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the trewth

VOLUME 1 • WINTER 2008

DO YOU WANT TO MAKE A DIFFERENCE TO YOUR LIFE ?

Tory and his great team at trewhealth have been directly responsible for helping me achieve my health and fitness objectives over the last 18 months. As a busy father of two young children with a senior role in the corporate world, I decided in late 2006 at the age of 38 to "draw a line in the sand" and make a real effort to achieve a high level of fitness by the age of 40 in late 2008.

Tory and the team at trewhealth have taken a highly personalised and friendly approach to helping me define and meet realistic and measurable objectives. They offer lessons derived from wide personal experiences, plus advice that is underpinned by science and professional expertise. In addition, they always challenge, motivate and provide variety to keep things interesting.

A key focus with Tory has been to "enjoy the journey" whilst setting milestones that set accountabilities. As far as I am concerned, the results speak for themselves:

Shed 13kgs in 18 months

- Achieved sustainable changes to lifestyle and approach to training in order to keep improving my level of fitness
- Increased personal confidence
- Several 10km races in 2007 and 2008 (PB = 42.42mins)
- Race vs Puffing Billy 13.2kms 2008 (62mins)
- Training for Melbourne ½ Marathon 2008 (Target = 1hr 37mins)

I have no hesitation in recommending Tory and the team at trewhealth to anyone who is serious about making a real difference to their health, fitness and outlook on life.

SEAN PARTON
June 2008



Welcome to the first edition of the trewth.

Everyone aspires to achieve something greater than last imagined. You too can lead a healthier lifestyle in 2008/09 and put the framework up for a new healthy lifestyle.

trewhealth is a company that is passionate about improving your health and well being through improving emotional, mental and physical fitness.

At **trewhealth** we can help you stay motivated by setting new challenges and improving different aspects of your lifestyle. All our university trained staff at **trewhealth** have got the knowledge and skills to help set your new goals and break down those barriers that may be restrictive in your current training regime. It will become important to keep variety in your training so you enjoy your training throughout your plan.

This is where personal training is an advantage to your program by having highly passionate and qualified people to mix up your training.

So get through these colder middle months of 2008 with some direction with the **trewhealth** team at our website - www.trewhealth.com.au or contact us on 1300 137 422

Yours in health and fitness,

the **trewhealth** team

trewacademy
BOOT CAMP

Become a recruit today and join
THE TOUR OF FITNESS
2008

DAYBREAK
6.00am to 7.00am – Tuesday and Thursday
Tuesday 2nd September
Thursday 4th September
Tuesday 9th September
Thursday 11th September
Tuesday 16th September
Thursday 18th September
Tuesday 23rd September
Thursday 25th September

TWILIGHT
6.30pm to 7.30pm – Monday and Wednesday
Monday 1st September
Wednesday 3rd September
Monday 8th September
Wednesday 10th September
Monday 15th September
Wednesday 17th September
Monday 22nd September
Wednesday 24th September

\$150 for 8 sessions

get ready for the melbourne marathon



Have you been thinking about running this great event, now is the time to get cracking on your training!

We took the time to speak with David Stokie, **trewrunning** coach to give us some tips on how to best prepare for the event.

Q: When did you start running?

A: My running started when I was 6, in Little Athletics. I raced as a professional for 8 years and at the Stawell Gift 8 times. My career was cut short by achilles tendonitis which meant I could no longer do the short sprint work to be competitive at a professional level. I turned to longer distance races, slowly building up over the last 4 years from 5km to Ultra Marathons.

Q: How should you begin your preparation for this event or a marathon?

A: Your key sessions to include in your training are the long run, the tempo run, and the interval session. For the full marathon you should also consider putting in a second long run to help increase the distance you are running each week!

Q: How does the long run help you in your preparation?

A: The long run helps to build your aerobic fitness and endurance. It should be done at a very comfortable pace, 30-45sec/km slower than your goal race pace, an effort level of 5-6 out of 10 or 50-60% of your maximum HR.

Q: How long should the long run be during the lead up to an event?

A: With 10 weeks to go the long run for the marathon should start at around 24km and build over the next few months so you have covered 32-34km at least once before you start your taper. For the half marathon your long run should be 12km to start with and build to 19-20km at least twice before your taper.

