

# fitnessNEWS

DID YOU KNOW?

- Women are twice as likely as men to suffer a hip fracture and are at greater risk of osteoporosis, a condition that weakens bones.
- Resistance training, or weight training, builds muscle tone and strength, as well as bone strength. It should be a component of every woman's exercise program, improving bone density and reducing the risk of osteoporosis.
- Resistance training does not give women bulky muscles. Testosterone is the hormone responsible for this and females have low levels of testosterone.
- Resistance training has many positive effects and can slow the ageing process.

If you're strapped for time - and who isn't? - why not swap one of your cardio sessions for some resistance training? Or if you always start your training routine with cardio, and finish with weights, why not do the weights first? Increasing your muscle mass increases your metabolism more than a cardio workout. The higher your metabolism, the more your body burns energy, even at rest. So weight training is not only good for your bones and muscles, it helps you burn fat. All good!



SPORTS SCIENCE

The new Sportech technology by ENJO wins hands down against germs to prevent a bacteria bouquet and to keep your towel forever fresh. Although we shouldn't sweat the small things, single-cell bacteria live off our otherwise odourless perspiration and emit an icky odour in return. According to a study undertaken at the University of WA, ENJO fibres are highly effective in liquidating bacteria from surfaces with just a little water (more so than antibacterial wipes or traditional cloths).

Embedded deep in the **Sportech Towel** microfibres are slivers of silver that, in less time than it takes to play a game of footie, knock out bacteria trapped in the microfibres, preventing them from multiplying and sporting that sweaty odour. Independent laboratory tests show a 99.5% clean-up of E.coli within 30 minutes. In addition, the Korean Textile Inspections and Testing Institute confirmed a 99.9% victory against both Staph and Klebsiella bacteria after fibres including the Sportech silver had been washed 50 and 100 times. So not only will your Sportech Towel stay fresher and fitter longer in your Sports or Wet Bag, but the magic just won't wash out or wear off. It works on as you work out! Available from Enjo for \$35. [www.enjo.com.au](http://www.enjo.com.au)



Perspiration is mostly salty water excreted by your skin to keep you cool. It also contains small amounts of minerals, toxins and other chemicals, which contribute to body odour. Sweating is the major way some metals (like cadmium, antimony and nickel) are removed from your body. Repeated sauna (60°C for 15 minutes) and other kinds of heat therapies have been widely used as part of detoxification programs. But the best way to work up a sweat is to do some exercise. Whatever moves you to move, and breaks you out in sweat, is as good a detox as any!



It is a frustrating thing when you put your hand in your bag to get your iPod and you pull out a mess of tangled earbuds. BUDTRAP is the latest accessory for iPods and iPhones, letting you keep control of earbud wires when not in use. BUDTRAP is available at most phone accessory stores for \$3.50. Available in a range of colours.

When you skate on thin ice, why do you invariably land up in hot water? Why is a boxing ring square? Why do golfers get teed-off? Why does physical exercise lead to unrest? In sport, why do noses run, yet feet smell? In fishing, why do you stretch the truth to get a tall tale?



EXERCISING WHILE PREGNANT IS IMPORTANT...

But make sure you keep it gentle. Do not get too hot. Over-heating can cause a slight rise in core temperature, which is not healthy for your baby. Also, as your pregnancy progresses, your centre of gravity changes, making you less steady on your feet. Safe and effective forms of exercise include walking, swimming, modified yoga (not Bikram) and aquaerobics. Exercises that are not safe and should be avoided obviously include extreme sports, such as mountain climbing and parachuting, waterskiing, snow skiing, gymnastics, scuba diving, horse riding, trampolining and weight-lifting.