

Sports Medicine Australia media review October 2009

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Sports medicine course

Sports Medicine Australia NSW in conjunction with Sapphire Physiotherapy will be holding an accredited Level 1 Sports Trainer course in Merimbula next month in a bid to reduce sporting injuries.

Milton Ulladulla Times, NSW, p.83, 30/9/2009

Circulation – 6,000

Work it, baby!

Getting the heart pumping with regular exercise can help ensure a healthy and happy pregnancy. Here's your guide to safe exercising. According to Sports Medicine Australia current research confirms that pregnant women can exercise with little fear of adverse effect on their baby.

Pregnancy & Birth, p.102, 1/10/2009

Circulation – 21,500

Other resources

Smartplay is a sport safety and injury prevention program. Within each of its section you will find news, resources, events and feature articles developed by, and specific to, states and programs.

Badminton Victoria newsletter

Exercise with care

Sports Medicine Australia has warned people in dust storm affected areas to continue to be careful about exercising, as air quality remains poor.

Gympie Times, QLD, p.7, 2/10/2009

Circulation – 5,611

Kokoda death

Australian Associated Press, Interviewed Kevin Norton

Tips for exercising safely

With spring here and the warmer weather approaching, motivation to exercise is at its peak. However this exercise may lead to injury if a gradual approach is not taken, warns Smartplay. To help keep your spring workout injury free, Smartplay, Sports Medicine Australia's sports injury prevention program funded by the Australian Government Department of Health and Ageing offers the following tips...

On the Coast, SA, p.14, October 2009

Circulation – 8,000

Sport conference

Have you ever wanted to be a better coach, manage a successful sporting club or pursue a career in the field of sport and recreation? There will also be a tradeshow where a number of sport and recreation organisations will be on hand to provide expert industry advice, including Sports Medicine Australia.

Highfields Herald, QLD, p.1, 6/10/2009

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 Smartplay.

Moorabool News, VIC, p.14, 6/10/2009

Circulation – 2,500

Sports conference to take participants to the next level

Have you ever wanted to be a better coach, manage a successful sporting club or pursue a career in the field of sport and recreation? There will also be a tradeshow where a number of sport and recreation organisations will be on hand to provide expert industry advice, including Sports Medicine Australia.

Oakey Champion, QLD, p7, 7/10/2009

Conference aims to get you going

Be Active '09 Conference is made up of the 2009 Australian Conference of Science and Medicine in Sport, the Sixth National Sports Injury Prevention Conference and the Seventh National Physical Activity Conference, at the Brisbane Convention and Exhibition Centre from October 14-17.

Wynnum Herald, QLD, p.67, 7/10/2009

Circulation – 34,096

Sitting duck for illness

Sitting at your desk for long periods could be doing irreversible damage to your body that can't be counteracted by exercise, an Australian study has found. Professor David Dunstan will present the findings next week at Be Active '09, a national conference on physical activity.

MX (Sydney), NSW, p.5, 8/10/2009

Circulation – 96,253

Walktober

October in Victoria is Walktober when people are encouraged to go out and walk for fun and fitness. Smartplay has developed a fact sheet to promote walkers' enjoyment and help them avoid associated injuries. The fact sheet is available at www.smartplay.com.au

Riverine Herald, VIC, p.8, 9/10/2009

Circulation – 5,766

Jodi lends games a youthful hand

At 26, Bateman's Bay Jodi Russell might seem a bit young to be involved in the World Masters Games, but she will play an integral part when they are held in

Sydney between October 10 and 18. She completed a level one sports trainers course with Sports Medicine Australia which led to her being called on to participate at the Games.

Bay Post, NSW, p.42, 9/10/2009

Circulation – 3,400

Injury management course

Sports Medicine Australia in association with Sports Medicine Australia (SMA) NSW will hold an accredited level one trainer course in Merimbula on October 24 and 25.

Bega District News, NSW, p.45, 9/10/2009

Circulation – 2,770

Train 'em young

10 ways to get kids active. This information has been provided by Smartplay www.smartplay.com.au, Sports Medicine Australia's sports injury prevention program funded by VicHealth and the Department of Planning and Community Development (Sport and Recreation Victoria).

