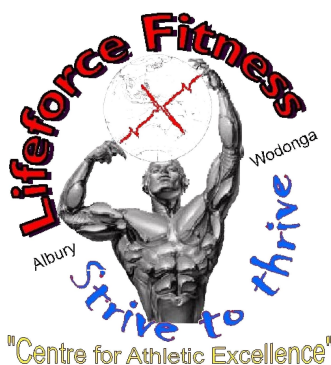


# FIT

By Phil & Vonnie



# NEWS

## Health & Fitness –“Forever Young”

Lifeforce Fitness Centre

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**What walks on four legs in the morning, two in the afternoon, and three in the evening?**

The answer, of course, is that people do. They crawl on all fours as a baby, walk on two legs as an adult, and walk with a cane in old age.

Well, not everybody walks with a cane in old age. But certainly as we age, we do have to come to terms with the fact that our bodies don't function as well as in early adulthood, when we're at our peak.

It's all to do with the biological changes in the body. Little by little, so slowly that we barely notice it, our major organs-heart, lungs, skin and muscles-become less effective.

We're pretty much aware of the obvious signs, for example, loss of hearing, joints wearing out, vision difficulties etc. And then there is the changes we don't notice so much, like the high blood pressure, lack of kidney function, slowing of metabolism etc.

The age at which these changes begin varies so much. In some people they begin in the late forties, while others can reach their seventies without noticing the effects of ageing. This variation has a lot to do with your genes-if your parents aged well, then the chances are that you will too.

But eventually, age catches up with everybody. And these changes are very rarely welcome. Perhaps the only good thing is that you get to say "Darling, you've aged so badly" to those acquaintances you've so hated.

Loss of mobility can be a troublesome development. We can't play sports as well. We're prone to falls, and when we do, the consequences are more serious (our bones are more brittle and more prone to fracture). We lose our youthful good looks (assuming we had any in the first place) and we aren't as attractive to the opposite sex (unless they've been at the pub all day). Our minds aren't as sharp. It's normal to experience some loss of concentration, and of our capacity to retain memories. Depression becomes more common.

Our vices catch up with us. Those bad habits (smoking, drinking too much, eating wrong foods) that our bodies shrugged off so easily in the past now come back to haunt us. Damage from them accumulates over the years and depending how much we're at risk from

our family history, we're more prone to cardiovascular disease, cancer and diabetes. And to make matters worse, we're also more likely to get degenerative diseases like Osteo-arthritis and Alzheimer's disease for example.

### WHAT CAN WE DO TO STOP THE SPIRAL INTO THE RAVAGES OF AGEING?

We can help protect ourselves by taking a few precautions.

Exercising. One of the best things we can do is stay active. Use those bones and muscles you were born with or lose your mobility. Keep the mind active. Again, it's a case of use it or lose it. Do some mental exercise.

Socialise. Another way to ward off the effects of ageing is to maintain good social contacts.

Eat well. Elderly people are often undernourished, so it's important that they eat an adequate, balanced diet.

Don't take unnecessary medicines. Check with your doctor regularly about possible side effects and whether your medications are likely to interact with each other.

Even if we do all these things to try and age gracefully, we're bound to lose some of our capacity eventually. If and when this happens, luckily there's help available if we look and ask for it.

The good news is that with age comes dignity, and a greater understanding of life and the human condition. As people age they tend to become happier and more content with their lives. Over the years, people may lower or change their expectations, making success and happiness more likely. They become more adaptable. They're more likely to accentuate the positive and play down the negative in any given situation. Older people often have more time for relationships, for hobbies and lifestyle pursuits, and for helping other.

And they can get away with rapping the knuckles of noisy adolescents on public transport with their canes, shouting "When I was your age, I showed some respect!".....Have a nice day.....

### FIT FACTS

- ◇ Weights help build muscles
- ◇ Weights help boost fat loss
- ◇ Weights help grow strong bones
- ◇ Weights help to improve the immune system
- ◇ Weights help to combat Diabetes
- ◇ Weights help to control Arthritis
- ◇ Weights help to keep the heart going strong and healthy

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## Supplement of the Month:...Creatine

Creatine has a number of roles in the body, the most important being the creatine muscle energy shuttle. This is a process by which our muscles supply constant power energy for heavy exercise. Normal body stores of Creatine are quite small and are in constant states of use and depletion. To gain the benefits of high Creatine levels, supplementation is important.

Creatine works by volumising muscle cells. When more creatine is stored in the cell, the muscle's ability to uptake energy and recover nutrients amino acids and water is vastly increased. Normally only very small amounts of Creatine are stored in muscles which use it constantly in the energy production process. However it is possible to saturate muscle tissue with higher doses of Creatine. When we reach this "saturation" state cell volumisation starts to occur, the muscle cells swell up, gaining size and strength. Muscles under the influence of high Creatine levels tend to recover faster; therefore lay off time between training sessions is reduced.

