

Sports Medicine Australia media review

October 2010

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

Exercise your way to a much healthier lifestyle

A newly released information sheet will 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.

Big Rigs, p.26, 1/10/2010

Circulation – 24,660

Spring into fitness the safe way...

Spring is here and with warmer weather approaching, it's time to get serious about exercise in the lead up to the summer months. But this exercise may lead to injury if a gradual approach is not taken, warns Sports Medicine Australia.

Echo, WA, p.8, 2/10/2010

Spring safely into exercise

Spring is here and with 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.

Narrandera Argus, NSW, p.6, 5/10/2010

Circulation – 1,308

Sports trainer conference this month

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 New South Wales on October 23.

Daily Examiner, NSW, p.28, 6/10/2010

Circulation – 5,554

Sports Medicine QLD to lose funding

The state branch of Australia's peak national umbrella body for sports medicine and sports science, Sports Medicine Australia, Queensland, is calling on parents, schools and sports clubs across the region to join with them in agitating for a reversal of a government decision which will see all state funding to the organization scrapped.

North Queensland Register, QLD, p.22, 7/10/2010

Circulation – 3,972

Conference available for sports trainers

An informative day is expected when Sports Medicine Australia Victorian branch hosts a sports trainer conference in Preston next month. The key speaker is SMA chief executive officer Nello Marino.

Northern Times, VIC, p.23, 8/10/2010

Circulation – 2,084

Play equipment impacts on activity

Schools looking to make children more active simply need to provide more balls, skipping ropes, racquets and hoola hoops, a new study has shown. The study was published by Sports Medicine Australia, which investigated the relationship between school playground characteristics and child activity levels.

Narrandera Argus, NSW, p.7, 12/10/2010

Circulation - 1,308

Sports seminar

A conference aimed at keeping sports trainers up to date with new techniques and information will be held at Preston's Darebin Arts and Entertainment Centre on Saturday November 13. Hosted by the Victorian branch of Sports Medicine Australia, the seminar's keynote speaker will be Sports Medicine Australia Chief Executive Officer Nello Marino.

Preston Leader, VIC, p.5, 13/10/2010

Circulation – 38,044

Sports seminar

A conference aimed at keeping sports trainers up to date with new techniques and information will be held at Preston's Darebin Arts and Entertainment Centre on Saturday November 13. Hosted by the Victorian branch of Sports Medicine Australia, the seminar's keynote speaker will be Sports Medicine Australia Chief Executive Officer Nello Marino.

Northcote Leader, VIC, p.5, 13/10/2010

Circulation – 38,044

Fit for office

When you are sitting in an office all day you need to do compensatory stretches for those muscles that tighten through prolonged sitting, says Dr Ian Gillam, a Melbourne based exercise physiologist and spokesperson for Sports Medicine Australia.

IN THE BLACK, p.65, October 2010

Circulation – 124,858

Feet

Readers Digest, Interviewed Rachael Bradhurst

Sports Trainer conference

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 New South Wales on October 23.

Weekly Times, NSW, p.35, 13/10/2010

Circulation – 53,930

At the crease

All clubs have been sent copies of Sports Medicine Australia's Policy on Preventing Health Illness in Sport.

West Wyalong Advo

Get smart for sports safety

The state branch of Australia's peak national umbrella body for sports medicine and sports science, Sports Medicine Australia, Queensland, is calling on parents, schools and sports clubs across the region to join with them in agitating for a reversal of a government decision which will see all state funding to the organization scrapped.

Island & Mainland News, QLD, p.15, 20/10/2010

Circulation – 11,258

ACSMS2010

ABC Townsville, QLD, 23/10/2010, Interviewed Dr Anita Green

Exercise and pregnancy

Herald Sun

No drought of injuries as hard fields jar joints

Whether it's the state of the grounds, the time sport is being played or lifestyle changes, Sports Medicine Australia Queensland Chief Executive Mark Brown wants sporting clubs to get involved with his organization so it can better monitor injury frequency and help with player safety.

Morning Bulletin, QLD, p.3, 21/10/2010

Circulation – 18,036

Taping course for volunteers

Victor Harbour . An advanced taping course will be held at the Encounter Bay Football Club on October 26 from 6pm to 9pm. Run by Sports Medicine Australia

Times Victor Harbour, SA, p.10, 21/10/2010

Circulation – 7,304

Exercising safely in the heat

Fitness Reps magazine

Chucking a sickie versus toughing out a session

If you're not feeling great, it's tempting to not exercise. Here's when to go for it and when to go home. "If you have a bit of a cold, but no high fever or chunky cough, then most of the time we'd recommend that it's okay to keeping training, says Dr Shane Brun, spokesman for Sports Medicine Australia.

Sunday Herald Sun, VIC, p.12, 24/10/2010

Circulation - 514,000

Chucking a sickie versus toughing out a session

If you're not feeling great, it's tempting to not exercise. Here's when to go for it and when to go home. "If you have a bit of a cold, but no high fever or chunky cough, then most of the time we'd recommend that it's okay to keeping training, says Dr Shane Brun, spokesman for Sports Medicine Australia.

Sunday Mail Adelaide, SA, p.12, 24/10/2010

Circulation - 300,856

Chucking a sickie versus toughing out a session

If you're not feeling great, it's tempting to not exercise. Here's when to go for it and when to go home. "If you have a bit of a cold, but no high fever or chunky cough, then most of the time we'd recommend that it's okay to keeping training, says Dr Shane Brun, spokesman for Sports Medicine Australia.

Sunday Mail Brisbane, QLD, p.12, 24/10/2010

Circulation - 525,477

Chucking a sickie versus toughing out a session

If you're not feeling great, it's tempting to not exercise. Here's when to go for it and when to go home. "If you have a bit of a cold, but no high fever or chunky cough, then most of the time we'd recommend that it's okay to keeping training, says Dr Shane Brun, spokesman for Sports Medicine Australia.

Sunday Telegraph, NSW, p.12, 24/10/2010

Circulation - 638,550

Chucking a sickie versus toughing out a session

If you're not feeling great, it's tempting to not exercise. Here's when to go for it and when to go home. "If you have a bit of a cold, but no high fever or chunky cough, then most of the time we'd recommend that it's okay to keeping training, says Dr Shane Brun, spokesman for Sports Medicine Australia.

Sunday Times, WA, p.12, 24/10/2010

Circulation - 315,024

Take it in your... STRIDE

When you have a lot of weight to lose, one of the exercises open to you is walking. "Walking provides the easiest and most accessible way for all people to exercise, whether it be for recreation, social, health or transport reasons. However, being unprepared can lead to injury," says sports physician Dr David Bolzonello. Smartplay, Sports Medicine Australia's sports injury prevention program, offers these tips... More: www.smartplay.com.au

Herald Sun, VIC, p.47, 25/10/2010

Circulation - 514,000

Be careful in the heat

With the warmer weather approaching and summer sports gearing up, it seems timely to provide some advice on how to keep safe while still being active in the warmer weather. A joint venture between Sports Medicine Australia . Victorian Branch & Smartplay project . together with the Cancer Council & SunSmart has produced a UV Exposure and Heat Illness Guide.

LaTrobe Valley Express, VIC, p.44, 28/10/2010

Circulation – 35,530

Footy injuries lead the pack

Sports Medicine Australia executive officer Nello Marino said the large number of people playing Australian rules in Victoria, coupled with the physical nature of the sport, ensured there would be large numbers of injuries each season.

Sunday Herald Sun, VIC, p.27, 31/10/2010

Circulation – 514,000