Herald Sun, Extra Well, VIC, 12/10/2009

Circulation – 518,000

Diabetes walk tips

October has been dubbed Walktober. Smartplay, Sports Medicine Australia's sport injury prevention program has done a fact sheet giving advice for walking and how to prevent injury.

Moonee Valley Leader, VIC, p.5, 12/10/2009

Circulation – 51,633

Walking month

October has been dubbed Walktober. Smartplay, Sports Medicine Australia's sport injury prevention program has done a fact sheet giving advice for walking and how to prevent injury.

Melbourne Leader, VIC, p.5, 12/10/2009

Circulation – 55,158

The sitting time bomb

Sitting time is the ticking time bomb of the twenty first century. "Sitting too much is not the same as exercising too little," says Professor Marc Hamilton of the Pennington Biomedical Research Centre, Louisiana USA, a keynote speaker at Australia's Be Active '09 conference this week.

Midland Express, VIC, p.35, 13/10/2009

Circulation – 21,425

Sport drinks fall flat for athletic Mr Average

Sports supplements may have no effect on the average person's exercise performance, an Australian study has found. The university's paper is being presented at the Be Active '09 conference in Brisbane this week.

Herald Sun, VIC, p.3, 13/10/2009
Circulation – 518,000

Be active '09
Canberra FM, ACT, 13/10/2009, Interviewed Gary Moorhead

Be active '09
4BC News Brisbane, QLD, 13/10/2009, Interviewed Professor Wendy Brown

Sitting on a time bomb

“Sitting too much is not the same as exercising too little,” says Professor Marc Hamilton of the Pennington Biomedical Research Centre, Louisiana USA, a keynote speaker at the Be Active '09 conference in Brisbane.

North Central Review (Kilmore), VIC, p.39, 13/10/2009
Circulation – 12,581

Get healthy – buy a dog

Owning a dog is good for your health according to ideas presented at the Be Active '09 conference. The University of Western Australia examined the relationship between dog acquisition and recreational walking and it showed those who acquire a dog increase their walking habits by an extra 31 minutes per week, this is compared to those without a dog who only undertook 12 minutes of recreational walking per week.

Young Witness, NSW, p.3, 14/10/2009
Circulation – 1,672

Owning a dog improves owners' health

Becoming a dog owner can be good for your health, new research presented at the Be Active 09 conference in Brisbane from October 14-17 will show.

Quirinid Advocate, NSW, p.4, 14/10/2009
Circulation – 1,832

Sports drinks not beneficial

Researchers at Charles Sturt University have found no significant benefit to athletes from the ingestion of multinutrient supplements, despite their popularity and widespread use. Mr Geoff Minett, a PhD student at the School of Human Movement Studies at CSU at Bathurst will present the findings at the 2009 Australian Conference of Science and Medicine in Sport (Be Active 09) at Brisbane this week.

Western Advocate, NSW, p.11, 14/10/2009
Circulation – 3,949

Dangers of sitting too much

Sitting too much is not the same as exercising too little, according to Professor Marc Hamilton of the Pennington Biomedical Research Centre, Louisiana USA. Prof Hamilton is a keynote speaker at this week's be Active 09 conference in Brisbane and says they are very different.

Bay Post, NSW, p.13, 14/10/2009
Circulation – 3,400

Build it and they will walk – be active '09
4RO Rockhampton, QLD, 14/10/2009

Link to depression

Lower physical activity participation is being linked to depression, research presented at yesterday's Be Active '09 Conference in Brisbane (October 14-17) showed.

Daily Mercury, QLD, p.9, 15/10/2009

Circulation – 16,369

Physical link to depression

Lower physical activity participation has been linked to depression. The result comes from research presented at the Be Active '09 Conference in Brisbane (October 14-17) this week.

Home Hill Observer, QLD, p.9, 15/10/2009

Circulation – 1,500

Young athletes – training to avoid injuries - Be active '09
National Radio News, 15/9/2009, Interviewed Dr Carolyn Emery

Barking happy

Dog owners are healthier people, according to new research by the University of Western Australia. Presented at the Be Active 2009 conference, owner and dog relationships were examined and showed that owning a dog increased recreational walking to 31 minutes per week.

