



The **Red Run Classic** is a fundraising run/walk for Haemophilia Foundation Australia and Haemophilia Foundation Queensland.

All funds raised from the event will be shared by Haemophilia Foundation Australia and Haemophilia Foundation Queensland.

Join hundreds of other women, men, teenagers and children to have fun while raising money for a good cause. If you are a serious competitor make the Red Run Classic one of your big events, or just come to walk with your family and friends for a great activity and fun.

The Serendipity of Fitness

15TH

Australian & New Zealand

HAEMOPHILIA CONFERENCE

Life Challenges 

Brisbane, 8-10 October 2009 www.haemophilia.org.au



intraining
the running store run by runners

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BHlth Sc Podiatry

What is Fitness



intraining
the running store run by runners



- Cardiovascular
- Strength
- Flexibility
- Reserves of Immunity
- Mental Strength
- Skills - Muscle Memory
- Obesity
- Set Point theory and Diet

Exercise Guidelines

- **New Guidelines do not reflect current ADL**
- **Based on Acceptable rather than Optimum level**
- **Positive Dose - Response Relationship**

Basic recommendations from ACSM and AHA:

Do moderately intense cardio 30 minutes a day, five days a week *Or* Do vigorously intense cardio 20 minutes a day, 3 days a week *And* Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Australian Department of Health and Aging National Physical Activity Guidelines:

- 1 Think of movement as an opportunity, not an inconvenience.
- 2 Be active every day in as many ways as you can.
- 3 Put together at least 30 minutes of moderate- intensity physical activity on most, preferably all, days.
- 4 If you can, also enjoy some regular, vigorous activity for extra health and fitness.

QuickTime™ and a decompressor are needed to see this picture.

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Significance of Fitness

- Life expectancy
- Morbidity
 - Illness
 - Productivity
 - Dementia
- Palliative Care Duration

A high-angle, wide shot of a large group of runners participating in a marathon on a city street. The runners are spread out across the road, moving away from the camera. They are wearing various athletic gear, including tank tops, shorts, and running shoes. The street is paved and has some lane markings. The background shows more runners and some buildings, suggesting an urban setting. The overall scene is bright and active, capturing the energy of a large-scale running event.

Why Exercise/Run?

- Increased cardio vascular fitness
- Increased strength
- Weight management and muscle toning
- Social interaction
- Increased feeling of well being
- Meditative and relaxation benefits

What do You Need?

- Start from the ground up
- A pair of running shoes.
- Socks.
- A pair of shorts or tights that are comfortable and allow a range of movement.
- A singlet or top for running that is breathable, light and comfortable
- A Watch for tracking progress
- Lastly if required- hat and glasses etc
- Body glide if you get chaffing



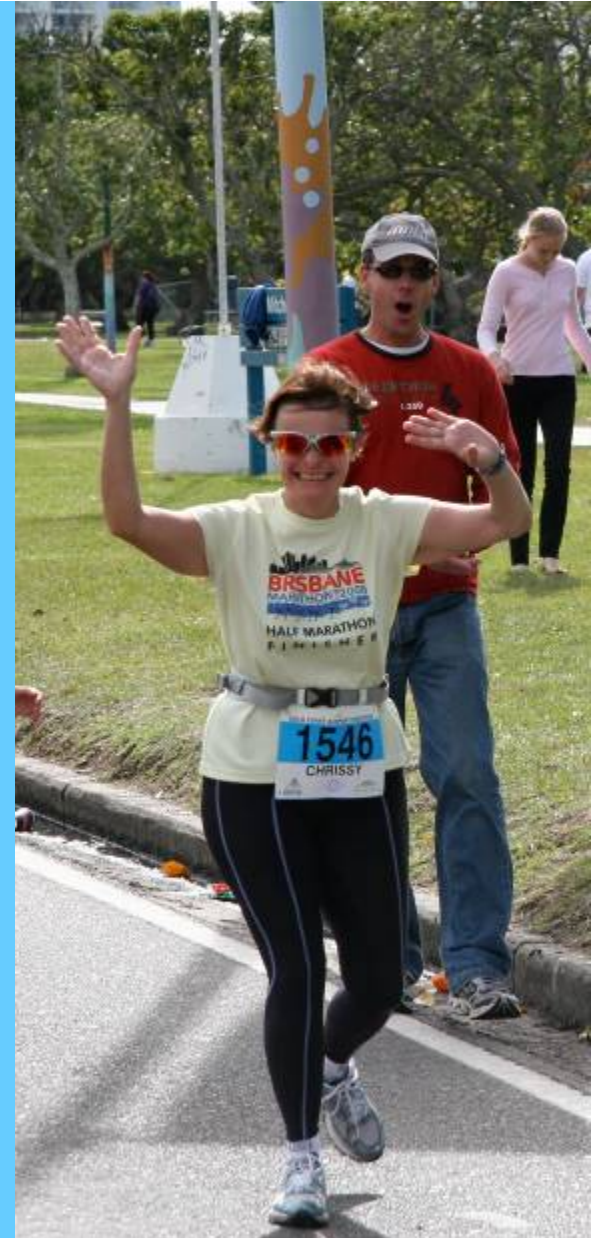
How to Start Running

- The Couch to 5km Program
- Start gently keep improving
- 3 times/ week is an achievable beginners goal
- Walk/Run for 30 minutes
- Walk before you need to walk
- Reduce amount of walking gradually
- Join a beginners group

Planned		Actual
<small>© INTRAFORM Fitness Centre created by Steve Manning</small> Beginner Runner <small>GOAL: Bridge to Brisbane 4.5km</small>		
WEEK 12		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 11		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 10		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 9		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 8		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 7		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 6		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 5		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 4		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 3		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 2		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 1		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	
WEEK 0		BUILDUP
Mon	15min Group Walk, Walk/Run	
Tue	15min Group Walk, Walk/Run	
Wed	15min Group Walk, Walk/Run	
Thu	15min Group Walk, Walk/Run	
Fri	15min Group Walk, Walk/Run	
Sat	15min Group Walk, Walk/Run	
Sun	15min Group Walk, Walk/Run	

Starting Running

- Try to add variety by using different venues to do your running.
- Try to run somewhere beautiful if you can.
- Don't compare yourself to others.
- Don't try to run fast. (one of the most common mistakes made by new runners)
- Try to finish each session feeling tired but that you could have done a little more if really needed.
- Walk before you run to allow your body to warm up
- Stretch after you run



Make it a Part of your Life



• First thing in the morning has been shown to be the most effective as *it is less likely to be interrupted by life activities.*

• Arrange to meet a friend or partner— or better still join a group—you are *more likely to turn up if you have made a commitment*



Setting a Goal

Not just a goal but a behavioural change

Goal should be fitness for life

Use short term goals to keep your motivation

Run the Red Run Classic in 2010

It could save your life.

The Serendipity of Exercise

A woman with blonde hair in a ponytail, wearing a white tank top with a red stripe and black shorts, is running away from the camera on a dirt path. The path is flanked by tall grass and trees with vibrant autumn foliage in shades of yellow and orange. The sky is a dramatic mix of orange, red, and purple, suggesting a sunset or sunrise. The overall scene is peaceful and inspiring.

People start exercising to lose weight and improve their health. What they end up finding is a new self image.

- Makes you want to eat better
- Makes it harder to smoke
- Keeps you in tune with your body
- Gives you confidence in yourself
- Reduces depression
- Makes you smarter
- Reduces mental decline
- You learn to love it