



The Bodytracker

Your monthly health and fitness update



Rising to the Challenge

In October last year, a group of eager pioneers awoke early on a Saturday morning to be the first to embark on brand new fitness journey.

This quest would see them tackle challenges across a variety of terrains; from the air-conditioned comfort of the Bodytrack studio, through the dew-moistened grass blades of Anzac park, and up the glute-torturing inclines of Miskin Street five times a week for six weeks! So who were these bold exercise enthusiasts? We call them the Bodytrack Challengers.

The [Six Week Challenge](#) is designed for those who want an intensive exercise program delivered by experienced exercise physiologists

in a safe environment with an individualised focus.

Since the first challenge last year, two more programs have been run in January and currently in April. During the challenge, people are tested at beginning, middle and end across a range of exercise measures. From the results, it is clear that people's strength, cardio fitness and flexibility improve phenomenally. The stars of the program have been Nicola who lost 7kg and Ged who beat an initial test scores by 300%.

The next six week challenge starts on Saturday 29th June. Stay tuned for details and you and your friends could become part of the now infamous Bodytrack Challengers.

Coffee, Yes or No?

Coffee is a day to day product that many of us presume to know a lot about. So is it good or bad? The debate about coffee and health remains unclear. Here are some facts that may help you decide for yourself.

- * It is associated with lower incidences of Parkinson's disease.
 - * Had been found to decrease incidences of colon cancer.
 - * It is loaded with antioxidants.
 - * Linked to reduced risk of type 2 diabetes.
 - * Consumption during pregnancy is associated with adverse affects in newborn babies.
 - * It can decrease quality of sleep.
 - * Stimulates frequency of urination, which leads to loss of some vitamins and minerals.
- It becomes clear that the appropriate response to 'is coffee is good or bad?' is the annoyingly unspecific 'it depends'. Whilst the debate goes on, perhaps you have some facts on which to validate your love for coffee, or defend your opposition to it.

New at Bodytrack - Group Fitness for Mums

Bodytrack just launched a new program aimed at helping women and mothers with their health and exercise needs.



Many women experience difficulty maintaining fitness during pregnancy and getting back into shape after. Exercise can be intimidating when you don't know what you're doing, and are short on motivation.

The ["Fitness for Mums"](#) program encourages women or mothers to find a group of four to six friends, and get fit and motivated together.

Our exercise physiologists are qualified in the prescription of exercise and pilates programs for prenatal and postnatal women.

Classes target strength,

cardio fitness and flexibility, which helps to prevent common problems such as lower back pain; reduce joint aches and pains; assists with posture and gait; and prevent strain from daily activities such as lifting children.

Although aimed at current and expecting mothers, all are welcome to attend the mother's program. If you wish to rediscover your fittest self, or perhaps you just want an excuse to catch up with friends, book a fitness for mums group session, and until September 30th, get your free initial assessment.



Q & A with Daniel Ryan

Q: What is your favourite quote?

A: "Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

Q: Why did you become an exercise physiologist?

A: I wanted to do something which involved studying the human body.

Q: What challenges have you faced along the way?

A: Becoming a business owner without direct experience at 23. Quickest learning curve for the first 6 months.

Q: What is your favourite meal?

A: Medium rare steak with pepper sauce.

Q: How do you like to spend your weekends?

A: Relaxing, surfing and going out to breakfast.

Q: When did you learn to make the Chewbacca noise?

A: It just came to me from birth. It was the first word I spoke.

Q: Where do you see yourself and Bodytrack in 5 years?

A: Bodytrack will have a multi-disciplinary Allied Health team working in all areas of exercise physiology.

Q: What do you love most about your job?

A: I love meeting a client for the first time, seeing their potential to improve, then working with them as they achieve their goals.

Events This Month

World Asthma Day — May 01

National Heart Week — May 5-11

Mother's Day — May 12

Spinal Health Week — May 21-27

Australia's Biggest Morning Tea

Cancer Council — May 23