Whyalla News, SA, p.11, 15/10/2009

Circulation – 4,318

Get a dog: it's good for you

Becoming a dog owner can be good for your health, new research presented at the Be Active '09 Conference in Brisbane this week shows.

Range News, QLD, p.28, 15/10/2009

Circulation – 14,481

Obesity in children – Be active '09
2FM News, 15/10/2009, Interviewed Professor Tim Olds

Obesity in children

2SM (Sydney), 20:00 News - 15/10/2009 - 08:02 PM, Interviewed Professor Tim Olds

Obesity rates in children in Australia are starting to stabilise according to the University of South Australia.

Health experts divided over extent of childhood obesity

Australian health experts are divided over the extent of childhood obesity, with a University of South Australia researcher disputing claims of skyrocketing rates. Professor Tim Olds told a Sports Medicine Australia conference in Brisbane yesterday that figures on obese and overweight children between 1985 and 2008 showed a plateau in numbers, with almost no change over the past five to ten years.

West Australian, WA, p.9, 16/10/2009
Circulation – 199,707

Blue? Get off your ass

Watching TV or sitting at a computer makes women more likely to have the blues. Deakin University Centre for Physical Activity and Nutrition Research PhD student Megan Teychenne told Brisbane's Be Active '09 conference today a sedentary lifestyle raised the risk of depression among women in poor suburbs.

MX (Melbourne), VIC, p.4, 16/10/2009
Circulation – 91,200

New sports injury centre

A new sports injury prevention centre will put Ballarat on the world map for sports injury prevention research. UB professor Caroline Finch will head the Centre for Injury Prevention and Safety Promotion. "It not only puts us on the national map for sports medicine research but it puts us on the world map," she said from the Be Active '09 conference currently being held in Brisbane.

Ballarat Courier, VIC, p.3, 16/10/2009
Circulation – 18,750

Owning a dog improves the owner's health

Becoming a dog owner can be good for your health, new research to be presented at the Be Active '09 Conference in Brisbane from October 14-17 will show.

Grenfell Record & Bland Advertiser, NSW, p.10, 16/10/2009
Circulation - 719

Obesity rates stabilize according to research

Obesity rates are stabilising in children, research presented to the Be Active '09 conference in Brisbane today has shown.

Forbes Advocate, NSW, p.9, 17/10/2009

Smartplay

ABC Central Victoria (Bendigo), Breakfast - 19/10/2009 - 07:40 AM,
Interviewed Ian Clough

Ridnell says that the Wimmera Regional Sports Assembly is holding a forum on sport in hot weather. Ian Clough, board member, Wimmera Regional Sports Assembly, says that a CFA spokesperson will also be at the forum to discuss how to make sure clubs are fire ready. He says that sports clubs are valuable assets to communities, and need to be protected. He adds that recently the risk

of heat has been taken into consideration more, and most clubs do have heat policies. He says that special care has to be taken with children and the elderly in the heat. He states that they will look at Smartplay, which is part of Sports Medicine Australia resources, which has great information on the issue.

Active parents have active children

Parental actions influence the activity levels of children, according to new research presented at the Be Active '09 Conference in Brisbane.

Queensland Times, QLD, p.11, 19/10/2009

Circulation – 10,961

Lower physical activity participation linked to depression

Lower physical activity participation has been linked to depression, research presented today at the Be Active '09 Conference in Brisbane from October 14-17 showed.

Bingara Advocate, NSW, p.5, 20/10/2009

Circulation - 950

Move it

Be Active 09 will bring together more than 1500 influential researchers and practitioners in the fields of sports medicine, sports science, physical activity promotion and sports injury prevention this month. Visit www.beactive09.com

Northside Chronicle, QLD, p.3, 21/10/2009

Circulation – 60,100

Walk off the blues

Research presented at a health conference in Brisbane last week has linked lower physical activity to depression. The Deakin University research was presented at the Be Active '09 Conference in Brisbane, on October 14-17.

South West News, QLD, p.21, 21/10/2009

Circulation – 43,976

Spring into exercise safely as the warm weather approaches

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 Smartplay.

