Sports Medicine Australia media review
September 2009

For full media articles, please contact Amanda Wilson, phone 03 9674 8703 or email amanda@vic.sma.org.au

Marathon thanks
I wish to thank the police, volunteer staff of NT Emergency Services and Sports Medicine Australia for the support they gave the Alice Springs Community Bank Marathon.
***Centralian Advocate*, NT, p.6, 28/8/2009**
Circulation – 6,887

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 Sports Physician and Sports Medicine Australia spokesperson, Dr David Bolzonello.
***Cobar Weekly*, NSW, p.27, 2/9/2009**
Circulation – 2,000

Mouthguards critical
Sportspeople and parents were reminded recently that mouthguards are critical by the Chief Executive Officer of Sports Medicine Australia, Gary Moorhead. "A well fitting mouthguard should be an essential part of a sportsperson's protective equipment and should be worn at all times," he said.
***Walcha News*, NSW, p.6, 3/9/2009**
Circulation – 737

Sports trainer accreditation
The AFL and Sports Medicine Australia (SMA) combined Level One Sports Trainers and Sports First Aid course, which introduces the skills required for sports trainers, will kick off on Sunday, October 4, at the Hawthorn Football Club, Waverley Park.
AFL Record

Bridge to Brisbane Run
The Sunday Mail Suncorp Bridge to Brisbane attracted 45,000 entrants, some in fancy dress, some who walked or jogged as well as wheelchair, amateur and professional athletes. Bradley Morris was given a spray of cool water from a medic at the finish line. (picture featured Lance Spring, SMA QLD Level 2 Sports Trainer wearing SMA shirt).
Courier Mail

Members sought
The Wimmera Regional Sports Assembly is searching for new members to join its general committee. Members of the committee will assist the assembly of

many different initiatives, all of which include physical activity. Some examples include the Smartplay program.
***Weekly Advertiser*, VIC, p.35, 3/9/2009**
Circulation – 23,340

Trail numbers high
The Trail Running Association of Queensland will be conducting runs of more than 160 kilometres, as well as 100km, 50km, 30km and 12km on the weekend of September 12 and 13 from the Beerburrum State School. Peter Boardman, a sports trainer, who worked with Sports Medicine Australia in the early years, will keep an eye on the entrants in the three longer events.
***Bribie Weekly*, QLD, p.69, 4/9/2009**
Circulation – 11,181

Preparation before exercise
Be Well September

Nutrition for active women
Basic dietary principles are similar for both sexes, but women have increased requirements for certain nutrients, especially if they participate actively in sport and exercise.
Medibank Private, Feelbetter magazine, September-December 09

Spring into exercise safely
Spring is here and the motivation to exercise for summer is at its peak. However, this may lead to injury if a gradual approach is not taken, warns Smartplay. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***Yorke Peninsula Country Times – Kadina*, SA, p.29, 8/2/009**
Circulation – 8,257

Triathletes heart problems
The Australian, Interviewed Dr Brian Sando

Spring into exercise safely
Intech Credit Union member newsletter

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. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***Times Victor Harbour*, SA, p.20, 10/9/2009**

Circulation – 7,320

Slow, steady approach best
Spring has sprung and as the warmer weather approaches, motivation to exercise is starting to peak. However, this exercise may lead to injury if a gradual approach is not taken, warns Smartplay. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***Mid West Times*, WA, p.11, 10/9/2009**
Circulation – 19,872

Keeping football teams fit for finals
ABC Radio, Dr David Bolzonello interviewed

Spring into exercise safely
As the weather warms up, many become motivated to get 'swimsuit-ready' in time for Summer. Sports Medicine Australia has recommended that motivated people build up their exercise regime gradually, ensure they are using the correct techniques and see a doctor about health concerns or pre-existing medical conditions before embarking on a new fitness program.
***Namoi Valley Independent*, NSW, p.11, 8/9/2009**
Circulation – 3,406

Spring into exercise safely this season
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. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***Bingara Advocate*, NSW, p.12, 8/9/2009**
Circulation – 950

