



Recreation Centre

"Making a Difference"

The Daily Physical

December 2011

Managers Report

Greetings to all our Members. What a year in Canterbury 2011.

We all deserve a great holiday break. On behalf of our team here at the Lincoln University Recreation Centre we would like to wish you all a Merry Xmas and a Happy New Year.

We would also very much like to thank you all in your continued support as members of the Lincoln University Recreation Centre.

A few things to note moving into 2012:

- Our fantastic catering department will be using our sports hall while their brand new building is getting built
- There will be a fantastic new cafe area built at the new Catering area for our members to enjoy a bit of passive

Recreation after your workout.

Staffing 2012:

- Jayne Smith moves into area of a new position called Community Fitness Consultant. This position provides us to implement and provide more support to all our members.
- We will also have a new Fitness Consultant starting in mid January 2012.

Enjoy the holidays

Yours Actively

Peter Magson



Peter Magson

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Upcoming Events

25-26 Dec	Recreation Centre Closed
1-3 Jan	Recreation Centre Closed
4th Jan	Normal hours resume

Lincoln University Recreation Centre

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 www.lincoln.ac.nz/reccentre

What's Happening?

BITS AND PIECES

Due to the changes in the safety status of Hilgendorf and the Student Union buildings as well as the kitchen upgrade the Recreation Centre mainhall will be occupied by Catering until further notice. We are looking at the possibility of a "Dividing Curtain" in the mainhall sometime in 2012 for regular Sporting Fixtures and we will advise all groups with any updates once confirmed.

We thank you for your understanding and we apologise for any inconvenience caused to your sporting groups, and we wish



you a safe Christmas and all the best for 2012.

Any further enquiries please contact Peter Magson Manager, Recreation Centre and Sports Scholarship Programme.

Jean Southorn has joined our team on a Tuesday evening. Many of you have already met Jean, however for those that haven't she will be available to assist you on a Tuesday between 4 - 6pm with your workout questions.

Jean is currently finishing her Personal Training qualification through Max Fitness and is using this time to gain some hands on experience in the industry.

She is also continuing to work at a women's only studio where she has been all year. Jean's title is a floor assistant meaning she can assist you with your current exercise program and how to use the equipment but is not able to give you new exercises. For new programs please speak to Natalie, Michaela or Penelope.

We know you will make Jean

feel welcome, make sure you introduce yourself next time you are in on her shift.

We know you will all be keen on training over the Christmas break and to assist you with your plans and New Year resolutions the Recreation Centre will be open most days apart from the 25th, 26th of December and 1st - 3rd of January.



Member of the Month

Congratulations to Ian Harvey who recently competed at the South Island Masters Games in the Indoor Rowing event in Nelson.

Having had a solid build up with the recreation centre's 96k's in 30 days challenge Ian was ready to take on the other competitors in the 65 - 69 year age range.

He won gold in the 2000m and the 1000m race in times of 7 min 19 sec and 3 min 26 sec respectively.

Ian also picked up silvers in the 500m and 100m events to cap off his amazing weekend of results.



PT Corner

Health and Fitness



Are you looking for an interesting read this summer. “**Younger next Year**” by Chris Crowley and Harry Lodge (fishpond sell both versions) is a superb book that will get you thinking about your lifestyle and exercise not only now but into your retirement future. I know I hear you say that’s a while away, but how fast does the time go!!! There is a version for women and men, although there are only slight variations the main theme is still relevant to all. It is written chapter by chapter with one from Harry the Doctor and then Chris the 70+ patient of Harry’s. It is easy to read and at times humorous and thought provoking.

Exercise may encourage healthy eating by changing parts of the brain that influence impulsive behaviour, according to a new review of the available literature by researchers from Spain and the US published in *Obesity Reviews*. The researchers conclude that in a society where we are surrounded by temptations and triggers that facilitate over-eating and excess, the part of the brain responsible for “inhibitory control” undergoes “relentless strain” (they note it has limited capacity anyway), and doing exercise on a regular basis enhances it.

“By enhancing the resources that facilitate ‘top-down’ inhibitory control, increased physical activity

may help compensate and suppress the hedonic drive to over-eat,” they write.

Obesity has been rising at an alarming rate in Spain in recent years, so much so that in some parts of Spain, the proportion of the population that is obese is higher than that in many parts of the United States, the country traditionally considered as having the highest obesity rates in the western world.

Also, in line with other countries in the Mediterranean, Spain has one of the highest rates of childhood obesity in Europe.

Co-author Dr Miguel Alonso Alonso, a Spanish neurologist working at the Harvard-affiliated Beth Israel Deaconess Medical Center in the US, told the press on Wednesday that many studies suggest “physical exercise seems to encourage a healthy diet. In fact, when exercise is added to a weight-loss diet, treatment of obesity is more successful and the diet is adhered to in the long run”.

However, in order better to inform and improve current approaches and treatments for obesity, he and his co-authors, from the US and Spain, thought it might be useful to bring together what these “somewhat disparate, yet interrelated lines of literature” may have to say about the neurological underpinning of the link between exercise and weight loss.

