

# BEAUMARIS AQUA AEROBICS NEWSLETTER April 2011



Hello Aquacisers.

Haven't the last few months been hectic? Around the world there have been many tragic natural disasters. Most of us have had some sort of connection to the cyclones, floods & fires that occurred around Australia. Many of you got on board when I began the fund-raiser to support the WA & Queensland flood appeal. We raised a mighty \$210.00. What a great effort! I know many of you had already given to the appeal through other sources, but it didn't stop you from putting a few more coins into our tin each time you came to aqua. Thank you to Sue, who took the tin, counted & banked the money into the appeal fund. You have all been very generous with your time and money. Last year, I said I will do a fund-raiser once a year, and although this one was so close to Christmas, it was successful. Every coin you donated will have been gratefully accepted by those in need. Well done to you all!

In my last newsletter (January 2011), I made a quick mention regarding sun safety. I would now like to go one step further for those who have been exposed to ultra violet rays, not only from this summer, but from many previous days that have been spent sun-baking. The results of too much exposure can result in malignant spots. How many of you know how to spot a suspicious spot? As with all cancers, early detection is the key to reducing the chances of surgery, serious disfigurement & even death from skin cancer. Here is the **ABCD** check list: Check your whole body for signs of ABCD.

**ASMMETRY** If the spot or lesion when divided in half, is not a mirror image.

**BORDER** A spot with a spreading or irregular edge.

**COLOUR** A spot with a number of different colours through it.

**DIAMETER** A spot that is growing and changing in diameter or size.

(Denise) Lyon Dip.TAA, M.HNLP , Hypnotist  
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SILVER CHAIN  
Kim Skett  
Clinical Nurse Consultant  
0407 722 741 (08)9242 0242  
[kskett@silvershain.org.au](mailto:kskett@silvershain.org.au)

SCHOOL HOLIDAYS are fast approaching and "YES" We still run classes during that time. The only exception is during public holidays. The upcoming holidays commence on Friday 22<sup>nd</sup> April, which also coincides with Good Friday. And because ANZAC Day falls on Easter Monday, Tuesday 26<sup>th</sup> April is also a public holiday. As a result, there will be no aqua classes over this time. Last class will be Thursday 21<sup>st</sup> April at 6pm and will resume on Wednesday 27<sup>th</sup> April.

MUSCLE CRAMPS. A muscle cramp is an uncontrollable & painful spasm of the muscle. The pain usually subsides within seconds or minutes, but in severe cases, continue for longer. Although any muscle can go into spasm, muscle cramps generally affect the muscles of the thigh, calf & foot. The exact cause of muscle cramping is still unknown, however, there are some factors that are associated with muscle cramps, including:

**EXERCISE** – Muscle cramps sometimes occur during or after vigorous or prolonged exercise.

**UNDERLYING HEALTH CONDITIONS** – In rare cases, muscle cramps can occur as a result of an underlying condition, such as atherosclerosis & sciatica.

**MEDICATION** – Some types of medication can cause muscle cramps. Regular use of fluid pills (diuretics) can interfere with the body's mineral balance & contribute to cramping.

WHAT TO DO If you experience muscle cramp, below are some tips to help you relieve the pain.

- Gently stretch the cramped muscle until it has stopped cramping.
- Apply an ice pack for a few minutes to numb the area & help the muscle relax.
- Gently massage the muscle.

To prevent muscle cramps from occurring you could try stretching your muscles before & after exercise. You should also drink plenty of water throughout the day & increase your fluid intake if you are exercising. You should consult your doctor if you are experiencing muscle cramps on a regular basis, or if cramps are severe & last longer than a few minutes.

HARCOURTS  
Jeanne Craven  
0415 318 669  
(08)9300 3344  
[jeanne@harcourtsqbt.com.au](mailto:jeanne@harcourtsqbt.com.au)  
[www.qbt.harcourts.com.au](http://www.qbt.harcourts.com.au)

FUN FACTS # 1 Getting rid of excess clutter would eliminate 40% of the housework in the average home.

