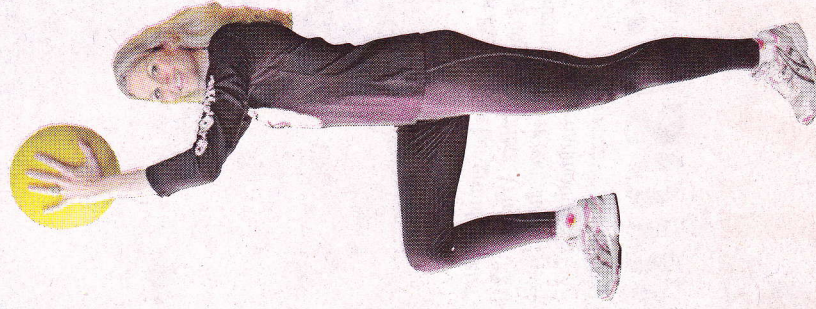




CASE STUDY: **Katrina Webb, paralympian**



FORMER Paralympic athlete Katrina Webb is focusing her energy on raising her two children but she maintains her focus on keeping fit. After being diagnosed with mild cerebral palsy at the age of 18 while on a netball scholarship at the Australian Institute of Sport, Webb turned her attention to the Paralympic Games. She competed for Australia as a sprinter at three Games from 1996 to 2004, winning gold on each occasion.

Webb says she likes to maintain a holistic approach to health and fitness while running her own training and motivation company, Silver to Gold, and working as an ambassador for North Adelaide gym Club Rhythm. Now with the challenges of looking after a three-year-old and an 18-month-old, Webb says staying motivated is important and she finds having a goal to compete in something is a big help.

Thomas Conlin

1 KNEE LIFTS

While standing, hold a medicine ball above your head. Lift your knees, one at a time, to your chest in a high-stepping motion focusing on keeping your core muscles tight. This exercise helps to strengthen abdominal muscles and develop core strength. The difficulty can be easily adjusted for those with varying levels of fitness by using a heavier or lighter medicine ball.

2 HIP FLEXOR LUNGE

Kneel on one knee. Place your other leg in front of you with knee bent and foot flat on the floor. Keeping your back straight and buttock muscles contracted, move your weight forward, pushing your pelvis. You should feel the stretch in the front of your hip and down your driver muscles. This stretch helps to strengthen the muscle.

