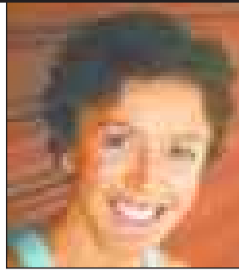


## Personal Fitness with Aine Farrell



### Consistency is key

LIKE anything in life, if we want something to work, then we have to put in some effort.

This certainly applies to getting fit, staying in shape and looking after your health.

Consistency is the key word here.

When I hear someone talking about not achieving his/her goals, I can almost guarantee the right amount of effort hasn't been applied, or he/she has not been consistent enough.

Remember that your body is your vehicle to take you through life and if you don't look after it, what else will you travel in?

It is your choice to make it your limousine, not your broken down train wreck.

So many of us fool ourselves into believing that we are applying enough effort, while some don't know exactly how much effort is needed to achieve certain goals, particularly in terms of reaching a desired fitness and body weight.

I have conversations daily about this and many people don't think that it is important to move on a daily basis or the human body can take a fair bit of pushing (in the correct way).

If you take a look around most fitness clubs you will see most people doing what I call "going through the motions" which is simply applying a small amount of effort.

However, don't get me wrong - all movement is cumulative and something is better than nothing.

If the question is asked to the majority about what their goals are there is usually a unanimous answer to lose weight, tone up, get fitter etc. The moral of the story is that if you want to change something then you need to apply the right amount of effort and be consistent in doing so.

Life constantly throws what I call "speed humps" at us.

You cruise along and then all of a sudden something gets in the way.

You have to slow down or stop to go over that speed hump which inadvertently slows things down or causes us to lose our rhythm.

In order to stay in shape and maintain a fitness level, it is important to get over these speed humps as smoothly as possible without stopping altogether.

This is where consistency is crucial.

Sure, we need rest days from exercise particularly if you exercise at an intense level, but considering most people don't exercise at an intense pace then a rest day for most is just an excuse.

The way I look at it is that there are 24 hours in a day and 168 hours in a week.

Surely one hour of exercise a day or seven hours of exercise a week is not much to ask.

If everyone was consistent with this then there would be fewer health, weight and mobility problems along with people feeling better in and about themselves.

So now that June is here, get your fitness into gear and get some consistency happening with your exercise regime.

2278147



• Bega Showjumping Club member Jessica Clarke remains calm as she clears a jump aboard Tammy on Saturday.

# Jumping with purpose

• Impressive turnout at practice day

**Josh Bartlett**

BEGA Showjumping Club members continued to fine-tune their skills on Saturday.

The second "unofficial" competition day was held at Bega Showground, allowing riders to improve each jump and learn the rules.

Club secretary Kirsty McPaul said it was ideal preparation for all members.

"It's a great chance to compete, but not under the real pres-

sure of competition," she said.

"The cross-rail events are particularly popular at this time of year with younger members and riders educating their horses."

McPaul said there had been a "huge turnout" at both events.

"Our numbers are on the rise and we have heaps of new members," she said.

"We have had riders from Berry, Tilba, Bodalla and Bombala - they are coming from all over the place."

The next Bega Showjumping

Club training day will be held on June 10 at Bega Showground.

For more information, visit [www.begashowjumpingclub.com.au](http://www.begashowjumpingclub.com.au), or contact Kirsty McPaul on 0421 902 438.

In other news, Gavin Chester will be holding his annual instructional school on June 23 and 24.

Chester represented Australia at the 2000 Olympic Games in Sydney, and is the international course designer for the Bega

Showjumping Cup.

It the third year Chester has taught in Bega and McPaul said the class was already booked out.

"Gavin's school is really popular," she said.

"Due to there being so many participants, Gavin's wife Sharon will also give lessons.

"While the lessons are booked out, it's a great opportunity for spectators to watch one of Australia's best showjumping riders in action."



• Kerrie Thompson takes a break from kayak rolling practice at Sapphire Aquatic Centre, with assistance from Graeme Thompson.

## Paddling in pool

THE Far South Coast kayaking group, SCARPPERS, recently held their first training night at the Sapphire Aquatic Centre.

The local paddling group will now run its mid-week roll and rescue training sessions at the aquatic centre for the colder months of the year.

SCARPPERS member David Winkworth said the group was very pleased to be able to use such a great venue.

"Our community-owned heated

pool is the perfect place for paddlers to learn and practice kayaking skills during the winter months," he said. "Warm clear water, instructor beside you, skills and training don't get any easier than this!"

The SCARPPERS group paddle local waterways and coastal bays every weekend and have an active free training program with qualified instructors.

For more information, contact David Winkworth on 6494 1366.

## Cars banned from field

FAR South Coast Hockey Association members and spectators are reminded not to drive onto the fields in Bega on Saturday.

A couple of committee members cars are on there to deliver the equipment and food, but no-one else is allowed.

All A grade teams are asked to attend the Commercial Hotel at 4.30pm on Saturdays for the meat raffle run by the association.

**Last week's results:**

Men's:  
Magpies 3 d Pambula Thunder 1, Candelo Mens 4 d Bobcats 1.

A grade:  
MGM 0 drew with Candelo Bowlo 0, Babes 3 d Candelo A 0, Elders 6 d Pambula Ladies 0, Eagle Embroidery 13 d Merimbula Flicks 0.

B grade:  
Tathra B 7 d Pambula Thunderboltz 1, Blues 2 d Candelo White 1, Candelo B 1 drew with Bega Scrap Metal 1.

C grade:  
Tathra C 4 d Pambula C 0, Candelo Blue 2 d Quaama Rockets 0, Candelo C 4 d Bega Ag 0.

**Round six draw:**

10.30am:  
Field One: Quaama Rockets v Bega Ag Services (ump: Candelo White/Candelo).  
Field Two: Pambula C v Candelo Blue (ump: Bega Scrap Metal/Blues).

Field Three: Candelo C v Hoyland Constructions (ump: Pambula Thunderbirds/Thunderboltz).

Noon:  
Field One: Bega Scrap Metal v Blues (ump: Pambula Thunder/ Candelo A).

Field Two: Pambula Thunderboltz v Candelo B (ump: Babes/Grand Hotel).  
Field Three: Candelo White v Pambula Thunderbirds (ump: Merimbula/Elders).

1.30pm:  
Field One: Merimbula v Candelo A (ump: Grand Hotel/Elders).

Field Two: Bobcats v Pambula Thunder (ump: Pambula Men/Magpies).  
Field Three: Babes v MGM (ump: Candelo Bowlo/Eagle Embroidery).

3pm:  
Field One: Candelo Bowlo v Grand Hotel (ump: Babes/MGM).

Field Two: Magpies v Candelo Men (ump: Bobcats/Pambula Thunder).  
Field Three: Elders Bega v Eagle Embroidery (ump: Merimbula/Candelo A).

Bye teams:  
Tathra C, Tathra B and Pambula Ladies.

Duty:  
10am: Pambula Thunderboltz, 11.30am: Pambula C, 1pm: Grand Hotel, 3pm: Pambula Thunder.