“Designing effective weight-loss interventions requires an understanding of how these behaviours are elicited, how they relate to each other and whether they are supported by common neurocognitive mechanisms,” they write.

There is evidence that regular physical exercise changes the working and structure of the brain. From their review, the researchers conclude these changes seem to support the idea that regular exercise improves the

results of tests that measure the state of the brain’s executive functions, and increases in connections in the grey matter and prefrontal cortex.

One of the brain’s executive functions is “inhibitory control” which helps us keep check on impulsiveness, or to suppress inadequate, excessive or inappropriate behaviour toward a goal.

The researchers conclude that regular practice of physical exercise, in time, produces a “potentiating effect” on the brain’s executive functions, including the ability for inhibitory control, and this helps us “resist the many temptations that we are faced with everyday in a society where food, especially hypercaloric food, is more and more omnipresent”.

Exercise also brings other benefits, such as making the brain more sensitive to physiological signs of fullness. This helps not only to control appetite, but it also modifies the “hedonic” response to food stimuli, say the researchers. Thus the benefits of exercise occur in the short term (these affect metabolism) and in the long term (these affect behaviour).

Alonso Alonso and colleagues suggest it is important that social policies help and encourage people to practise sport and engage in physical exercise, whether at school, in urban settings, or daily life, with the help of public transport, pedestrianised areas and sports centres.

*Article from Medical News Today
Author Catharine Paddock PhD*

Submitted by
Jayne Smith

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LU Sport



Asia Pacific Football Academy
in association with Chelsea Football Club

APFA is a comprehensive football and academic development programme for young players

Players can focus on the intensive development of all aspects of their game or combine concentrated football training with their academic studies.

The education component can be a short-term programme of study such as English Language learning or SAT preparation or a full High School/Pre-University curriculum.

The APFA Model

APFA integrates the following internationally-recognised key elements of player development into an annual programme that is tailored to the specific needs of the individual:



APFA develops excellence by:

- Adopting best international practices in player development
- Having highly qualified staff
- Utilising dedicated expertise in specialist development areas
- Providing excellent dedicated facilities
- Maximising the time a player trains
- Liaising closely with parents and guardians
- Ensuring that the school curriculum choices are appropriate for meeting USA/NZ University scholarship requirements
- Providing a range of appropriate pathways and exit routes
- Managing the pathway for every student to maintain appropriate options including professional football and US and NZ University Scholarships
- Providing short programmes of 2 - 12 weeks to provide all players an opportunity to experience the elite environment at APFA. These can be combined with English Language lessons, US College Preparation or specialist technical skills work.

Asia Pacific Football Academy
P.O.Box 69287
Lincoln 7640
New Zealand
Email admin@apfa.co.nz
www.apfa.co.nz



Asia Pacific Football Academy
in association with Chelsea Football Club



Student Corner

Most of the students may be away for the summer break but we are still finding ways to keep ourselves busy here at the Rec Centre.

Recently we have had the Plunket Shield national men's cricket competition round 2 hosted here at Lincoln with New Zealand Cricket from the 14th to the 23rd of November with New Zealand's top provincial men's cricketers showcasing their work.

We have also been lucky enough to host the 2011 Gillette Cup cricket tournament on Campus from the 2nd through to the 6th of December where the top high school cricket teams from throughout New Zealand compete for supremacy.

You may have seen an energetic bunch running around the Rec Centre over the 1st -4th of December where Lincoln University hosted the Australian Strength and Conditioning Association level 2 accreditation course. This has been a great chance for us to showcase our facilities and Sport Scholarship program as leaders in our industry in New Zealand.

We were lucky enough to have Strength and Conditioning Coaches from High Performance Sport New Zealand (formerly the New Zealand Academy of Sport), Australia and from various Rugby, Netball and Cricket Franchises around the country here to train for this course. This was a great opportunity to learn from some great coaches and share experiences.

We are also able happy to celebrate the achievements of our Sport Scholarship students.

- **Sarah Higgins** who is one of our Netball Umpires making the New Zealand under 19 umpires squad.
- **Nick Warehiko** and **James Schrader** have recently been named in the Canterbury Rugby Football Union Academy.
- **James Schrader** and **Jordan Taufua** have been selected in the New Zealand under 20's Rugby development camp in the lead up to the Under 20 rugby world cup.
- **Nick McLennan** who has recently graduated from our sports scholarship has just been signed to the Hawks Bay Rugby Football Union for the 2012 season.
- **Jared Glue** who has recently graduated from our Rowing Scholarship has been named in the NZ Rowing Canterbury Regional Performance Centre.
- **Daniel Bates** who is a current rowing Scholar has been named in the NZ Rowing Hamilton Regional Performance Centre.
- **Nick Kay** who has recently graduated from our Golf Scholarship was selected in the BMW New Zealand Open at Clearwater Resort where he competed as an amateur in New Zealand's most prestigious golfing competition.

