

**February 2017**

February/March/April is always a busy time of year in terms of walking/running/cycling/multisport events. This newsletter includes some great organised activities - opportunities for you to get involved, see different parts of the country, meet new people, and get some exercise.

Pulse Personal Training is now offering weekend sessions - both one-on-one and small group classes. If you are struggling to work out during the week, contact me to discuss how a weekend time may work for you.

If you are procrastinating with your exercising or improving your eating, today is a good day to make that first step. Tomorrow will be easier, and each day after that you will be fitter/stronger/healthier/leaner - contemplate what your life will be like in three months time if you start now.

Please forward this newsletter on to anyone you think may be interested. Referrals are a very important part of my business, and in getting people focused on their fitness and wellbeing. I appreciate this support from you.

Jenny and Hayley

*If you haven't found me on Facebook yet, here is the link <http://www.facebook.com/pages/Pulse-Personal-Training/107082481262?ref=hl>*

*'Like' my page to keep up to date with what is happening and get some great tips*

## Hydration



Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses

## Back It Up

It is often easy to forget about strengthening our back muscles, yet these are critical for a number of reasons:

- reducing the likelihood of lower back pain in the future
- improving our overall posture

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Other benefits include:

- improved mood
- increased energy
- flushing out toxins and boosting immunity
- keeping colds / flu at bay and getting rid of toxins through sweat and urination
- promoting weight loss (the full-feeling people get from drinking water makes people less inclined to over-indulge)
- keeping the digestive tract healthy - water is a natural way to relieve constipation and help with digestion

The standard recommendation of 8 glasses of water a day is a guide only - each individual is different, and it will depend on activity levels, size of individual, temperature, any medical conditions. The key is making sure your urine is colourless or light yellow on a consistent basis. Remember you will need a bit more this time of year, so keep a water bottle handy, and pop in some lemon/lime or other natural flavouring if you are struggling to get enough water.

## Managing Stress (part 2)

Now that life is generally returning to normal with holidays over, children back at school etc, we might be thinking "great, stress is done and dusted". However for some people this may be a more stressful time because it is "same old, same old" and we thought the new year might be different, even though we had done nothing to make it different. So what can we do to reduce this stress?

The obvious thing would be to actively make some changes, moving towards the goals that you want to achieve. However this may not be immediately possible, and we might need to accept that we have to retain the status quo right now but start thinking about what we want to change. While we are doing this, we need to bring to the fore the positive aspects of what we are currently doing, because there is always something great in each day.

Acceptance is a huge part of enjoying every day. We

- avoid stiffness in the lower back

Much of our day is now spent in a forward, hunched posture, so pulling the shoulder blades back on a regular basis, and improving the muscle tone of all of our back muscles, will considerably reduce back pain or the chance of having any future back issues. Regularly moving, and limiting the time we are sitting, will also be beneficial for lower backs - our backs love movement.

A full body workout should include exercises for all areas of the back, for strengthening and mobility, and this will help your back to better cope with activities such as gardening and housework.



**One of the greatest moments in life is realising that two weeks ago your body couldn't do what it just did!**

## Seasonal Eating



Remember to try and purchase and eat as much of your fruit and vegetables in season as possible - this helps with the budget, getting the freshest produce available, and supporting NZ growers (generally). Make the most of plums, nectarines, apricots, berries and cherries at the moment, and keep an eye on the labels at the supermarket to find NZ grown. Even better, get along to local fruit and vege shops or farmers markets.

## Upcoming Events

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things about where we are right now. This also applies to your exercising - you can work towards being fitter, stronger, etc and you can also accept that you have a good body and level of fitness and strength right now. Remember to look at what you have already achieved. Don't beat yourself up about what hasn't happened, and enjoy what is currently happening.

- **Sunday 19 February**, Weetbix Kids Tryathlon, Waikato Uni
- **Sunday 26 February**, Kakepuku Fun Run/Walk, Te Awamutu, 6km and 14km
- **Sunday 26 February**, Stadium Stomp, Mt Eden Stadium, stair climb
- **Sunday 5 March**, Rotorua Offroad Half Marathon, 5km, 10.5km, 21km
- **Sunday 5 March**, Auckland Round The Bays, 8.4km
- **Sunday 12 March**, Hamilton Summer Series - Hamilton Lake Walk/Run, 4km, 8km, 11km
- **Sunday 12 March**, The Color Run, Auckland, 5km
- **Sunday 12 March**, Waipa Fun Run, Cambridge, 5km and 10km
- **Saturday 18 March**, Kirikiriroa Marathon, Hamilton, (solo or 3 person relay)
- **Saturday 18 March**, Rotorua Walking Festival, Whakarewarewa Forest, 10km, 21km, 42km
- **Saturday 18 March**, We Run The Night, Mt Maunganui, 7km, 14km, 21km, (night event)



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