



CONTACT : Secretary, Barbara Morris, 39 Appleby Street, Balcatta, W.A. OR

EMAIL : junepngroup@gmail.com

PHONE: 0459972246 and leave a message as phone is not manned continuously.

NEWSLETTER AND P.N. MINUTES for June 12th 2023

The meeting opened at 10.00 am.

ATTENDANCE: Mike Kiff, Celia Miraglia, Faye Holloway, Laurel Morris, Barbara Morris, Ron Gascoigne
Faye Breslin , Margaret Hunt, Philip Surtees, Cliff Martin, Eileen Senn.

APOLOGIES: Lindsay Gibson , Lorainne Keen, Jenny Wilkins

CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING AS circulated as being true and correct.

Accepted : Mike Kiff

Seconded : Celia Miraglia

CORRESPONDENCE : Received

4th June Email from Margaret Smith re payment of money.

23rd May ACNC Reporting requirements.

31st May ACNC Thank you to volunteers,

Accepted : Mike Kiff

Seconded : Faye Holloway

TREASURER'S REPORT AS AT 01/06/2023

RECEIPTS

Membership D.D.	10.00
Acc. Cream	35.00
Attendance	22.00
TOTAL	67.00

PAYMENTS

Postage	47.75
Mobile Phone Ch.	100.00

147.75

Balance b/f 1016.78

BANK ACCOUNT

Cheque Acc. Paid	147.75
Balance C/f	<u>936.03</u>

Deposits 67.00

TOTAL 1083.78

1083.78

Balance c/f 936.03

ACCOUNTS FOR PAYMENT

Postage	43.35
Morning Tea	20.00
Honorarium	600.00
TOTAL	663.35

Moved Eileen Senn

Seconded : Celia Miraglia

GENERAL BUSINESS

Two Office bearers advised they would be absent on the following dates –

Faye Holloway (Treasurer) from 03/07/23 to 03/08/23

Ron Gascoigne (Chair person) from 24/07/23 to 10/08/03

Arrangements have been made for their absence and the phone will be manned by Eileen Senn.

A new member, Cliff Martin, attended, and he described his symptoms. He's not sure why they occurred but think poisons used on sheep may have been the culprit. He used Blitz Hectate. He hasn't seen a neurologist as yet, and until then, it was suggested he try the accident cream, bought from P.N. Group or some Pharmacies.

Another cream suggested by a member was Kunezia Metsul.

Margaret Hunt uses medicinal Cannabis and is very pleased it relieves her back pain. This piece of information led to a discussion on the pros and cons of cannabis and once again, Ron reiterated that this help isn't for everyone as each person reacts differently.

Philip Surtees moved a motion that the office bearers be paid their annual honorarium.

Accepted : Eileen Senn Seconded : Celia Miraglia

Then followed a general chat on P.N. symptoms, what may or may not help and ways to live with it.

The meeting closed at 10.45 am. The next meeting will be held on Monday 10th July 2023 at The Niche, Cnr. Aberdare Road and Hospital Avenue, Shenton Park from 10.00 am to 12.00 Noon.

LAUGHTER IS STILL THE BEST MEDICINE.

An old hillbilly had a wife who nagged him unmercifully. From morning till night (and sometimes later) she was always complaining about something. The only time he got any relief was when he was out ploughing with his old mule. He tried to plough a lot.

One day, when he was out ploughing, his wife brought him lunch in the field. He drove the old mule into the shade, sat down on a stump, and began to eat his lunch. Immediately, his wife began haranguing him again. Complain, nag, nag; it just went on and on. All of a sudden, the old mule lashed out with both hind feet and caught her smack in the back of the head. Killed her dead on the spot.

At the funeral several days later, the minister noticed something rather odd. When a woman mourner would approach the old farmer, he would listen for a minute then nod his head in agreement, but when a man mourner approached him, he would listen for a minute, then shake his in disagreement. This was so consistent, the minister decided to ask the old farmer about it.

So after the funeral, the minister spoke to the old farmer and asked him why he nodded his head and agreed with the women, but always shook his head and disagreed with all the men. with. The old farmer said, *Well, the women would come up and say something about how nice, or how pretty her dress was, so I'd not my head in agreement.* The minister then said *And what about the men?* And the farmer replied, *They wanted to know if the mule was for sale.*

Author Unknown

The Talk Test

Your VT1 is based on your ability to speak while exercising.

"Start an activity, like an easy walk, and pick a 15-word sentence to say out loud," Viada says. If you can say the sentence straight through, walk for another minute or two, then increase your speed a little. On a treadmill, you might add 0.1 or 0.2 to your speed; on a bike, increase your pedaling cadence by 5 to 10 RPM. Once you've reached the new speed, say the sentence again. Continue increasing your speed "until you reach a pace where you can't say the sentence [without slowing down or stopping to catch your breath]. When you get there, check your heart rate and pace—that's [the peak heart rate of] your Zone 2 for that modality," he says.

