

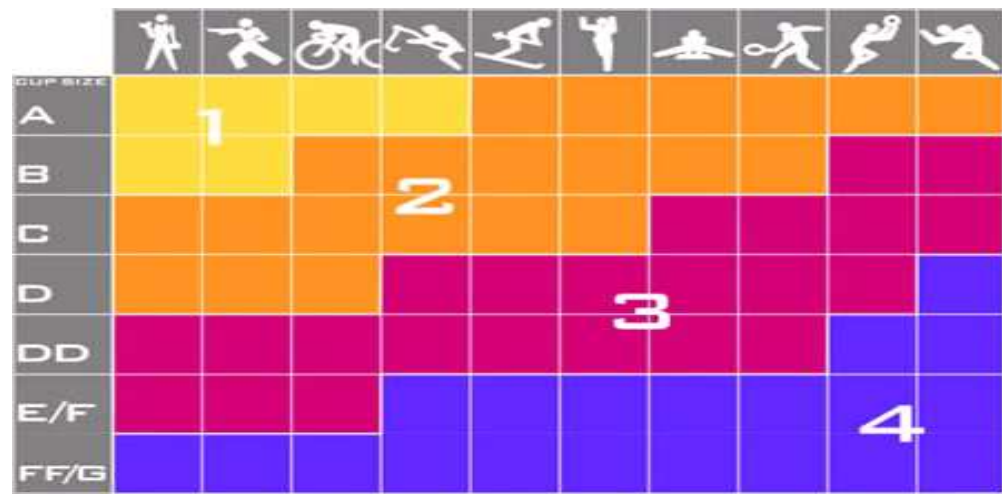
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For small breasted women stretchy tank top sports bras are ideal. Large breasted women should opt for a sports bra which offers maximum bounce control for maximum protection.

Always try on a sports bra as sizing might not be different from a normal bra. Make sure it's a snug fit and check for any irritant seams. Swing your arms around in the changing room to make sure the bra does not ride up etc.

During pregnancy the breasts increase in size to prepare for breastfeeding. During this time you may experience pain in your breasts whilst running. Some sports bra manufacturers have thoughtfully come up with nursing models. Whilst nursing, remember it is better to feed your baby before you exercise, not only to prevent leaking and discomfort, but also because lactic acid can build up in the milk and may be disagreeable for your baby.

Different sports have a different level of impact on your breasts depending how intense they are. The chart below rates the impact from 1 (being the least) to 4 (being the highest), depending on your cup size.



Source - <http://www.time-to-run.com/> <http://www.running4women.com/>

Welcome to the June issues of 'PULSE'! My name is Rachael Pellatt, the new Fitness Centre Manager. Many of you will have noticed some major changes within the Fitness Centre recently, most notably the new team we have. I have recently taken over management of the Fitness Centre in addition to my existing role within the Sportspark as a Duty Manager.

My employment history is largely based within fitness, having worked as a Fitness Advisor for many years and holding a degree in Health and Fitness Management.

I hope to bring a fresh new vibe to the team, encouraging new ideas and projects which should add a new dimension to training here at the Sportspark and offer all of you loyal members the chance to get fit in a number of ways.

My specialist training areas are based around new exercisers or those with low confidence - I like training with a 'lifestyle' approach meaning it fits easily into your day and is an *enjoyable* pastime!

I have taken on some big challenges over the past few years, including climbing Ben Nevis, completing the London Marathon and Norwich Half Marathon, enduring a gruelling 5km Swimathon, and this month I am taking part in the Norwich 100 Mile Bike Race in aid of the British Heart Foundation! I am always looking for a new and exciting challenge so let me know of any that you come across!



I hope to see you around the Fitness Centre!

The Spartan '300' workout – By James Richards

This workout was apparently made up by the lead fitness advisor for the movie 300. It is an advanced weights circuit. The main goals of the workout are to help with muscle development, burn fat and get lean. It is a very demanding workout targeted at more experienced gym users. It is called the 300 workout as it involves doing 300 reps.

The workout:

1. Chin Ups – 20 reps
2. Deadlifts – 60KG – 50 reps
3. Push Ups – 50 reps
4. 24 inch box jumps – 50 reps
5. Floor Wipers – 50 reps
6. Single arm clean and press with 16KG DB – 25 each arm
7. Reverse pulls – 30 reps

The idea is to complete every exercise one after the other, with as little a rest as possible, in as quick of time as you can manage. The quicker the fitter! For first timers anything under 25 minutes is excellent. Only go through the workout once per session, 2 times a week max.

The Importance of wearing a sports bra– By Claire Bishop

You wouldn't run in just any old shoes, so don't run in any old bra! A good sports bra is as an essential a piece of kit as a good pair of trainers. The breasts need to be held firmly in position to minimise bouncing around which is uncomfortable, but more importantly, causes stretching of the Coopers ligament, which are the connective tissues that hold your breasts up. It is the only ligament that stops the breast from sagging, once stretched it is irreversible, sagging breasts forever! Sports bras have been specially designed to absorb the shock of bouncing and reduce stress on the ligaments.

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Applying Sport Psychology – By Matt Gurney

Ever wondered how you may achieve your training/fitness goals quicker, struggle for self motivation sometimes? Let me enlighten you on the world of mental strength and focus.

The aim of the psychologist is to analyse the individuals mind set pre, during and post competition to ascertain whether there are times of insecurity, anxiety and levels of arousal that may be affecting individuals mentality. However, the main outcome psychologists will endeavour to determine is how such individuals can enhance performance through a variety of techniques and interventions. There are a variety of mental techniques athletes/ individuals use in order to increase performance. Techniques such as **imagery, visualisation** and **positive self talk** are all methods used today in order to gather positive thoughts and mental pictures that may increase arousal and therefore decrease cognitive stress and anxiety. Some athletes may not need such thoughts and increase positive arousal by practical performance, i.e. knocking 0.02 secs off their PB during a 400m race, or getting two aces in one game of tennis.

Every athlete will show different levels of arousal during exercise. In addition, athletes will also express such emotion in a variety of different ways. An example that springs to mind is the occasional slow fist pump Tim Henman would produce very rarely. Is this due to Henman not being aroused or "pumped up" enough to succeed? Or is it that he is methodically so focused on a tactical strategy that he does not want to risk sabotaging such focus just to show the crowd he is passionate about winning? I will leave that with you!!

BASES (British Association of Sport and Exercise Science) accredited sport psychologist Roberto Forzoni has recently been working with Andy Murray over the recently publicised wrist injury that he has openly uttered is affecting his performance. Was this wise to state such a weakness during competition? Will this leave him vulnerable during matches? Or just increase his arousal and mental strength knowing he now has to push himself increasingly harder throughout tournaments? Again only Murray can answer that, the latter stands out for me. Sessions with Forzoni have led up to the positive and feisty attitude Murray shows during play on court.

To summarise, sport psychology can have an influence on attaining goals quicker and more productively, staying positive and having something to aim for will engage your mind to stay focused therefore succeeding in whatever you have set out to achieve. Have a go if you're finding it hard to stay motivated!