Q: What is the purpose of the tempo run?

A: The tempo run helps to improve your lactate threshold - the point at which you start to rapidly fatigue at a certain pace. To do your tempo runs properly you need to run at slightly slower than your 5km race pace (add 15sec per km to your 5km race pace) or slightly faster than your 10km race pace (minus 15sec per km on your 10km race pace). This equates to 70-80% of maximum heart rate or an effort of 7-8 out of 10.

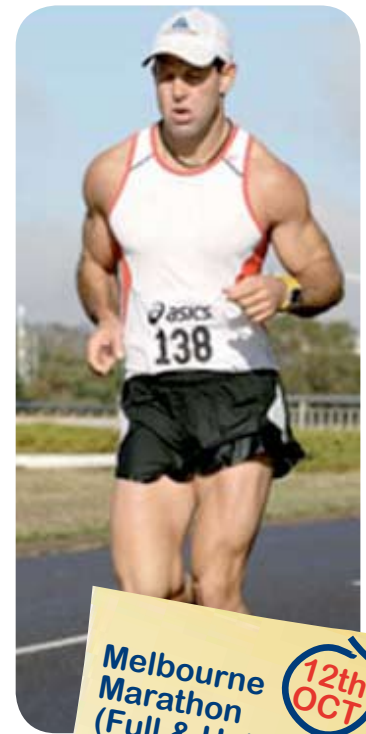
For the marathon, you should be starting with 25min at this pace and building to 40min and for the half marathon you should be starting with 15-20min and building to 30-35min before starting your taper.

Q: Are interval sessions really beneficial in the training routine?

A: The Interval session helps to improve your running speed and efficiency. Intervals of 500m to 2km are most often used in training for the half and full marathon. For the full marathon you might include a session of 4x1km with 2min recovery between intervals and build to 6-8x1km with 1min to 1min30sec recovery between intervals. The intervals should be run at slightly faster than 5km race pace (add 15-20sec per km to your 5km race pace or 30-45sec per km to your 10km race pace). This equates to 80-90% of your maximum heart rate or an effort level of 8-9 out of 10.

Q: When should you begin to taper in preparation for the marathon?

A: For the Marathon, start your taper with 3 weeks to go, for the Half Marathon, 2 weeks is sufficient for a good taper. The taper is time for you to run less and rest more. For some people, the idea of backing off on their training just before the big race seems counter intuitive. So many runners train hard right up to the day of the race because they're afraid of losing fitness if they don't. The aim of the taper is to minimize accumulated fatigue, rather than to attain additional physiological adaptations or fitness gains, so you are fresh and ready to run your best on the race day!



Melbourne Marathon (Full & Half) - less than 10 weeks to go! **12th OCT**
Contact trewhealth to help you get ready

How can trewhealth help you get ready for the Melbourne marathon?

trewhealth can provide an individually designed running program tailored to your needs and abilities. For further information about this service please contact Dave Stokie on 0408 374 492, or pop into the office in the gym to speak to us in person and book a time to get your program done.

'trewhealth believes that every person has a common aspiration to improve his or her health, wellbeing and productivity'.

Vic Roads South East Metro Corporate Day 2008

winter energy boost



bircher muesli with bran

- 1 cup of rolled oats
- 1 cup of untoasted muesli
- 2 cups hot water
- 2 tbs pineapple juice
- 1/4 cups almonds
- 200g low fat yogurt
- 1 lg green apple (grated)
- 150g seasoned fruits
- 2 tbs honey

Place oats, muesli and bran in a large dish.

Pour water and pineapple juice over.

Allow to soak for 30min. Add almonds, yogurt and apple and stir.

Cover and refrigerate overnight.

Serve with seasoned fruit and drizzle of honey, plus extra yogurt.

On Friday 16th of May, trewhealth held the second annual Vic Roads corporate day for the South East Metro Project Division, at the Nunawading Basketball stadium.

Over 140 people across the 6 major project groups attended the day and participated in team based activities designed to entice team work and a health competitive spirit.

trewhealth facilitated the day with 6 trainers overseeing the running of 5 events during the first round of team building activities and the infamous BIG 5 competition, pitting each project group against each other, with the winner taking home the perpetual Vic Roads Corporate Day trophy for the next twelve months.

