

IN THIS ISSUE

- > eureka tower charity challenge
- > melbourne marathon results
- > prehab
- > stick to your summer goals

the trewth

VOLUME 2 • SUMMER 2008/09

PETER JONES - on the road to recovery

Following two knee operations and the unfortunate development of reactive arthritis that had me on a walking cane at 37, I knew that I needed professional help!

By means of professional help I required more than just a personal trainer. I needed someone who was able to assess my needs and understand my complex medical condition. This led me to **trewhealth** and Adam Martin.

I felt extremely comfortable with Adam, Tory and the **trewhealth** team, particularly the fact that Adam is an accredited Exercise Physiologist with a Masters Degree in Rehabilitation.

I began with **trewrehab** early this year and started with daily sessions in the hydro pool doing predominately range and motion exercises. We have since left the pool and now focus on gym activities for muscle / strength gain, core work and cardio.

I had a goal that I set out for Adam early in February that was to be able to run again. I always enjoyed running around the Tan or running to my local cafe to get a coffee on a Sunday morning.

A few weeks ago I completed my first run in twelve months. I have continued this milestone by completing the Albert Park Lake in a quicker time than I had ever run it before my reactive arthritis began. This was a very moving experience considering my almost bed ridden condition early this year.

I cannot thank Adam and **trewrehab** enough for this! The support and encouragement not only guided me through the rehabilitation required but gave me the emotional support to continue.

PETER JONES – trewrehab client

'I have continued this milestone by completing the Albert Park Lake in a quicker time than I had ever run it before my reactive arthritis began. This was a very moving experience considering my almost bed ridden condition early this year.'

- Peter Jones



summer recipe

This calamari salad would make an excellent starter for a casual Christmas Day barbecue.

chilli calamari salad ingredients (serves 12)

- 2 long red chillies, deseeded, finely chopped
- 2 small red chillies, deseeded, finely chopped
- 3 green onions, thinly sliced
- 2 garlic cloves, crushed
- 1 large lemon, juiced
- 1 tablespoon balsamic vinegar
- 100ml extra-virgin olive oil
- 3kg whole small calamari hoods - cleaned, tentacles reserved
- 100g rocket, to serve

method

Place chillies, green onions, garlic, 1/4 cup lemon juice, vinegar and 1/3 cup oil in a large ceramic bowl. Season with salt and pepper and stir to combine.

Score inside flesh of calamari hoods in a criss-cross pattern and cut crossways into thick strips. Place calamari strips and tentacles in a bowl. Drizzle with remaining 1 tablespoon oil.

Preheat a greased barbecue plate on high heat. Add calamari strips and tentacles. Cook for 1 to 2 minutes each side or until curled and just cooked through. Add to chilli marinade. Leave to marinate at room temperature for 30 minutes (or longer in the fridge).

Arrange rocket on serving plates. Spoon over calamari and chilli marinade. Serve.

notes & tips

tip: You can buy calamari already cleaned. You will need 1.5kg for this recipe.





eureka tower charity challenge

Friday 24th October saw 400 people take part in the Eureka Tower Charity Challenge. **trewhealth** was on board as the training provider for this unique event. Corporate teams took turns climbing the 1,958 steps to level 89 of the world's tallest residential tower. A massive effort for all teams involved with a total of 569 laps, 50,641 levels and 1,114,102 steps climbed!

The South Melbourne Metropolitan Fire Brigade won both fastest pair with a climb time of 11:13 and most laps completed with 26 laps.

Visit www.eurekatowerchallenge.com.au for further results.

Our **trewhealth** team which included Michael Klim who was the ambassador for the challenge were fantastic in working with all participants during their gruelling climbs up the tower giving support, advice and even carrying some participants up sections on their back.

This event was a successful partnership between King Performance and **trewhealth** to support the Whitelion Foundation.

The Eureka Charity Challenge will be a great corporate event in coming years for all to take part in.

Congratulations to all teams who participated and a big thank you to all the volunteers from Medibank Private, Victoria University, **trewhealth**, Eureka Tower, Interplast and Whitelion.

A huge thank you to the event organisers, King Performance - Ben and Belinda, for making this event possible.

melbourne marathon

Congratulation to all participants who completed their chosen events on the 12th October 2008. A lot of hard work and discipline of following training programs for months were successful.

results:

full marathon time

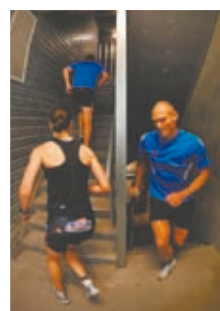
Barry Green	03:44:40
Nick Lagas	03:56:31
Richard Gill	04:45:35

half marathon

Marcus Hanley	01:29:30
Shaun Parton	01:36:14
Will Williamson	01:39:22
Dean Godfrey	01:41:57
Pat Carey	01:43:10
Kylie Armstrong	01:54:34
Kirsty Beale	01:54:55
Andrea Shone	01:57:49
Rhonda MacNaughton	02:05:16
Sue Potter	02:06:00
Brett Rann	02:07:37
Olivia Hill-Douglas	02:32:52

10km

Loryan Strant	00:57:11
Dianne DeBlassy	01:01:58
Anne Murphy	01:11:02



SUCCESS ISN'T DONE IN ONE STEP...