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. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***Moorabool News*, VIC, p.33, 8/9/2009**
Circulation – 2,500

Run 100 miles at Glasshouse
The Trail Running Association of Queensland will be conducting runs of more than 160 kilometres, as well as 100km, 50km, 30km and 12km on the weekend

of September 12 and 13 from the Beerburrum State School. Peter Boardman, a sports trainer, who worked with Sports Medicine Australia in the early years, will keep an eye on the entrants in the three longer events.
***Caboolture News*, QLD, p.55, 9/9/2009**
Circulation – 33,712

Tips to reduce the risk of sports injuries
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… Visit www.smartplay.com.au for further advice on how to exercise safely.
***Newcastle Star*, NSW, p.43, 9/9/2009**
Circulation – 114,657

Learn to exercise safely
Spring has sprung and the warmer weather is on the way, so motivation to exercise for summer is at its peak. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon.
***Newcastle Star*, NSW, p.43, 9/9/2009**
Circulation – 114,657

Exercise safely in the hot weather
With warmer weather here, anybody who is active needs to prepare for the hot conditions or run the risk of heat injury, warns Sports Medicine Australia. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon.
***Maryborough Herald*, QLD, p.30, 9/9/2009**
Circulation – 12,457

Ease into exercise program
Spring is here, inspiring people to exercise, however, many people injure themselves because they try to do too much, too soon. Every spring hundreds of people are admitted to hospitals and emergency departments with sports-related injuries. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon.
***Coolum and North Shore*, QLD, p.21, 11/9/2009**
Circulation – 11,780

Exercise to lose weight
ABC Radio National, 13/9/2009, Interviewed Dr Ian Gillam

Smartplay and injury prevention
Gippsport newsletter

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. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***North Central Review (Kilmore)*, VIC, p.44, 15/9/2009**
Circulation – 12,581

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. Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello says these injuries are often due to people pushing themselves too hard, too soon. For further advice on how to exercise safely visit www.smartplay.com.au
***King Island Courier*, TAS, p.8, 16/9/2009**
Circulation – 1,200

National seminar
Sports Medicine Australia's national conference will be held at the Brisbane Convention and Exhibition Centre, South Brisbane from October 14-17. The event will feature a paediatric sports medicine symposium. For further details visit www.beactive09.com
***City North News*, QLD, p.4, 17/9/2009**
Circulation – 29,227

Well maintained
It can seem as if losing weight is the easy part and keeping it off is the greater challenge. According to exercise physiologist Dr Ian Gillam from Sports Medicine Australia, research shows that people who do regular exercise, four to five times a week for between 30 and 60 minutes, are twice as likely to maintain their weight.
Weight Watchers magazine

Be wary of injury in cold
Those who are active need to prepare for the cold conditions or risk injuries, according to Sports Medicine Australia. David Bolzonello said Smartplay, Sports Medicine Australia's sports injury prevention program funded by the Australian Government Department of Health and Ageing, offers the following tips.
***Donnybrook Bridgetown Mail*, WA, p.14, 22/9/2009**
Circulation – 946

Sports course to reduce injuries
In an effort to reduce sporting injuries, Sapphire Physiotherapy in association with Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Merimbula on October 24 and 25.
***News Weekly*, NSW, p.76, 23/9/2009**
Circulation – 3,701

Haze fails to faze Broncos
The Brisbane Broncos were yesterday forced to train in the midst of the thick dust clouds that made their way up from Sydney. Dr Anita Green, the vice president of Sports Medicine Australia, said the Broncos need to adhere to their training schedule justifiably outweighed any dangers associated with exerting themselves in the dust storm. "It's only really a concern to people that have respiratory conditions like asthma," she said.
***Brisbane Times*, QLD, 24/9/2009**

Fight flab s-l-o-w-l-y
As the weather warms up, people are pushing themselves to the limit to work off the extra layers gained through winter, says Dr David Bolzonello, spokesman for Sports Medicine Australia. "All those resuming or increasing their levels of activity should start slowly and build up gradually".
***Canberra City News*, ACT, p.33, 24/9/2009**
Circulation – 41,560

