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Hak Cipta Terpelihara. Tidak dibenarkan mengeluarkan mana-mana bahagian, artikel, ilustrasi dan isi kandungan buletin ini dalam apa jua bentuk dan dengan apa cara jua sama ada secara elektronik, fotokopi, mekanik, rakaman atau cara lain sebelum mendapat izin bertulis daripada penerbit.

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EDISI MEI 2023

Antara paparan Edisi Mei 2023 adalah promosi penggunaan angkatan Olimpik di kalangan kanak-kanak dan remaja. Edisi ini juga memberikan konsep atau pengenalan kepada cabaran kecergasan. Dari sudut penuaan, sedikit panduan asas senaman dan latihan di berikan dalam setiap artikel kali ini. Penulisan adalah secara santai, dan lebih kepada pendedahan kepada perkara-perkara dalam suaian fizikal untuk keluarga dan komuniti. Dan akhir sekali, jangan lupa untuk turut menyumbang apa sahaja artikel dengan mengirimbkannya terus kepada kami.

Terima kasih,

Editorial

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KANDUNGAN

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ANGKATAN OLIMPIK UNTUK KANAK-KANAK

Pendedahan awal kepada angkatan Olimpik akan membantu memudahkan peningkatan prestasi fizikal remaja di masa akan datang, dalam apa jua sukan yang diceburi.

Kajian saintifik menunjukkan keberkesanan angkatan Olimpik sebagai salah satu kaedah utama untuk meningkatkan kekuatan dan daya tahan otot secara menyeluruh bagi peningkatan prestasi fizikal dalam pelbagai sukan.

Sebagai permulaan, aplikasi latihan senaman angkatan Olimpik boleh bermula dengan ujian dan senaman mobiliti (kelenturan dalam pergerakan di seluruh julat pergerakan semua sendi utama seperti bahu, siku, pergelangan tangan, pinggang, lutut dan buku lali). Ini diikuti dengan pengajaran teknikal, contohnya dengan ajaran pergerakan *Snatch* dan *Clean & Jerk* menggunakan batang kayu atau paip, dengan panjang yang sesuai serta tiada bebanan. Pembetulan dan penambahbaikan pergerakan di setiap fasa kedua-dua angkatan dilakukan dari semasa ke semasa hingga mencapai mekanik pergerakan sempurna. Penggunaan *barbell* dengan bebanan dengan tujuan pembinaan kekuatan otot, perlu dilakukan dengan peningkatan selari ransangan kekuatan dengan kemampuan melakukan senaman dengan teknik yang betul.

Maklumat diberikan di sini adalah untuk rujukan umum ibu bapa dan penjaga kanak-kanak dan remaja, namun tidak mencukupi untuk dijadikan rujukan bagi mereka yang tidak bertauliah dan berkelayakan untuk menggunakannya bagi tujuan melatih sendiri kanak-kanak dan remaja dalam angkatan Olimpik.

Semoga perkongsian ringkas ini membantu ibu bapa dan penjaga untuk memperkenalkan angkatan Olimpik kepada anak-anak di bawah jagaan mereka, melalui penggunaan jurulatih berkelayakan. Untuk maklumat lebih lanjut, dicadangkan pembacaan artikel-artikel yang tersenarai di bahagian bibliografi. Akhir kalam, utamakan keselamatan dalam latihan.

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FITNESS CHALLENGE 101

By: Endurolift

A fitness challenge is a program designed to motivate individuals to improve their fitness levels by participating in a specific workout or exercise routine for a certain period of time. The challenge may involve a specific workout plan, dietary guidelines, or a combination of both.

Fitness challenges can take many forms, ranging from a one-time event to a multi-week program. Some challenges may focus on weight loss or building muscle, while others may aim to improve cardiovascular endurance or flexibility.

Many fitness challenges are conducted online and involve a community of participants who share their progress and support each other throughout the program. The challenge may include daily or weekly check-ins, accountability partners, and prizes or incentives for participants who meet their goals.

Participating in a fitness challenge can be a great way to jumpstart your fitness journey, break through a plateau, or challenge yourself to reach new levels of fitness. It can also provide a sense of community and support that can help keep you motivated and accountable. However, it's important to choose a challenge that aligns with your fitness goals and consult with a healthcare provider before starting any new fitness program.

There are many that also asked whether winning is the priority or not when participating in a fitness challenge. Well, the answer's here is no. You do not necessarily need to "win" in a fitness challenge to benefit from it. The primary goal of a fitness challenge is to motivate and encourage individuals to improve their fitness levels, and the benefits of participating in a challenge go beyond just winning.

While winning a fitness challenge may be a goal for some participants, it's important to remember that the real goal is to improve your health and fitness, and any progress you make towards that goal is a win in itself. Even if you don't win the challenge, you can still achieve significant improvements in your fitness levels and overall health by sticking with the program and making positive changes to your lifestyle.

