

**POSTURE**



**THE MAGAZINE FOR PARENTS AND COACHES**

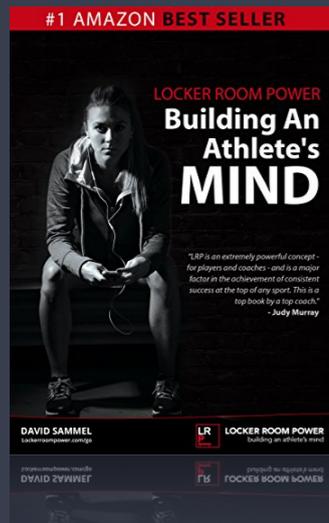
**WELCOME TO OUR GUESTS**



**Dr Karen Reid discusses bone health**



**Sarah Maxwell on how she keeps hydrated during her demanding career**

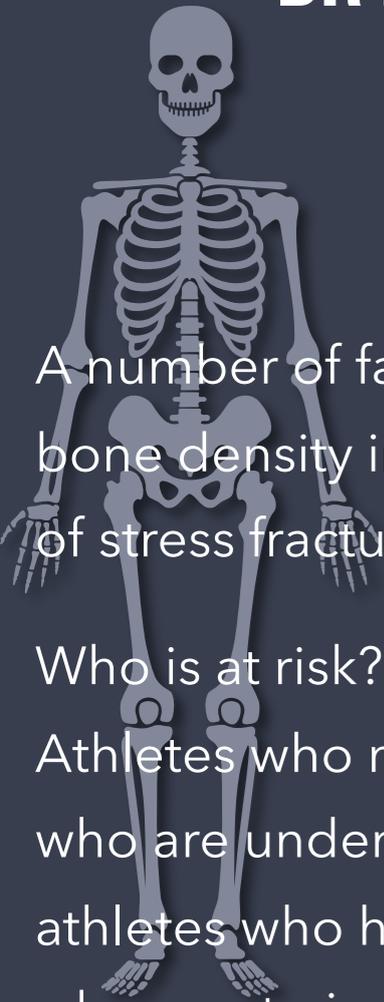


**Part 3 of Dave Sammels best seller. LOCKER ROOM POWER**

locker room power

# DR KAREN REID FROM PERFORMANCE FOOD DISCUSSES BONE HEALTH

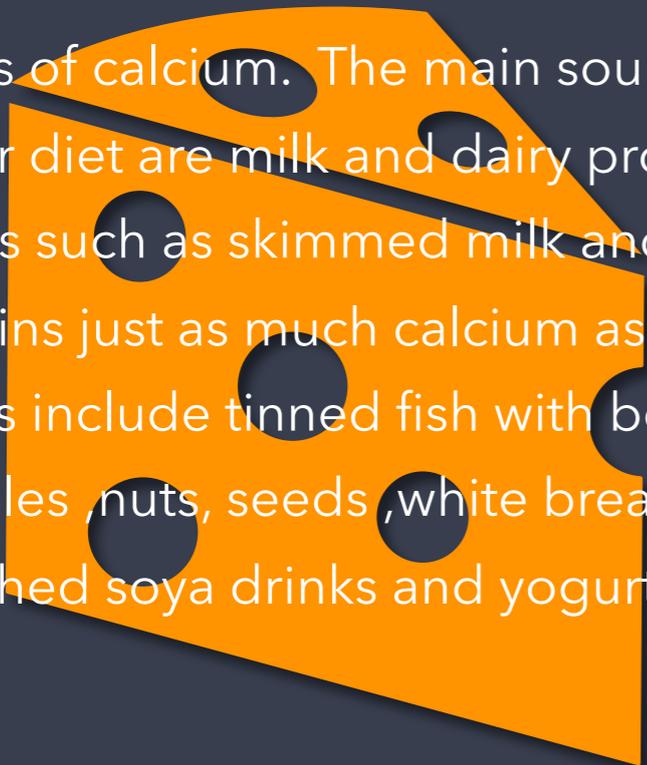
Adequate Calcium is essential at all ages for maintaining healthy strong bones



A number of factors can increase the risk of loss of bone density in athletes, which may increase the risk of stress fractures and osteoporosis in later life.

