



RIDE CYCLES TO NEW LOCATION

Logan McRae

Ride Cycles is an independent shop offering sales and repairs to all types of cyclists. Owner Logan McRae has a passion for bikes and seeing people from all walks of life getting out there enjoying their bike riding: "Ride Cycles has been at Broadway, Papakura for almost 5 years. We have listened to customers' concerns about access and parking at our current location and decided to take the opportunity to make some changes and refresh the business. Our online store at www.ridecycles.co.nz will also be getting a revamp." The new shop is easy to find and has free customer parking right outside the door. Logan plans to open the new shop at 197 Great South Road, Takanini (next to Hunting & Fishing) on Saturday 1st August. But be sure to visit Ride Cycles before the big move; the relocation sale will be full of bargains on bikes, clothing, helmets, tires and accessories.

pre RELOCATION SALE

20% OFF BIKES

up to 60% OFF end of line cycle clothing

Sale ends Saturday 25th July

19 Broadway, Papakura - current location

cond apply

197 Great South Road, Takanini - new location from August

Ph: 09 299 3333 email: logan@ridecycles.co.nz

NO charge for ACC treatment



Pukekohe physiotherapy was formed in 1989, and has steadily grown into one of the largest practices in the Franklin region. We offer plenty of support to local and national sports teams alike.

Kev McQuoid: NZRU Rugby 1995 to 2009 (NZ Sevens, All Blacks, Junior All Blacks, CMRU, Pukekohe Rugby). Kev also has an extensive background in training/rehab, gives advice on training programmes as well as pre/post season screening.

Sarah Jenkins: Counties Netball, (Physiotherapist for the Welsh World Cup Netball Team 2007).

Julia Mathieson: Counties Netball.

Julia Whitehead: Waiuku Rugby, CMRU 2007-2009.

Helen Hicks: Swimming and Sport Medicine.

Pukekohe Physio has an excellent referral network including specialists/surgeons from Adidas sports medicine.



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Pukekohe

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**Pukekohe
Physiotherapy**

Sports & Recovery



by Cees Hekelaar



Everybody will have heard about free radicals (the bad guys terrorizing our bodies) and anti-oxidants (the good guys catching those free radicals). Free radicals are the substances that make us age, causing irreversible oxidative damage to cells, body tissues, brain cells and the immune system. They can leave your body vulnerable to advanced aging, cancer, cardiovascular disease and degenerative diseases like arthritis. The more stress we bring upon ourselves, mental or physical, the more free radicals will be formed and destruct and damage cell metabolisms.

Sports and physical exercise create an increased production of free radicals, leading to oxidative stress and muscle damage. This expresses itself in muscle soreness and that 'hit by a truck' muscular fatigue feeling the next day. It takes a couple of days for the body to recover from that, leaving you unable to continue your exercise and progress your body's fitness.

Now, fortunately there are some great, 100 % natural products, which speed up your recovery, after exercising, tremendously fast:

Spirulina, is a microscopic fresh water plant. It contains the richest concentration of nutrients known in any food, plant, grain or herb. It contains pre-formed glycogen (muscle cells' fuel), iron and the carotenoids zeaxanthin and beta carotene, providing potent anti-oxidant activity, sustainable energy, muscle recovery and improved strength and endurance.

Astaxanthin, another microscopic water plant, eaten by flamingos, salmon, prawns, etc. for the anti-oxidant protection they need, giving them their beautiful pink colour. It has the remarkable ability to optimise muscle endurance in sports people and to support fast, optimum muscle function and recovery after exercise. A Swedish study measuring the effects of astaxanthin on fitness and strength/endurance in healthy males showed a significant benefit in muscle endurance for the astaxanthin-supplemented group.

Blackcurrant contains anthocyanins which supports the body's anti-oxidant defence system and naturally help to manage exercise-induced oxidative damage to the red blood cells. Blackcurrants assist micro capillary circulation and help with capillary tone and flexibility. Blackcurrant extracts have been shown in human trials to support peripheral blood flow and reduce muscle fatigue.

So, you can see nature supports your sport aspirations in a beautiful safe way. Additional benefits from Spirulina, Astaxanthin and Blackcurrants are: Supporting optimum immune function, healthy eye function, iron deficiency, it has anti-inflammatory properties and recycles used anti-oxidants like vitamin E, lycopene and glutathione. Inhibits plaque formation. Supporting in conditions like RSI, rheumatoid arthritis.

Remember... it's never too late to get active! The prospect of starting an exercise programme can be daunting. Many people avoid exercise because they are afraid of hurting themselves or are concerned about affecting an existing health condition, but in fact, almost all conditions can be helped by exercise.

If you have any more questions on this subject feel free to call me on 09 238 7806 or see me at Way of Life Health Shop, 68 Edinburgh Street, Pukekohe. ■