

# body+sole



## THE HEALING POWER OF YOGA

"Four months ago neither the neurophysician, the neurosurgeon, the pain management specialist nor I would have thought in nine weeks from being termed 'completely immobile' due to spinal nerve injury caused by disc herniation, I would be attempting a headstand and attending hot power yoga classes- so the only explanation in my mind is that this was down to regular yoga practice and the dedication of a truly gifted yoga teacher, Sally Parkes.

The spinal nerve 'grazing' as the medical team termed it was caused by recurring disc herniations since 2004 and had taken its final toll in December 2011 during my wedding (being Pakistani, the wedding festivities were spread over the course of a week) and caused me to finally collapse due to pain halfway through the main wedding reception! Unable to walk, in constant pain that ran down both my legs, I was immediately put on a cocktail of pain killers, muscle relaxants, anti-inflammatory drugs and a back brace that would make Marie Antoinette jealous for a period of three months, hoping against all hope that resting would eventually 'fix' the problem. When there was no improvement, I went ahead with an epidural and facet joint injections to the affected area. It was only after a further two weeks some mobility returned and rather than go for the usual physiotherapy, I opted, thankfully, for yoga instead. I started lessons with Sally Parkes and found her deep knowledge of Yoga and Pilates, her immense patience and wicked sense of humour made me forget my initial hesitation of, 'I can't do that!' to a happy submission of 'I will give it a shot!' Sequences were and still are adapted to suit my level, bearing in mind at all times my back injury. I practice with Sally at Indaba Yoga studio in London where classes leave me invigorated, revived, energised. I am now practising yoga four to five times a week and am currently pain free, and I am eternally grateful to the healing power of yoga.

**[www.indabayoga.com](http://www.indabayoga.com) Turn to page 36 to see how you can beat back pain with yoga.**

## PREMIER TRAINING

Premier Training International is still the market leader in the development and provision of high quality education for the health and fitness industry; committed to developing world-class education to keep fitness professionals at the top of their game.

Premier offers over 20 Continued Professional Development (CPD) courses, each one expertly designed to provide learners with the knowledge and practical skills needed to develop their professional careers.

This summer Premier are offering a 20% discount on a range of their top selling CPD courses when booked online - giving students the chance to take the best courses on the market at the very best price.

The company has also launched a new fitness magazine that can be downloaded as an app simply by searching 'Premier Magazine'. Packed with features from leading industry professionals and the latest sector news and reviews, the magazine app will ensure that subscribers stay ahead of the game. Not only will the app offer a wealth of content, it will also alert subscribers to upcoming issues – so they never miss a thing!

Furthermore, Premier offers a range of Level 4 courses, giving students the opportunity to develop their careers and reach the highest level of industry recognition with the Register of Exercise Professionals (REPS).

All qualifications are nationally accredited through **Active IQ** and are fully recognised by employers and the **Register of Exercise Professionals (REPs)**. Courses are delivered through face to face and distance learning styles as well as e-learning platforms, allowing students to access the podcasts, webinars and video lectures.

For more information visit: **[www.premierglobal.co.uk](http://www.premierglobal.co.uk)**

## YMCAfit Live a career you'll love

A career in fitness continues to be the choice for those seeking a positive work-life balance. It is also an industry which has continued to thrive despite these tough times. Since 2008, the UK's fitness industry has grown its total market by 4% to a staggering £3.81 billion. The demand for quality instructors is as strong as ever.

Training for a new career is a big step and often something that you may have been considering for quite some time. YMCAfit understand this, and through our experience we have developed an array of different training options and formats to make this big step less daunting. Having trained over 90,000 instructors, we know what works and we have a variety of teaching skills and learning formats available to ensure that your career in the fitness industry is more achievable than ever before.

Through training with us, you don't simply get a training course. We offer a range of other benefits, including:

- \* guaranteed interviews
- \* instalment payment options
- \* top-quality interactive eLearning
- \* free Power Plate eLearning module
- \* equipment reductions with Physique
- \* student support to help you during your studies

We have a vast selection of courses for those who are completely new to the industry with a passion for fitness or for fitness professionals who are looking to further their skillset. The course which gives you the most in-depth qualification is the YMCAfit Advanced Diploma in Personal Training.