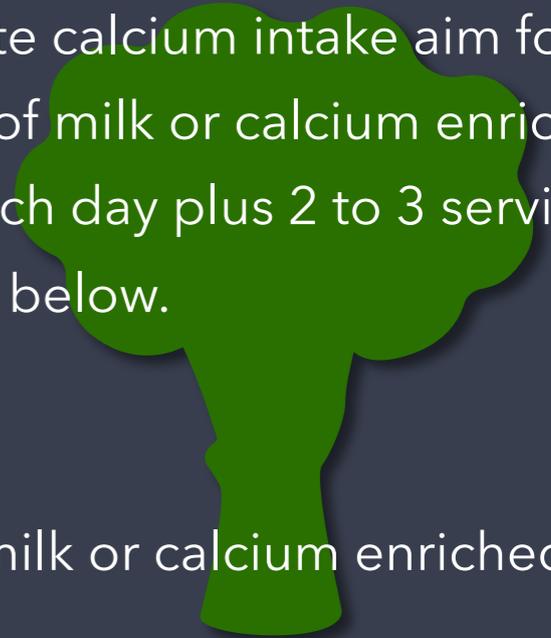
Who is at risk? Athletes who are vegetarian or vegan. Athletes who maintain a low energy intake. Athletes who are under weight, especially females. Female athletes who have irregular or no periods. Athletes who overtrain.

Good sources of calcium. The main sources of calcium in our diet are milk and dairy products. Low fat dairy foods such as skimmed milk and low fat cheese contains just as much calcium as full fat milk. Other sources include tinned fish with bones, green leafy vegetables, nuts, seeds, white bread and calcium enriched soya drinks and yogurts



Meal and snack ideas to increase calcium intake

To ensure an adequate calcium intake aim for at least a third of a pint of milk or calcium enriched soya milk in drinks each day plus 2 to 3 servings from the suggestions below.



Meals and snacks

Porridge made with milk or calcium enriched soya drink.

Sardines or pilchards (with the bones) on toast.

Sandwiches made with reduced fat cheese.

White fish with cheese or parsley sauce or broccoli.

Stir fry with tofu and noodles. Or beans on toast or jacket potato with reduced fat grated cheese.



## Invest in your bones

### Desserts

Greek yogurt or calcium enriched soya yoghurt topped with berries and a sprinkle of seeds.

Banana and low fat custard.

Low fat rice pudding or pots of muller rice.

### Drinks and snacks

Have a glass of low fat milk or a flavoured milk drink to help rehydrate and recover after exercise

Low fat milky drinks such as Horlicks, Ovaltine, hot chocolate are ideal before bed and help promote repair and regeneration over night.

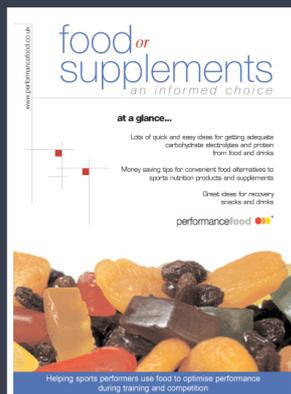
## LOCKER ROOM POWER, PART 3

**The first principle is that you must not fool yourself, and you are the easiest person to fool. Richard Feynman. Nobel prize physicist**

Another factor is that each goal will require full concentration and allowing the mind to wander too far into the future will affect the quality of the work needed to take place in the present to accomplish each small step forward. Although this is another huge subject on its own it is helpful if early on there is perspective and acknowledgement that achieving a dream is not a destination. Once realised ,life will go on and new targets will need to be set or the deflation of finally achieving a dream will be significant ,especially if it has been a long term life ambition. (See Issue 4 & 5 for the preceding parts)

