



The Bodytracker

Your monthly health and fitness update



Q&A with Sam Donaldson

Q: What is your favourite quote?

A: "It's all the 1 percenters that can make the difference between winning gold and taking silver"

Q: Did you always know you wanted to be an exercise physiologist?

A: No not really, for me it was a fantastic step towards my ultimate goal of becoming a physiotherapist.

Q: Describe the coolest thing you have done recently

A: I taught an amputee how to walk again using a prosthetic leg! So exciting to see them upright and moving!

Q: What's your most recent sporting accomplishment?

A: Won the soccer grand final, scored the winner and took home the MVP award!

Q: What is the secret to health and happiness?

A: Life balance. Regular exercise, a healthy diet, good friends and a working lifestyle that you enjoy and accommodates life outside of work.

Q: What is next for you?

A: Completing my Physio degree and then Melbourne, here I come!

Why do my muscles hurt after I work out?

There are several causes of sore muscles after exercise. One of the most common causes of muscle soreness is known as delayed onset muscle soreness or DOMS. DOMS is a result of physical activity that stresses the muscle tissue beyond what it is used to. It typically develops 12-24 hours after exercise and generally lasts up to 72 hours but can sometimes persist for up to 14 days.

The main aggravator is eccentric muscle contractions. This is when the muscle contracts while it lengthens. Exercises that involve this type of muscle movement include stair runs, jogging or running downhill, the downward movement of squats and pushups and the lowering of weights such as in a bicep curl.

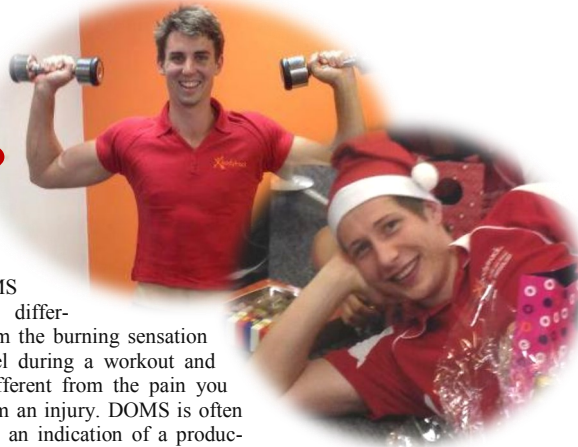
DOMS is thought to be caused by microdamage in the muscle fibers and connective tissue. Scientists believe this damage, coupled with the inflammation, is the source of pain.

DOMS

pain is different from the burning sensation you feel during a workout and also different from the pain you get from an injury. DOMS is often used as an indication of a productive workout as it means you've trained intensely enough to break down muscle tissue, and as a result, you will be rewarded with new muscle growth.

While your muscles are sore, don't expect to set personal records. During this time, your exercise potential when attempting to exercise the same muscles will be out of reach. That is why it is good to exercise different muscle groups to let the fatigued ones recover.

Stretching is the best way to promote recovery following DOMS. Stretching breaks the cycle from soreness to spasm to contraction and tightness.



A foam roller is the greatest asset for sufferers of DOMS. Also, light exercise such as walking or swimming is also helpful. It causes muscle temperature to increase, which increases blood flow bringing fresh oxygen and nutrients to the injured site and helps wash away chemical irritants which cause the pain.

It is important to note that anyone can get DOMS. The muscle soreness is simply an indication that muscles are adapting to a fitness regime. If the pain does not decrease over time, consult your exercise physiologist.

Farewell Sam and Brock!

Brock and Sam's handsome faces will soon be a mere memory as they finish up their time at Bodytrack this year.

Brock will be saying farewell this Friday as he sets sail for a new career path in Orthopaedic sales. Brock began working for Bodytrack in 2010 after being a prac student here. In that time, he became a well loved member of our team and will be sorely missed.

Sam will also be leaving in December after graduating from Physiotherapy and making the big move to Melbourne. Sam has been with Bodytrack for five years after also completing prac here. He has been a great asset to Bodytrack over the years and we are sad to say farewell.

Good luck to Sam and Brock as they embark on new and exciting careers. We wish you all the best!



Did you know?

- Movember started with 30 Melbourne blokes in 2003 who grew moustaches for the 30 days of November and then partied after.
- Now 3 million people participate in Movember across 21 countries.
- Movember is dedicated to promoting awareness and increasing education relating to Men's health.
- If you can't grow a moustache, show your support by sporting sunglasses for the month.
- Mo Sistas can also help out by supporting the Mo Bros in their quest to grow moustaches
- **How to get involved?** register your interest online at au.movember.com

Men's Health Fact sheet

- Prostate cancer is the 2nd most common cancer in men behind lung cancer.
- 1 in 6 men will be diagnosed with prostate cancer in their lifetime
- If you catch it early, the chance of surviving the next 5 years is 100%
- It is advised that men over 50, or over 40 with family history of prostate cancer should talk to their doctor about being tested.
- 1 in 6 Australian men suffer from depression and 1 in 5 suffer from anxiety disorder. However, men account for 80% of suicide rates.
- Despite up to half the population of men experiencing mental illness at some point in their life, only 13% seek professional help.
- A program called 'Soften the Fck Up' aims to challenge the idea of what it means to be a man and help reduce the stigma.

Events This Month

Movember - Men's Health Awareness Month.....1-30th
 World Diabetes Day.....14th
 Antibiotic Awareness18-24th
 International Men's Day.....19th

facebook

facebook.com/Bodytrack