



News That's Fit 2 Print

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HEALTH TIP

Healthy Tip #1

Make sure you continue to exercise during the holiday season. Schedule a walk for yourself just to get away from the stress of family and friends or better yet, have them join you. Don't forget your pets! They will enjoy getting out of the house as well.

POPQUIZ

Answer this:

What weighs more, one pound of muscle or one pound of fat?

Answer can be found below.

Healthy Holiday Tips: (Part 2)

1. **Focus on weight maintenance not weight loss** - Parties, large meals and extra calories are almost unavoidable during the holiday season. If you are currently overweight and want to lose weight, this is not the time to do it; setting difficult or unrealistic goals can lead to a vicious cycle of guilt, feelings of failure, and more eating.
2. **Get moving** - Regular exercise will increase metabolism and allow you to enjoy a few extra calories without putting on the pounds. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, the holiday travel or holiday visitors and the party hopping.
3. **Get Plenty of Sleep** - Lack of sleep impairs our ability to handle stress (which there is usually no shortage of during the holidays). Chronic sleep loss can also affect various components of metabolism that influence hunger and weight gain.
4. **Substitute healthy recipes** - Use applesauce in place of oil; use egg whites in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines and healthy cooking cook books are full of reduced calorie and reduced fat holiday recipes that taste great.
5. **Don't go to parties hungry** - Going to a party on an empty stomach is a recipe for disaster. Starting your day with a healthy breakfast and eating sensibly throughout the day should help you control your appetite and avoid over-indulging on the typically high fat and high calorie holiday fare.
6. **Eat slowly** - Make one plate of the foods you really want. It takes about twenty minutes for your brain to register that your stomach is full. Take your time to enjoy the taste of every bite, and you will realize you don't need to go back for seconds.
7. **Limit alcoholic beverages** - Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks can contain 150-450 calories per glass whereas, water and diet sodas are calorie-free. If you choose to drink, try light wines and light beers, and use non-alcoholic mixers such as water and diet soda. Limit yourself to one to two drinks.
8. **Get rid of leftovers** - Some foods are more fattening than others, however, no food will make you gain weight unless you eat too much of it. Often we eat beyond our body's physical hunger simply because food is there.
9. **Keep it in perspective** - It takes days of overeating to gain weight; one day won't make or break your eating plan. Nothing is more destructive to a healthy eating plan than the negative feelings of failure and guilt. If you over-indulge at a holiday meal or party, don't beat yourself up; simply return to your sensible healthy diet the next day.

Authored by Bill Scibetta, President, Precision Fitness, Inc.

LOOK!

Did you know if you refer friends and family who sign up for a training package, you can receive complimentary sessions!! For more information, ask your trainer the next time you are working out, or call either the Mooresville or Cornelius locations for more information.

DID YOU KNOW

Your heart will beat approximately **38 million** times in one year?

38 million

Hot Topics

Strength Training Shows Greater Post-exercise Caloric Expenditure Than Cardio

It is common to combine cardiovascular and resistance exercise due to time constraints. However, research has not clearly identified the acute effects that one form of exercise has on the other. The purpose of this study was to **determine the physiological effects of combining exercises**, as well as the effects of the order in which the exercise is performed.

Ten physically **active male college students served as subjects** and completed four exercise trials. The four trials consisted of running only, resistance only, running then resistance, resistance then running.

The results of the study showed that **resistance only exercise resulted in greater excess post-exercise oxygen consumption (EPOC)** than all the other treatments. The greatest EPOC in the combined program occurred when **running was performed before resistance training**. In addition, resistance training made subsequent exercise more difficult as determined by increases in rate of perceived exertion (RPE) and VO₂.

The results of this study indicate that for recreational exercises, **resistance exercise produces the greatest post-exercise energy expenditure** compared to aerobic exercise. If maximum calorie expenditure is the goal and both resistance training and aerobic training must be performed in the same session then **aerobic exercise prior to resistance exercise** will give you the greatest EPOC compared to the opposite sequence. Fitness Professionals should also be aware that performing **resistance training prior to aerobic exercise makes the aerobic exercise more difficult**. This may impair their client's performance and or influence motivation and adherence.

Drummond, Micah, J. et al. Aerobic and Resistance Exercise Sequence Affects Excess Postexercise Oxygen Consumption. Journal of Strength & Conditioning Research. 2005, 19(2),332-337

www.exercisetc.com/bits083105.htm

FACTOID

The most powerful muscle in the human body is the gluteus maximus.

