



The Bodytracker

Your monthly health and fitness update

Cryotherapy Worth the Pain?

Cold water immersion is a common therapy, yet the evidence is inconclusive. One of our current prac students, Hamish, tells us more.

Cold water baths (or "ice baths") are a common recovery method used by athletes to recover after exercise.

The idea is that cold water helps the body to recover by limiting blood flow to damaged muscle. Temperatures range from 2 – 15° Celsius, and people often spend 10 - 15 minutes in the bath. But is the freeze worth it?

Research into the effects of cold water baths have been around for quite some



time. Recent findings from several studies have shown that cold water immersions can be detrimental to the long-term improvements gained from exercise (such as increased cardiovascular fitness and strength). Reasons for the detrimental effects are still unknown.

However, ice is still strongly recommended for acute injuries and should be used in the immediate first aid in common injuries such as sprains.

Stay tuned for more findings!

Bridge to Brisbane

1st Sept 2013

We would like to finalise numbers so we can register our team and start getting organised for the day! Let us know this week if you would like to join us 3870 4119

Congratulations!

The team at Bodytrack would like to congratulate Meagan Nay and Bronte Barratt for competing at the World Championships held in Barcelona! Bronte placed 12th in the 200m freestyle, 13th in the 400m freestyle

and swam the first leg of the women's 4x200m relay which got SILVER! Megz placed 15th in the 200m backstroke! CONGRATULATIONS GUYS! Enjoy the well earned rest.

Abbey and Margie Return from Europe

A big welcome back to Abbey and Margie who have just returned from a whirlwind tour around Europe. They visited eleven countries in four weeks including France, Italy, Spain and many more.

Remember to ask them about their trip, because we know there will be some great stories.

Margie's return also

means our Pilates group fitness classes are starting back up.

Pilates for Women

Tuesday—5:30pm

Wednesday—6:30pm

Friday—3pm

Classes for everyone

Saturday Circuit—9am

Bookings are essential.

For more information, don't hesitate to [contact](#)

[us](#)—3870 4119



Q&A with Matt Lyons

What is your favourite quote?

"Often it isn't the mountains ahead that stop you climbing, it's the little pebble in your shoe."

Tell us some challenges you have faced recently?

This year I'll become a Dad so that is something very exciting but challenging!

Coolest thing you have done recently?

Bought a house!

If you could be a fictional character, what would you be?

Not fictional, but Muhammad Ali has always been a hero of mine.

How do you like to spend your weekends?

Thinking up new ways to inflict pain on clients!

What was your favourite game as a child?

Football! I idolised Steve Renouf as a kid. Also I loved computer games so I played black hawk down lots.

Where do you see yourself and Bodytrack in 5 years?

The sky is the limit, helping clients achieve their goals!

Tell us something we don't know about you?

I have an unhealthy obsession with red cloud lollies

What's your greatest sporting accomplishment?

I was always jack of all trades but I guess various national touch football comps.

What do you love most about your job?

Brightening up someone's day or relieving some pain is always satisfying.

Events This Month

Healthy Bones Week.....Aug 4-10
Royal Brisbane Show.....Aug 14
Daffodil Day.....Aug 26



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