



All About Stretching

Who Should Stretch?

Active people, inactive people, athletes, weekend warriors, children and elderly folk should all take some time to stretch.



What Will Stretching Do For Me?

- It's one of the best ways to decrease the chance of injury.
- Soreness after exercise is reduced.
- Back pain, shoulder pain, neck pain, wrist, elbow, knee and ankle pain can be reduced.
- Stretching improves posture as you're body becomes more balanced.
- Stretching aids in the removal of bodily waste and toxins.
- Maximize athletic ability. Optimal power, strength, speed and agility require a flexible body.

How Do I Stretch?

Depending on when and why you're stretching, the following methods can be used:

- **Dynamic** - Moving in and out of a stretch slowly, great for warm ups and during exercise.
- **Ballistic** - Advanced dynamic method used in high level sports under very strict guidelines.
- **Static** - Simply holding a stretch for a set amount of time.
- **PNF** - Also known as Contract/Relax, it involves contracting the muscle being stretched for a set amount of time before relaxing and stretching further.
- **Antagonist Contraction** - Similar to Contract/Relax only rather than contracting the muscle being stretched, the opposing muscle is stretched. This caused a relaxation response of the muscle you're stretching.



When Should I Stretch?

Post Exercise - This may help reduce post exercise soreness and improve joint range of motion.

Pre Exercise - To restore muscle balance and allow for full range of motion prior to exercising.

Before Bed - When trying to improve joint range of motion, it best to include a few stretches before you sleep. During sleep the body repairs muscles, so lengthening them muscles prior to sleep allows them to heal in a lengthened state.

Recovery Days - On days when you're not exercising it is a good idea to spend some time stretching out the tight muscles.

What Do I Stretch?

Only stretch tight muscles. Stretching the entire body does very little for balancing out the body. You should be aiming to achieve balance between opposing muscles. This requires specific stretching and strengthening based on an assessment.

References

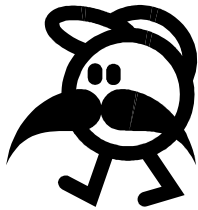
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Andrew

It's Movember!

Hi All,

During Movember (the month formerly known as November) I'll be growing a Mo. That's right I'm bringing the Mo back because I'm passionate about changing men's health and the fight against male depression and prostate cancer. Why...



- *Depression affects 1 in 6 men...Most don't seek help. Untreated depression is a leading risk factor for suicide.*
- *Last year in Australia 18,700 men were diagnosed with prostate cancer and more than 2,900 died of prostate cancer - equivalent to the number of women who die from breast cancer annually.*
- *Men are far less healthy than women. The average life expectancy of males is 5 years less than females.*

To sponsor my Mo please go to:

<http://www.movember.com/au/donate>, enter my registration number which is 143537 and your credit card details. Or you can sponsor me by cheque made payable to the "Movember Foundation" clearly marking the donation as being for my Registration Number: 143537. Please mail cheques to: PO Box 292, Prahran VIC 3181. All donations over \$2 are tax deductible.

The money raised by Movember is donated to the Prostate Cancer Foundation of Australia and *beyondblue* - the national depression Initiative, which will use the funds to create awareness, fund research and increase support networks for those men who suffer from prostate cancer and male depression.

Andrew

MASSAGE AT STUDIO GLO!

We are pleased to announce that Liz is now available for massage therapy. Liz has been massaging for years from home so it's great that she has now decided to practice from the Studio! I hope everyone gets the chance to experience another aspect of Liz's professional expertise.

Please contact reception for appointment times and bookings.

1/2 Hour \$35 1 Hour \$60



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.

Mushrooms & Chicken with Lemon

Ingredients: (serves 4)

- 4 (about 600g) chicken thigh fillets, trimmed
- 350g cup mushrooms, sliced
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup fresh thyme leaves
- Salt & ground black pepper, to taste
- Salad leaves, to serve

Method:

- 1) Place chicken and mushrooms into a large shallow dish.
- 2) Combine oil, lemon juice, thyme and salt and pepper in a jug. Whisk well to combine.
- 3) Pour over chicken and mushrooms. Toss well to coat.
- 4) Preheat a greased barbecue plate or large frying pan on medium-high heat.
- 5) Add chicken and cook for 4-5 minutes on each side or until cooked through.
- 6) Remove to a plate, cover with foil and keep warm.
- 7) Increase heat to high, add mushrooms and cook, tossing frequently, for 2-3 minutes or until tender.
- 8) Place chicken onto serving plates, top with mushrooms and season with salt and pepper.
- 9) Serve with salad leaves.

Kylie

