



## WHAT IS A STITCH?

Almost everyone who has participated in some form of exercise has experienced a "stitch" at some point in their lives. It can be described as a sharp, localised pain in the side of the abdomen, and can range from slightly uncomfortable to severely unbearable. The sufferer is usually forced to slow down or cease their exercise completely at which point the pain usually subsides.

There are many theories about the causes of stitches but unfortunately the exact cause of stitches are really not known, which makes it difficult to sometimes avoid or cure. Some of these include:

- Poor core strength and endurance of the abdominal muscles, making them unable to cope with intense exercise.
- Poor fitness, inadequate warm-up, training too fast or hard in the early stages of your workout or exercising at too high an intensity for your level of fitness.
- Eating and drinking prior to exercise may exacerbate a stitch by causing a full stomach or dehydration.
- Muscle spasm in the diaphragm.
- Organs pulling on the ligaments which connect the gut to the diaphragm. Ligaments which support organs such as the stomach, spleen and liver are also attached to the diaphragm. Jolting during exercise may cause these organs to pull on the ligaments and create stress on the diaphragm.

## AVOIDING A STITCH

Don't eat or drink too close to exercising. Avoid, especially, high fat foods, and foods with a high sugar concentrations. These are difficult for your body to digest and your digestive system needs time to assimilate them. If you have consumed something that is heavy, its best to wait 2-4 hours before exercising to prevent the likelihood of stitch occurring.

Try long, low intensity workouts, rather than quick, high intensity workouts for a while and see if that changes things.



If you must exercise at a high intensity, do a good warm-up at a slow pace. When increasing the intensity and duration of your workouts, do so gradually.

Drink water as it empties quicker than concentrated fluids such as soft drinks, cordials and milk products. Consume small amounts of fluid at frequent intervals during exercise rather than trying to drink large volumes all at once.

If these strategies fail to help, and you do get a stitch, slow down and drop your exercise intensity for a period.

Kylie Pogson

\* If you have any friends who don't train at Studio Glo but who you think may like to receive our newsletter then please leave their name and contact details at reception and we will add them to our mailing/email list.

## Frittata

### Ingredients (serves 4):

- 500g **pumpkin**, chopped
- 2 **zucchini**s, chopped
- 1 **red capsicum**, sliced
- 1 tablespoon **olive oil**
- 6 shakes **pepper**
- 2 shakes **salt**
- 200g **fetta**, crumbled
- 2 rashers **bacon**, chopped
- 8 **eggs**
- 125ml **cream**

A pinch of any **herbs** (not rosemary)

### Method:

- 1) Heat oven to 200 deg.
- 2) Spread vegetable and bacon in large baking dish and drizzle with oil, then roast in oven for at least 30 mins (until all is browned and tender).
- 3) Remove from oven and reduce oven temp to 170 deg.
- 4) Transfer veggies and cheese to cake-style tin (lined and greased please).
- 5) **Mixture:** Whisk eggs and cream until frothy. Pour over veggies making sure all is covered well. Bang the bowl and move it about so that all the little gaps of air are filled by eggy goodness.
- 6) Bake for about 40 mins, making sure it is cooked through.
- 7) Wait till coolish before serving.

### Notes-

- You can use any mixture of vegetables, provided they are cooked first.

- This dish is suitable for breakfast or lunch. Your body needs some time to make use of the carbohydrates in the pumpkin.

Paul Blackman

## "IT'S NEVER TOO LATE!" CLIENT PROFILE: Merv Martin

63 years old. Mischievous husband, father of two with two grandchildren. Exercises 6 days a week. Attends Studio Glo 2 x 60 minute sessions per week with his wife, Marie. Started Personal Training 14 months ago.

I would like to introduce you to Merv who is 63 years young and my husband of 40 years.

Merv was overweight and had never exercised, even as a child. He ate fairly healthily so he thought, except when he bought his workers pies and chips etc! He rarely got sick, so in his opinion, did not feel the need to do any exercise or change his eating habits, although he was always saying that he really should lose some weight as his shirt size kept growing...

So one day I said to him that I really would like to get my arms around him again, like I could when we were first married. I had been going to the gym for several years and because of my own health, had started training with a personal trainer.

Liz would work me really hard, and still does. I kept going home and telling Merv all about this personal trainer that I had who was really good, and asking him, would he like to come along for a session? After many, many, many months of gentle persuasion he decided to give it a go.

So we started training together with Liz at Studio Glo and after 18 months Merv has shed 16 kilos but has now plateaued. He still has some goals that he would like to achieve so Liz and Merv are now working with a naturopath to try and get his metabolism going again.

When Merv first started training there was lots of heavy breathing and sore muscles. Even now, we both still get sore muscles but by Christmas 2005 Liz had us both fit enough to climb Kilimanjaro (although I didn't make it to the top).

Next is the Wall of China at Easter!

Some of the advantages that Merv has noticed from all the hard work that he's put in over the last 18 months and continues to put in, are:

- Fitter for work and leisure activities
- Stronger
- Copes with extremes of weather much better
- Better Posture
- That little bit of competition between us that makes it fun

### MERVS EXERCISE REGIME

He gets up at 4.00am week days and walks on the treadmill for 45 minutes

Does 12 Pushups and some abdominal work

Comes home from work and rides the bike for 30 min

Sunday or Saturday walks the 1000 steps at Ferntree Gully

Has one day off a week

It has been great to see Merv change for the better. The fact that he still does all the hard work is a tribute to him and I'm positive he will keep it up because of his obvious health benefits and all the other things that come with it.

Marie Martin

As a trainer my aim is to assist each person to gain their individual goals but, yes - many times there is a 'but', - a trainer can only do so much. It is up to the client to take the next step and take responsibility for their own progress. Merv has taken this next step. He is committed to his goals and has never shirked, complained or sabotaged, what has been asked of him (neither has Marie).

This is the secret. It is not earth-shattering, complicated or hard to understand. The simplest solution to a problem is often the hardest to implement, but Merv took the bull by the horns and ran with it. How do you change an attitude? Find the trigger, find what motivates you, dig deep, learn what it is you want, and go for it. Merv did.

I can sit here and say that anyone can do it. You can! But do you want to change some ingrained behaviours to gain the goals in fitness and wellbeing that you want for yourself? Do you want to make the sacrifices in time, eating habits, exercise routines, or psychological blocks to make a positive difference in your sense of wellbeing, self-esteem, strength, fitness and health? Merv did.

Merv and Marie are still committed to their goals. These goals have changed as they reach the next milestone, but isn't that fantastic? They are a great couple to train and I feel very privileged that they still allow me to be a part of their ongoing fitness regime.

Thank you, but more importantly, well done!

Liz Yochum

### BON VOYAGE HELLE !

From all the trainers and clients at Studio Glo we wish you good luck on your trip!

We hope you and your family have an amazing time on the 9 weeks you will be overseas.

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.