It's great to see our Rec Centre involved in all these sports as a busy hive of activity, congratulations to our scholarship members for your outstanding achievements.



Recipe of the Month

Roasted Lemongrass Chicken (with Sweet Lime Sauce)

Christmas Roast chicken with a Thai twist! Lemongrass chicken is a famous dish throughout much of Southeast-Asia, and this Thai roasted lemongrass chicken recipe is particularly fragrant and moist. Imbued with the favours of both lemon and lime, you'll find this roasted chicken delicious as is, or serve it together with a sweet lime sauce for a delectable Thai treat your family and friends (including the kids!) will absolutely love!

Recipe ingredients

1 1/2 or 1 whole roasting chicken (the marinade is enough for 1 medium-size chicken)

- 1 stalk Lemongrass, OR substitute juice of 1 lemon
- 4 cloves garlic
- 1 thumb-size piece ginger, grated or thinly sliced
- 1/2 can thick coconut milk
- 2 Tbsp fish sauce
- 3 tsp dark soy sauce
- optional: 1 kaffir lime leaf (use scissors to cut leaf into thin pieces, discard stem)
- lime wedges and a handful of fresh coriander as a garnish

Sauce ingredients

(enough for 1/2 chicken; double the recipe if you're making a whole chicken)

- 1 cup water
- juice of 1/2 a lime
- 2 Tbsp cider vinegar
- 1 thumb-size piece of ginger, minced or grated
- 2 cloves garlic, minced
- 3 Tbsp fish sauce
- 1/3 cup honey
- 1 heaping tsp Corn flour powdered dissolved in 3 Tbsp water

Preparation

1. Preheat oven to 325 degrees. Rinse and pat dry the chicken. Place lemongrass (or lemon juice), garlic, ginger, fish sauce, soy sauce, lime leaf, and coconut milk in a food processor (or blender). Process well -



this is your marinade.

2. Place chicken in your roasting pan, and pour marinade over top. Using your hands, smother the chicken in the marinade. Leave in the refrigerator for up to 3 hours (or at least 30 min).

3. Now add about 1/2 cup water to the bottom of the roasting pan (it can mix in with any marinade that has dripped down).

4. Cover and roast the chicken slowly at 325 degrees for a long period in order for it to be tender: 1 to 1.5 hours for half a chicken, or 2.5 to 3 hours for a whole chicken.

5. Check the roast pan every hour to make sure there is enough moisture in the bottom (add a little more water if it is becoming dry). While you have the chicken out, use a soup ladle to scoop up the juices from the bottom of the pan and pour over the chicken. Put back in the oven.

6. While chicken is roasting, make the side sauce. In a saucepan, add all sauce ingredients except arrowroot powder (or cornstarch). Bring to a boil, then lower the heat to a simmer.

7. Taste test for sweetness and saltiness, adding more honey if not sweet enough, or more fish sauce (instead of salt) as desired. If you prefer a spicy sauce, add some fresh chili or chili sauce.

8. Add the corn flour (dissolved in water).

Stir until sauce thickens. (If it becomes too thick to your liking, add more lime juice and water.)

9. Serve the roasted chicken on a platter, either whole or chopped into pieces. Drizzle some of the sauce over top, then pour the rest around the outside of chicken, or serve it on the side. Garnish with lime slices or wedges, and fresh coriander. Serve with plenty of Thai jasmine-scented rice, or potatoes, enjoy!

From About.com Thai Food

Submitted by
Deb Paterson

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Events

Recreation Centre Christmas Hours 2011/2012

Friday 23rd Dec	6am-noon
Saturday 24th Dec	8:15am-4pm
Sunday 25th Dec	Closed
Monday 26th Dec	Closed
Tuesday 27th Dec	6am-noon
Wednesday 28th Dec	6am-noon
Thursday 29th Dec	6am-noon
Friday 30th Dec	6am-noon
Saturday 31st Dec	8:15am-4pm
Sunday 1st Jan	Closed
Monday 2nd Jan	Closed
Tuesday 3rd Jan	Closed
Wednesday 4th Jan	6am-10pm



Normal hours will resume from Wednesday 4th January 2012. There will be reduced group exercise classes over this period - please contact reception for a timetable. The team at the Recreation Centre wish you all a Merry Christmas and a Happy New Year!



Contact the Rec Centre for more details:
www.lincoln.ac.nz/reccentre or (03) 325 3606

Events

I  MY FRIEND



Kick start the New Year- A new you with new energy
Grab your friend and lets train together

PROFESSIONAL PERSONAL TRAINING
SOLE-FIT
FITNESS SOLUTIONS FOR YOU

PH: 3253606 EXT 9 Penelope.Sole@lincoln.ac.nz

Events

The Spartan 300 Workout

A fun fast way of getting fit



Get your personal programme developed

- ◆ 4 training levels catered to your needs
- ◆ 2 nutritional sessions
- ◆ 2 fitness tests



For information on price packages contact Natalie

