

# health & fitness

■ DIET ■ WORKOUTS ■ ADVICE

Thanks to his new fitness aid, Adam Ramanaukas is holding all the aces. **Daniel Hoy** explains how to use the FitDeck

**E**SSENDON footballer Adam Ramanaukas knows the importance of regular exercise.

One of the largest medical studies ever undertaken into the link between obesity and cancer has confirmed what many health experts already feared: being overweight can give you cancer.

It is already known that excess body fat is a major cause of diabetes, heart disease, stroke and early death.

But the link between obesity and cancer is not as well known.

This month the Million Women Study in the UK found overweight and obese women are at greater risk of developing cancer and dying from it.

After twice overcoming cancer, Ramanaukas believes it is more important than ever to promote good health in children.

"From my point of view it is hugely important for kids to stay healthy and fit because of the links to cancer," he says.

"And also because of the links to things such as heart disease as well."

That's one of the reasons Ramanaukas is involved in the FitDeck.

FitDeck is a deck of playing cards containing illustrations and instructions describing 50 different upper, middle, lower and full-body exercises.

"I do a lot of my training at home by myself. These cards are easy to use and the exercises are great," Ramanaukas says.

"You can just take the cards and you're away. And you can do it with your family. There are no excuses. All you need is some room in the house or in the back yard and you're set."

A Kids' FitDeck is also on the way, which will have games and exercises designed specifically for children.

"I know when I was a kid, a huge part of my life was playing footy, basketball or cricket. So staying healthy was a huge part of it," he says.

"Kids can also do it with Mum and Dad so it can encourage the whole family to get fit. When kids see their parents doing something, it's natural for them to copy that."

For more information visit [www.fitdeck.com.au](http://www.fitdeck.com.au). Decks are available from newsagents and bookshops.



## + House call BRUISED HEEL

The heel bone (calcaneus) is protected by a pad of fat. Repeated pounding on the heel can cause that pad to be pushed up the side, resulting in less protection for the heel and leading to pain in the heel bone.

The best treatment includes resting until the pain goes; extra padding for shoes with a shock-absorbing insole; and replacing your old running shoes.

It's also a good idea to see a doctor who may refer you to a podiatrist.

## 🏆 The BIG EVENT

This year's **Weet-Bix Kids' Try-athlon** is on February 24 at St Kilda. Race entry is on sale now and the field limit is 3200, so get in quick. There is also a race at Geelong on February 17.

Visit [www.weetbix.com.au](http://www.weetbix.com.au)

## # Number cruncher 4

The distance in kilometres of the longer swim at **Swim for Your Life** at Brighton beach.

If you think 4km is a bit beyond you, there is also a 1.2km event. Both are on Saturday.

To enter visit [www.heraldson.com.au/swimseries](http://www.heraldson.com.au/swimseries)

## \$ RRP \$399

Every golfer wants to hit the ball farther and straighter. Sometimes the problem is your swing, but other times it can be your club.

The new **Wilson Spine** driver promises to help you hit the ball farther and straighter off the tee. The weight has been repositioned around the club's perimeter and the Spine's centre of gravity (CG) is lower and deeper.

This shift in CG gives the Spine increased stability throughout the swing plane and helps the player hit the ball with a lower spin rate and at a higher launch angle for greater trajectory and distance.

## + Work it RUN FOR THE KIDS

It's that time of year again — time to start preparing for the *Herald Sun/CityLink Run for the Kids*. One of the best ways to motivate yourself is to train beforehand. That way you have a reason for getting out and running.

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## HEALTH&FITNESS

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## IT'S ALL ON THE CARDS

FITDECK is a very simple concept. Each deck contains 50 cards, each with a different exercise.

Each card has a beginner, intermediate and advanced level.

To use the deck you simply shuffle the cards, draw a card and flip it over, perform the exercise, return the card to the deck, draw the next card and flip it over and perform that exercise. You can do as many exercises as you want.

### GAMES

■ The key to motivating people to do more exercise is to make it fun.

The FitDeck does this by allowing you to play several different games. They can be played with a group of friends or the family.

### 10 REPS OF EACH

■ Perform 10 repetitions of each exercise no matter what the exercise is. For a better cardio



workout, don't give yourself any rest in between.

### 52-CARD PICK-UP

■ Someone chooses face up or face down. Throw the entire deck in the air and let the cards float to the ground. Perform all the face-up or face-down cards depending what the person called. This usually translates into 30 to 35 cards.

### DOUBLE OR NOTHING

■ Guess the colour of the next card. If you're correct, skip a card; if you're wrong, do it twice.

### FOLLOW THE LEADER

■ Assemble a group into a semi-circle. FitDeck is shuffled and inserted into the Card Holder. The Card Holder is then passed from one person in the formation to the next. Each time a new person receives the Card Holder, they draw two cards and lead the group in performing the exercise.

### LUCKY CARD

■ The group picks one Exercise Card that will immediately end the exercise session. In this scenario, each time a card is selected, there is a chance it could be the last one for the day.