The clean-up begins…but should we wait a day or two?
Sports Medicine Australia has advised those living in the affected areas to continue to use caution when exercising as they believed air quality would remain poor all week. Sports Medicine Australia spokesperson, Dr Roger Parrish said the combination of exercise and dust can be dangerous, especially of those with respiratory problems.
***South Coast Register*, NSW, p.1, 25/9/2009**
Circulation – 3,464

Dirty weather helps business clean up
It's an ill wind that blows no one any good, and while Wednesday's dust storm brought inconvenience to most people, it meant brisk business for some. But air quality is tipped to remain poor for the rest of the week. Sports Medicine Australia has warned people in affected areas to use caution. Spokesman Dr Roger Parrish advised those who wanted to exercise to do so indoors.
***Northern Star*, NSW, p.2, 25/9/2009**
Circulation – 14,903

Blue sky comes through
Blue skies, sunshine and clean cars. By yesterday morning the dust that blanketed Tamworth, and most of NSW, on Wednesday had blown over. Sports Medicine Australia spokesperson Roger Parrish said it was advisable for those considering exercise to stay indoors.

***Northern Daily Leader*, NSW, p.2, 25/9/2009**
Circulation – 7,652

Exercise for seniors
Peninsula Living magazine

Exercise and Ageing – never too old to exercise
Sportslink newsletter

Put your feet first towards a healthy lifestyle
Summer's just around the corner so are your feet ready for their moment in the sun? Podiatrist Steve Lynch has almost 20 years' experience in the field and understands the importance of healthy feet. He's a member of the Australian Podiatry Association and Sports Medicine Australia.
***Weekend Post,* QLD, p.30, 26/9/2009**

Red devil: was the dust storm a once in a lifetime event?
Sydneysiders awoke on Wednesday morning to find their city cloaked in an eerie orange haze caused by millions of tones of soil being blown out to sea by winds. Although the skies appeared to have cleared by Thursday, health authorities have warned people with respiratory problems to stay inside. "People should continue to use caution when exercising or participating in physical activity as air quality will remain poor all week," a Sports Medicine Australia spokesman said.
Manly Daily, NSW, p.33, 26/9/2009

Beat the heat
Good health and medicine magazine, Spokesperson Dr John Brotherhood

10 top tips for sports first aid
Active Education Calendar

Worst ever dust storm
In the aftermath of the dust storms that hit the local area, and much of the State last week, those living in the affected areas should continue to exercise caution when exercising or participating in physical activity as air quality will remain poor all week, advises Sports Medicine Australia.
***Inverell Times*, NSW, p.5, 29/9/2009**
Circulation – 3,578

Doctor issues dusty exercise warning
In the aftermath of the dust storm affecting Dalby, residents should continue to exercise caution when exercising or participating in physical activity as air quality will remain poor all week, advises Sports Medicine Australia.
***Dalby Herald*, QLD, p.5, 29/9/2009**
Circulation – 2,518

Injury management course in Merimbula
In an effort to reduce sporting injuries, Sapphire Physiotherapy in association with Sports Medicine Australia (SMA) NSW will hold an accredited Level 1 Sports Trainer course in Merimbula on October 24 and 25.
***Bega District News*, NSW, p.27, 29/9/2009**
Circulation – 2,770

Your guide to getting in shape after winter
Sports Medicine Australia spokesman David Bolzonello has warned that too much motivation without a gradual approach could lead to injury. To help keep your spring workout injury free, Smartplay offers the following tips… For more information on physical activity and health visit the Sports Medicine Australia website at www.sma.org.au
***Narrogin Observer*, WA, p.7, 30/9/2009**
Circulation – 2,586

Bizarre dust storms cover Valleys in red
In the aftermath of the dust storm, residents are warned to avoid participating in outdoor activities as although the worst of the dust has moved on, air quality will remain poor. Spokesperson from Sports Medicine Australia, Dr Roger Parrish warned that a failure to refrain from exercise could result in asthma attacks and breathing difficulties.
***Gatton Lockyer Brisbane Valley Star*, QLD, p.1, 30/9/2009**
Circulation – 19,292