

The Bodytracker

Your monthly health and fitness update



Q&A with Jess King

Q: What are you currently studying?

A: Both accounting and marketing at the University of Queensland.

Q: What is your all time favourite movie?

A: Tough choice but I would have to say Greece and The Sound of Music are on an even level.

Q: What is your favourite food?

A: Chips

Q: What sports did you play as a kid?

A: Netball, tennis, basketball and nippers.

Q: What was the last book you read?

A: A lot of uni textbooks, the last book I read for fun was the Hunger Games

Q: What would we find in your fridge?

A: Strawberries

Q: What is your greatest sporting achievement?

A: I competed in the state championships for netball for 5 years from age 12 to 16.

Q: Where is the next place you plan to travel to?

A: I really want to go back to Spain and explore it more, and then head to Portugal and Morocco and then over to South America. Might have to work a few more hours at Bodytrack first though ☺

Events This Month

International Prostate and Cancer Awareness Month
National Stroke Week 9-15th
World Heart Day — 26th



Hypertensive Response to Exercise

Determining hypertensive response to exercise has been under review of late. One of our current prac students, Anya, tells us more.

Whilst blood pressure is expected to rise during exercise, there are levels which are considered too high. Importantly, this hypertensive (high blood pressure) response has been associated with the development of hypertension (high resting blood pressure) and other cardiovascular complications and events.

Generally, it is not recommended for systolic blood pressure of males and females to exceed



210mmHg and 190mmHg respectively during exercise. Nor is a diastolic blood pressure greater than 105mmHg deemed safe.

However, these guidelines do not address an individual's fitness level. And so the question is posed, should these safe-

ty thresholds be lowered or increased for an individual depending upon their exercising capacity? This question formed the crux of my research. We took patients with chronic kidney disease and examined their blood pressure response before and after a 12 month exercise intervention.

We found that adjusting peak systolic blood pressure to exercise capacity will provide a better indicator of a hypertensive response to exercise.

Stay tuned for more findings.

Summer 6 Week Challenge IS BACK!

Our summer six week challenge is ***BIGGER and BETTER*** than before and kicks off on Saturday the 21st of September!!!! What better way to prepare for summer. Registration closes the 7th of September. Only \$11.96/session!

Phone today to book your spot!

Get your family and friends involved!



Bodytrack B2B Team!

A big congratulations to everyone who participated in the Bridge to Brisbane on Sunday 1st Sept!! It was a great start to Fathers day. Good to see everyone achieve their goals!