# 2 A new baby typically results in 400-750 hours of lost sleep for parents in the first year.

# 3 If the sun were a hollow ball, more than a million Earth's could fit inside it!

# 4 The average human spends one-third of their life sleeping.

#5 The average human loses about 40 – 100 strands of hair a day



Near the end of February, I received a phone call from Nicky Badman (from BPW – Joondalup) asking me if I would accept a nomination as a local business owner. I was invited, along with 99 other professional women, to attend a breakfast that recognised and honoured what we did for the community. To be honest, I was totally “gobsmacked”, however, I accepted the nomination and attended this function with two wonderful friends, Kathe-Evy & Sue supporting me. Thanks to

Nicky who first saw me near the end of an aqua class one evening and a huge THANK YOU VERY MUCH to all of you who make this a successful and rewarding business. Without you, this just would not have eventuated. I am very fortunate to love my work..... it is impossible to NOT love it, as you are all fun-loving, hard working and supportive aquacisors! I'm sure some of you will get to know Nicky as she has promised to come along and join our wonderful group! (under pressure now, Nicky!! lol).

**NEW EQUIPMENT** Last week, I introduced you to exercising with balls. I got fabulous feedback from this. Working with these balls has added a new dimension to your aqua classes. A big thanks to Jill, who went out and purchased a couple of extra balls for us all to use. I will be getting some softer, knobby balls for those who have difficulty holding the hard firm balls that we have at present

**EVOLVE EXERCISE PHYSIOLOGY** is a mobile consulting group servicing the Perth Metro area. The fully qualified & accredited practitioners specialise in exercise based interventions for workers comp & motor vehicle accident claims. The programs are aimed at optimising physical function through exercise & education. Services are tailored to suit the specific needs of each case & programs are set up at a location convenient to the client. Exercise programs are individually prescribed according to medical guidelines & evidence based practise. All of the programs incorporate an education component designed to assist the client to independently self manage their condition. Programs may be targeted at Injury rehabilitation, chronic disease management, physical conditioning/work hardening, injury prevention, general health & fitness & weight loss.

EVOLVE Exercise Physiology  
Pam Eldridge  
Exercise Physiologist  
P: 0402 319 850  
F: 08 9474 5509  
E: [evolve.ep@inet.net.au](mailto:evolve.ep@inet.net.au)  
PO Box 1034, Hillarys WA 6923

**MAY PROMOTION** During the month of May, come along as many times as possible to be in the running for the “Most Supportive Aquacisor”. (The person who comes along the most). In the case of a tie, a name will be drawn :) There will be a prize for this (I am still waiting to hear from one of our sponsors).

As we come into the cooler nights, getting out of the pool after aqua can be a little chilly. Dee has come up with a fabulous idea. She brings her towel wrapped around a heat bag. She has a toasty warm towel when she gets out of the pool and she wraps the heat bag around her neck for extra warmth to go home.

Over the last week, the pool has been filled deeper than normal. I have had great feedback about this, especially from those who have joint pain in the lower body. Just a point though, exercising in the deeper water is a lot harder, so your movements will be slower. If you want to work faster, move to a shallower spot in the pool.

Badash Hair Lounge  
Suite 3  
58 Constellation Dr  
Ocean Reef  
(08)933 8333

**HYDROBALANCE** classes were a great hit again this year and I have had requests for it to be longer than a month next year. OK, your request has been noted and the big boss (Me) thinks that extended time will be of great value, so “YES”, next year we will have 2 months of Hydro-Balance. These classes can only be run when the ambient air temperatures are hot, otherwise participants get too cold. Once again, classes will be held on a Monday evening.

**FOR SALE** I have some printer cartridges (new) that I want to sell. They are suitable for the Canon Pixma MFC. The cartridge sizes are number 8. I have 3x black, still in the cellophane wrapper, 1 x cyan, 1 x magenta and several part used cartridges. All for \$50.00. If you are interested, or know someone who is, call or email me or see me in person at the desk.

**BLOG** Go to my website to read the latest blog on “How to get a good night's sleep”. If you have anything to contribute or any feedback regarding any of the articles written in this latest newsletter, please go to my BLOG on <http://shirleyhowardaquaerobics.weebly.com> Also I have downloaded some more great pics....go check it out :)

**LAST NOTE FROM THE EDITORS DESK:**

If you know of anybody who may benefit from information in this newsletter, please feel free to pass it on.

I would like to personally thank those of you who helped me move house last February. It was a particularly stressful time. Kathe-Evy, thank you for letting me borrow you & your credit card when I had lost mine. Linda & Steve, Ted, Val & Bill, Renee & Simon, Chris & Kev, you all put in a tremendous effort, THANK YOU ALL SO MUCH!

That's all for now. Keep aquacising, keep happy.

Shirl x