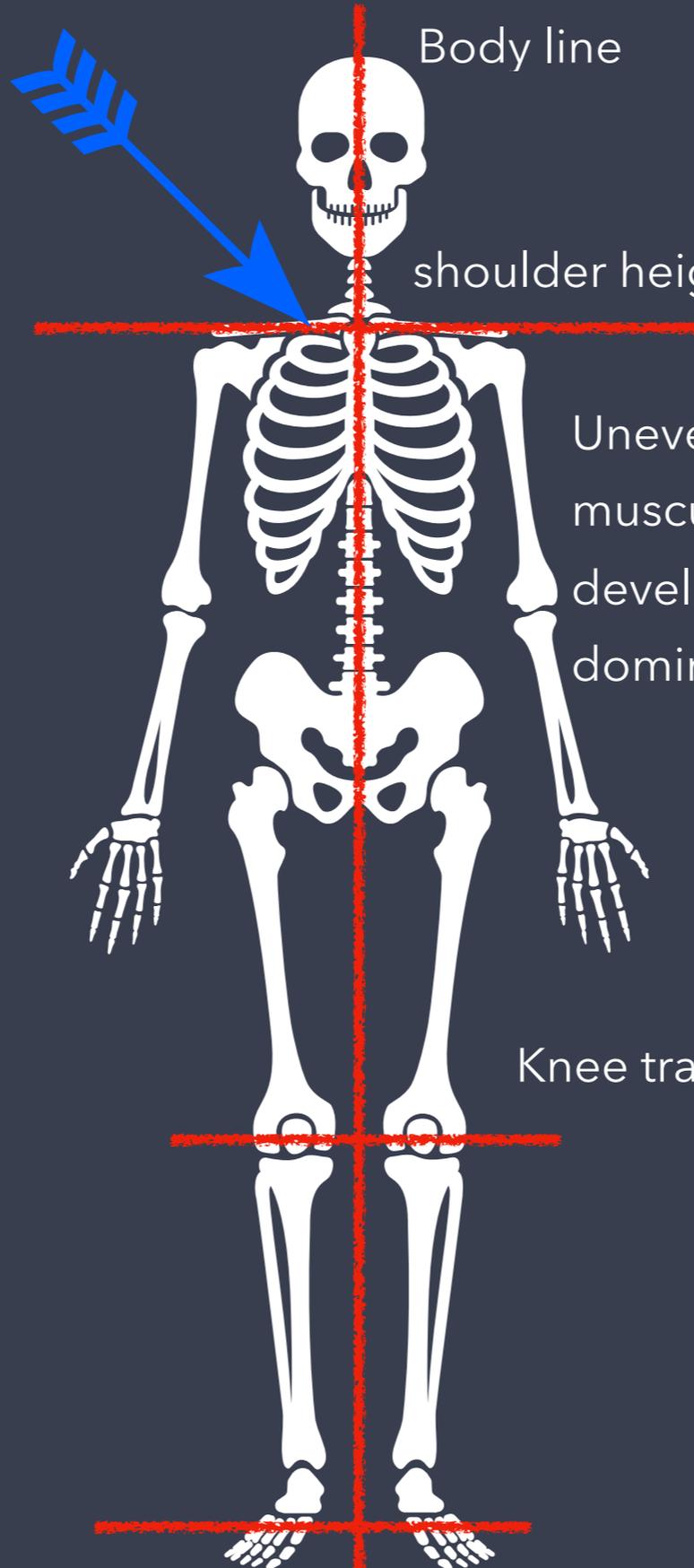
**Our Performance food booklets provide more tips and ideas**

<http://www.performancefood.co.uk/pf-booklets/>



# SOME SIMPLE THINGS TO WATCH OUT FOR IN YOUR CHILD'S POSTURE.

Winging shoulder blades



Body line

shoulder height

Uneven muscular development of dominant limb

Knee tracking

Foot plant in standing position

Physiotherapists. In a sports context treats injuries using physical methods such as message, manipulation, exercise, acupuncture, heat, cold etc

Podiatry within the context of sport deals with functional correction of the feet and the knock on postural effect that manifests it self throughout the whole body. This is mainly done by placing Taylor made inserts into the training shoes.