### Book now

To book onto a course, or to speak to a course sales advisor, contact **020 7343 1850** or email **bookings@ymcafit.org.uk**  
**www.ymcafit.org.uk/personal-trainer-courses**

## HEALTHY SALADS BECAME MORE HEALTHIER Cotswold Gold Drizzle

A new concept for salad preparation – Drizzle Cotswold over salads to dress or blanched vegetables to bring out their flavour. Marinade meat or fish before roasting or throwing on the bbq for a real taste of summer.

Made with 60% super food Cotswold Gold Cold Pressed Extra Virgin Rapeseed Oil – half the saturated fat of olive oil and low in cholesterol 0.1%. High in Omegas 3,6 and 9 and high in Vitamin E. 100% British.

Choose from tomato and basil, red pepper and raspberry with mustard and cracked black pepper – the new British balsamic. Available from **www.cotswoldgold.co.uk**



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## PLANT-BASED POWER AND HEMP PROTEIN

A lot of professional athletes wonder if plant-based nutrition products can nourish a serious training regimen? Let's take a closer look at hemp protein that's causing quite a stir in the supplements world.

Hemp protein is the most complete source of protein in the plant kingdom, naturally rich in all the essential amino acids, fatty acids and dietary fibre.

It's produced from cold-pressed and milled hemp seeds grown in North Devon by British hemp experts and farmers, Braham and Murray, who re-introduced hemp as a crop to Britain in the '90s. Their new GOOD Hemp Nutrition range is the first 100% natural, home grown supplement brand. They use an advanced, cold processing technique to preserve the hemp seed's goodness.

So why is hemp protein causing such a stir in the sports supplement world?

The nutrient-dense, high net-gain, alkaline-forming nutrition found in plant-based whole foods and supplements is truly the best building material available for constructing strong muscle cells.

Hemp protein offers several advantages. It doesn't make you feel bloated, even after having a shake before and after workout. It makes you feel light so you train harder and can become stronger. Building strength while not packing on bulk (essentially raising strength-to-weight ratio) is one of the biggest advantages.

Because hemp protein is raw, all the amino acids including Omega-3 and GLA are preserved. It's free from dairy, gluten, and soy and contains no artificial flavours or colouring.

And while protein is a crucial component for muscle repair and building, so too are essential fatty acids (Omega-3 and Omega-6), vitamins, minerals, fibre, enzymes, probiotics, antioxidants and a host of other nutritional components - all found in hemp protein.

When you make the swap to a plant-based whole food diet,



muscular size loss is likely. But that can actually be a good thing. Think about it this way: what builds efficient muscles in endurance athletes is the same thing that builds visually impressive muscles in bodybuilders — hard work. And, if done correctly, a plant-based sport nutrition product like GOOD Hemp Nutrition can actually make you train harder.

Isolates (or protein that has been isolated from carbohydrate and fat) are inherently acid-forming since they are no longer a whole food. This is true of plant sources as well as animal. Soy and whey are the most common. Hemp is not an isolate, but rather a seed that has been finely cold-pressed and milled. Its protein content, percentage wise, is lower than an isolate (about 50 percent protein as opposed to 90 percent protein), but the gain comes in reduced inflammation.

Good for your body and the planet, hemp is the clean, plant-based choice to fuel your healthy, active lifestyle without compromise.

To find out more please visit [www.GoodHempNutrition.com](http://www.GoodHempNutrition.com)

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*Body & Sole is continued on page 70*

## OLYMPIC GYMS

Technogym will be the kit that the likes of Usain Bolt and Jessica Ennis train on at the Games.

This will be the Italian-based company's fifth Games – after starting at the Sydney 2000 Games.

Besides equipping the fitness centres in the Olympic Village for the Olympics and Paralympics, Technogym will be supplying the equipment for the specific centres devoted to the 28 Olympic disciplines. There will be a total of 750 machines and these will include equipment dedicated to cardio training, such as the Excite+ range, strength training, such as the Pure Strength and Selection ranges and equipment for functional training like the Kinesis Stations.



## REVOLUTIONARY PREVALIN™ PUTS HAYFEVER CONTROL BACK IN THE HANDS OF THE SUFFERER

Helping the 18 million sufferers in the UK regain control of the misery hayfever can bring, Prevalin™ allergy is the drug free 'First Aid' to keeping pollen irritation at bay.

Unlike many traditional hayfever remedies which only treat the symptoms once they have taken hold, Prevalin™ allergy provides a new and completely safe solution to treating hayfever before the pollen can cause havoc to the respiratory system.

