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Best remedy for great long term results

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Regular exercise, good nutrition & portion control, seeing a naturopath (I recommend Heidi 041 9963 093) ensuring you are taking supplements unique for your body & having the right shoes for you & your sport is the best remedy for great long term results.

An essential part of getting fit and avoiding injuries is making sure you have the most effective equipment. All of us are unique and therefore need the right shoe to cater for the different way we run, land on our feet & push off. Gone are the days where we just choose the cheapest shoe & nicest color. Advanced technology can now help reduce risk of injury. If running / gym shoes get old, or perhaps you have the wrong shoe for your foot, you are at higher risk of injuries e.g. shin splints etc which in the long run will cost you more in physiotherapy bills than a new pair of shoes. If you have health cover go and see a podiatrist I recommend sports podiatrist Fabio at Axis Podiatry in West Perth 08 9328 2111 who will specifically design shoe inserts to help give you maximum benefits and minimum risk of injury. Otherwise go into Sports Fever in the new ENEX building 100 St Georges Terrace and speak to David. Take your old running shoes and also wear something you can do a short run in. He'll put you on the treadmill and try different shoes to find the best one to fit your unique way of running. Attached is a form you can take in, he is expecting you!

Remember what we eat is certainly a problem for some, but how much we eat is becoming a problem for all of us. Size matters, many food packets have recommended serving sizes on the nutritional information panel. These can be very misleading as the KJ / calories per serve are not always the size of the actual container. **There is a good book by Amanda Clark called Portion Perfection which gives a clear food guide to use.**