

Sports Medicine Australia media review

September 2010

For full media articles, please contact Amanda Boshier (Wilson), phone 03 9674 8703 or email amanda.boshier@sma.org.au

School playground equipment – JSAMS research article
Education Views, QLD

Sports injuries

Smartplay has offered a few tips to Gippslanders preparing for winter sports

For more information visit www.smartplay.com.au

Latrobe Valley Express, VIC, p.30, 30/8/2010

Circulation – 35,530

Health priority for gym club

According to Sports Medicine Australia's sponsorship officer Deb Bow, the Healthway Healthy Club sponsorship will help all club participants improve their health.

Wagin Argus, WA, p.9, 2/9/2010

Circulation – 743

Spring into exercise safely

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

E-Travel blackboard

Build up to summer exercise with caution

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Tablelands Advertiser, QLD, p.36, 3/9/2010

Circulation – 18,484

For the record

On February 28, 2010 the Sunday Telegraph published an article entitled 'Jobs for the boys' in which we stated that former Labor adviser Dr Warren Mundy was appointed by the Government to the Productivity Commission and as a business advisor to Sports Medicine Australia. In fact Dr Mundy was not appointed to Sports Medicine Australia by the Government.

Sunday Telegraph, NSW, p.40, 5/9/2010

Circulation – 632,009

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Moorabool News, VIC, p.25, 7/9/2010

Circulation – 11,000

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North Central Review (Kilmore), VIC, p.20, 7/9/2010

Circulation – 15,037

Take it easy

Sports Medicine Australia is warning residents to take a gradual approach to exercise as summer approaches. Spokesman Dr David Bolzonello said every spring people injured themselves by pushing too hard too soon. He said using the correct techniques, stretching, cooling down and drinking plenty of water, helped avoid injury.

Caulfield Glen Eira Leader, VIC, p.3, 7/9/2010

Circulation – 37,771

Fab abs just a workout away

Brimbank residents are hitting the gym to tone up for summer. Sports Medicine Australia spokesman David Bolzonello warned exercise could lead to injury unless a gradual approach was taken. "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. They push themselves to the limit, but by pushing themselves too hard, too fast, injuries are more likely to occur."

The Advocate Sunshine, VIC, p.10, 7/9/2010

Circulation – 47,159

Spring into exercise safely

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Byron Shire Echo, NSW, p.16, 7/9/2010

Circulation – 21,047

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Surf Coast Times, p.12, 7/9/2010

Circulation – 20,000

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The Advocate Sunshine, VIC, p.10, 7/9/2010

Circulation – 47,159

Take care when getting back into daily exercise

People need to take a gradual approach when getting back into the exercise swing to avoid injuries. Sports Physician and Sports Medicine Australia spokesman David Bolzonello said injuries can happen when people push themselves too hard early on.

Sound Telegraph, WA, p.30, 8/9/2010

Circulation – 43,317

Spring into exercise safely

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Bingara Advocate, NSW p.12, 8/9/2010

Circulation – 950

Ease yourself into spring exercise

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken, according to Sports Medicine Australia.

Rockhampton & Fitzroy News, QLD, p.20, 8/9/2010

Circulation – 24,635

Physician says to ease into exercise

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken, according to Sports Medicine Australia.

Range News, QLD, p.24, 9/9/2010

Circulation – 14,493

Spring into exercise safely

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken, according to Sports Medicine Australia.

Independent Express, WA, p.2, 9/9/2010

Circulation – 54,005

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Cooma Monaro Express, NSW, p.7, 9/9/2010

Circulation – 1,694

Getting fit for Spring

With spring here and the warmer weather approaching, motivation to exercise for summer is at its peak. This exercise however may lead to injury if a gradual approach is not taken, with Sports Medicine Australia stating that every spring hundreds of people are admitted to hospitals and emergency departments for sports-related injuries.

Post Weekly Goulburn, VIC, p.6, 9/9/2010

Circulation – 4,166

Celebrating 50 years netball in Esperance

The Esperance Netball Association successfully applied for and received grant assistance from: Healthway Healthy Club supported by Sports Medicine Australia.

Esperance Express, WA, p.28, 10/9/2010

Circulation – 3,500

Surf safe safety tips

To download Smartplay's Facts and Safety Tips for Surfing Fact Sheet visit

www.smartplay.com.au

Herald Sun, VIC, p.35, 13/9/2010

Circulation – 514,000

Don't overdo it when springing into fitness

The warmer weather is approaching, and Sunshine Coast residents are encouraged to rein in the urge to over-exercise this spring. Sports Medicine Australia (SMA) has encouraged people to shed the winter weight, but warned them to take exercise one step at a time and ease back into a routine.

Sunshine Coast Daily, QLD, p.16, 14/9/2010

Circulation – 20,603

Doctor Who?

Dr John McIntosh is more than just a doctor. He is an avid yacht enthusiast, restaurant owner and with his new wife is planning on releasing a book on healthy living. Here Dr McIntosh shares his experiences, his passions and his dedication to health care. Dr McIntosh is a Chairman of Sports Medicine Australia.

Daily Mercury, QLD, p.45, 18/9/2010

Circulation – 18,982

Conference still open

There are still places available at UQ's Sports 2010 Evolution of an Athlete two day conference. This years speakers include Steve Moneghetti, Sports Medicine Australia's Mark Brown, and the ARU's Ben Whitaker.

South West News, QLD, p.71, 29/9/2010

Circulation – 40,570

Sports conference

There are still places available at UQ's Sports 2010 Evolution of an Athlete two day conference. This years speakers include Steve Moneghetti, Sports Medicine Australia's Mark Brown, and the ARU's Ben Whitaker.

City South News, QLD, p.43, 30/9/2010

Circulation – 29,951

Sports Trainer Conference 2010 Louise Sauvage OAM – Keynote speaker

Enhancing New South Wales community sports safety, exercise prescription and athlete development will be the focus of the Sports Trainer Conference 2010, held by Sports Medicine Australia NSW Branch.

Etravelblackboard.com.au, 30/9/2010

**SMA NSW Sports Trainer Conference
Weekly Times online**