

WHO ARE WE?

Inside Out Personal Fitness specialises in fitness coaching, self development and motivational coaching for everyone wanting to make a change towards a healthier and happier lifestyle.

Because we are a mobile business, we cater to your needs creating an experience that is very effective and FUN! every time. Your sessions can be anywhere from the great outdoors, from a local park or by the water, from the comfort of your home or even your work place!

Your sessions are tailored to your goals to help you to get where you want to be, whether it be fat loss, lean muscle gain, increased fitness, flexibility, stress relief – the results are endless!!!

Training outdoors offers many advantages to our clients. Outdoor training provides you with a change of environment

from your air-conditioned office to the fresh air, which is beneficial for both your body and your mind. It also provides the solution for many of us who need to keep fit and healthy without having to go to a gym, which for many of us is intimidating and costly. Training outdoors can lead to long-term changes in attitude towards exercise simply by showing you easy, effective and inexpensive ways to exercise and stay healthy and happy!

Make exercise part of your day whether before, during or after work! Just 1 hour a day, a few times a week will make such a big difference to your quality of life.

Please call Belinda today on 0414 824 283 to organise your free initial consult or even just for a chat...

www.insideoutfitness.com.au



This month we welcome Accredited Practising Dietitian, Kate Marsh, from Northside Nutrition and Dietetics who will be providing us with regular nutrition information to help you in achieving your goals.

Northside Nutrition and Dietetics was first established in 1997, and has offices in Chatswood and Hornsby. Our Accredited Practising Dietitians, Kate Marsh, Caroline Hill and Suzanne Hughes can assist you with any dietary, nutritional or food-related concerns and are committed to the development of healthy eating habits and the enjoyment of food. Their aim is to provide the education, motivation and support to assist clients in making the dietary and lifestyle changes necessary to achieve their goals.

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Kate would like to offer clients of InsideOut \$10 off their initial consult

Exercise Profile:

5 quick ways to energise your life!

Improving your quality of life doesn't require a drastic change. It's as easy as making a few of the 5 suggestions below part of your daily routine!

1. TAKE THE STAIRS.

Every little bit of movement adds up, so avoid the elevator.

2. PICK A TIME OF DAY THAT WORKS FOR YOU.

If you're a morning person, exercise before work. All your good intentions may be gone by 5pm. But if you are an evening person then head out for your workout after work or even during your lunch break! The important thing isn't when you exercise, it's that you actually do.

3. HAVE A BALL!

By balancing on a ball to perform strength moves you are forced to use your stabilising muscles. This puts an additional challenge on your body and helps define your abdominals.

4. EXERCISE REGULARLY.

Active people are at a reduced risk of heart disease, high blood pressure, diabetes and certain types of cancer. Think of exercise as a recipe for prevention and a whole lot of FUN!

5. LAUGH!

Studies show that even forced laughter for one minute instantly improves your mood!

THE STEP UP

The step up is one of the most common movements performed on a day-to-day basis. Whether it be using the stairs, climbing onto a bus or crossing the street, or for those of you who train with me – HILL RUNS, STAIR CLIMBS ETC!!! This simple movement is part of the group of actions frequently performed by the lower extremity. The muscles involved are essentially all those of the lower limb and pelvic muscles.

A good stepping pattern helps your improve your stability, balance, power and lower body strength!

The muscles involved in the stepping UP movement are quadriceps, gluteus maximus and calf muscles (gastrocnemius and soleus) while the hip flexors and abdominals control the leg lifting phase of the preparatory movement before the foot contacts the raised platform. The hamstrings, adductor group, gluteus medius and minimus act as stabilisers / secondary movers to the hip and thigh throughout the stepping action. Other muscles such as back extensors assist by supporting the trunk.

Heart Health



Nutrition plays a major role in four of the risk factors for cardiovascular disease

Good nutrition is an important factor in keeping your heart healthy. Nutrition plays a major role in four of the risk factors for cardiovascular disease – high blood fats, high blood pressure, diabetes and overweight.

Eating for a healthy heart involves consuming a variety of foods from different food groups, eating more plant based foods, limiting fat intake and focusing on low glycaemic index carbohydrate foods. Following are tips to eating for heart health.