Ideally for all sufferers, especially those in need of a drug free alternative, such as athletes, sports enthusiasts or those on existing medication, Prevalin™ allergy has been designed to extinguish allergens in their tracks and prevent them from causing further irritation.

Prevalin™ allergy is a nasal spray which is a gel at rest and a fluid when shaken. When administered at the first sign of an itch, tickle, watery eye or sneeze, the patented formula works in three ways:

- \* It extinguishes any inhaled pollen already in the nose
- \* It forms a fine micro-gel barrier preventing future allergens irritating the nasal mucosa
- \* It stimulates clearance of the allergens within the nose

GP and allergy expert Dr Rob Hicks comments, "It's close to impossible for

**Prevalin<sup>™</sup> allergy**

Relief and protection from symptoms of hayfever and other common allergies

- Immediate action
- Clinically proven relief from
  - Sneezing
  - Runny nose
  - Blocked nose
  - Itchy/watery eyes

**NON-DROWSY ANTIHISTAMINE & STEROID-FREE**

**1 MONTH SUPPLY NASAL SPRAY**

**OMEGA PHARMA**

sufferers to avoid pollen completely throughout the summer months. Many patients, especially those who suffer from severe symptoms or who can't take medication, have a real sense of dread and feel powerless when the first symptoms arise.

"Prevention is best, so being prepared, identifying the first signs of hayfever, acting fast and considering using a treatment like Prevalin™, which can stop the pollen's ability to irritate the nose in the first place, is a great way to control hayfever. This is especially true for people who would benefit from a drug-free solution and those already taking other forms of medication"

Tested in clinical research to validate fast and effective symptom relief, Prevalin™ allergy helped 93.75 per cent of its patients significantly reduce the main affects of hayfever (itchy eyes, sneezing, runny or blocked noses) when put under extreme conditions.

Prevalin™ allergy and Prevalin™ for Kids (aged six years old and over) is available at selected retailers, including Lloyds Pharmacy, Boots, Waitrose and Sainsbury, without prescription for £9.99 (one month's supply).

To request a sample of Prevalin™ allergy Tweet us [@hayfeverfree](https://twitter.com/hayfeverfree) or get in contact via our Facebook page Hayfever Free.

For more information about the Prevalin™ allergy range visit [www.prevalin.com](http://www.prevalin.com)





## NIKE FUEL BAND

The ICE edition of the Nike+ FuelBand is a limited edition run and the special nature of this product is clearly visible. The frozen looking cover of this version allows the user to partially see inside the product and view the technology that makes the magic work.

The name comes from the trophy received when the user doubles their daily goal on the Nike+ FuelBand application and inspires its visual aesthetic. The Nike+ FuelBand is an innovative wristband that tracks movement throughout the day, designed to motivate and inspire users to be more active. The ergonomic Nike+ FuelBand captures and displays four different metrics: time, calories, steps and NikeFuel – a metric that will be



the ultimate measure of your athletic activity. NikeFuel is a proprietary technology that measures your activity and motivates athletes to do more. The NikeFuel score makes movement fun, meaningful and comparable, letting you compete with athletes of all levels in most activities. The more you move, the more NikeFuel you earn, whether you're playing basketball, throwing a Frisbee or going for a run. NIKE worked with some of the world's top experts in science and sports to engineer NikeFuel algorithms based on oxygen kinetics. Unlike calorie counts — which vary based on someone's gender and body type — NikeFuel is a normalised score that awards all participants equal scoring for the same activity regardless of their physical makeup. A user can also choose to receive a calorie count to understand how many calories are burned versus how much NikeFuel is earned.

As you wear the Nike+ FuelBand throughout the day, the built-in three-axis accelerometer measures your motion and translates it into NikeFuel. Each day you can set your goal for activity and the level of NikeFuel you want to achieve. As you move closer to your goal, the band's series of 20 LED lights go from red to green. The user-friendly interface provides encouragement and motivation as you hit and exceed your goals. The Nike+ FuelBand experience doesn't end on your wrist. All of the data you capture on your wristband connects to a rich web and mobile experience. It syncs with the Nike+ website, through a built-in USB, or wirelessly through Bluetooth to a free iPhone app to record activity each day and track progress.

The product will be available from 27th July at London's Boxpark and Nike's new House of Innovation at Selfridges. From 12th August it will also be available from [www.nikestore.com](http://www.nikestore.com)