Medical note. Always consult your GP before seeking treatment for postural issues. This article should not be used as a diagnostic tool. Accurate diagnosis can only be carried out under the direction of your GP

There are many different reasons for postural imbalances. Seek professional medical advice if you have concerns.

Functional movement screening is a non diagnostic assessment of general movement patterns. It helps to identify limitations or asymmetry in the sports persons body. Recommendations can then be made by the relevant specialist to assist correction. Opinion differs amongst practitioners as to the choice and effectiveness of FMS. This can be Carried out by a physiotherapist.

# SARAH MAXWELL IS ONE OF THE U.K.'S TOP PERSONAL TRAINERS.

Here she talks about how she keeps herself hydrated throughout her working day

We all know drinking water is important. We all (probably) know we should be drinking more than we actually do- but why? Water is crucial to everything that is going on in our bodies every day. It helps to flush out waste and bacteria. It assists in weight management, leads to increased energy levels and it naturally plumps and hydrates our skin. But drinking the sufficient water day in and day out can seem a little daunting and is easily forgotten in the chaos of a busy day, so here's my own approach to improve my intake. As soon as I wake up I drink a glass of water- this is very important as when I wake up I am dehydrated from losing water through sweating etc through out the night. I have a drink of water at every transitional point of the day, when I leave the house, when I start work, when I come home, you get the idea!

Where ever I go I always take a refillable bottle of water with me and sip from it as often as possible- not only is this a great way to keep up my intake, it also stops me from buying those fizzy drinks on impulse. In the winter a little honey in warm water makes a nice change to endless teas and coffee. In the summer I chill my water with cucumber mint or lemon for a refreshing taste. I am fond of fruit juices, so I have half my usual glass and top up the rest with water- all the taste with the added benefit of increased hydration! Finally, I have learned to listen to my body. Yawning and day time fatigue can quite often be signals that I am dehydrated and a signal that my body needs water.

Medical note. Required volumes of fluid intake are different from person to person and different again in children's requirements. Hydration status should be checked regularly. Consult your GP before making changes to your fluid intakes or your child's fluid intake.

Sarah Maxwell  
Lifestyle & Fitness

# THE 8 KG BAR

Two years ago I was asked to work with a young 400 mts runner who was looking to make her county team. Louise Evans and her mum and dad arrived in the old weights room, ( apart from a great view of Canterbury cathedral is not the most luxurious room to work in.) I handed her the lightest lifting bar I had (8kg) which she attempted to push over her head as instructed. It was not happening, I scratched my head and wondered where to start. I had not factored in this young ladies determination to succeed and the great support her parents gave her. Two years later and able to squat 110kg she has just earned her first Great Britain junior vest. The ability to cope with the often mind numbing routine of training is a key factor in reaching your potential. Well done Louise.



## An ancient cure for slouching

# TRAINER



# TALES

Thinking back to my first year in primary school, it's strange to still remember the name of my first teacher. Mrs Cooper was a strict woman who ruled her class with an iron fist (literally) My school was a mile walk from home. After breakfast I would set off for school. You were not allowed into the building even if it was snowing. A whistle was blown and we formed class lines. Teachers patrolled the lines and grabbed your collar to pull you up to a correct postural stance. Marching into class and sat on hard wooden chairs the chanting began, Alphabet a is for apple etc. Then times tables. Mrs Cooper would patrol the desks waiting for her chance. Some one slouching. Fist clenched she would punch you hard between the shoulder blades before pulling you up by the collar and placing a book on your head. It took me years to realise that books were for reading and not for smacking you around the back of the head with. Sit up straight, spinal and brain damage were not high on her list of concerns. Musical movement followed in which we jumped around the hall pretending to be a tree or a teapot. Then given a bottle of milk that had been thawed out on the radiator to melt the ice from where it had been left outside since early morning. So all in all a real high performance programme, ice bath, pummel massage, protein and robustness training, route march and core routine. Happy days.

THE MAGAZINE FOR PARENTS & COACHES

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RAINER

MAGAZINE

A sitting on my sofa production

Not on Facebook, Twitter or instagram

Just on the sofa

STEPHEN GREEN CONSULTANCY

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