

## HOW TO BOOST PAIN TOLERANCE

I read this article and thought "How true" . Do you find that sometimes you have thought after an activity you could have pushed a little bit harder.?

What's the difference between threshold and tolerance? Threshold tells you when a stimulus becomes painful; tolerance tells when it becomes so painful that you can't take it anymore. A 1981 study compared three groups: elite swimmers, club-level swimmers, and non-competitive athletes, using ischemic pain (how many times they could squeeze their fist while blood flow to the hand was cut off) as a pain test.

The first key result: all three groups had basically the same pain threshold. So the elite athletes weren't gifted with some strange insensitivity to pain; they hurt just the same as everyone else. But there were enormous differences in pain tolerance: the elite athletes lasted far longer than the club athletes, who in turn lasted longer than the non-athletes. Put simply, the top athletes were willing and able to suffer more and for longer. Intriguingly, this isn't something they were born with. Another part of the study involved measuring pain threshold at three different times during the season. Their pain tolerance was modest early in the season when training was relatively low-key; it was highest during peak season when they were training hard (and suffering every day in practice); then it dropped again after the end of the season.

The message here? Suffering is something you have to practice – and you really do get better at it. **So embrace the pain of training!** ..... Runners Magazine Jan 2014

## REMINDER: BOOTCAMP 10KM SHERBROOKE FOREST FRIDAY 21<sup>ST</sup> MARCH 6.30PM

The Bootcamp troops are off on a scenic trek through the Sherbrooke Forest Friday 21<sup>st</sup> March.. We are meeting on the corner of Terry's Lane and Sandell's Road Tecoma. Please note the session is starting at 6.30pm. If you have a catch up class, this will be a good opportunity to jump in. Please arrive 10mins early. I promise you I wont lose you this time haha.... You will follow a map !!!!!!!

## RECIPE - STUFFED CAPSICUMS

### 4 large red capsicums, top cut off and deseeded

2 tsp. olive oil

1 onion, finely chopped

2 cloves garlic, finely chopped

500g extra lean mince

100g container salt reduced tomato paste

1 zucchini, finely diced

2 celery stalks, finely diced

1 cup button mushrooms, finely chopped

1 carrot, finely diced

420g can of tinned tomatoes

½ cup reduced fat grated cheese

Mixed salad to serve

1) Cook onions, garlic with olive oil. Add mince until brown. Add tomatoes, paste and vegetables and simmer for 20-30 minutes.

2) Heat oven to 160°C. Place cooked mince in capsicums, top with grated cheese and cook for 10-15 minutes until heated through and cheese melted. Serve with salad.

## DATES TO REMEMBER

FRI 21 <sup>ST</sup> MAR 6.30PM	10KM SHERBROOKE FOREST TREK
SAT 22 <sup>ND</sup> MAR	NO BOOTCAMP TODAY
WED 2 <sup>ND</sup> APRIL	END OF 8 WEEK CHALLENGE. LAST WEIGH IN
THURS 3 <sup>RD</sup> APRIL	LAST DAY OF TERM 1 CLASSES
SAT 5 <sup>TH</sup> APRIL	NO BOOTCAMP TODAY
SUN 6 <sup>TH</sup> APRIL	DAY LIGHT SAVINGS END. MOVE CLOCK BACK 1 HR AT 3AM
WED 9 <sup>TH</sup> APRIL	LAST BOOTCAMP SESSION
FRI 18 <sup>TH</sup> APRIL	GOOD FRIDAY
SUN 20 <sup>TH</sup> APRIL	EASTER SUNDAY
TUE 22 <sup>ND</sup> APRIL	TERM 2 CLASSES BEGIN
WED 23 <sup>RD</sup> APRIL	BOOTCAMP RESUMES

### **FITNESSNRG RUN CORE CLASSES ON A TUESDAY NIGHT AT 7PM.**

THE CLASSES ARE A MIX OF PILATES, YOGA AND FUNCTIONAL CORE STRENGTHENING AND STRETCHING. CORE MUSCLES ARE THE MUSCLE'S YOU RELY ON IN EVERY SINGLE ACTIVITY OF YOUR DAY, WHETHER IT'S SITTING ON A CHAIR OR EXERCISING.. COME ALONG AND GIVE IT A GO!

## ARE YOU EATING MORE CRAP BECAUSE YOU WORK OUT?

Naturally exercising is great, but eating more rubbish simply because you do exercise is perhaps not the ideal outcome. Whether we eat more after a workout because we are extra hungry, give ourselves permission to have more treats because we perceive that we have burnt extra calories or because we are eating meals later than usual so grab extra snacks, extra food also means no weight loss, or even weight gain, no matter how much you are training. So, if you are training yourself silly with no apparent results, here are some ways to help control your appetite and food intake no matter what your training schedule.

- 1) Plan a snack within an hour of a training session** – this will prevent you from mindless snacking.
- 2) Drink an extra 500ml of water for every 1hr you train** – to help support optimal hydration.
- 3) Make sure your meal after training contains both carbs and protein** – carb less meals can leave you craving sugar.
- 4) Avoid rewarding yourself for training** – sure you may enjoy a small treat a day, but eating more junk because you have trained makes no sense.
- 5) Add 100-200 calories to the meal before training** – training full fuelled will help to regulate appetite post session.

**A POEM FOR SARGE: IT'S CALLED:  
SHE MAY BE SMALL BUT SHE IS LARGE**

When its raining outside and we're laying in bed worrying about drops of water on our heads

Sarge stands firm and says "Its only a little wet! I haven't drowned you yet!"

And when she says "Left", instead of "Right"

And Wazza and Allanna get a little uptight

She smiles sweetly, "Its just a little extra slog to add to your activity log!"

When the boys up the back are going "yackity yack"

Sarge just shuts them up with "Up Harvey and back!"

Paul can grumble and Paul can groan but Sarge just lets him stand his own.....

Very wobbly knees.....

Not sure if its Sarah or Sarge we have to blame as Sarge conjures up ways to tame

Sarah's "Im stronger than you "flame"

Jase, so proud, just stands by and looks in awe and a shiny tear in his eye!

Be warned Youngies: Arna, Sophe, Red & Jack, the rest of you lot, who do your best for this dynamic tot

And "The oldies" – wont name you – fond troopies and friends

Never think Sarge I giving us a choice, when she says in her sweet syrupy voice "Run or Abs"...

But, no matter the task, whether you come first or last, Sarge always makes you feel "best in class"

And Sarge, even when we're not here, you are in our minds and brains

Giving us a little hunch: "Would Sarge think that's a good choice for lunch!?"

To the Bootcampers that the Bootcampers never see

Who exercise at the luxurious times between 10 and 3

Its good to see us all alive

As Booty and Bootcamp we did survive.....