The team building activities were as follows:

- Balloon frenzy
- Muted line-up
- Rope-of-knots
- Tabloid activities
- Human foosball

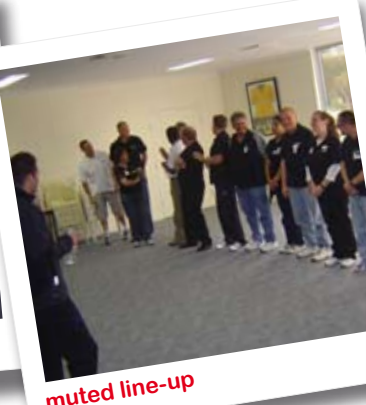
Points were awarded across the five activities and the eventual winner was the group aptly named 3-for-free, who not only won comfortably, but worked so well together during the Rope-of-knots, they were given bonus points for re-tying the knots back onto the ropes used, as Tory and Jim were unable to retie the ropes quickly enough after each successful pass.

The hotly contested BIG 5 was being defended by the rampant who again proved too strong for the other Project Groups by winning 3 of the 5 activities dominating the Great Egg Drop, Target Puzzles, Trivia Questions and coming a close second in the Lego Racer and Brain Teaser activities. As such they ran away with the win and 2008 Vic Roads South East Major Project Group trophy and bragging rights for another year.

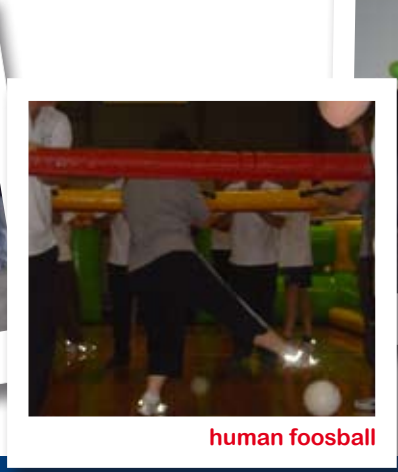
A big thank you to Adam, Dave, Nash, Sam, Tory and Jim who helped facilitate a brilliant day enjoyed by all the Vic Roads staff.



rope-of-knots



muted line-up



human foosball



balloon frenzy

trewadvantage

come and try one of our **trewadvantage** classes **FREE** to meet our team of personal trainers

- Monday 6.15am
- Wednesday 6.30pm
- Friday 6.15am



trewrehab will get you on the road to recovery faster



trewrehab is finally here and ready to get you on the road to recovery.

trewrehab is the specialist in program design and implementation when an injury is holding you back from reaching your trewhhealth.

We can tailor a program for a variety of needs including lower back problems, joint replacements, sporting injuries or post operative rehabilitation.

If you have an injury to your lower back, have just had a knee replacement or have a sporting related injury then we may be able to help you get back to your daily activity faster.

trewrehab is run by Adam Martin who is an accredited Exercise Physiologist with a Masters Degree in Exercise Rehabilitation as well as a passion in attaining the best results possible for his clients.

Medicare offer rebates through the Medicare Plus Scheme.

The 'Good Back Care' program has seen a number of people retain full strength and range of motion in their backs.

"I started getting back pain a couple of years ago, it became progressively worse to the point I could no longer lift the children with confidence, trewrehab have helped me develop "my core" building the muscles around my spine to ensure that I have the strength and posture to lift and carry" Patrick, 48

If this sounds like you, then you could be on the road to recovery today and playing with your kids and living an active life once again.

Get back on the road to recovery today, call Adam on 0417 371 657 to have chat or book an appointment.

trewrehab has a number of highly qualified professionals that are aligned with a number of Australia's leading Health Care providers such as NIB, Australian Unity and MBF to enable you receive rebates for our services.

AUGUST						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am		
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		Opening Ceremony		
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am		
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am	tan ultra run (100km) all trainers will be there to support Tony competing.	Closing Ceremony
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am	Urban Max Melbourne amazing race	Nike + Run (10km)

SEPTEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Geelong Half Marathon		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am		
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am		Spring into Shape series Race 1
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am		Medi 1/2 Marathon Ballarat
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.30am		FREE trewadvantage class - 6.15am		
FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.15am		FREE trewadvantage class - 6.15am		