FITNESS CHALLENGE 101

From safety point of view, it's important to take safety precautions to prevent injury and ensure a successful experience. Here are some safety tips to keep in mind when participating in a fitness challenge:

- **Consult with a healthcare provider:** Before starting any new fitness program, it's important to consult with a healthcare provider to ensure that it's safe for you to participate. This is especially important if you have any underlying health conditions or are pregnant.
- **Start slow:** If you're new to exercise, it's important to start slow and gradually increase the intensity and duration of your workouts. Don't push yourself too hard too fast, as this can increase the risk of injury.
- **Use proper form:** When performing exercises, use proper form to prevent injury and ensure that you're targeting the correct muscles. If you're unsure about how to perform an exercise, seek guidance from a qualified fitness professional.
- **Warm-up and cool-down:** Before and after your workouts, take time to warm up and cool down. This can help prevent injury and reduce muscle soreness.
- **Stay hydrated:** Drink plenty of water before, during, and after your workouts to stay hydrated and prevent dehydration.
- **Listen to your body:** If you experience pain or discomfort during a workout, stop and rest. It's important to listen to your body and avoid pushing yourself beyond your limits.

By taking these safety precautions, you can help prevent injury and ensure a safe and successful experience when participating in a fitness challenge.

Finally, always remember, the challenge or the main competitor is actually your own self. Compete to be better than before, not much with others, but with your own self. Be safe:)



LIFTING WEIGHTS AS THE REAL 'FOUNTAIN OF YOUTH'

By: Endurolift



Aging can have a significant effect on muscle mass. As we get older, we tend to lose muscle mass and strength, a process known as sarcopenia. This loss of muscle mass can begin as early as our thirties, and the rate of loss increases as we age.

There are several reasons why muscle mass decreases with age. One of the main reasons is a decline in physical activity. As we age, we tend to become less active, which can lead to a loss of muscle mass and strength. In addition, hormonal changes, such as a decrease in testosterone levels, can also contribute to muscle loss.

Other factors that can contribute to muscle loss with age include poor nutrition, chronic diseases, and medication use. For example, older adults may have difficulty absorbing nutrients from food, which can lead to muscle loss. Chronic diseases, such as diabetes and kidney disease, can also contribute to muscle loss. Additionally, certain medications, such as corticosteroids, can have a negative impact on muscle mass.

The loss of muscle mass with age can have a number of negative effects on health and well-being. For example, it can increase the risk of falls and fractures, reduce mobility and independence, and increase the risk of chronic diseases such as diabetes and heart disease.

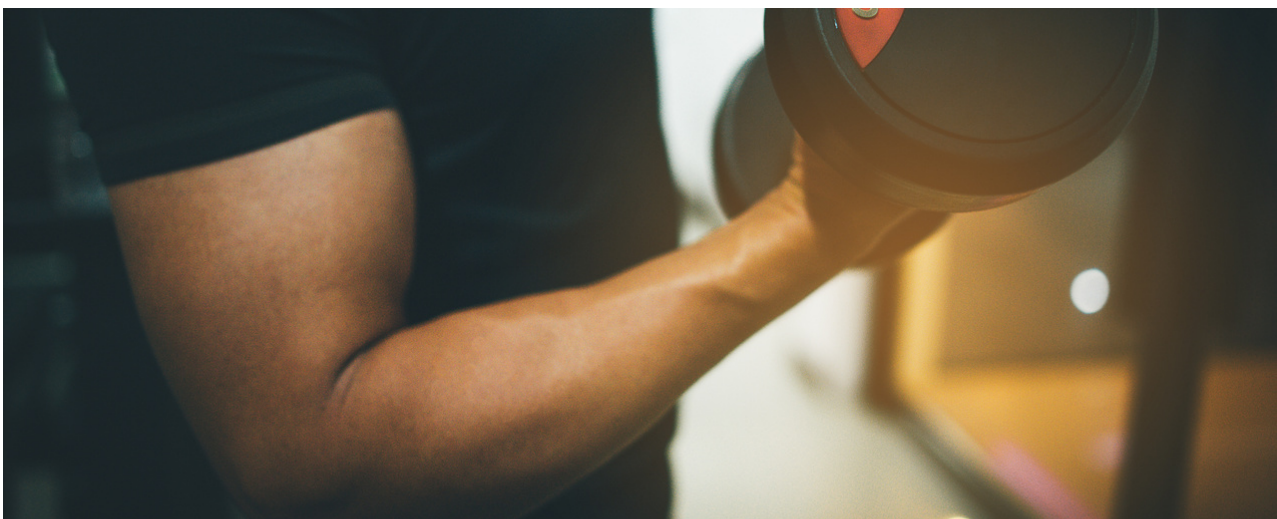
However, regular exercise, particularly resistance training or weightlifting, can help to slow or reverse the loss of muscle mass with age. By promoting muscle growth and development, weightlifting can help to maintain strength, mobility, and independence as we age.

