

The Bodytracker

Yes! The Bodytracker is back! We love sharing our clients' achievements and keeping you updated with what's going on at Bodytrack, so we are bringing back a quarterly edition of the Bodytracker newsletter. The Bodytracker will include interviews with some of our amazing clients, details of upcoming events, and features on the latest news in the Ex-Phys world. If you have suggestions for anything you would like to see in the Bodytracker, please email them through to info@bodytrack.com.au. Happy reading!

New Staff Member: Rachel Forbes



We are excited to introduce our newest staff member, Rachel Forbes. Rachel has always led a very active lifestyle with an elite sporting background, which she believes sparked her passion for exercise physiology and her particular interest in the areas of musculoskeletal rehabilitation and chronic disease management. Since graduating from the University of Queensland in 2011, Rachel has travelled to Scotland where she competed for the Scottish Netball team at the Glasgow 2014 Commonwealth Games and the 2015 Sydney Netball World Cup.

As well as developing her own client base, Rachel will be working with many of Andrew's clients while he is in Vietnam on his prac placement for Medicine. We wish Andrew all the best on what will no doubt be an incredible experience!

Client Feature: Lucy Bodimeade

When and why did you come to Bodytrack?



I started coming to Bodytrack about 10 years ago to get help for a frozen shoulder. I'm a person who doesn't naturally enjoy exercise but I keep coming back because I really enjoy the sessions. They are specially designed just for me and my ability, with special attention given to any sore areas or injuries. My program

is continually reviewed to accommodate my changing needs so there's no chance of ever getting bored. All the trainers at Bodytrack are really friendly making it a great environment to do exercise.

What are your favourite and most hated exercises?

I like exercises where I'm sitting or lying down the most, but I really don't like the reformer.

Where would we find you when you're not exercising at Bodytrack?

I really like studying and you would usually find me at Uni, but lately I've been spending a lot of time doing things for my Mum who is 91. Also, I like catching up with girlfriends for a coffee.

What are three things you couldn't live without?

My family for sure, air-conditioning in the Brisbane summer, and of course Bodytrack because my body would 'seize up' if I couldn't come here.

Describe your favourite holiday destination.

I love beach holidays—I especially like early morning walks on the beach.



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EP Latest News

Bodytrack AEP, Andrew Sax, has just published an article in the *Journal of Cancer Survivorship* which compares the effects of high-intensity and moderate-intensity exercise on cardiorespiratory fitness and body composition in colorectal cancer survivors. Impressive, right?

The study found that high-intensity exercise was superior to moderate-intensity exercise for improvements in VO₂peak (a common measure of aerobic fitness), increasing lean mass, and decreasing fat mass and percentage. Although this research specifically targeted colorectal cancer survivors, it adds to a growing number of studies which have found high-intensity exercise to have a stronger effect on muscle gain and fat loss than moderate-intensity exercise.

So should you start a high-intensity exercise regime? There are few things to consider; to really benefit from this form of training you need to work in specific heart rate zones. Calculating your individual target heart rate zones can be difficult and an accurate heart rate monitor can be expensive. Working at a high intensity also increases the risk of injury if the correct form and technique is not maintained during exercise. Luckily your Exercise Physiologist knows the protocols to identify your ideal heart rate zone and gain maximal benefits, they have the correct devices and skills to monitor your heart rate, and are always there for guidance on technique to ensure your safety.

For more information about the benefits of high-intensity exercise or to read Andrew's full study, drop in and see the Bodytrack team.



Congratulations to our Challengers who just wrapped up an amazing 6 weeks of dedication, sweat, and massive fitness improvements! Check the dates below for the start of the next challenges.

Quiz time!

Guess which focus muscle is being activated in the exercise described below:

Lying on your back, with your knees bent and keep your feet flat on floor. Draw your belly button to your spine and slowly lift one foot off ground, keeping your trunk stable.

Bodytrack Calendar

Oct 27: Type 2 Diabetes Group Program commences

Oct 31: Final 6 Week Challenge for 2015 commences

Dec 4: Elisha's Birthday

Dec 25: Christmas Day—Bodytrack Closed

Dec 28: Boxing Day Holiday—Bodytrack Closed

Jan 1: New Years Days—Bodytrack Closed

Jan 12: Type 2 Diabetes Group Class commences

Jan 23: New Year 6 Week Challenge commences

Jan 26: Australia Day—Bodytrack closed



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