Creatine as a supplement is usually best taken in a loading phase, followed by a maintenance phase.

Currently there are many Creatine products available on the market. These may come in its simplistic form, or as part of a "stack" with other supplements included. For value for money, sometimes purchasing the individual items often work out a lot cheaper on your pocket in the long run due to the small amounts of ingredients included in some of the stacks.

## Exercise of the Month:...Leg Curl

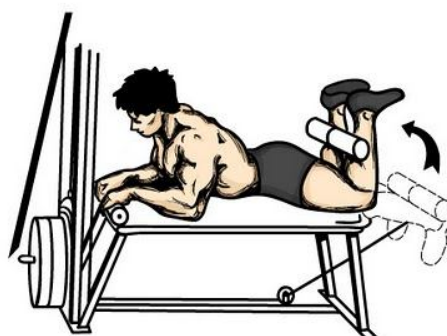
Strong, flexible hamstrings are very beneficial in everyday activities and especially in any sporting environment. As we develop the strong quadricep muscles on the front of the thigh the hamstring muscles have to be strengthened to ensure balanced power output preventing injuries. There are two distinct ways to develop hamstring strength and flexibility.

Firstly, flexing the insertions behind the knee through the Leg Curl machine.

Positioning is important as the machines arm must pivot at the knee. If the pads are moving up or down your calves as you curl your knees are either too far in the machine or too far back.

When getting into the Leg curl machine make sure that the inside of your knee is in alignment with the bolt that connects the arm to the bench. Ask Phil or Vonnice if you are not sure on your positioning.

The other exercises are the Hyper extension or Stiff leg deadlift. These can be tricky and it would be advised to ask for tuition before trying these exercises.



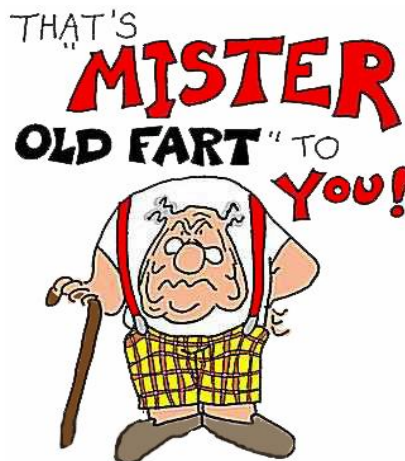
## A little bit of humour.....

A very self-important college freshman attending a recent football game, took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation.

...."You grew up in a different world, actually an almost primitive one,".... The student said, loud enough for many of those nearby to hear....."The young people of today grew up with television, jet planes, space travel, man walking on the moon, our spaceships have visited Mars. We have nuclear energy, electric and hydrogen cars, computers with light-speed processing and.....," pausing to take another drink of beer.

The Senior took advantage of the break in the student's litany and said, "You're right, son. We didn't have those things when we were young..... so we invented them. Now, you arrogant little fart, what are you doing for the next generation?"

The applause was resounding!.....I love Senior Citizens.



## Easter Centre Hours

Good Friday 2nd April: **CLOSED**

Saturday 3rd: 8am –12noon

Sunday 4th: 10am-2pm

Monday 5th: 10am-2pm

If you are travelling away, please do so carefully. Have a great time what ever you are doing over this period.

For hygienic reasons and the comfort of all, please always use towels on all equipment throughout the centre.

If you forget yours, we hire them for \$2 a session. Or usually have them available for purchase.



## Lifeforce Fitness Centre

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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" during February & March.**

Water leaks in the centre are being attended to by the real estate agent. In the mean time, if when it rains anyone notices water on the floor, PLEASE do tell us about it so we can clean it up straight away.

**Remember that results you get in the gym will only be reflected upon by what you do out of the gym. For results, you need to be mindful of what you eat (get it balanced), how you sleep (try to get plenty) & how you play (party through the night, you'll give your body set-backs). In other words, enjoy life but keep in mind your goals!**

Group Fitness Classes are still going. Why not try something a bit different to your regular training routine. In all of the classes, you work to your own capabilities.

**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.**

Members, do you have a business? We offer you the opportunity to place a small business card on the noticed board for advertising.

**So, what is the penalty for "standing up" (or being late) your training partner? I think there is a 5 minute late rule of 10 pushups. "Some one" is going to have to factor in a whole extra training session just to get all the penalty push ups done!**

A message to any "old" and new members or visitors to the centre. Please don't be shy, if there is anything we can assist you with while using the centre, come and talk to either Phil or Vonnie. Our aim is to make all feel as welcome as possible. We don't bite (usually). We do however enjoy freshly baked treats for morning or afternoon tea! (hint) This will usually get rid of any nasty streak we may have.

**A note from Vonnie,**

**Okay sorry, I'm a bit behind with the Newsletter for February. But better late that never!**

**No it wasn't our idea for the "swear jar", & judging from the little amount in it most people are being considerate of others in the centre. Good to see! Please always do remember GYM ETI - QUETTE. Thanks**