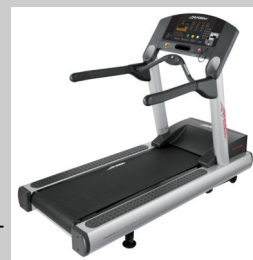


Circuit Training:

We have reintroduced a circuit training board, located beside the TV. Circuit training is a great way to add variety to your workouts. These circuits not only focus on improving strength and stability but your cardiovascular system as well. We all know how boring it can be sitting on the bike for 20 minutes, so why not try a high intensity circuit? Please ask a trainer before completing the circuit. Remember these can be modified for each person so don't be afraid to ask! If you have been enjoying these circuits, consider a Personal Training session with one of our trainers, these are tailored to fit your requirements.

New on the Floor: Treadmill

MedStrength now has a treadmill. Treadmills are a good way of improving fitness through walking, jogging or running and they are particularly useful for injury rehabilitation. We are also currently looking at providing a cardiac rehabilitation programme and a treadmill is a great tool for cardiovascular fitness testing. First-time users of the treadmill should consult a trainer first.



MedStrength Staff: Welcome to **Lydia McNicholl**. She is in her 2nd year of Physio at AUT and is passionate about learning how the human body works and ways to improve movement and function. She has a particular interest in body biomechanics, and the correct way to use your body to achieve optimal function and avoid injury. Lydia is a fitness enthusiast and enjoys running, Pilates and attending the gym. Lydia is also a keen horse rider and has previously competed in this before having to put it on hold in order to focus on study.



Opening Hours:

Mon - Fri	6am – 8pm
Sat	8am – 4pm
Sun	10am – 3pm