IT'S EASY!: Discover The Secrets to Stay Fit, Active, Young and Healthy

WOMEN'S fitness & HEALTH

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HOLLY VALANCE
That Body, That Look
& How she got It!

LOSE FAT & INCREASE FITNESS
Box Your Way To Better Health

HEALTH WATCH
- Tired & Irritable
- Gaining or Losing Weight
- Generally Feeling Low

You May Have a Thyroid Problem

simple summer
MAKEOVER – PART 3

- DITCH DIETS FOREVER
- DEFINE YOUR UPPER BODY
- BEAUTY PRODUCTS TO CLEANSE & TONE
- PROMOTE CHANGE

SNEAK PREVIEW
The Latest in Fitness Fashion

Back To Natural
The Benefits of Nature

Fitness WARNING
Heat & Exercise:
The Right Advice

CHOOSE OUR 2003 BODY BLITZ
WINNER!
SEE PAGE 40 TO WIN GREAT PRIZES!

DJ... PLAY THAT SONG!
How Music Effects
The Mind & Body

Girls With Muscle
Hot or Not?

GNC's Dynamic New Meal Replacement:
Optibolic
Details Inside▶

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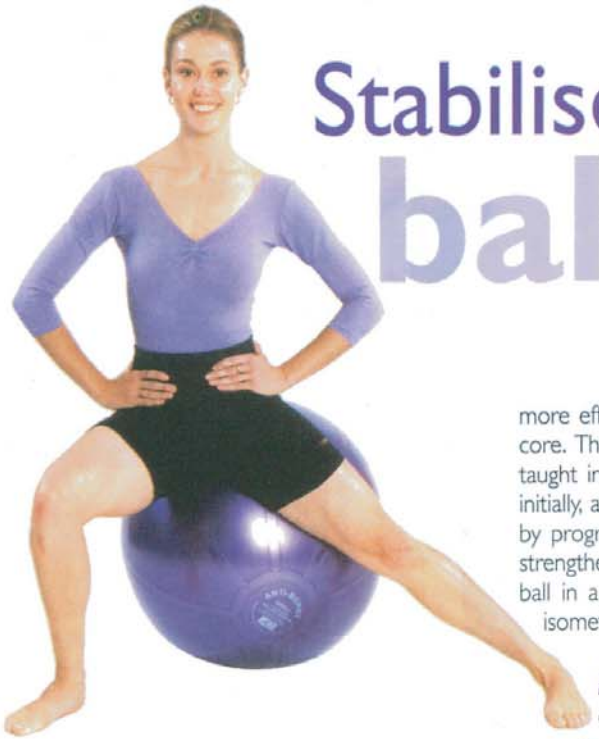
Stabilise Before You Exercise balls are best!

Bradley Wilson B.App.Sc.,M.S.S. CEO AOK Health Pty Limited



mediBall® training is very adaptable to different sports, ages, strength and co-ordination levels. Its use can be very time efficient in comparison to the many benefits gained from its use. Because of its versatility, you can easily make the strength, stability or flexibility training specific to your needs.

The mediBall® should be used in conjunction with other types of training, such as Pilates, yoga, aerobic sessions or strength and conditioning, to complement and enhance their training effects. This leads to even greater adaptability and the possibility of developing a stronger, smarter mind-body connection.

Training with mediBalls® requires precise control of exercise form, if the neuromuscular benefits are to be gained. For this reason, you should use a personal trainer who has considerable experience in prescribing exercise and get yourself a high quality exercise instruction video.

Important Concepts mediBalls® have been used in rehabilitation exercises since the 1960s and they allow you to easily incorporate the following training concepts into your program. It will benefit you while fitting in with and complementing your other exercise or relaxation activities. The following concepts are important if you want to have improved stability:

Core Stability and Control encompasses active pelvic stabilization, shoulder girdle stabilization and hip girdle stabilization. Using the deep muscles around the spine will provide a stable torso or centre. This allows for purer, more efficient movements coming from a stable core. The concept of core stability should be taught in a stable environment (ie on the floor) initially, and then that stability can be challenged by progressing on to the ball. Many abdominal strengthening exercises can be performed on the ball in a variety of positions, allowing eccentric, isometric and concentric contraction.

Efficient Movement Patterns comes from using only the required muscles to perform a movement in a specific sequence. Without using unnecessary muscle groups, we save neural energy (making movement more efficient) and reducing opportunity for injury.
Athletes strive to conserve energy to aid in their performance. If an athlete can obtain core stability and control, they can use the otherwise wasted energy to enhance their performance.

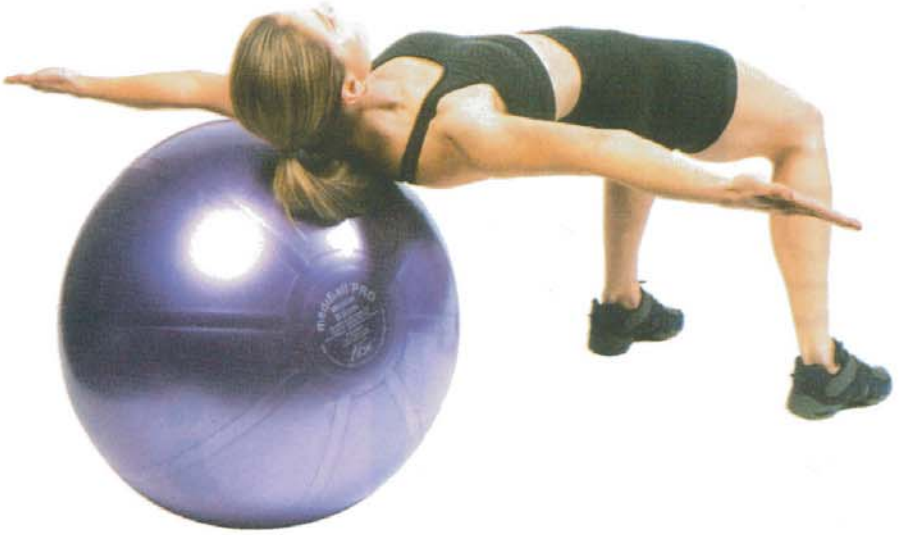
Increased Kinesthetic Awareness occurs automatically because of the unstable nature of the ball, the athlete is forced to be intrinsically aware of the positioning of their body in space.

