

By Phil & Vonnie

Physical activity & Depression/Anxiety

Lifeforce Fitness Centre

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Participation in physical activity can have lasting health benefits for both men and women.

There is increasing evidence that the benefits occur relatively soon after the adoption of an active lifestyle and are likely to occur at whatever age physical activity is commenced.

Physical activity can contribute both to the prevention and treatment of depression and anxiety.

Studies have shown that:

- Regular physical activity leads to 17-28% reduced risk of developing depression in men in a 20 year follow up study.
- People who reported no physical activity were more likely to have depressive symptoms compared with people who exercised regularly.
- Regular aerobic and strength training activities of light or moderate intensity can lead up to 50% reduction in symptoms of depression and anxiety in the acute treatment phase, especially for women and older people.
- Physical activity can be as effective as pharmacological treatments in the management of mild to moderate depression in older people.
- Exercise can lift mood, aid uninterrupted sleep, increase energy, decrease fatigue and lead to an enhanced sense of well being in the general population.

Exercising releases natural chemicals in our brain (endorphins) that have a similar uplifting effect as prescription antidepressants.

People with mild to moderate depression or anxiety can benefit most from participation in physical activity.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Australian research has also identified "at risk" population groups that are less likely to be physically active.

These include: people with obesity, women with children, older adults (particularly those in their 40's and 50's) the less educated and those from cultural and linguistically diverse communities.

Whilst exercise can play an important role in assisting people with depression and anxiety (and in the prevention of depression), it is important to note that there are a number of other treatments proven to be very effective for treating depression and anxiety.

In particular, psychological and pharmacological treatments are highly effective.

Treatments vary from person to person, the key is to find a suitable treatment plan for the individual patient.

.....SO.....GET ACTIVE,.....GET A LIFE.....RELEASE THE HOUNDS!.....

(source: beyond blue, Vicfit)

FIT FACTS

- ◇ Boosting metabolism is the best way for continued weight loss.
- ◇ Weights boost metabolism for days, cardio for only a couple of hours.
- ◇ Women have a lower basal metabolism than men.
- ◇ Caloric restriction not only burns fat but it extends human lifespan.
- ◇ Caloric restriction with boosted metabolism gets even quicker results.

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Exercise of the Month:..... Leg Extension

Leg extension should be treated as a supplemental or warm up exercise as the wrong application of load or form can create long term damage behind the knee cap.

Most of the problems stem from the wrong positioning on the machine.

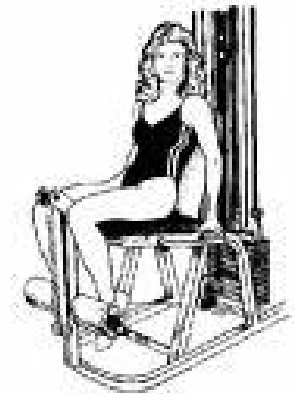
If the knees are not in alignment with the pivot point of the lifting lever undue stresses are produced in the knee joint.

The leg pads moving up or down on the shins is a good indicator of poor positioning.

Another problem is too much weight and using leverage, or inertia, to move the weight. This is portrayed by not bending the knees fully and lifting the butt off the seated pad creating a lever of the whole leg instead of just the lower limb.

As in all exercises, done properly it is very effective and safe movement as evidenced in physiotherapy rehabilitation clinics (these are far more advanced machine than those in commercial gymnasiums).

If you need help with this exercise just ask any of our staff.



Effective AND safe exercise.

There are a lot of different exercises that can be performed in the gym and every one of them has an injury potential.

Just to calm your nerves a bit, let me explain how exercise prescription works.

when you exercise, at the proper level, you damage muscle fibers to stimulate the body to respond by making the fibers involved stronger and more durable.

all exercises performed at that level of intensity and in correct alignment are very safe, but if your alignment is wrong, with the load too heavy, injuries can occur.

Effective exercises are exercises that will stimulate the strength and durability potential but limit the chance of injury.

Some exercises are very good at development but their injury potential is too great to include in a program

These exercises can still be used safely by lowering the weight and paying strict adherence to the gravitational alignment.