LIFTING WEIGHTS AS THE REAL 'FOUNTAIN OF YOUTH'

Lifting weights can be an excellent form of exercise for aging adults, as it has numerous benefits for both physical and mental health. Here are some of the key benefits of weightlifting for aging:

- **Builds and Maintains Muscle Mass:** As we age, our muscle mass naturally decreases. Weightlifting can help to slow or reverse this process, as it promotes muscle growth and development. This is important because maintaining muscle mass is essential for overall health, mobility, and independence.
- **Increases Bone Density:** Weightlifting can also help to increase bone density, which is important for reducing the risk of osteoporosis and other bone-related conditions. This is especially important for women, as they tend to have lower bone density than men.
- **Boosts Metabolism:** Weightlifting can help to boost metabolism, which can help to maintain a healthy weight and reduce the risk of chronic diseases such as diabetes and heart disease.
- **Improves Balance and Coordination:** As we age, our balance and coordination can decline, which increases the risk of falls and other injuries. Weightlifting can help to improve these skills, reducing the risk of falls and improving overall mobility.
- **Enhances Mental Health:** Weightlifting has been shown to have a positive effect on mental health, reducing symptoms of depression and anxiety and improving overall well-being.

When starting a weightlifting program, it's important to start slowly and gradually increase the weight and intensity over time. It's also important to work with a qualified trainer or coach who can help to develop a safe and effective program tailored to your specific needs and goals. Remember, safety must always be the first priority. Lift safe :)



WHY ONLINE FITNESS PROGRAM?

By: Endurolift



Online fitness programs have become increasingly popular in recent years, and for good reason. Here are some benefits of choosing an online fitness program:

1. **Convenience:** Online fitness programs allow you to workout from the comfort of your own home, without having to travel to a gym or fitness class. This can save you time and money, and make it easier to fit exercise into your busy schedule.
2. **Flexibility:** With online fitness programs, you can work out on your own time and at your own pace. You can choose from a variety of workouts and programs, and tailor them to your specific goals and preferences.
3. **Professional guidance:** Many online fitness programs offer professional guidance and coaching, which can help you stay motivated, avoid injury, and achieve your goals. You'll have access to expert advice and support, without having to pay for expensive one-on-one sessions.
4. **Variety:** Online fitness programs often offer a wider variety of workouts and exercises than traditional gym classes. You can choose from yoga, HIIT, strength training, and more, and switch up your routine to keep things interesting.
5. **Community:** Many online fitness programs have online communities and support groups, which can provide motivation and accountability. You can connect with other like-minded individuals, share your progress, and get support when you need it.

Overall, online fitness programs offer a convenient, flexible, and effective way to achieve your fitness goals. Whether you're a beginner or an experienced athlete, there's an online program out there that can help you reach your full potential.

'RUGBY NICHE' DI SIGCONDITIONING

Oleh: sigconditioning.com



Bermula akhir April 2023 sigconditioning.com memulakan apa yang di panggil sebagai 'Rugby Niche' bagi aktiviti berteraskan sukan ragbi. Berpusat di Fakulti Sains Sukan & Kejurulatihan UPSI, 'Rugby Niche' ini di gerakkan oleh Dr. Mohd. Hafizuddin Baki.

Buat permulaan aktiviti utama 'Rugby Niche' adalah mengelolakan sesi latihan suaian fizikal dan teknikal ragbi bagi mereka yang berminat.

Dari sudut memastikan proses pendidikan kejurulatihan berlangsung, satu kursus kejurulatihan ragbi di rancang untuk diadakan secara berkala bermula pertengahan tahun ini (julai-ogos 2023).

Maklumat lanjut berkaitan aktiviti dan penyertaan dalam 'Rugby Niche' adalah melalui www.sigconditioning.com/rugby

Penyertaan buat masa ini adalah terbuka untuk pelajar dan kakitangan Universiti Pendidikan Sultan Idris, selain juga kepada komuniti sekitar Tanjung Malim, Perak.

HANTAR ARTIKEL

Hantar artikel / infografik / ringkasan penyelidikan / ulasan / laporan aktiviti atau apa sahaja hasil penulisan asli anda yang berkaitan kecergasan, prestasi dan kesihatan untuk pertimbangan penerbitan. Tiada format khusus. Had maksima penulisan adalah tidak lebih 2 muka surat. Artikel panjang berkualiti melebihi 2 muka surat tetap boleh di pertimbangkan, bergantung pada keperluan edisi dan editorial.

Penulisan diterima samada dalam Bahasa Malaysia atau Bahasa Inggeris.

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Sila sertakan biodata ringkas penulis bersama gambar dalam penghantaran artikel yang di buat.

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