

Sports Medicine Australia media review

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Exercising safely in the heat

Summer is here and that means more and more fitness training services will get back to nature and relish in the great outdoors. For more information on heat illness, Sports Medicine Australia's sports injury prevention program, Smartplay in partnership with SunSmart has recently developed a UV Exposure and Heat Illness Guide. Download at www.smartplay.com.au

Fitness Australia reps magazine, Issue 8 December 2010

Be sensible about resolutions

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, advises Sports Medicine Australia. Sports Medicine Australia spokesperson Dr David Bolzonello says up to half of all sporting injuries are able to be prevented.

Temora Independent, NSW, p.5, 30/12/2010

Circulation – 1,840

Exercise safety while getting fit

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, advises Sports Medicine Australia. Sports Medicine Australia spokesperson Dr David Bolzonello says up to half of all sporting injuries are able to be prevented.

Daily Mercury, QLD, p.16, 1/1/2011

Circulation – 18,982

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.

South Eastern Times, SA, p.9, 4/1/2011

Circulation – 2,237

Exercising while busy

Weight Watchers April issue, Interviewed Rosemary Riley

Weird workout woes

Good Health and Medicine, Interviewed Dr Mike Climstein

Weird workout woes

Good Health and Medicine, Interviewed Dr Shane Brun

Dropping the kilos

District residents hoping to lose the Christmas kilos are advised to play it safe when beginning their exercise regime for the New Year. Many enthusiasts traditionally take to the gyms and running tracks to get fit and lose weight gained over the festive season, but Sports Medicine Australia advises that without taking suitable safety precautions before starting activities, injuries can occur – postponing any fitness benefits.

Riverine Herald, VIC, p.20, 3/1/2011

Circulation – 5,619

Take care exercising in the heat

Precautions can help avoid heat injuries while playing sport in the summer months, Sports Medicine Australia spokesperson Anita Green says.

Blacktown Advocate, NSW, p.35, 5/1/2011

Circulation – 51,400

Be safe not sorry as you tackle fitness resolution

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, advises Sports Medicine Australia. Sports Medicine Australia spokesperson Dr David Bolzonello says up to half of all sporting injuries are able to be prevented.

Maryborough Herald, QLD, p.27, 5/1/2011

Circulation – 11,880

Caution needed for NY get fit resolutions

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, advises Sports Medicine Australia. Sports Medicine Australia spokesperson Dr David Bolzonello says up to half of all sporting injuries are able to be prevented.

Midweek (Mackay & Sarina), QLD, p.26, 5/1/2011

Circulation – 2,913

Young athletes warned to take precautions to avoid getting ill

Precautions must be taken to avoid heat injuries while playing sport in the summer months, Sports Medicine Australia spokeswoman Anita Green says.

Mt Druitt St Marys Standard, NSW, p.27, 5/1/2011

Circulation – 44,210

Summer sun safety tips to help avoid heat stroke

Mt Druitt St Marys Standard, NSW, p.27, 5/1/2011

Circulation – 44,210

Warm up

Sports Medicine Australia has warned northside residents to prepare themselves before taking on physical activity in the New Year. Advice included not taking on too much too quickly and warming up for exercise.

Northside Chronicle, QLD, p.16, 5/1/2011

Circulation – 63,294

Avoid injury

Sports Medicine Australia (SMA) is urging sporting enthusiasts to take safety precautions when starting exercise regimes in the New Year. SMA spokesperson Dr David Bolzonello said all physical activity required good preparation to avoid injury.

Redcliffe & Bayside Herald, QLD, p.39, 5/1/2011

Circulation – 34,835

Boost fitness simply, safely for healthy 2011

Safety precautions should play part in New Year 'get fit' resolutions to avoid injury, advises Sports Medicine Australia. Sports Medicine Australia spokesperson Dr David Bolzonello says up to half of all sporting injuries are able to be prevented.

Kalgoorlie Miner, WA, p.2, 5/1/2011

Circulation – 5,612

Be cool, avoid heat illness while exercising

Precaution must be taken to avoid heat injuries while playing sport in the summer months, Sports Medicine Australia spokeswoman Dr Anita Green says.

Penrith Press, NSW, p.59, 7/1/2011

Circulation – 54,845

Running hot at Lorne

More than 2,000 runners braved sweltering heat to compete in yesterday's Lorne Mountain to Surf. A Sports Medicine Australia heat policy stipulates officials must abandon the race if the temperature exceeds 26 degrees in the shade at 5pm.

Geelong Advertiser, VIC, p.3, 8/1/2011

Circulation – 44,730

Body versus machine

If your goal is to run a marathon, head to the great outdoors. If you're after a light jog, switch on your running machine, says Steve Manning, podiatrist and Queensland President of Sports Medicine Australia.

***Sunday Mail Adelaide*, Body and Soul, SA, p.4, 9/1/2011**

Circulation – 300,856

Body versus machine

If your goal is to run a marathon, head to the great outdoors. If you're after a light jog, switch on your running machine, says Steve Manning, podiatrist and Queensland President of Sports Medicine Australia.

***Sunday Mail Brisbane*, Body and Soul, QLD, p.4, 9/1/2011**

Circulation – 525,477

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***Sunday Telegraph*, Body and Soul, NSW, p.4, 9/1/2011**

Circulation – 638,550

Body versus machine

If your goal is to run a marathon, head to the great outdoors. If you're after a light jog, switch on your running machine, says Steve Manning, podiatrist and Queensland President of Sports Medicine Australia.

***Sunday Times*, Body and Soul, WA, p.4, 9/1/2011**

Circulation – 315,024

Summer exercise safety

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.

***Moorabool News*, VIC, p.18, 11/1/2011**

Circulation – 11,000

Walk for health

Walking is the easiest and most accessible way for all people to exercise. However before starting, you need to prepare so you avoid injuries. Looking for more information? Smartplay is a sport safety and injury prevention program that aims to reduce the incidence and severity of sport and recreation injuries. It is managed by Sports Medicine Australia.

Medibank Feelbetter, Summer 2011

Don't let your resolutions do you any harm

Before you jump into your get fit resolutions, remember to take safety precautions, according to Sports Medicine Australia. Spokesperson David Bolzonello said enthusiasts start new exercise regimes in January to get fit and lose weight over the festive season.

***Armadale Examiner*, WA, p.10, 13/01/2011**

Circulation – 59,875

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***Blue Mountains Gazette*, NSW, p.133, 19/1/2011**

Circulation – 34,583

Exercise care in hot weather

With summer well and truly upon us, those who are active need to prepare for hot weather conditions or risk heat injury. "Heat illness is a serious matter that can result in the life-threatening condition of heat stroke, if left untreated," Sports Medicine Australia spokesperson Dr Anita Green said.

Maryborough Herald, QLD, p.27, 19/1/2011

Circulation – 11,880

Be aware of the heat

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.

Newcastle Star, NSW, p.42, 26/1/2011

Circulation – 114,768

Sport courses for 2011

Mallee Sports Assembly is working with MADEC Community College Regional Sports Network Victoria (RSNV), vicsport and Sports Medicine Australia, to bring a number of sports workshops and information sessions to Sunraysia in 2011.

Mildura Weekly, VIC, p.62, 28/1/2011

Circulation – 24,082