



Resistance

December 2015

Just like that it's December already! So much to look forward to: Christmas, family get-togethers, Summer, BBQs, long days at the beach, holidays. It can be hard to fit in your workout, particularly if you are going away for an extended period of time. If you would like suggestions of exercises you can do during your time away (think: tricep dips on the edge of the bath!), talk to an instructor who will be able to give you exercises to maintain your strength over this time.

We at MedStrength and Functional Physio would like to take this time to thank you all for your support this year and to wish you all the best for the festive season and the New Year!



from the team at
MedStrength and
Functional Physio!

THIS YEAR GIVE
STRENGTH

MEDSTRENGTH, MT EDEN,
4-WEEK GYM MEMBERSHIP

ONLY
\$80

Give Strength, Give Vitality.

Can you believe it's only just over 3 weeks until Christmas?! Do you have someone who could do with more vitality and fewer aches and pains in your family? Or somebody you'd like to give a helping hand to get off the couch? Or simply somebody who is hard to buy for? We are offering our hugely popular **Christmas Gift Vouchers** again.

Buy for family or a friend, or if you aren't a member yet, treat yourself and discover the MedStrength difference.

4 weeks for just \$80. Vouchers on sale until 24/12/15. Membership to be commenced by 5/2/16. New members only.

FACT OR FICTION?

Strength training requires a large dietary intake of protein.

Fiction: It is a common misconception that individuals involved in strength training require large amounts of protein in their diet. Protein has an important role in growth and repair of body tissues; however, it only provides the building blocks, not the fuel for these processes. Carbohydrate is the body's primary source of fuel. When carbohydrate is consumed, it is broken down into sugar molecules called glucose. Some of this glucose remains circulating in the blood while the majority is stored in the muscles and liver as glycogen, to be used for energy production. It is this energy that fuels growth and repair. Adequate protein intake can be easily met through the diet, in fact, it is generally consumed in excess in the Western diet. Excess protein will be simply be excreted and not provide additional benefit. So, it is actually more beneficial to maintain a balance of carbohydrate and protein intake, rather than stocking up on protein!

Safety Message:

An injury occurred in the gym recently because a hole restrictor was overlooked and setup wasn't correct for the member. We are working to ensure this doesn't happen again.

We have painted the hole restrictors orange to make them more visible and we encourage you to take an extra moment to ensure the your machine is correctly configured, including clearing restrictors, before starting the exercise.

Machine of the Month: MedX Seated Row



The MedX Seated Row is a great machine to help counter any damage we do to our posture when sitting with our arms out in front of us, such as when at a computer or driving a car. When in this common position, our shoulder blades are protracted for long periods of time, meaning the muscles holding our shoulder blades together are constantly in a weak and stretched out position. This can cause the shoulder blades to stay rounded forwards, even while standing, which can lead to neck and/or lower back problems. Because of this, it is incredibly important that while performing this exercise, we ensure that our shoulders stay down and we retract or pull our shoulder blades back with each repetition. By performing this exercise correctly, we are strengthening our rhomboids which are the key muscles involved in keeping our shoulders pulled back, providing our upper back with strong and beautiful posture.

As well as strengthening the rhomboids, the seated row also provides a very good overall workout of all the main muscles in the upper back. The latissimus dorsi, middle trapezius, posterior deltoids, and biceps are all involved in pulling the weight in the seated row, which translates into any kind of pulling movement you do with your arms in everyday life.

This combination of postural improvement and upper back strength allows for safer and stronger pulling movements, greatly decreasing the risk of back and neck injury caused by lifting heavy objects or developing due to poor posture over time.

Even if you have been using the MedX Seated Row for a while and you know what you're doing, it's a good idea to check with a trainer that your technique doesn't need tweaking.

What's Going On?

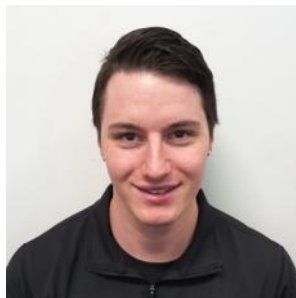
HOLIDAY HOURS:

W 23rd 6am-8pm	W 30th 7am-5pm
Th 24th 6am-4pm	Th 31st 7am-3pm
F 25th CLOSED	F 1st CLOSED
S 26th CLOSED	S 2nd CLOSED
S 27th 10am-3pm	S 3rd 10am-3pm
M 28th CLOSED	M 4th CLOSED
Tu 29th 7am-5pm	

For those of you heading outdoors running, playing tennis or golf or swimming, a reminder that we have specific **Sports Training Programmes** on our website and printed copies on the noticeboard.

We have a large amount of **LOST PROPERTY**. Please see reception if you have lost something and remember to take all your gear with you each day!

MedStrength Staff



Welcome to Josh Clarke-Walker. Josh has a degree in Sport and Recreation from AUT, with a major in Exercise Science. His passion lies in strength and conditioning training—for athletes, injury prevention, or muscle rehabilitation. Josh is keen on all sport and exercise. He played for North Harbour Men's Golf, before putting it on hold to study. He has a background in many other sports including Rugby League, Rugby Union and Football.



Welcome to Bella Corrick. Bella has a certificate of Personal Training from AUT and is currently completing a BSc majoring in Sport and Exercise Science at Auckland Uni. Bella has a holistic, balanced approach to health and fitness and has a particular interest in rehabilitation, strength and conditioning. As a trainer, she aims to use her scientific knowledge and experience to support others to improve their health, overall quality of life and to reach their goals. Bella has represented Auckland in netball and enjoys playing a range of sports, exercising at the gym, and practicing yoga.



Opening Hours:

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