

Sports Medicine Australia media review

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Exercising safely in the heat

With Summer here those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Independent Express, WA, p.11, 27/1/2011

Circulation – 54,005

Don't let injury sideline your New Year resolution

During January, many enthusiasts start new exercise regimes to get fit and lose weight gained over the festive season. However, without taking suitable safety precautions before starting activities, injuries can occur – postponing any fitness benefits. Sports Medicine Australia spokesperson David Bolzonello said this need not be the case, as up to half of all sporting injuries were able to be prevented.

Gympie Life, NSW, p.6, 29/1/2011

Aspiring tennis players have an advantage

With the Australian Tennis Open inspiring many to take to the sport, players can get an advantage via Sports Medicine Australia's Preventing Tennis Injuries Fact Sheet. "Every year once the Australian Tennis Open is over and won – people are inspired to start playing tennis, often without appropriate preparation. Sadly, this is a recipe for injury," Sports Medicine Australia's spokesperson, Dr Anita Green said.

District Reporter Camden, p.9, 31/1/2011

Circulation – 18,000

Horses for courses

The Mallee Sports Assembly will work with MADEC Community College, Regional Sports Network Victoria, VicSport and Sports Medicine Australia, to bring a number of workshops and information sessions to Sunraysia this year.

Sunraysia Daily, VIC, p.22, 1/2/2011

Circulation – 7,513

Prepare to play tennis

Every year, once the Australian Open tennis is over and won, people are inspired to start playing tennis, often without appropriate preparation. "Sadly, this is a recipe for injury," Sports Medicine Australia spokesperson Anita Green said.

Benalla Ensign, VIC, p.38, 2/2/2011

Circulation – 3,917

Tennis tips for novices

With The Australian Open inspiring many to take to tennis, Ipswich players are encouraged to take a few simple precautions to prevent injury. Sports Medicine Australia spokeswoman, Dr Anita Green said ever year, once The Australian Open was over, people were inspired to start playing tennis, often without appropriate preparation.

Queensland Times, QLD, p.18, 2/2/2011

Circulation – 10,498

Prescription drug use increasing as athletes try to avoid detection

Dr Peter Larkins, spokesperson for Sports Medicine Australia, yesterday said the suspension of four young St Kilda AFL players for breaking a curfew and mixing sleeping tablets with alcohol on a pre-season trip highlights concerns that the practice is more widely used than known. "Sleeping tablets are used across a wide variety of sports for a small percentage of

occasions and for legitimate reasons. But the message from SMA would be that these have to be used according to the medical advice given.”

Sydney Morning Herald, NSW, p.20, 2/2/2011

Circulation – 204,421

Summer exercise safety

With summer well and truly here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia offers the following summer safety tips. Visit sma.org.au for more advice.

Canberra Weekly, ACT, p.34, 3/2/2011

Circulation – 28,073

Get exercising: 7 ways, 7 days

To keep your exercise regime fresh, fun and energetic, try these tips. “Muscles, bones and even skin require time to recover and undergo beneficial changes that improve our health,” says Sports Medicine Australia spokesperson, Rosemary Riley. “Rest helps also to avoid burn out that makes you want to give up exercise all together and fatigue that can contribute to lack of coordination that can lead to injuries.”

Herald Sun, Body and Soul, VIC, 6/2/2011

Avoiding injury key

The recent Australian Open has many hitting local courts and Sports Medicine Australia is encouraging players to take care and avoid injuries. “Every year, once the Australian Open tennis is over and won, people are inspired to start playing tennis, often without appropriate preparation,” Sports Medicine Australia spokesperson Dr Anita Green said. “Sadly, this is a recipe for injury.”

Gympie Times, QLD, p.23, 9/2/2011

Circulation – 5,407

Avoid tennis injuries

Tennis Australia has encouraged players inspired to take up the game from the recent Australian Open titles to read up on avoiding injuries on the court. Sports Medicine Australia's Preventing Tennis Injuries fact sheet provides tips.

Logan West Leader, QLD, p.68, 9/2/2011

Circulation – 30,887

Take steps to stay injury free

With The Australian Tennis Open inspiring many to take to the sport, tennis players can get an advantage via Sports Medicine Australia's Preventing Tennis Injuries Fact Sheet. “Every year, once the Australian Open tennis is over and won, people are inspired to start playing tennis, often without appropriate preparation,” Sports Medicine Australia spokesperson Dr Anita Green said. “Sadly, this is a recipe for injury.”

Midweek (MacKay & Sarina), QLD, p.30, 9/2/2011

Circulation – 2,913

Preventing injuries

Tennis Australia has encouraged players who have been inspired to take up the game from the recent Australian Open titles to read up on keeping their body from injuries on the court. Sports Medicine Australia's Preventing Tennis Injuries fact sheet provides a number of tips for warm up and cool down...

North West News, QLD, p.79, 9/2/2011

Circulation – 43,085

Injuries fault of 'poor prep'

Tennis Australia has encouraged players who have been inspired to take up the game from the recent Australian Open titles to read up on keeping their body from injuries on the court. Sports Medicine Australia's Preventing Tennis Injuries fact sheet provides a number of tips.

