

## DELAYED MUSCLE SORENESS AFTER EXERCISE

Delayed-onset muscle soreness usually occurs 24 to 36 hours after a workout. The exact cause of muscle soreness isn't clear. It may be due to the build up of energy waste products in the muscle. It may also be due to microscopic tears in muscle fibres.

If your discomfort is mild, you can continue your exercise program. Muscle soreness is most likely to occur after trying a new exercise or activity or with an increase in intensity, frequency or duration of exercise — for example, if you've been running a kilometre a day and you increase to 3 kilometres a day.

Also, certain types of strength training — such as those which emphasize lengthening muscles — are more likely to result in muscle soreness. Soreness usually decreases after a couple of weeks of consistent exercise. To reduce this soreness, avoid working the same muscle groups on consecutive days and add low-intensity exercise, such as walking inbetween your sessions..

**Delayed onset muscle soreness is common after exercise and usually means your muscles are getting stronger.**

No one is immune to muscle soreness. Regular exercisers and body builders alike experience delayed onset muscle soreness.

Anyone can get cramps or **DELAYED ONSET MUSCLE SORENESS (DOMS)**, from weekend warriors to elite athletes, The muscle discomfort is simply a symptom of using your muscles and placing stresses on them that are leading to adaptations to make them stronger and better able to perform the task the next time.

### **EASE THOSE ACHING MUSCLES**

So what can you do to alleviate the pain?

Several remedies such as ice, rest, massage, heat, and stretching are helpful in the process of recovery.

Keeping the muscle in motion can also provide some relief.

Heat packs can give excellent results to sore muscles. When muscle temperature is increased, blood flow increases, bringing fresh oxygen and healing nutrients to the injured site This increased blood flow also helps to wash away the chemical irritants responsible for pain

Delayed onset muscle soreness usually affects only the body parts that were worked

**It is important to distinguish the difference between moderate muscle soreness induced by exercise and muscle overuse or injury.**

## **BOOTCAMP QUEENS BIRTHDAY WEEKEND SAT 7<sup>TH</sup> JUNE**

There have been a couple of queries regarding Sat Bootcamp session scheduled on the long weekend. If it is a problem for the majority then we can postpone the sat session and add another session for Wed 25<sup>th</sup> June to make it up. I will keep you informed..

## **BOOTCAMP ULTIMATE ACHIEVER FOR APRIL/MAY**

Congratulations to all of you for your achievements in the last Bootcamp .

A big "Congratulations" to Ange who was the highest achiever. !!!! Ange managed to receive 57 points. Great job Ange !!!

The second highest achiever was Allanna on 45 points and shared third place was Warren and Maddie on 39 points.. The points are achieved by how much better you perform undergoing a fitness test at the start of Bootcamp and repeating the test at the end. First and second place receive points towards the "Ultimate Hero 2014 Award".

THE TEAM CHALLENGE IS ON AGAIN THIS SAT AT CARDINIA RESERVOIR. COME ALONG AND BE A PART OF IT. IT WILL BE A TRAINING SESSION COMBINING TEAM CHALLENGES AND BOOTCAMP DRILLS.

# 5 FAST RECOVERY SNACKS

Carbs and protein refill glycogen stores and repair muscles



**170 grams plain Greek yoghurt with 1 cup berries**

840 kilojoules (200 cal, 25 grams carbs, 18 grams protein)



**2 hard-boiled eggs and 1 small apple**

840 kilojoules (200 cal, 15 grams carbs, 14 grams protein)



**Salmon avocado roll with brown rice, tuna sashimi**

920 kilojoules (219 cal, 25 grams carbs, 13 grams protein)



**1 cup baby carrots with 1/2 cup hummus**

960 kilojoules (229 cal, 22 grams carbs, 17 grams protein)



**3 corn thins, 2 slices prosciutto**

920 kilojoules (219 cal, 13 grams carbs, 19 grams protein)

## WHY DO CORE STRENGTH EXERCISES?

The significant benefits of core training follow through to whatever you are involved in, because the area around your trunk and pelvis is where your centre of gravity is located. A strong core gives you:

- **Better posture**
- **More control**
- **Improved, more powerful performance**
- **Injury prevention and rehabilitation**
- **Increased protection and "bracing" for your back**
- **A more stable center of gravity**
- **A more stable platform for sports movements**

When you have good core stability, the muscles in your pelvis, lower back, hips and abdomen work in harmony. They provide support to your spine and help transmit increased power and performance for just about any activity.

A weak core makes you susceptible to lower back pain, poor posture and a whole host of muscle injuries. Strong core muscles provide the brace of support needed to help prevent such pain and injury -- and this discovery is why core training has become so popular among elite athletes.