



The Bodytracker

Your monthly health and fitness update

Is there a best time to exercise?

With our busy lifestyles, exercise often gets forced into any timeslot we have left available. But is exercising at different times of the day a bad thing? Is there a best time of the day to exercise?

Interestingly, the time of day you exercise does influence the acute effects of exercise. For example, there is literature to suggest that human growth hormone, testosterone, cortisol, melatonin, thyroid hormone 4, and antioxidant activity differs depending on the time of day exercise is performed. Additionally, the current research widely supports the notion that greatest exercising performance can be attained during afternoon. This ability to train harder leads to

afternoon training sessions being the most effective for improving cardiorespiratory fitness. However, when determining the best time of the day to exercise, more factors come into play than the physiological response to the session.

It is the benefits of exercise accumulated over time that have the greatest effect on overall health and quality of life. As such it is more important to find a time of day that allows you to exercise on a regular basis. Factors such as exercise preference, location, weather, social setting, and other life commitments will dictate when it is best for an individual to exercise during the day.

The resounding and under-



lying message through all the research regarding exercise is that any exercise is better than none at all. Rather than worrying about when is best, worry about when is best for you. Find a time that you can commit to regularly in a session that you know you will enjoy. This gives you the best chance to adhere to an exercise program and attain the many benefits.

Are Eggs Healthy?

The nutritional value of eggs has been a controversial topic for some time. Egg paranoia has been based on the old assumption that eating yolks will raise your blood cholesterol and in turn increase your risk of artery and heart disease. However it has been known for quite some time now that eating cholesterol actually has little effect on blood cholesterol. Eggs contain good amounts of omega-3 fats that have been proven to benefit heart health in multiple ways.

The National Health foundation last revisited its official position on eggs in 2009. It now says "all Australians who follow a healthy balanced diet low in saturated fat can eat up to six eggs each week without increasing their risk of heart disease." This advice is in line with



that given by several other major health organisations overseas, including the World Health Organisation.

Eggs are also a rich source of protein which is more readily absorbed and used by the body than protein in any other foods. This makes eggs a very useful food for those who are vulnerable to poor nutrition, such as older people whose absorption of nutrients is impaired.

From this experts don't necessarily suggest you need to eat more eggs. The conversation is more about advising people can eat eggs without feeling guilty that you are eating a 'bad' food.



Congratulations Matt and Lou!

Congratulations to Matt and Lou on the arrival of their beautiful baby, Elyssa Matilda Lyons! She was born on the 21st of September 2013. Hope you don't have too many sleepless nights. We look forward to Matt's return to Bodytrack on the 9th of October!



Q&A with

- Q: What is the secret to Health and Happiness?**
A: SLEEP
Q: Did you always know you wanted to be an exercise physiologist?
A: I wanted to be a chef and a cabinet maker.
Q: If you could eat only one thing the rest of your life what would it be?
A: Mangoes
Q: What was the last book you read?
A: Inferno—by Dan Brown
Q: What sports did you play as a kid?
A: Golf, Rugby and AFL
Q: What would we find in your fridge?
A: Mince, strawberries and a lot of left overs
Q: How do you like to spend your weekends?
A: Sleeping at the beach
Q: What would you do with 1000 ping-pong balls
A: Fill a pool and swim
Q: Tell us how you and Bodytrack came to be?
A: I was a prac student and was offered casual employment

Happy birthday Brock for the 30th of September!!



This Month:

- October Month Oct
- Labour DayOct 7
- Veterans Health Week ...Oct 14-20
- World Osteoporosis DayOct 20
- Pink Ribbon Day Oct 28

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