

## **NRG UPDATE**

Term 1 training has kicked off. It's great to see familiar faces back. Welcome to all new participants who have started training at FitnessNRG. We hope you are enjoying your training and you feel it is YOUR place to come to train. We are fortunate to have a unique group of people who are supportive and encouraging to everyone. Train Hard. Expect Success ☺

## **CAR PARKING**

We have had a request from the psychologist who occupies a shop across the road to avoid using car spots in front of her practice during the hours of 9am – 5.30pm. If you can avoid parking there it would be appreciated.

## **EATING FOR RECOVERY AFTER TRAINING**

The role of the post-training meal or snack is to refuel, rehydrate and repair. Carbohydrates replenish glycogen stores (carbohydrate stores in muscle and liver); water and sport drinks correct fluid and/or electrolytes lost through sweat; and protein helps repair muscle tissue and red blood cells. Providing adequate nutrition also supports the immune system, decreasing our risk of getting sick. This means that you can train consistently without annoying breaks to recover from colds and flus!

Training is the stimulus for protein and glycogen resynthesis so providing the body with the fuel and building blocks it needs after a training session will allow it to recover quickly and adapt to the training stimulus. This can be seen as the 'window of opportunity' to maximise your speedy recovery by refuelling and rebuilding with carbohydrate and protein. Although this is a great opportunity to maximise the rate at which your body replenishes glycogen and repairs muscle tissue via protein, meeting your overall target or requirement for the day is most important.(1)

If your goals are to increase fitness, strength, power, endurance, change your body composition or to turn your body into an energy burning machine by building lean muscle (increase metabolism), then there is a lot to be gained by giving your body the fuel and building blocks it needs to recover fast for your next session! You can imagine if you're lacking in energy and your muscles feel like they are still recovering, you're not going to be able to give it your best effort in your 'harder session' compromising your strength and fitness gains.

### ***What if you're on an energy budget or trying to lose weight during training?***

For a speedy recovery the same rules exist but you need to look at your total energy intake. We know weight loss requires an energy deficit (energy out to be higher than energy in) but smart timing of meals and snacks around training is the key. Not only does carbohydrate refuel the glycogen it also stimulates an increase in the hormone insulin, which stimulates the muscle to take up the amino acids (protein).

The easiest way to tick all boxes is to schedule your training so it is followed by a main meal or snack containing both protein and carbohydrate. This time is preferably within about 60 minutes. This way you're not eating additional food and kilojoules. Eating a meal or snack with protein after exercise may also help with satiety (keeping you feeling full).

Some people have a poor appetite immediately after training and a main meal may be difficult. If so, a chilled liquid that is easy to digest may be preferable and then ensuring a main meal is eaten within the next 2-4 hours.

## FOAM ROLLING MOVES

Have you ever used a foam roller? Do you even know what a foam roller is? Foam rolling is ideal because it simulates a deep tissue massage by working out the tension in your hard working muscles and providing a release for the outer sack of your muscles, also known as the fascia; hence the technical name for foam rolling: self-myofascial release (or SMR).

Like a deep tissue massage, foam rolling is not always the most relaxing activity. Especially if you have never foam rolled before, or haven't done so in a while, you might experience a painful sensation in order to get those muscles to release—don't worry, it becomes easier and less painful over time. "As a runner, I am very familiar with tight calves and quads, and the aches and pains that can occur in the hips and knees," says Runtastic fitness coach Lunden Souza. "But, in using a foam roller you can reduce aches and pains, decrease muscle soreness, prevent injury and give your muscles the desired release before and after you go for a run." Here are her tips for runners who want to start foam rolling. When foam rolling a particular muscle, you want to initially roll over the muscle area approximately 1 inch per second. It's important to note that this may not be possible when you are first starting out. Rolling over the muscle at such a slow pace is done to identify the areas of the muscle that are most tender and sensitive. To those areas (choose 2-3 per muscle), you can apply pressure for 20-30 seconds to ensure proper release. Make sure you hold that pressure for the entire duration or it will not be effective. You don't have to put pressure directly on the sore or tender area, near the area will also do.

### What areas should a runner focus on?



**Calves** You can do both together if your calves are very sensitive, or completely avoid lifting your body off of the ground (for some, just setting their calves on a foam roller is enough pressure). Progress to one at a time for a deeper release. Turn the foot (the side of the calf you are foam rolling) side to side to target the inner and outer sides of the calf muscle (gastrocnemius and soleus).



**IT-Band** In my experience as a trainer, this is usually the most painful area to foam roll for the majority of my clients. This particular area you may not be able to roll very far. Don't be discouraged, you will progress faster than you think.



**Quads** You can do both together if your quads are very sensitive. Progress to one at a time for a deeper release. Progress even further by bending the knee of the leg you're foam rolling.



**Piriformis** Make sure the foam roller is only on one side. Cross the same foot as side you are foam rolling over the opposite knee. Roll from the low back, all the way over the glute until it meets the hamstring. You will find the piriformis in the middle of the glute muscle as you are rolling over it, this is usually the most tender area as well.