

Resistance Autumn 2017

It has been fabulous watching you all work towards and, for many of you, achieve your New Year's goals. Although it is obvious, we sometimes need reminding it doesn't need to be the start of January to set goals; now's good, too! Whether you are wanting to prepare your body for a stellar ski season, your first half marathon, or simply to make some everyday tasks that have been difficult easier, come and see one of our friendly trainers and we'll work with you to implement an appropriate programme to achieve your goal. For those of you wanting more of a push, have a chat about our Personal Training options!

The Importance of Recovery Time

Giving our muscles the right amount of time to recover is the best thing that we can do outside of the gym to ensure that our training in the gym is not going to waste. When a person works their muscles harder than usual, especially when they are currently unconditioned, they may experience *delayed onset muscle soreness* (DOMS). This is when our muscles hurt a day or so after exercise. A common misconception is that DOMS represents an especially good or beneficial workout and that if muscles are not sore the following day, then you didn't train hard enough. Fortunately this is not the case, as muscle becomes conditioned to the training we are doing and therefore won't necessarily be sore the next day. Another misconception is that DOMS is caused by a build up of lactic acid during workouts. Although lactic acid *is* a result of a muscle reaching fatigue, it replenishes relatively quickly and this doesn't relate to soreness the following day. What you are feeling when you experience DOMS are many micro stresses or tears in the muscle fibres which you have developed while strength training. These muscle stresses take a couple of days to recover, depending on factors such as diet, rest and sleep. These muscle stresses will rebuild themselves to adapt to your workout program, recovering to a stronger state than before you stressed them, which is how we gain strength. If new muscle stresses are created before the old ones have recovered, by training too soon after your last workout, then not only will you not reap any benefits from your last training session, but you may actually damage the muscle and end up going backwards. This is why we recommend strength training only 2-3 times a week.

Golf Assessments:

We are happy to let you know about our new and ongoing collaboration with Jacques Nortje (PGA and high-performance coach) who conducts 3D biomechanical analysis for members currently undertaking the Swing Strength Golf Performance programme with Vijay. This analysis is an objective measurement of the person's swing and contribution of different body parts during the swing.

Jacques and Vijay will be working together with the golfers to help them achieve their best. To know more about Swing Strength programme, have a chat with Vijay. We have had great feedback from the first member who did this assessment as preparation for taking part in the World Masters this year.



FACT OR FICTION? I can get rid of my belly fat by doing crunches

FICTION! Spot reducing is not possible. The only way to lose fat is to use more calories than you consume. Doing abdominal exercises will tone up the muscles around your abdominals, but the layer of subcutaneous fat will stay there if you do not create a caloric deficit. When fat is lost, it's generally throughout the whole body, not just in the areas you are working on. If you want to burn fat in your abdominals, do high caloric output exercises such as squats and pull or push movements (eg seated row, chest press).

Machine of the month: Pilates Reformer

Pilates is an exercise technique which focuses on strengthening muscles that help stabilise the body and to allow it to function well. As scientific evidence-based exercise is our underlying foundation at MedStrength, we emphasise correct technique and education when using the Pilates machines, so as to avoid ineffectual or even harmful techniques.

When conditioning a person during rehabilitation or pre-rehabilitation, it is very important that that person is able to control and stabilise their core when moving. The Pilates reformers are great machines that, under the correct supervision, can teach us how to correctly stabilise the core while performing exercises using upper and/or lower limbs. We are able to do this by ensuring a neutral spine position is maintained throughout all of the exercises and the Pilates reformer is a useful tool to allow us to do this. During the process of learning how to stabilise the core, we educate the member about what a neutral spine position looks and feels like and how to breathe correctly.

Core stabilisation aside, the arrangement of hand ropes and foot bar allows us to train every muscle in the body. This provides a good alternative to other machines or exercises that you may not feel as comfortable using or doing. Alternating the way we train different muscles is a good way of changing the way the muscle is stimulated, which we explained in more detail in the previous newsletter. If you would like more exercises to do on the Pilates reformers, feel free to talk to one of the trainers about some that are appropriate for you and your program.



What's Going On?

We wish those of you who are competing at the **World Masters Games** in Auckland the very best of luck. It has been our pleasure to help you train and prepare for this incredible competition!

We are eagerly awaiting the arrival of our **Cybox Bravo Functional Trainer**. Vijay has already started familiarising MedStrength trainers with the exercises that can be carried out on it. The functional trainer is an ideal machine to move from uniplanar movements to multiplanar movements. We know you will value it as much as we do!

We love getting feedback from our members—here is something we received recently about Personal Training:

“ The PT sessions at Medstrength add an extra dimension - no matter how well you think you train this is almost impossible to achieve yourself. I have genuinely felt pushed to another level despite being familiar with the equipment and many of the exercises; it is the tailoring and direction that make noticeable differences. The sessions somehow remain fun and this injects a renewed enthusiasm for the gym routine.

With a history of chronic back pain and following surgery, I have been reluctant and fearful to push myself but in this environment, working with skilled trainers I have been able to build my strength and confidence. The joy you can obtain from discovering strengths and gains that support how you want to live your life and enjoy the things that are important to you is the best reason to take up the opportunity to work one on one. Vijay has been exceptional in his understanding of my existing injuries and has been successful in extending and supporting me in my gym goals.

— Michelle ”

Staff News

You'll be seeing a little less of Josh and a bit more of Millane now that Josh has become part time in order to undertake Physiotherapy studies.



Functional Physio has two new physiotherapists, who you may meet in your reassessments or see around the gym with patients; **Sarah Wood** (left) and **Fabian Law** (right).



Opening Hours:

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