Dynamic Flexibility (as opposed to static flexibility) is achieved because using a MediBall® has the advantage of training a certain degree of strength at the end range. Having strength at the end of a range of motion not only prevents injury (most muscle tears occur at end range) but allows the athlete to have control throughout the full potential of the movement while muscles are lengthening (eccentrically contracting). Because the movements come from a stable core, coaches can isolate specific areas for flexibility training and reach goals quickly (distal mobility on core stability)

Balance is improved as the unstable nature of the MediBall® forces the athlete to make constant weight shifts while on the ball, to find their balance points.

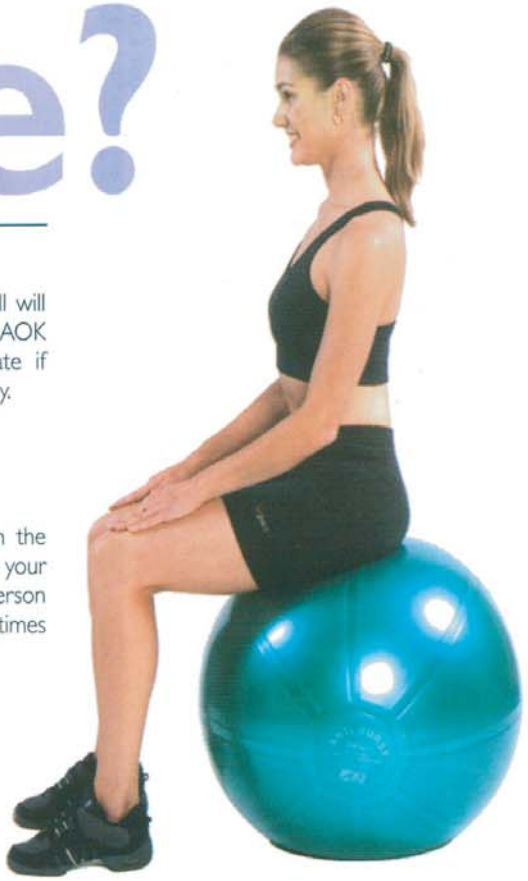
Prime Mover Strength can be enhanced by using medicine balls, ankle/wrist weights or elastic on the MediBall.® Exercises such as the medicine ball press can isolate the prime movers (pectoralis major, anterior deltoid and triceps) to perform the action, while the stabilisers and neutralisers are working to prevent any other unnecessary movement. Because of the high neural demand of MediBall® training, the reps and sets performed can be minimal to gain a training effect. Time efficiency is as important as any other factor of training.

Stabiliser/Neutraliser Strength is enhanced because the ball is unstable, the various stabiliser muscle groups are challenged. If you are unstable, the stabilisers engage to prevent you from falling off the ball. Good strength and endurance function in joint stabilisers can not only have a performance enhancing role, but may also play a role in injury prevention in the long run. The athlete will be able to hold form longer, leading to better efficiency.



See page 56 for tips on how to choose the right ball

What Ball to Choose?



What ball to choose?

There are a range of balls available in the marketplace so you must be careful in your choice. Generally the cheaper balls are inferior in quality and could be dangerous. Look for a ball that has been University developed and tested and has been designed to resist compression when under load – such as when sitting or during exercise. By maintaining its roundness while in use it improves the stimulus from its inherent instability – it makes you work harder! A firmer mediBall® requires you to slow the movement speed so that the proprioceptive / sensory pathways are stimulated through the entire range of motion. There are no 'blind spots' due to ballistic motion. They should also be burst resistant to 500kg and carry a minimum of 1500kg static load.

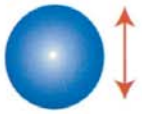
What does anti-burst mean?

Rather than exploding, if punctured, the ball will deflate slowly. The mediBall® Pro from AOK Health takes about 30 seconds to deflate if punctured – greatly reducing the risk of injury.

Why should a swiss ball be burst resistant to 500kg?

Impact loading. When sitting/exercising on the ball, the impact on the ball is more than just your body weight. Eg. The impact from an 80kg person bouncing on the ball can easily be 2 1/2 times their body weight or 200kg!

Correct BALL-SIZING

BALL SIZE	JUNIOR	SMALL	MEDIUM	LARGE	EX LARGE
Max Ball Diameter Diameter is the vertical height of the ball 	45cm	55cm	65cm	75cm	85cm
Combo-sizing Suitable for combined sitting and exercise	<150cm	150 - 165cm	162 - 183cm	180 - 200cm	198cm+
Exer-sizing Suitable for mainly exercise	<160cm	160 - 175cm	175 - 195cm	195cm+	

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