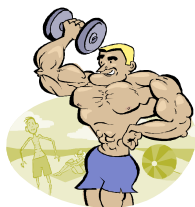




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Train Your Body in 3D

Most people start a weight training program to look better, increase self esteem and hopefully become more attractive to the opposite sex. Some wish to attract the same sex ... doesn't really matter. We all want to look our best, but some people are lost in a world of chest and biceps.



There is nothing wrong with training for vanity; however, if you think big biceps and huge pecs make a perfect body you could be missing out on some of the finer details. We need to train for healthy vanity. That means eating, thinking and training right. The focus of this article will be training right.

Guys are the biggest culprits when it comes to training your body as if it was a 2 dimensional object. These guys all have one thing in common - poor posture. They have tight chest muscles, nicely rounded shoulders and an amazing forward head posture caused by their muscle imbalances.

These muscle imbalances can lead to faulty movement patterns which can then to pain and joint injury (such as lower back pain or shoulder pain). Joint problems may occur in the elbows and knees if similar training tactics are practiced on the surrounding muscles. So not only do you look like a first generation human, but you suffer from shoulder, neck and back pain.

To avoid any muscle imbalances you must train correctly. This means any pushing exercise must be complimented with a pulling exercise (not necessarily on the same day), any flexion exercise must be complimented with an extension exercise. Stretching the right muscles is equally as important. If you have rounded shoulders, you most likely have a tight chest. You will also most likely have an excessively curved lower back. You don't usually have one without the other, and if you do you soon won't. In this situation you need to stretch the chest and strengthen the back.

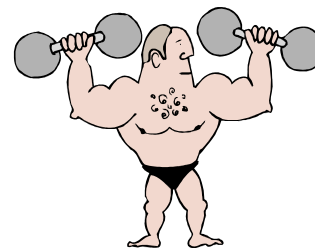


Depending on exactly what is happening in the lumbar region you may need to stretch your hip flexors and tighten up your lower abdominals.

The core is probably the most incorrectly trained body part we have. Many people will finish their gym workout with a few sets of abdominal crunches and be on their way. Over time the outer abdominal wall will become the dominant abdominal muscle and the other little ones underneath will become relatively weaker causing more imbalances and possible low back pain.



If you have been doing crunches for many years and not much else, chances are you need to give your upper abs rest for a while and finish your workout with some low abs strengthening and lower back extension exercises.



For the guys who want big arms, but hardly ever train triceps you may be interested that the triceps take up over 60% of the upper arm, so big triceps equals big arms. So don't stay stuck in your comfort zones of training the same muscles the same way all the time. Mix it up a bit and train some of those muscles that have been asleep for a few years.

If you've started a program and edited out the exercises you don't like, make sure you talk to your trainer to be sure you remain balanced. Be sure to train and move your body like the three dimensional object it is.

Andrew Dixon

Thank you so much to everyone who has helped make the move from Adolphson Ave to Maroondah Hwy a semi-organised event. Our opening party went well and was a lot of fun. It was lovely to see that so many of you could make it. I hope you all like the new Studio and enjoy the new equipment and classes which we can now offer you. I'll see you all soon with some beads of sweat across your brows I hope!

Kylie

Level 1, 156 Maroondah Hwy
Ringwood
9870 4050

Ways That Sugar Can Ruin Your Health

In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications.

- Sugar can suppress your immune system and impair your defenses against infectious disease.
- Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
- Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.
- Sugar causes a loss of tissue elasticity and function.
- Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.
- Sugar contributes to obesity.
- Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis.
- Sugar can contribute to osteoporosis.
- Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- The rapid absorption of sugar promotes excessive food intake in obese subjects.
- Sugar can interfere with your absorption of protein.
- Sugar can increase your systolic blood pressure.

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

- Sugar causes food allergies.
- Sugar can cause toxemia during pregnancy.
- Sugar can contribute to eczema in children.
- Sugar can cause atherosclerosis and cardiovascular disease.
- High sugar intake can impair the physiological homeostasis of many systems in your body.
- Sugar can cause headaches, including migraines.
- Sugar lowers the ability of enzymes to function.
- Sugar is an addictive substance and can be intoxicating, similar to alcohol.
- Decrease in sugar intake can increase emotional stability.
- Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).

This article is an extract taken from Mercola.com.

If you'd like to read more visit the site and do a search for Sugar.

By Nancy Appleton, Ph.D. Author of the book [Lick The Sugar Habit](#)

Happy Easter!

From all the staff at Studio Glo we wish our friends and family a safe and happy Easter.



Please don't eat too many hot cross buns or Easter eggs. There is always way too much chocolate consumed over the Easter weekend! Try and use some restraint, and think portion sizes! And if you are given too many eggs... re-gift! Pass them on, or take them to work and share them around.

La, la, la Meat

Ingredients:

10 shallots
5 cloves garlic
3 tablespoons olive oil
3 cups strong beef stock
1 cup red wine
1/2 cups tawny Port
1/2 can tomatoes
1 piece roasting beef of your choice
3 teaspoons thyme
2 thick bacon rashers - chopped, fat removed
1 tablespoon butter
1 tablespoon corn flour
1 large bunch spinach

Ideally - this dish is cooked in a large, heavy saucepan or frying pan, or a casserole dish on the stove.

Method:

1) Sauté shallots in oil on low until deep brown and very tender, stirring occasionally, about 30 minutes.

2) Boil liquids and Port in large saucepan until reduced to about 750ml about 30 minutes. Mix in tomatoes.

3) Pat beef dry; sprinkle with thyme, salt and pepper. In large pan, set over medium heat, sauté bacon until golden. Transfer bacon to paper towels. Add beef to pan; brown on all sides over medium-high heat, add bacon, shallots.

4) Add stock mixture and bring to boil, scraping up any browned bits. Bring to simmer. Cover with heavy lid, put on low and cook.

5) Cooking time—you'll have to judge that yourself. What works for me is press the meat with your hand. Uncooked meat will feel just like uncooked meat straight out of the fridge. Meat that's cooked feel a little different. Learn by doing! (Add water if things dry out). Remove meat when ready and cover with foil.

6) Mix butter and flour in small bowl to form paste; whisk into stock and simmer until thick. Season sauce with salt and pepper. Garnish with spinach. Serve with veg.

Paul