Maryborough Herald, QLD, p.31, 21/10/2009

Circulation – 12,457

Brain controls pain impulses

Mind power can override pain. That was one of the messages Dr Lorimer Moseley conveyed at the Be Active '09 Conference last week. Dr Moseley is a senior research fellow and addressed health professionals at Be Active '09 which was an event made up of the 2009 Australian Conference of Science and Medicine in Sport, the Sixth National Sports Injury Prevention Conference and the Seventh National Physical Activity Conference.

Island & Mainland News (Bribie Island), QLD, p.14, 21/10/2009

Circulation – 11,258

Politics of pain

Mind power can override pain. That was one of the messages Dr Lorimer Moseley conveyed at the Be Active '09 Conference last week. Dr Moseley is a senior research fellow and addressed health professionals at Be Active '09 which was an event made up of the 2009 Australian Conference of Science and Medicine in Sport, the Sixth National Sports Injury Prevention Conference and the Seventh National Physical Activity Conference.

Caboolture News, QLD, p.55, 21/10/2009

Circulation – 33,712

America eats and the world gets fatter

The world may be 'catching' obesity from America, according to one of the world's leading anti-obesity campaigners. Mark Fenton, from Tufts University, Boston and a keynote speaker at the Be Active '09 conference in Brisbane says it is possible that the US is the source of 'disease vectors' that are hastening a worldwide epidemic of obesity.

Denmark Bulletin, WA, p.19, 22/10/2009

Circulation – 2,300

Child obesity rates stabilizing

Obesity rates are stabilizing in children, research presented to the Be Active '09 conference in Brisbane has shown. Author Professor Tim Olds says the current focus on obesity is warranted though as statistics about increases in childhood obesity have been blown out of proportion.

Denmark Bulletin, WA, p.19, 22/10/2009

Circulation – 2,300

Uni research helps in sports safety strategy

The University of Ballarat will join with the AFL to develop a nationwide sports safety strategy. VicHealth, the New South Wales Sporting Injuries Committee, JLT Sport, Sport and Recreation Victoria and Sports Medicine Australia will partner the AFL and researchers.

Ballarat Courier, VIC, p.61, 23/10/2009

Circulation – 18,750

How the health experts stay healthy

Nobody knows more about being fit and healthy than health and fitness experts. Balance – the Doctor. Bruce Mitchell, Sports Physician and past president of Sports Medicine Australia. "I tend to do what feels good for me. When I can, I walk to work. Aim for incidental exercise every day."

Sunday Times, WA, p.8, 25/10/2009

Circulation – 321,200

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Sunday Telegraph, NSW, p.20, 25/10/2009

Circulation – 651,872

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Sunday Mail Brisbane, QLD, p.8, 25/10/2009

Circulation – 559,114

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Sunday Mail Adelaide, SA, p.8, 25/10/2009

Circulation – 307,376

This just in

Most people exercise to keep their bodies in trim and to stay healthy, but we should also be exercising to maintain our minds, according to the latest research. Denise Azar, who presented the findings at the Be Active '09 conference in Brisbane, says physical activity participation differed between women with and without depressive symptoms.

Herald Sun, VIC, p.34, 26/10/2009

Circulation – 518,000

Get kids active

Half the battle that parents face in the fight against childhood obesity is getting children to eat the right foods. The other half of the battle is teaching them a love of exercise. Parents can learn more on making activity safe for children by downloading Sports Medicine Australia's Safety Guidelines for Children and Young People in Sport and Recreation at www.smartplay.com.au

Townsville Bulletin, QLD, p.51, 24/10/2009

Circulation – 41,929

Sports massage

Good Health magazine, Interviewed Matt Pearce

Jetlag

Sydney Airport magazine, Interviewed Dr Mike Climstein

Kids match parent's activity level

Parental actions influence the activity levels of children, new research presented at the Be Active '09 Conference in Brisbane has shown.

Mid West Times, WA, p.4, 29/10/2009

Circulation – 19,872

Activity and depression

Lower physical activity participation has been linked to depression, according to research presented at the recent Be Active '09 Conference in Brisbane.

Bega District News, NSW, p.37, 30/10/2009

Circulation – 2,770

Way to health

Becoming a dog owner can be good for your health, according to new research from The University of Western Australia. Presented at the Be Active '09 Conference in Brisbane, the study examined the relationship between dog acquisition and recreational walking.

Kalgoorie Miner, WA, p.28, 31/10/2009