The distinction of "that modality" is essential. Your Zone 2 pace, heart rate, and even your rate of perceived exertion may be different for cycling or rowing than it is for walking, Laye explains. "If I'm a cyclist, I'm going to be able to push much higher power and go much faster on a bike because I'm more efficient than the average non-cyclist. My Zone 2 heart rate will be different for running," he says. "Find your Zone 2 for every modality with this test. And then, if you want to use your heart rate from that point on for Zone 2 training, go for it."

Over time and training, you'll get fitter—so the effort required to reach this heart rate will change. But the heart rate itself, which is a percentage of your overall max heart rate, won't change. You might have to walk or bike faster to reach your Zone 2 heart rate, but the rate will remain the same.

If you have an Apple Watch, Fitbit, or other wearable with a heart rate monitor, it may display time spent in heart rate zones. On many watches, these are based on the "220 minus your age" formula. To make these more

accurate, you can manually change the zones: The VT1 heart rate from the peak of your talk test represents the top of Zone 2. In an Apple Watch, for example, you can go to Settings, then Workout, then "Heart Rate Zones," and add the upper limit for your Zone 2 for more accurate reporting.

How to get started with Zone 2 training

Zone 2 will change your heart, athletic capacity, and metabolic health, but it's not a quick fix. While you might start feeling better in a short period with Zone 2, "a lot of the big adaptations of cardiovascular training take a long time. Your heart doesn't just magically remodel and get stronger in the course of a few weeks. It takes months, and even years," for significant changes, Viada says. "To really see the benefits of exercise, we need to find something that we can do for a long period, week after week, month after month."

Fortunately, because Zone 2 is doable for almost everyone, you don't have to wait to start. Use the test above to determine your Zone 2 level of effort, and work your way up to doing more Zone 2 training each week—the goal amount, per the CDC guidelines, is 150 minutes per week.

Use these tips and strategies to build your way to that weekly goal.

Perform Zone 2 with any type of cardio. Walking, running, rowing, cycling, and elliptical training can be Zone 2, as long as you can keep your heart rate low enough to pass the talk test.

For some people, this may eliminate running or jogging, Viada says. "The first major pitfall of Zone 2 training is

going too hard. When people start doing it, an easy jog may push their heart rate into Zone 3, he says. "That's normal. It's OK to do fast walking for your Zone 2 instead. Remember, we're talking about a level of intensity, not a specific modality."

The pressure to feel like you have to be going faster is one of the reasons people say they "hate" cardio—and why Zone 2 can make it enjoyable, Viada says. "When people go too hard, it can hurt too much, and there's too much recovery cost; they start to feel beat up pretty quickly."

It's fine if your heart rate moves into Zone 3 occasionally, Laye says, as you walk up a hill, for example. But try to keep yourself in Zone 2 as much as possible—even if it means walking when you think you should be running. Over time as your body's aerobic conditioning improves, you may graduate to jogging for Zone 2 training.

And remember: Your Zone 2 may feel different, and your talk test heart rate may *be* different, when you're using different activities to train. Make sure you're in Zone 2 for whatever workout you're doing.

Mix Zone 2 with other types of training you enjoy.

Committing to some Zone 2 training doesn't mean you can't do other kinds of exercise. In fact, it's just the opposite, Viada says. Because Zone 2 doesn't require as much downtime for recovery and won't cause as much soreness, you can do it in addition to other types of workouts. If you enjoy lifting weights, doing CrossFit, or playing tennis or pickleball, you can add Zone 2 to your routine without sacrificing the energy you'll need to keep doing those activities.

If you lift weights or do other high-intensity training, "I recommend either doing [Zone 2] on the days you don't lift or before your lift," Laye says. Otherwise, aerobic work

after strength work may interfere with the strength-building benefits of a lifting session.

Aim for sessions of 20 straight minutes or more. "You want to do at least 20 minutes of consistent Zone 2 effort" to get the adaptations, Laye says.

Viada agrees: "The downside to doing really short sessions, like 10 minutes or less, is that it takes a little while to warm up" to your Zone 2 heart rate, he explains. Then your heart rate is only in Zone 2 for a few minutes, which is not long enough for your body to make the beneficial adaptations to recover from it. "Zone 2 work needs to be long enough for your body to say, 'I'm working a little bit here. I'm going to need to make some changes.'"

That's also why the 20 minutes of Zone 2 should be consistent—that is, 20 minutes straight. "You don't want to do 15 minutes, then take a five-minute break, then 15 minutes, and another break to get a drink," Laye says. "You want to try to maintain the effort throughout the entire period. That's what will give you the most effective sort of stress" to get the health and fitness benefits.

The Latest From Levels

NUTRITION

Foods we love: Jicama

This underrated tuber is low in carbohydrates and full of gut-friendly prebiotic fiber and antioxidant nutrients that support metabolic health.

Stephanie
Eckelkamp

6 min read

PHYSICAL FITNESS

A guide to exercise recovery and metabolic health

Recovery plays an important role in helping you realize the metabolic benefits of exercise. Here's how to recover more effectively.

Ashley Mateo

7 min read