



# The Bodytracker

Your monthly health and fitness update



## Slip, Don't Slide This Christmas

Many people fear the holiday season for its potential to undo all your hard work. In the face of delicious Christmas spreads, festive drinking and family catch-ups, it can be hard to maintain healthy eating and exercise habits that you have worked hard to establish.

Often, our natural response is to throw our hands in the air, claim there is no hope, and declare defeat. However, there is a way to keep up a healthy lifestyle without compromising seasonal festivities; and it all has to do with realising a slip does not have to be a slide.

So you have stuck to your

health goals for the first week, but on that fateful day, you find yourself chowing down on three pieces of cake and buttered potatoes. A common response is to feel guilty, say your diet is ruined, and end up eating badly for the whole Christmas period. Similarly, if you missed exercise for one day, you give up saying you will start again next year. These examples show how a small slip up can become a slide into a negative mind frame

Thankyou to all our clients for your support. We wish you Merry Christmas and a Happy new year.  
- From the Bodytrack Team.



## Keep It Loose!

### Preventing muscle stiffness while sitting.

While many people spend the Christmas season up and about, the holidays are also a time to relax and travel. During this time, prolonged sitting can stiffen up the joints at your knees, hips, spine and shoulders. To keep you limber, we have compiled three easy exercises that can easily be done while sitting.

**1.** The first is a stretch for your neck and shoulders. While sitting on your hand, sit tall in the seat and tilt your head to the opposite side (ear to shoulder). Now, rotate your head slowly and only until you feel a slight stretch by moving your chin towards your chest. This changes the stretch slightly by moving it to the back of the neck and across the top and back of your shoulder. This will stretch the Trapezius and the Scalene muscles of your neck.

**2.** The next exercise mobilises your shoulders and upper back. Simply sit tall in your seat, drawing your belly button in towards your spine to activate your abdominal muscles. Using muscles between your shoulder blades, pull your shoulders down and together across your back. This should make you feel like you're sticking out your chest. Then, slightly tuck your chin backwards and under (as if you were holding a tennis ball between your chin and chest). This puts your spine in a good position and activates Rhomboid muscles, which hold your shoulders back. Hold until fatigue, with a 60 second rest and then repeat.

**3.** The final exercise requires you to sit tall in your seat, with both your legs and arms out

that ends in giving up all together. But this does not have to be the case. Let me elucidate you on the banana peel metaphor.

Say, you are walking down the street and you see a banana peel. You realise its slippery potential and you move avoid it. This describes when we find it easy to stick to our goals and prevent any slips. However, say you are not paying attention (because you are distracted by a glazed ham). This time you slip on the banana peel. You flail your arms wildly, and manage to regain your balance. Viola! You miraculously prevented a fall even though you slipped.

This is what we mean by realising that a slip does not automatically lead to a fall. Just as eating one bad meal should not mean you give up for three weeks.

When our feet slip, our nervous system automatically responds by moving our limbs to prevent the fall. When our behaviour slips, there is no reflex in our mind to prevent further behaviour. However, if you simply acknowledge that a slip does not have to become a slide, it will eventually become as reflexive as flailing your arms.

A slip does not have to be a slide. Remember the banana peel metaphore and you can stay track for the new year of 2014!



straight. Starting at your neck, slowly roll each vertebra forwards and down so that you begin moving the arms out towards the feet. When you reach a point where you feel a stretch behind your legs, hold this position for a slow count of 10. This activates the Erector Spinae muscles, and will prevent stiffening of the Hamstring muscles.

It is best to repeat these exercises every 30min from the start of prolonged sitting. Hopefully your holiday will be loose and pain free!



## Q&A with Margie Thompson

### What is your favourite quote?

There's nothing you can do that can't be done

### What is the most adventurous thing you have done?

Trying to do a handstand in a single rowing boat on the Brisbane river when I still believed sharks could get me.

### What is your next adventure?

A 7 day horse ridding challenge in Hungary. I am sure it will be one of the biggest physical challenges I've done!

### What was your favourite TV show as a child?

Pokemon. I still love it. I love comics and cartoons.

### What would we find in your fridge?

Cucumber, Asparagus, Lots of seafood.

### What do you like to do on a weekend?

Read fantasy novels and sunbake. Slip, Slip, Slap of course.

### Why do you love Christmas so much?

It's the day before my birthday!!!! And I love all the decorations and the atmosphere. Maria Carey's Christmas album is my favourite.

### What is your greatest sporting achievement?

Going to Rowing Nationals in 2006  
**What is the secret to Health and Happiness?**

Be smart. Make smart decisions about what you do with your body and what you put in your body.

### What do you love most about working at Bodytrack?

The clients! Everyone is always so happy to be here and I have learnt so much.

## Events This Month

World AIDS day.....Dec 01  
Volunteers' Day.....Dec 05

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