

# **Sports Medicine Australia media review August 2010**

For full media articles, please contact Amanda Wilson, phone 03 9674 8703 or email [amanda.wilson@sma.org.au](mailto:amanda.wilson@sma.org.au)

## **How to better manage sport**

The sports knowledge of Wollondilly team coaches and managers has improved thanks to a rugby league health and safety officer. Mr Driscoll, who is a presenter for Sports Medicine Australia.

**Wollondilly Advertiser, NSW, p.10, 30/6/2010**

**Circulation – 11,822**

## **Making football safer – Victorian Trainers Course**

Sports Medicine Australia are running a Sports Trainer Course that incorporates Sports First Aid, Level 1 Sports Trainer, Introductory Sports Massage

**AFL Community Development Newsletter**

## **Keep active if you have diabetes: it's good for you**

A newly released information sheet will help ensure the health of diabetes sufferers. Developed by Sports Medicine Australia, Sports Dietitians Australia and Exercise and Sports Science Australia, the Diabetes and Exercise Information Sheet provides details on the ideal levels of exercise that should be undertaken by those with diabetes. Exercise physiologist, Dr Mike Climstein said this resource provided diabetes sufferers with the knowledge they need to lead an optimal lifestyle.

**Portland Observer, VIC, p.15, 6/8/2010**

**Circulation – 3,586**

## **Regular exercise will help diabetes sufferers**

A newly released information sheet will help ensure the health of diabetes sufferers. Developed by Sports Medicine Australia, Sports Dietitians Australia and Exercise and Sports Science Australia, the Diabetes and Exercise Information Sheet provides details on the ideal levels of exercise that should be undertaken by those with diabetes. Exercise physiologist, Dr Mike Climstein said this resource provided diabetes sufferers with the knowledge they need to lead an optimal lifestyle.

**Buderim Chronicle, QLD, p.5, 6/8/2010**

**Circulation – 17,018**

**Sports Trainer courses  
Sporting pulse website**

## **Keep active with diabetes**

A newly released information sheet is set to help enhance the health of diabetes sufferers. Developed by Sports Medicine Australia, Sports Dietitians Australia and Exercise and Sports Science Australia, the Diabetes and Exercise

Information Sheet provides details on the ideal levels of exercise that should be undertaken by those with diabetes.

**Bellarine Times, VIC, p.19, 10/8/2010**

**Circulation – 19,000**

### **Keep active with diabetes**

A newly released information sheet is set to help enhance the health of diabetes sufferers. Developed by Sports Medicine Australia, Sports Dietitians Australia and Exercise and Sports Science Australia, the Diabetes and Exercise Information Sheet provides details on the ideal levels of exercise that should be undertaken by those with diabetes.

**Surf Coast Times, VIC, p.19, 10/8/2010**

**Circulation – 20,000**

### **Fighting fit**

A new study featured in *The Journal of Science and Medicine in Sport* showed elite endurance athletes are likely to live longer than the general population. Sports Medicine Australia Chief Executive Officer Nello Marino said the general population could learn from these athletes.

**Sound Telegraph, WA, p.35, 11/8/2010**

**Circulation – 43,317**

### **Up the exercise**

Rockhampton diabetes sufferers are being urged to do more exercise to boost their health. Sports Medicine Australia has produced an information sheet for sufferers which says they should complete at least 150 minutes of moderate exercise a week and 90 minutes of more vigorous exercise.

**Morning Bulletin, QLD, p.4, 11/8/2010**

**Circulation – 18,036**

### **Spring into better shape**

We're into the last weeks of winter, so it's time to start looking forward to spring. Sports physician and Sports Medicine Australia spokesman Dr David Bolzonello says "As summer approaches, many people who have been in hibernation all winter come out to exercise, and more often than not they want to see results and they want to see them fast. By pushing themselves too hard too fast injuries are more likely to occur. To help keep your spring workout injury free, Smartplay, Sports Medicine Australia's sports injury prevention program, offers the following tips"

**Herald Sun, VIC, p.35, 16/8/2010**

**Circulation – 514,000**

### **Blessed more ways than one**

Not only are they well paid, put on a pedestal and idolised, but now it seems elite athletes live longer than the rest of us. A study in last month's *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia, examined the mortality and longevity of elite athletes in an effort to understand the association between exercise training and survival rates.

**Herald Sun, VIC, p.11, 16/08/2010**  
**Circulation – 514,000**

**Netball's no longer just niggle**

Sports Medicine Australia says football and netball are among to top five injury prone sports in Australia . with netball ranking fourth and football first.

**West Australian, WA, p.9, 16/8/2010**  
**Circulation – 188,211**

**Keep active with diabetes – it's good for you**

Developed by Sports Medicine Australia, Sports Dietitians Australia and Exercise and Sports Science Australia, the Diabetes and Exercise Information Sheet provides details on the ideal levels of exercise that should be undertaken by those with diabetes.

**Highfields Herald, QLD, p.3, 16/8/2010**  
**Circulation – 2,946**

**The nature of nurture**

Sports Medicine Australia recommends that healthy women who have uncomplicated pregnancies can continue their previous exercise program after consulting with their doctor.

**Pharmacy News, p.26, August 2010**  
**Circulation – 7,097**

**Sports injuries**

**The Courier Mail, QLD, 21/8/2010, Interviewed Dr David Bolzonello**

**Keep active with diabetes: it's good for you**

A newly released information sheet is set to help enhance the health of diabetes sufferers. To download the Diabetes and Exercise Information Sheet or to assess your risk of developing diabetes visit [www.sma.org.au](http://www.sma.org.au)

**Crows Nest Advertiser, QLD, p.3, 17/8/2010**  
**Circulation – 1,200**

**Keep active with diabetes: it's good for you**

A newly released information sheet is set to help enhance the health of diabetes sufferers. To download the Diabetes and Exercise Information Sheet or to assess your risk of developing diabetes visit [www.sma.org.au](http://www.sma.org.au)

**Glasshouse Country News, QLD, p.22, 18/8/2010**  
**Circulation – 8,900**

**Knees up**

Behind the amazing growth of women's football lies a distressing fact, women are more than three times more likely than men to suffer serious knee injuries in sport. Sports Medicine Australia cites the study on its website.

**Inside Sport, p.98, August 2010**  
**Circulation – 23,873**

**Preparation**

During winter those who are active need to prepare for the cold conditions or risk injuries. To help prepare for winter sports, Smartplay offers these timely tips.

***East Gippsland News, VIC, p.47, 25/8/2010***

**Circulation – 15,856**

**Protecting my kids from injuries**

Protective equipment protects children from injury whilst playing sport or undertaking recreational activities. For further information on protective equipment, download the Smartplay Gear Up Your Guide to Protective Equipment Fact Sheet at [www.smartplay.com.au](http://www.smartplay.com.au)

**Medibank Feelbetter magazine, Spring 2010**