Gravitational alignment or alignment means aligning the levers (bones) used in a movement with its attachment point (on other bones) along the direct line of gravitational load, whether that be a cable, lever or free-weight.

Most people are unsure what load to apply so it's best to keep the weight low as a precaution, but if these above principles are adhered to, the chances of exercise induced injury are very low.

The body will respond best if the weights applied are always progressive.

A Little Bit of Humour:.....Pet Rules.....

To be posted VERY LOW on the refrigerator door-nose height.

Dear Dogs and Cats,

The dishes with the paw print are yours and contain your food. The other dishes are mine and contain my food. Please note, placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest.

The stairway was not designed by NASCAR is not a racetrack. Beating me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort. Dogs and cats can actually curl up in a ball when they sleep, It is not necessary to sleep perpendicular to each other stretched out to the fullest extent possible.

I also know that sticking tails straight out and having tongues hanging out the other end to maximise space is nothing but sarcasm.

For the last time, there is not a secret exit from the bathroom/

If by some miracle I bat you there and manage to get the door shut, it is not necessary to claw, whine, meow, try to turn the knob or get your paw under the edge and try to pull the door open.

I must exit through the same door I entered.

Also, I have been using the bathroom for years-canine or feline attendance is not required.

The proper order is kiss me, then go smell the other dog or cat's butt. I cannot stress this enough!

To pacify you, my dear pets, I have posted the following message on our front door:

To All Non-Pet Owners Who Visit & Like to Complain About Our Pets:

1. They live here, You don't.
2. If you don't want their hair on your clothes, stay off the furniture. (That's why they call it "fur"niture.)
3. I like my pets a lot better than I like most people.
4. To you, it's an animal. To me, he/she is an adopted son/daughter who is short, hairy, walks on all fours and doesn't speak clearly.

Remember: Dogs and cats are better than kids because they:

1. Eat less.
2. Don't ask for money all the time.
3. Are easier to train.
4. Normally come when called.
5. Never ask to drive the car.
6. Don't hang out with drug-using friends.
7. Don't smoke or drink.
8. Don't have to buy the latest fashions.
9. Don't want to wear your clothes.
10. Don't need a gazillion dollars for college, and a car!
11. If they get pregnant, you can sell their children.



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Our goal is to have a fully equipped, user friendly gymnasium in Wodonga on par with any other centre in Australia.

With the support of the community, we will be continually improving the facilities to suit the communities needs.



Centre bits n pieces.....

Happy Birthday to all those "turning of age" in August.

Some of our cardio machines have just been re-conditioned with others to be serviced in the next few weeks. We would really appreciate your help in letting us know if a machine is not functioning smoothly so we can repair it. Most people just move to another machine and it may take us a while to become aware of the need for repair.

We have a couple of membership offers coming up in the next month or so. If you would like to introduce someone to our centre we would like to offer this special to our members and their friends first. Just ask over the counter if interested.

For the comfort and hygiene of everyone, could all members and visitors of this centre please bring along and use a towel on all equipment. These can also be hired or purchased from reception.

Have you noticed how the weights are always back on the rack and in their correct position? Isn't it

good to not have to go looking for a weight when you need one? A big thank you goes out to all of you for making sure that all our patrons can find a weight when they need one and that our lady patrons (or anyone else-Phil!!) don't have to empty a machine of heavy plates. Well done!

We will be adding a morning class at 9.30 am instead of the 10 am timeslot we proposed in the last newsletter. Just waiting on our instructor to give the green light and we will be listing it on the class timetable. This class will be available to our Off-peak members as well.

Please remember that if you are not sure of any exercises in your program you can get assistance at any time from whoever is behind the counter. It is also advisable that, every time that you finish filling a side of your program sheet, you bring it over for us to check that everything is going OK.

For all those handling heavy dumbbells in the gym, We know it is difficult to lower them slowly so as not to bang into the floor, so we have supplied a pair of blue rubber mats to cushion the drop. They are usually positioned under the dumbbell rack and we would appreciate it if you made use of them. They will also pro-