

The Bodytracker

Your monthly health and fitness update



Challengers Raise the Bar

Our April Six Week Challenge has come to an end and we are over the moon with everyone's results and commitment throughout the challenge.

We would like to recognize our winners and congratulate them on their outstanding performance.

April 6WC Winners:

Overall winner—Alana P. with an average of 56% improvement across all measures.

Team player—Booga for always showing enthusiasm and supporting others.

Improvement Awards:

Flexibility—Will S.

with 143% improvement.

Aerobic Fitness—Nicola C.

with 32% improvement on her beep test scores.

Strength—Alana P.

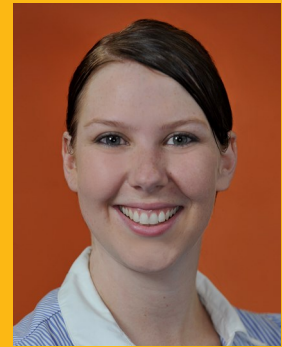
who averaged 69% improvement on strength measures.

The Next Six Week Challenge

Kicks off - Sat 29th June

Early Bird Special \$285*

*Until 21st June, \$299 thereafter.



Q&A with Abbey Nydam

Q: Favourite quote?

A: "Find a reason to exist, other than inertia."

Q: What are you currently studying?

A: Psychology Honours at UQ. I am based at the Queensland Brain Institute in the cognitive neuroscience lab and my project is in the area of plasticity.

Q: Where do you see yourself in 5 years?

A: Who knows, but I would love to be speaking at conferences, contributing to research, or perhaps working in organisations to improve efficiency, assist change management or inspire the leaders of tomorrow.

Q: Your best party trick?

A: Solving a rubix cube, 4min flat.

Q: What is your proudest sporting achievement?

A: When I was twelve I won 1st runner up International Princess of Dance at the American Dance Championships. I won money and flowers, and the biggest trophy you have ever seen. Good old American show spirit.

Q: What was your favourite TV show as a child?

A: RAGE music videos on ABC and Xena warrior princess. I hated cheese TV and cartoons.

Q: What do you love most about working at Bodytrack?

A: Dan's ripper sayings eg. "An absolute passport shredder", Brock's reliable coffee order (DSFW), and the great atmosphere between clients and staff.

This Month:

Bowel Cancer Awareness Month
Queens Birthday.....June 10
Men's Health Week.....June 10-16
World Blood Donor Day....June 14
Red Nose Day.....June 28

What is Grapefruit Really Doing to You?

Grapefruit has long been a 'go to' breakfast fruit that is known to be packed with vital vitamins and minerals. But could this supposed 'super food' be doing you more harm than good?

Scientists found the fruit reacts with more than 40 medicines taken by millions of Australians each day, causing devastating side-effects ranging from stomach bleeding to kidney problems, muscle aches and irregular heartbeats.

Astonishingly, just one glass of grapefruit juice is enough to treble the potency of some heart,

cholesterol, cancer and painkilling drugs.

The problem stems from changes to the metabolism of drugs. Usually an enzyme in the gut limits their absorption. Grapefruit contains chemicals that interfere with the enzyme, altering the rate of absorption and increasing blood levels —leading to side effects.

Check the [list of medications](#) known to interact with grapefruit. If unsure, consult your GP. You may have to think twice before reaching for that flavoursome fruit or morning juice.

Pilates Reformer

As diverse as it looks awkward.

The latest edition to greet the Bodytrack studio is a brand new Pilates Reformer.

Capable of stretching, strengthening and conditioning every part of your body, the machine employs springs, leverage and body weight to create resistance.

There are hundreds of benefits to pilates and Margie, our Pilates instructor, has highlighted the main advantages:

"Pilates can help optimise your posture and strengthen stabilising muscles to help develop muscular en-

durance and deep core control. It also resolves instability and prevents muscular tightness, which can cause pain or discomfort."

Although the reformer is designed for pilates, it can be adopted for a variety of exercise programs.

"Pilates exercises can actually help with anything from performance endurance to chronic pain and injury rehab," she explained.

The Plug: If you are interested in a [mothers pilates group](#), we are in the midst of filling a Thursday 9am group. Get in quick!



Upcoming Events

Bridge to Brisbane Sunday 1st Sep

Each year, Bodytrack enters a team in the Bridge to Brisbane. It is a great day in which clients and friends meet at Bodytrack, collect their pact and shirt, and

travel to the start line together.

We have people running and walking, so there is something for everyone.

—Register your interest at the front desk now and stay tuned for more information.

