



## “FITNESSNRG IS GOING PINK FOR BREAST CANCER AWARENESS”

- **WHERE** GRANTS PICNIC GROUND MONBULK RD KALLISTA
- **WHEN** FRIDAY 9<sup>TH</sup> MAY .....
- **TIME** 6.30PM IT SHOULD TAKE 1- /1 ½HRS .....
- **WEAR PINK** PINK TOPS SUPPLIED IF YOU DON'T HAVE ONE .....
- **HOW FAR** APPROX 7KM.....
- **WHAT DO I BRING ?** BACK PACK, TORCH, WATER, RAINCOAT .....

### LEARNING TO BREATHE

If you have not been breathing properly during stretching or other physical activities, it might seem a little awkward at first. Once you learn how to breathe properly, the process becomes second nature. The whole trick to breathing properly, is knowing when to breathe in (inhale) and when to breathe out (exhale).

The easiest way to remember how to breathe during a stretch is to exhale as you are moving into the stretch and inhale as you return to your original position. For example, try doing a simple leg stretch. Sit on the floor with your legs straight out in front of you and try to reach towards your toes while inhaling. It's not very easy, is it? Now, try the stretch again as you exhale. You will find that as you release the air from your lungs, you can stretch a lot farther.

Exhaling occurs whenever you are moving weight. Sometimes it is away from your body (as with leg presses or push-ups) and sometimes it is towards your body (as with bicep curls or lateral pull-downs). This is the same during a stretch; your body is the weight that you are moving. When you move into the stretch, you are moving the weight of your body, so you should breathe out. As your muscles return to their original positions, you should breathe in.

If you get confused in the beginning, that is all right. The important thing to remember is to breathe no matter what. Holding your breath will not help you at all, and you will find yourself tiring faster. For your body to get the maximum results, you have to consciously make an effort to do everything you can to increase internal performance

### SQUATS

The squat is a simple, classic exercise that should be part of every runner's routine. That's because it builds functional strength that carries over to better running. Squats activate the glutes, hips, hamstrings, quads, calves, and core muscles in a bent-knee position, which builds running-specific power to propel you forward. Strengthening these muscles also guards against injuries like runner's knee and iliotibial-band syndrome..

#### GOOD FORM

Do it right to protect knees

- 1 Maintain a tall torso with shoulders back, chest out, and gaze straight ahead.
- 2 Lower down until your thighs are parallel to the ground (no deeper).
- 3 Watch your knees: don't let them extend past your toes or collapse inward.

## EAT YOUR WAY TO HEALTHY MUSCLES

Stocking your kitchen with these superfoods will help you build and maintain muscle, so you can run faster and stronger.

### **Pomegranate juice**

Ellagitannin, a phytonutrient found in pomegranates, reduces inflammation and post-workout soreness, according to physiologists at the University of Texas.

Weekly serving: 3 x 200mL glasses

### **Pork fillet**

Lean, mean, high-quality protein.. It also provides thiamine, the B vitamin key to efficient metabolism of carbs into energy, and essential for the growth and repair of muscle fibres.

Weekly serving: 2 x 150g

### **Spinach**

The nitric oxide in Popeye's favourite was found to reduce the amount of oxygen needed to power working muscles by as much as five per cent in studies at the Karolinska Institute in Sweden.

Weekly serving: 2 x 300g

### **Sweet potato**

Low GI for sustained energy, and contains trace minerals manganese and copper. Both are crucial for healthy muscle function, and many runners fail to get enough,.

Weekly serving: 3

### **Almonds**

Almonds are one of the best sources of alpha-tocopherol vitamin E – the form best absorbed by your body. The potent antioxidant helps prevent free-radical damage to muscles after hard efforts.

Daily serving: 10 almonds

### **Eggs**

Egg protein is one of the most balanced food proteins after human breast milk, which means it contains all the crucial amino acids your muscles need for recovery.. One egg delivers six grams of high quality protein.

## **RECIPE     PUMPKIN AND SNOW PEA CURRY**

A vegetarian option is a good idea now and then, and curry makes a great lunchtime leftover.

### **Ingredients**

2 tsp sunflower oil

1 onion, finely sliced

1 clove garlic, crushed

3 tbs Sharwood's Mild Curry paste for Korma

500g pumpkin, skin removed and cut into 2cm pieces

200g low fat natural yoghurt

2 medium tomatoes, chopped

150g snow peas

### **Method**

1. Heat the oil in a medium saucepan on a high heat with the onions and garlic, sauté until soft.
2. Add the curry paste and pumpkin to the pan, and then stir to coat the pumpkin. Add yoghurt, tomatoes and ½ cup water. Bring to the boil, then reduce heat and simmer for 20 minutes or until the pumpkin is tender.

Add snow peas and cook for a further 2 minutes. Serve with ½ cup brown rice