

SPECIAL POINTS OF INTEREST

“Stretching - Focus on Flexibility”

Nutrition Handout
“10 Feel Full
Fundamentals for
Christmas”

BeInspired:
“WORD OF MOUTH”

INSPIRE Bowls Day Out
Sunday December 10th

BITS ‘N PIECES

Birthdays in NOVEMBER

Happy Birthday to:
Rachael Spinks
Sheena Kleier
Yvonne Dolman
Susan Hall
Vanessa McGregor
Brian Troughton
Krishia O'Brien
Ditron Isai
Lisa Hollett
Rhianna Tregarthen
Melody Roberts
Robyn Bartilomo
Cecily Griggs
Sam Hauff
Penni Fyfe
James Maginness
Saba Jones..Yeeah
Hope everyone has a
wonderful birthday.

Stretching - Focus on Flexibility

Stretching prepares your muscles for exercise. And when you include stretching as part of your overall exercise, it can boost your flexibility, balance, coordination and well-being.

BENEFITS OF STRETCHING

- **Increased flexibility and better range of motion of your joints.** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.
- **Improved circulation.** Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.
- **Better posture.** Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
- **Stress relief.** Stretching relaxes tight, tense muscles that often accompany stress.
- **Enhanced coordination.** Maintaining the full range of motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.

STRETCHING ESSENTIALS

- **Warm up first.** Stretching muscles when they're cold increases your risk of pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite functional exercise at low intensity for five minutes.
- **Hold each stretch for at least 30 seconds.** It takes time to lengthen tissues safely. Hold your stretches for at least 20 seconds — and up to 60 seconds for a really tight muscle or problem area. That can seem like a long time, so wear a watch or keep an eye on the clock to make sure you're holding your stretches long enough. For most of your muscle groups, if you hold the stretches for at least 30 seconds, you'll need to do each stretch only once.
- **Don't bounce.** Bouncing as you stretch can cause small tears (microtears) in the muscle, which leave scar tissue as the muscle heals. The scar tissue tightens the muscle even further, making you even less flexible — and more prone to pain.
- **Focus on a pain-free stretch.** If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.
- **Relax and breathe freely.** Don't hold your breath while you're stretching.
- **Stretch both sides.** Make sure your joint range of motion is as equal as possible on each side of your body.
- **Frequency.** To be done at least 2-3 times per week as a structured exercise program.

Tip Sheet: 10 Feel Full Fundamentals

1. **Eat & drink slowly:** Slow down feeding to give yourself a chance to feel full. Researchers at the University of Florida found that brain activity in the hypothalamus (the appetite regulation centre) peaked 10 minutes after ingestion and was the brain's signal that food had been eaten. The bottom line here – take at least ten minutes to eat.
2. **Soup and salad:** Low-fat soups and salads offer large portions with little calories. Start your meal with these and you are more likely to feel fuller faster.
3. **Drink more water:** Drinking water before or with your meals can help your stomach reach capacity faster. If you get the munchies between meals grab your water bottle as a first line of defence.
4. **Chew more:** Foods that require more chewing slow feeding and take longer to digest. Lean meats, wholegrain pretzels and high-fibre cereals will give your jaws a workout.
5. **Go for whole grains:** High-fibre foods add bulk to your diet and slow digestion. Try wholegrain or wholemeal versions of bread, breakfast cereals, pasta and rice.
6. **Add more protein:** Add lean protein, such as fat-free ham or chicken breast to your lunchtime salads or sandwiches to fill you up to avoid the mid-afternoon munchies.
7. **Add spices:** If your main meals are a little bland, add flavour with herbs, spices and condiments. This can satisfy your taste buds sooner and help you limit your portion sizes.
8. **Have smaller serves:** Eating on smaller plates can create the illusion that you're eating more. If you're thinking about seconds, ask yourself whether you really need another serve.
9. **Listen to your body:** Pay attention to your body's hunger signals. Before you eat, stop and ask yourself these questions: Am I really hungry? What do I really feel like eating? Would something healthier satisfy me?
10. **Stay active:** When people quit sport or an exercise routine, but continue to eat to fuel their past activity level, weight creeps on. Maintaining some activity helps your hypothalamus down-regulate your appetite and balance your energy requirements.

inspire
PERSONAL TRAINING

Word of Mouth

Very hearty congratulations to Alison Daly. A true inspiration on the importance of perseverance, commitment and consistency. Ali's results read like this.

In the last 6 months Ali has **lost 17kg in body weight** and she has **dropped over 10% in body fat.**

Alison's Key Performance Tests have on average doubled on her performance goals. Well done on all your hard work Ali. Congratulations.

REMINDER:INSPIRE BOWLS DAY OUT

When: Sunday 10th December @ 1:00pm.

Where: Newmarket Bowls Club, Ashgrove Ave.

Price: \$12.00 includes BBQ lunch and bowls. Please advise interest