THE MORE STEPS YOU TAKE,

THE GREATER THE REWARD

trewhealth
www.trewhealth.com.au



HEALTH AND FITNESS IS A JOURNEY, NOT A DESTINATION!

trewhealth
www.trewhealth.com.au

BOOT CAMP

last evening boot camp of the year

Starting: Monday 24th November
 Days: Monday & Wednesday
 Time: 6.30pm
 Duration: 8 sessions
 Cost: \$150.00 twice a week

“We know of no single intervention with greater promise than physical exercise to reduce the risk of virtually all chronic diseases simultaneously”
Booth et al, Journal of Applied Physiology 2000.

prehab

what is prehab?

An ounce of prevention is worth a pound of cure

At **trewhealth** and **trewrehab** not only do we provide rehabilitative services to get you on the road to recovery faster, we also utilize clinical exercise prescription to prevent and negate the occurrence of illness and injury.

the prevention model of healthcare

The prevention model of health care takes a proactive approach to health and wellness and is based around function and performance. At **trewhealth** and **trewrehab** we operate at all three levels of prevention.

primary prevention:

Prevents a target problem or condition in an individual or group at risk for example; developing exercise programs to prevent work place injuries

secondary prevention:

Decreases the severity and duration of an injury or condition for example; developing resistance programs for individuals with osteoporosis

tertiary prevention:

Promotes rehabilitation and increases functionality for individuals with chronic conditions for example; developing fitness programs for individuals with spinal cord injury

prehabilitation

Prehabilitation is the systematic identification of injuries common to a particular sport, or athlete, and the design and implementation of exercises to prevent or minimize their occurrence. Research shows that some sporting injuries are preventable.

At **trewhealth** and **trewrehab** our accredited exercise physiologists, strength and conditioning coaches and personal trainers will design and implement exercise programs that are tailored to achieving and maintaining your **trewhealth**.

5 ways to stick to your summer goals

Fading motivation is the enemy of every great weight-loss or fitness plan.

1. sign up for a fun run.

The extra incentive of signing up and paying for this will motivate you to follow your training plan

2. make a "friendly" bet.

Nothing is better than putting your egos on the line and coming up trumps over a friend or work colleague.

3. tie exercise to health

Make sure some of your goals over the summer are long term outcomes not just all about the size of your waist but the quality of life.

4. plan your work-outs in advance

Setting out a month in advance will allow you to control your week and decrease the barriers to exercise.

5. keep your goals interesting

Some a little easier to achieve to stay motivated and others challenging to reach to drive you to work hard to succeed.

give a trewgift this christmas

Get in shape over summer and take advantage of our summer christmas special and make up your own **trewhealth** package this Christmas for someone special.

the **trewgift** christmas present - perfect for a family member, business partner, neighbour, friend or yourself.

Simply choose from our services to give the gift of health and fitness.

Remember, it will be easier to achieve your goals over the summer by involving someone else to help you along the way.

We can tailor the package to your needs, simply nominate an amount you wish to spend and we will come up with a **trewhealth** package.

Services include:

- Personal training (one on one or two on one sessions)
- Group fitness (corporate or general)
- Boot camps (corporate or general)
- Running group
- Merchandising

we wish you
a very happy and
healthy christmas
and a safe start to your
new year.
Yours in health and fitness
the **trewhealth** Team

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	18	19	20	21	22 gatorade tri series race 1 - st kilda, catani gardens	23 spring into shape series race 3 (4/8km)
24	25	26	27	28	29	30 HBA great australian run (melbourne)

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6 SUSSANS womens fun run sun 7th dec	7 orbea tri series challenge sandringham
8	9	10 EMMA & TOM'S christmas run albert park	11	12	13	14 gatorade tri series Race 2 - elwood elwood beach
15	16	17	18	19	20	21
22	23	24	25 christmas day	26 boxing day	27	28
29	30	31				

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 new years day	2	3 portsea twilight fun run	4
6	7	8	9	10 lorne mountain to surf	11 lorne pier to pub	12 gatorade tri series race 3 - sandringham, sandringham oval
13	14	15	16	17 bells bash bells beach	18	19 orbea tri series challenge sandringham
20	21	22	23	24	25	26
27 australia day	28	29	30	31		