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MyFavouritePlace

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Whether your goal is to fit into that little black dress or simply walk daily for better health our experts give their tips for success.

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Little Black Dress or Wetsuit?

It doesn't matter whether you want to fit into that little black dress hanging, lonely, in the wardrobe or whether you don't want to go up a wetsuit size before your next public performance just as long as you have a clear goal, a Vision, of where you want to get to!

The Goal

Elly's goal was the latter. As a mammal trainer at Taronga Park Zoo Elly is always in the public eye and more often than not she is in public in a wetsuit. In Elly's words "Since having my three kids, I have struggled to lose weight. I will spend most of summer in the water training seals and penguins. I really, really need to fit into my wetsuit!!"

The Training

Elly commenced a training program with Wendy Bibby of Vision Personal Training, St Ives. Elly agreed that one weight session and two cardio sessions per week with Vision plus two walking/jogging workouts outside of the studio were realistic for her to achieve weekly. Elly's Vision Trainers also looked at her nutrition and gave Elly guidance on what areas needed a change. Wendy says "Elly's training ethic and her commitment to nutrition and exercise both inside and outside of the studio were second to none."

The Person

After 12 weeks Elly says she "feels amazing" having come down two uniform sizes and loving the fit of her new wetsuit! Elly is also extremely happy with her fitness levels and really pushes herself when exercising both in the Studio and around the Zoo with her colleagues.

Facts and Figures

Elly lost 11.5kgs in 12 weeks; she went from a size 14 to a 10; lost 7cm from her waist, 13cm from her hips and dropped her body fat percentage from 35% to 23%.

Try us for yourself. Contact Wendy at Vision Personal Training, St Ives or Andy at Vision Personal Training, Wahroonga for an Obligation Free Initial Consultation which includes your health history, body type

analysis and optional exercise sessions. We can help you achieve all of your health and fitness goals.

Vision Personal Training – St Ives 9440 3910

wendy@visionpt.com.au

Vision Personal Training – Wahroonga 9487 5543

acharles@visionpt.com.au

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Walk Your Way To Better Health

Walking is one of the simplest forms of exercise and can be an enjoyable activity for people of all ages. The Australian Heart Foundation recommend at least 30 minutes of moderate activity each day. Walking everyday will really make a difference to how you feel and your overall health and wellbeing. Regular exercise such as walking reduces the risk of cardiovascular disease, type II diabetes, kidney disease, osteoporosis, colon cancer and obesity. Not to mention the added benefits of having more energy, feeling more confident, less stressed, maintaining a healthy body weight and sleeping better. With those sorts of benefits – can you afford not to start walking?

You don't need alot of fancy gear to get you started, but it is important that you have good fitting, comfortable walking shoes. Poorly fitting shoes will hurt and over the long-term can cause damage to your feet and be a real de-motivator. You also need shoes that are appropriate for the areas where you will be walking.

John Rae and his team at The Athlete's Foot St Ives are specialists in fitting you with the right walking shoes, which is not as easy as it might seem - all feet are different and individual walking styles vary. The Athlete's Foot St Ives has an excellent range of walking shoes in a wide range of sizes and widths with models suited to everything from walking around the block to travel and trekking shoes!

So why not walk with your partner for some quality time together, some friends for a social catchup, walk the dog or just walk around the block. Take the long way to your car or walk to St Ives Village and before you know it you'll be walking your way to better health.

**Athletes Foot is located at Shop 41, Lower Level,
Phone 9440 5614.**

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Females and Sport



OK. So we all know that girls are different to boys. Here are some differences of which you may not be aware.

With greater female participation in sport comes an increased understanding of injuries and problems associated specifically with the female sports person.

There are physiological differences between men and women that affect their performance in the sports arena. Overall strength in females begins and ends at lower levels to that of men. Leg length in women is a smaller percentage of overall body length, which may explain why females tend to run slower than males. Female

endurance is close to that of men.

Certain anatomical differences put females at greater risk of certain injuries than males. Women have wider hips than men creating a wider angle at the knee where the patella (knee cap) articulates with the femur (thigh bone). As a result, females are more prone to conditions such as patellofemoral pain syndrome and chondromalacia of the knee. Hormonal changes associated with the menstrual cycle also affect ligament laxity in females. If you experience any knee pain when playing sport, contact your local physiotherapist to have your knee assessed. Any muscle imbalances will be picked up and you will be advised on the correct exercises and stretches to get you back to sport without risk of further injury.

Studies have shown that females have a higher incidence of ankle and shoulder injuries, are more prone to shin splints, and have a higher incidence of scoliosis (curvature of the spine) than males. The media constantly bombards young women with the perception that they need to maintain a super model figure and a certain female image. These social pressures can result in what is known as the "Female Triad".

- Eating disorders – coaches, parents and trainers should be aware of the warning signs of Anorexia Nervosa and Bulimia.
- Menstruation – poor nutrition and excessive exercise can contribute to delayed onset of menstruation in female athletes.
- Osteoporosis – decreased oestrogen associated with amenorrhoea (less than 6 - 9 periods/year), along with decreased calcium intake from poor diet results in low bone density. This increases the risk of stress fractures.

The winter sports season is about to commence. Pre-season training can help to prevent injury and make your chosen sport a rewarding experience. If you have any concerns, the physiotherapists at St Ives Physiotherapy and Sports Therapy Centre are qualified to assess and advise you on the correct protocol to follow.

St Ives Physiotherapy and Sports Therapy Centre is located in the Loft, above the Market Room, St Ives Shopping Village, Phone 9144 1118.

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Dolce Fit



If you are like most, getting to the gym can be stressful.

Dolce Fit's mission is to empower clients to make it easy to be fit and learn how to maintain a healthy lifestyle without any complicated formulas. Plus we offer a private studio with parking and no contracts.

There is no need for fancy equipment to get your body in the best shape of your life. Through fat-burning, high intensity circuit training, clients are able to keep their heart rate pumping while strengthening and toning their muscles and most importantly melting those extra layers away.

We utilize a combination of natural body resistance, strength training and creative cardio blasts that give you more 'bang for your buck' and keep you burning calories long after your workout is done. The key is change and variety, while eating the right foods at the right time. Keep your body guessing and you'll see it transform.

Would you like to lose weight, build muscle, strengthen your core or enhance your current fitness level? The Dolce Fit difference is a system that gives you the tools that will last you a lifetime.

Be one of the 1st three to enquire about Dolce Fit and receive 3 FREE SESSIONS! Call 0450 400 962 or email apatey@dolcefit.com.au

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