South West News, QLD, p.87, 9/2/2011

Circulation – 40,570

Prevent tennis injuries

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Westside News - Paddington, QLD, p.87, 9/2/2011

Circulation – 60,423

Tennis safety loved by all

With The Australian Tennis Open inspiring many to take to the sport, tennis players can get an advantage via Sports Medicine Australia's Preventing Tennis Injuries Fact Sheet. "Every year, once the Australian Open tennis is over and won, people are inspired to start playing tennis, often without appropriate preparation. Sadly, this is a recipe for injury," said Sports Medicine Australia spokesperson Dr Anita Green.

Glasshouse Country News, QLD, p.36, 9/2/2011

Circulation – 10,000

Sports first aid tips

Sports Medicine Australia offers the following RICER sports injury first aid tips...

Cobar Weekly, NSW, p.29, 9/2/2011

Circulation – 2,000

Trainers in for a busy pre-season

The Eastern Football League will host sports trainers' courses this month. Sports Medicine Australia will lead the courses.

Knox Weekly, VIC, p.31, 9/2/2011

Circulation – 48,518

Pick up a racquet

Tennis Australia has encouraged players who have been inspired to take up the game from the recent Australian Open titles to read up on keeping their body from injuries on the court. Sports Medicine Australia's Preventing Tennis Injuries fact sheet provides a number of tips.

City North News, QLD, p.55, 10/2/2011

Circulation – 29,017

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City South News, QLD, p.55, 10/2/2011

Circulation – 29,993

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Northern Times Caboolture, QLD, p.71, 11/2/2011

Circulation – 81,020

Overweight kids can't jump

Overweight children believe they have poorer movement skills, such as throwing, catching, running, jumping and hopping, compared to their leaner counterparts, a new study has shown. And their parents agree. The study featuring in the November 2010 issue of The Journal of Science and Medicine in Sport (JSAMS), published by Sports Medicine Australia, examined whether children's actual and perceived physical ability and their parent's perceptions differed by weight status.

Southern Courier

Weighty issue

Overweight children believe they have poorer movement skills such as throwing, catching, running, jumping, and hopping, compared to their leaner counterparts, a new study has

shown. And their parents agree. The study featured in *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, examined whether children's actual and perceived physical ability and their parent's perceptions differed by weight status.
Cooloola Advertiser, NSW, p.3, 15/2/2011
Circulation – 11,000

Summer exercise safety

Active people need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Donnybrook Bridgetown Mail, WA, p.15, 15/2/2011
Circulation – 964

Perception affects participation

Overweight children believe they have poorer movement skills such as throwing, catching, running, jumping, and hopping, compared to their leaner counterparts, a new study has shown. And their parents agree. The study featured in *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, examined whether children's actual and perceived physical ability and their parent's perceptions differed by weight status.

Bellarine Times, VIC, p.108, 15/2/2011
Circulation – 19,000

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Overweight children believe they have poorer movement skills such as throwing, catching, running, jumping, and hopping, compared to their leaner counterparts, a new study has shown. And their parents agree. The study featured in *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, examined whether children's actual and perceived physical ability and their parent's perceptions differed by weight status.

Surf Coast Times, VIC, p.108, 15/2/2011
Circulation – 20,000

Be safe on the courts

Tennis players can now grab an advantage via Sports Medicine Australia's Preventing Tennis Injuries Fact Sheet. "Every year, once the Australian Open tennis is over and won, people are inspired to start playing tennis, often without appropriate preparation. Sadly, this is a recipe for injury," said Sports Medicine Australia spokesperson Dr Anita Green.

Bega District News, NSW, p.30, 15/2/2011
Circulation – 2,732

Fat failures

Fat kids can't jump, throw or run as well as their leaner counterparts. Or so they, and their parents believe. A study by Sports Medicine Australia showed obese children had poor perceptions of their abilities.

Westside News – Paddington, QLD, p.69, 16/2/2011
Circulation – 60,423

Preventing injuries

Spurred on by the recent Australian Open, Sports Medicine Australia has developed a Preventing Tennis Injuries Fact Sheet. The rate of tennis injuries has been calculated at five injuries per 1000 hours of participation. Visit www.sma.org.au

City News, QLD, p.14, 17/2/2011
Circulation – 49,798

Obese inability

Overweight kids can't jump, throw or run as well as their leaner counterparts. Or so they, and their parents believe. A study by Sports Medicine Australia showed obese children had poor perceptions of their abilities.

City North News, QLD, p.14, 17/2/2011
Circulation – 29,017

Don't drink after sport

Going for a few beers after a game of football can slow down muscle recovery, according to a new study in *The Journal of Science and Medicine in Sport*. Nello Marino, CEO of Journal published Sports Medicine Australia, says both studies should be a wake up call to sports clubs whose post-game routine includes consumption of alcohol.

Canberra City News, ACT, p.26, 17/2/2011

Circulation – 42,001

Overweight kids can't jump

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North Central Review (Kilmore), VIC, p.43, 22/2/2011

Circulation – 15,037