

# Resistance

March 2016

Welcome to the first newsletter for 2016; we hope that the year has started well for you! Well done to those of you who are participating in our Resolutions into Routines competition—even if you don't actually win the Personal Training sessions, you'll still be a winner by setting yourself up for success in achieving your goals. For more information about anything in this edition of Resistance, please ask—we're here to help!

## Goals Set But Not Met?

Doesn't the New Year seem like such a long time ago? Did you make any resolutions or set any goals this year, and, more importantly, how are you getting on with them? Statistically speaking, by now many of you will have lost motivation and will have stopped working towards your goals. But don't blame yourself; maybe you just need to adjust the way you set a goal.

Have you tried setting a long-term goal and breaking it into smaller more manageable chunks? For example, your overall goal may be to lose 10kg this year. Towards this end you could set two smaller goals such as making it into the gym on average at least twice a week or limiting takeaways to once a week. By having smaller, more specific and achievable goals, it makes it easier to stay on track to achieving your overall goal.

You've probably heard of SMART goals and setting SMART goals is actually really smart. SMART stands for *Specific, Measurable, Achievable, Results-focused, and Time-bound*. By setting SMART goals, you should find it easier to accomplish your goal, without it feeling overwhelming or unobtainable. If you want help setting fitness-related goals, come and chat with a trainer about goals that we can set together.

**And remember, every day's a new day. You don't have to wait until January 1st to set a goal!**

## Fact or Fiction? Exercise makes physical changes in the brain



**FACT.** When humans learn new skills, improve old skills, or even just remember something, the neurons in our brain must change to adapt to the new information. The ability of our neurons to change quickly is called neuroplasticity, which is also how our neurons repair themselves when

damaged. Unfortunately, as we get older our neuroplasticity decreases rapidly—“you can't teach an old dog new tricks!”—but luckily for us recent studies have shown that physical exercise can increase our neurons' ability to adapt to new experiences and repair themselves. So not only is exercise good for your body, it's good for your brain, too!

## Why do Personal Training?

Did you know your body responds best to training when your weekly program includes changes in intensity i.e. some hard days, some medium, some easy and some rest days.

-The **hard** sessions provide the best muscle adaptation and overcome natural muscle ageing/decline known as atrophy;

-The **medium** sessions help lock in the adaptations;

-The **easier** sessions allow you focus on repeating the proper technique. These sessions capture the movement patterns in your *muscle memory* and ensure the movements are imprinted in your brain (and erase old incorrect movement patterns).

The **rest days** are an important part of your program to allow your muscles to recover and re-knit.

Most people tend to train at the same intensity for all sessions. This means their body usually stays at the same level.

Our personal trainers can help you push that little bit harder to make your hard sessions more productive. They will provide you with the encouragement you need to adapt (and recognise if you are trying to do too much).

Chat with our trainers to ensure you are getting the most from your weekly training. Even one personal training session a week can make a big difference in your outcomes.

## Machine of the month: MedX Chest Press

The MedX Chest Press is a machine which primarily works on the Pectoralis Major and Pectoralis Minor, with assistance from the Anterior Deltoid and the Triceps. In layman's terms you are strengthening your chest muscles, the front of your shoulder and the muscles in the back of your arms, giving you strength when making an upper body pushing motion. Once you have been set up correctly by a MedStrength instructor or a physiotherapist, the machine's converging arms allow you to push the weight freely without forcing the elbows, wrists or shoulders into any unnatural movements as many other chest presses do. The various settings on this machine allow it to be totally customised to each individual, so your trainer will show you how to set it up correctly the first time and please do ask, should you forget at any stage.

If you don't have this exercise in your MedStrength circuit, this may be because your chest muscles may already be too strong relative to your back muscles, or your chest muscles may be tight due to being in a slouched position. However, if you haven't used this machine in some time, previous imbalances may have been corrected. If this is the case, please talk to a trainer or a physio about including the MedX chest press in your routine. More information on this machine can be found via an instructional video on our website or on the MedStrength YouTube channel.



### What's Going On?

We are aware that the **car parks** have been quite full recently. This is largely due to the temporary building works on and around our block. We understand this can be difficult and we check regularly for any misuse of the car parks by non-members. To make this easier, we have MedStrength stickers available for your cars. Apologies for any inconvenience this may have caused. Also, as of 1st March, the **MedStrength/Functional Physio car parks will be relocating** within the same building. Please look out for the map in the gym or on our website.

We are excited to announce that we will be introducing **free WiFi** to all MedStrength members, so that you can stream your music or watch a video while on the cardio machines. Keep an eye out for further information about this shortly.

Due to a recent incident in Auckland where car keys and subsequently cars were stolen from gyms, we have moved the **key holders** to the right-hand side of the card holders, away from the gates on the left.

### Staff News



Welcome to **Matt Pringle**, joining us on the MedStrength team. Matt is a 3rd-year Physio student at AUT. He is particularly interested in functional anatomy and the biodynamics across different sports.

Matt is a wicketkeeper in premier-level cricket for Grafton Cricket Club, and enjoys various other sports such as football, squash, tennis and SCUBA diving.

Farewell to **Bella**, who is moving on. We wish her all the best in her next endeavour.

**Rebecca Smith**, a student from AUT, will be working with the MedStrength trainers for about a month, on a placement for her Sport and Recreation degree.



### Opening Hours:

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