1. Eat at least 5 serves of vegetables each day including a variety of colours
2. Eat 2-3 serves of fruit each day
3. Choose wholegrain breads and cereals, including oats and barley, and those with a lower glycemic index
4. Include 30g of raw nuts each day – these have been shown to significantly reduce cholesterol levels in the blood
5. Include fish 2-3/week, particularly fatty fish such as salmon, sardines and tuna
6. Include 3 serves of soy products per day – soy protein has been shown to lower 'bad' cholesterol and increase 'good' cholesterol
7. Use monounsaturated or polyunsaturated oils for cooking and salad dressings – extra virgin olive oil is particularly good as it includes higher levels of antioxidants
8. Include legumes regularly (eg chickpeas, lentils, red kidney beans, 4 bean mix) – winter is a great time to use these in soups and casseroles
9. Limit saturated fats in your diet by choosing lean meats and low fat dairy products, avoiding high fat snacks such as cakes, biscuits and pastries and limiting intake of fried foods and creamy sauces and salad dressings
10. Limit salt in your diet by avoiding added salt in cooking and on meals, and choosing lower salt products when shopping

Remember to combine a healthy diet with regular physical activity (at least 30 minutes on most days) and a reduction in risk factors cessation of smoking, if a smoker. Do these things and your heart will be happier and healthier!

Almond Apricot Biscuits

With so little flour and sweetened with dried apricots only, these biscuits make a nice low GI sweet treat. Like anything else, low GI does not necessarily mean low energy (kJ). The ingredients in these biscuits are nutritious but if you're looking to lose weight, exercise control and eat in moderation.

Dairy free, Low GI, Low sugar

Ingredients:

250 grams raw almonds
20 dried apricots
1 tsp vanilla essence
1 tsp apple juice concentrate
1 tsp apple cider vinegar
2 egg whites
¼ cup wholewheat flour

Prep Time:

10 mins

Cooking Time:

10 mins

Ready in:

20 mins

Suitable for:

Finger Food, Snack

Preparation:

Preheat oven to 200 degrees C.

Method:

Combine whole almonds and apricots in a food processor, using the blade, and process for 3 minutes. Add vanilla, apple juice concentrate and vinegar. Beat egg whites until stiff. Fold through almond mixture. Roll into small balls. Roll in wholemeal plain flour. Place on a lightly greased non stick baking tray. Press down flat lightly. Cook for 10 minutes, biscuits should be lightly browned around the edges. Do not overcook. Cool on a wire rack and keep in an airtight container.



Getting your fitness where you want

it takes effort. Though, for many of us, there are areas of the body that just don't seem to want to improve. These can be areas that we know we have injured in the past or a part of our personal mechanics that just hinders our training for no apparent reason. Like a hamstring, groin or calve muscle that just says " Nah! I'm not doing more than 5Km no matter how you train me!" . Or a shoulder and neck problem that always seems to get stiff for exercise and leaves you feeling the need for massage. An ankle that threatens to give way. One arm that is stronger than the other. And so many others.

Well Osteopathy is the perfect way to find out why these areas aren't keeping up with your fitness goals. Osteopaths spend their days diagnosing and treating subtle problems in the foot and leg mechanics, pelvic girdle and shoulder girdle stability mechanisms, and spinal dynamics that are behind these problems. The symptoms are often muscular in nature, but the cause and solution lies in altered patterns of movement due to mechanical dysfunction in the locomotor and skeletal system. Osteopathy, although it shines in the realm of a manual medicine, is actually a philosophy. As such, the

specific approach of an Osteopath will vary greatly. At Osteo Plus we are skilled in choosing the right approach for the right problem. From sports injury, work related strain, trauma to developmental problems in infants. We have the whole approach. Also we don't believe in unnecessary treatment. We pride ourselves on our fast turn around rate. Part of our philosophy is to enable the body's systems to maintain themselves. Personally, I have worked on several Olympic gold medallists, and seen the power of Osteopathy even in the elitist of athletes. Have a think about it.

Good luck with that hamstring.

Hedley J Chinn
Principal Osteopath

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