



# NABBA Wellington

## Putting athletes first!

### May 2010

Welcome to May! One show down, twelve to go!!

This month we look at:

- Our Show Sponsor
- Best Meat Deals in Town
- Egg White Fan?
- Healing Timeframes
- Local posing practice



### Our Show Sponsor

Les Mills offer the ultimate health and fitness experience with a state of the art gym designed to motivate and inspire any athlete.

Over the last three years Les Mills Wellington and Lower Hutt have actively supported NABBA Wellington.

This year Les Mills have decided to be our show sponsor!!!

Huge thanks go out to Peter Jenkins, Gerry Salmon and the rest of the team at the gyms within the Wellington region for their ongoing assistance and support for Bodybuilding and Fitness!

# LES MILLS



### Need Chicken? After a good steak?

We have kindly been joined this year by our local Mad Butcher. Leon and the team at the Mad Butcher Lower Hutt have the best value for money deals in town!

Get down and see them at 91 High Street, Lower Hutt for all your nutritional needs.



### Sick of splitting whites from yolks?

STOP THE MADNESS!

Why would you spend your precious energy and time splitting whites from yolks? Not to mention the waste! Eggcel have taken all the hard work out of it.

Get in contact with Belinda and the Team now and order your egg whites ready to go. So easy, so simple!!!

[www.eggcel.co.nz](http://www.eggcel.co.nz)



## Healing Timeframes

Often when preparing for a show, the niggles you have been coping with become more prominent and injury can occur. Most of us suffer from muscle and tendon/ligament strains and sprains at some point during our training.

Muscle strains can vary in severity from a minor strain to a full muscle rupture. Muscles take the least amount of time to heal, because they have a very good blood supply.

Minor strains and contusions are likely to be resolved within **2 to 4 weeks**. More serious strains and tears may take **four to eight weeks** depending on severity. (Rare cases requiring surgery and a longer recovery period). Usually there will be a short period of restricted activity and then you will be guided back into function by your physiotherapist.

Tendons and ligaments take the longest time to heal. This is due to its very poor blood supply. Minor sprains may take **up to six weeks** to be fully resolved. Major sprains and tears may take **several months and/or may need surgery**. If surgery is required it will extend the recovery period. Full ruptures will most likely need surgery and **can take over a year** to fully resolved depending on the injury.

Home and work ability is likely to be affected and return to sports will take anything up to a year depending on the injury.

Injured?? Pop in and see Proactive in Lower Hutt or Taranaki Street for great advice and support to get you back into tip top shape!

## Local posing practice

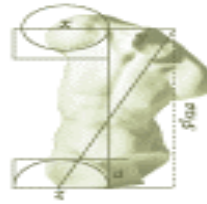
Posing sessions are currently in full swing. Come along and join the team at

City Fitness in Porirua, Saturdays at 1pm  
Les Mills in Lower Hutt, Sundays at 11am

## Sports Massage

In need of some repair? A little TLC?  
Book a sports massage with one of Wellington's best deep tissue therapists.

Contact:  
Evan  
Sports Masseur  
021 657 638



PROACTIVE

P: 0800 TOTAL YOU (868 259)

P: 04 586 8479

F: 04 586 8497

E: [info@proactiverehab.co.nz](mailto:info@proactiverehab.co.nz)

## Contact us

The Wellington NABBA Executive welcomes any active members that are passionate about the sport. Please feel free to contact Maeve if you would like to be involved.

Maeve Agnew

Phone (027) 288 2963

Email: [evanandmaeve@yahoo.com.au](mailto:evanandmaeve@yahoo.com.au)

Forward this newsletter to everyone you know  
and help NABBA to grow!

