

## PUSH UPS

Push-ups are one of the best upper body exercises in existence, hands down (pun intended!). Even with access to a barbell and dumbbells, Opt for the good, old-fashioned push-up instead. That's because they're convenient, they develop a great deal of strength, and they are arguably safer for the shoulders than many weight-bearing exercises. Plus, there are a ton of variations to make them more difficult. The problem is, people don't always do them properly. Here's how to do them right: Keep your head, neck, torso, and hips in a straight line. (It helps to engage your abs.) Keep your elbows close to your body—don't let them flare out. Lower yourself down, and then push back up in a controlled movement

## RUNNING - HOW FAST OR SLOW SHOULD I GO ?

**Start slow** No matter how far or how long you plan to go, start out slowly to warm up and gradually raise your heart rate. That will make the workout feel easier sooner. You want to go into the workout with the idea that you'll finish strong. If you finish feeling gassed, you're going to be demoralized and it's going to be that much more difficult to get out for your next workout. One of the most common mistakes newer runners make is going out too fast.

**Walk briskly** If you're walking, your cadence should feel quick. You should be able to hold a conversation. If you can sing, you're likely going too slow.

**Run relaxed** When you first start out, it's common to clench up muscles that aren't involved in running. And that can sap the strength you need for a good workout. So when the going gets tough, do a body scan: Unknot your brow, unclench your jaw, keep your hands relaxed (imagine holding a piece of paper between your thumb and pointer finger), and breathe. You'll be amazed at how much easier the workout feels!

**Measure minutes, not km's** Don't worry about your pace or km's covered when you're just starting out. The first step is to focus on building overall fitness—and to make exercise a habit. The biggest health improvements (lower risk of cardiovascular disease, diabetes, and hypertension) result from the time you consistently spend elevating your heart rate. It doesn't matter how many km's you cover while you're out.

**Tune in to your body** Once you hit a pace that feels comfortable, tune in to how your body feels. How hard are you breathing? How quickly are your legs turning over? How do your leg muscles feel? Getting a sense of how your comfortable pace feels will help you lock in to it on every run.

Flexible muscles and tendons are extremely important in the prevention of most strain or sprain injuries. When muscles and tendons are flexible and supple, they are able to move and perform without being over stretched. If however, your muscles and tendons are tight and stiff, it is quite easy for those muscles and tendons to be pushed beyond their natural range of movement. When this happens, strains, sprains, and pulled muscles occur.

To keep your muscles and tendons flexible and supple, it is important to undertake a structured stretching routine.

## BOOTCAMP NEWS

Bootcamp kicks off again this week. Welcome to all new participants and welcome back to those who are giving it a go again. We have a very special group . Thanks to all of you for being so supportive towards one another.

Congratulations to Paul May being the highest achiever in the July/August Bootcamp. Paul doubled his pushups and achieved two levels higher in the box cardio test in the four weeks of training .

Roland was second and Lumi was the third highest achiever. Well done ! [fitnessNRG.com.au](http://fitnessNRG.com.au)

# SOLDIER ON FUNDRAISER

Dan Prowse is a lieutenant in the Navy. Dan has been training at FitnessNRG to prepare for the Invictus Games in London. [www.invictus.org](http://www.invictus.org) The games will be held in September and he has trained hard for it !!! His fitness and strength has increased over the training sessions and it's been a great journey watching him succeed in his goals . He is an inspiration ☺

Dan has put together a team to compete in the Melbourne Marathon Sun 12<sup>th</sup> October. Dan is looking for anyone who wants to join him in the 10km run/walk. His team are raising funds for SOLDIER ON

**"Soldier On is about Australians coming together to show their support for our physically and psychologically wounded. We want to show the men and women of our Defence forces that we will always have their backs." - Soldier On website**

Soldier On support wounded, ill and injured personnel by provided essential rehabilitation services. Soldier On is in their infancy and are not as large as Legacy or RSL, and were established only in 2012.

Information can be found at:

Event Website

<http://melbournemarathon.com.au/>

Team Page

<http://melbournemarathon2014.gofundraise.com.au/page/ProwseD>

Soldier On

<http://soldieron.org.au/>

You can help Dan raise funds by jumping in the 10km event or you can sponsor the team. Contact Dan on 0421 925 366

## RECIPE - BUTTERNUT PUMPKIN AND APPLE SOUP

- 1.5kg butternut pumpkin, peeled, seeded and chopped
- 2 apples, peeled, cored and chopped
- 1 brown onion, peeled and quartered
- 2 cloves garlic, peeled
- 1/4 cup olive oil
- 2 teaspoons salt
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon ground allspice
- 4 cups unsalted vegetable broth

How to make it

- Preheat the oven to 200°C.
- Combine the butternut pumpkin, apples, onion, garlic, olive oil, salt, rosemary, thyme and allspice. Spread onto parchment-lined cookie sheets. Roast for 40 minutes, turning once.
- Puree roasted vegetables with broth, either using an immersion blender or in batches in a food processor. Simmer over medium heat until warmed through