POWER

Trainer Spotlight



Greg Asbee, BS, NASM-CPT
Certified Personal Trainer
Cornelius Location

Greg holds a degree in Health Promotions from the University of Iowa and is a National Academy of Sports Medicine - Certified Personal Trainer. A tremendous motivator and educator, Greg has helped many individuals reach a variety of fitness goals and an improved quality of life.

Youth Sports: Encouragement of play



Many parents push their children into playing sports they are either not interested in or not ready to play. Parents who live through their children's potential athletic ability are missing the point.

Athletics are meant for kids to participate in a social, fun, and learning environment. Youth Sports can foster teamwork while building self-confidence, and self-discipline. Parents who drive their kids into athletics and become their coach will most likely foster feelings of resentment and hatred of athletics.

Youth athletes that are coached by their parents who repeatedly fail and receive negative feedback and criticism will lose interest. Youth should not feel pressured and feel they are spending too much time with sports.

Programs that foster fair play and sportsmanship, teach necessary sport skills and lessons can reduce the feeling of winning at all cost.

Role modeling for youth athletes is a crucial step to provide a fun environment for all. Your reason for your kids participation in sports is most likely different than their ambitions. Become a positive role model with your kids. Play sports with them and teach them how to run, jump, kick and throw. These basic skills will help your child's later development in their chosen sport.

Encourage your child to try sports at a young age. Don't allow one sport to dominate, encourage them to explore options. Encouraging different sport options allows your child to develop different skills that can translate to other sports.

Having your children involved in athletics and fitness related activity has shown benefits for years down the road. A study published in the Dec 2003 *ACSM Medicine and Science in Sports and Exercise Journal* found that adults were more likely to be active if they were active as children during the ages of 6-18.

Spring sports are right around the corner. Remember to encourage your children to be active, play and most importantly, have fun!!

Authored by Dave Radin

WHAT'S THAT

Starting a strength training program actually strengthens your nervous system before your muscular system for the first few weeks.

After that, the muscles start to make more dramatic physiologic changes.

Quiz Answer:

A pound is a pound. They weigh the same. However, muscle is denser than fat and therefore takes up less space in the body.

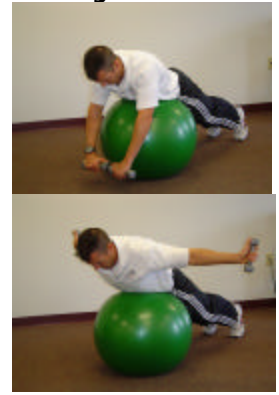
Exercise of the Month...Prone Cobra – Stability Ball

Preparation:

- Lie on the ball in the prone position with legs straight and toes on the floor.

Movement:

- Brace your abdominals.
- Keeping hips and feet planted slowly raise chest and head up off the ball.
- Supinate hands. (rotate thumbs out)
- Return to the start position and repeat.



Chef's Corner...

Grilled Pork Chops with Orange-Rosemary Relish

This recipe serves: 6

Ingredients

1 tablespoon canola oil
6 center-cut, boneless pork loin chops, about 1-inch thick
salt to taste
freshly ground black pepper
3 oranges, peeled and cut into sections (remove all membranes)
juice of 1 lemon
1 teaspoon chopped, fresh rosemary

Cooking Instructions

1. Preheat the grill.
2. To make the orange relish, combine the orange sections in a mixing bowl with the lemon juice and rosemary and set aside. (This can be made in advance and stored in the refrigerator for up a day or two. The relish should be served at room temperature.)
3. Brush the pork chops with oil and season generously with salt and pepper.
4. Grill the pork chops for 5 to 8 minutes on each side, turning only once. (Thin chops will take less time, thicker chops will take more.)
5. Place the chops on warmed plates, top with orange relish and serve immediately.

Serving Size: 1 pork chop with relish

Nutrition Information

Number of Servings: 6

Per Serving			
Calories	195	Carbohydrate	11 g
Fat	7 g	Fiber	4 g
Protein	22 g	Saturated Fat	2 g

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Our Training Philosophy:

**"M.P.E.
TRAINING"**

**MAXIMUM
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"Back" Page – Myofascial Release

Fascia (also called connective tissue) is a tissue system of the body to which relatively little attention has been given in the past. Fascia is composed of two types of fibers: A) Collagenous fibers which are very tough and have little stretchability; B) Elastic fibers which are stretchable. From the functional point of view, the body fascia may be regarded as a continuous laminated sheet of connective tissue that extends without interruption from the top of the head to the tip of the toes. It surrounds and invades every other tissue and organ of the body, including nerves, vessels, muscle and bone. Fascia is more dense in some areas than others.

Because fascia permeates all regions of the body and is all interconnected, when it scars and hardens in one area (following injury, inflammation, disease, surgery, etc.), it can put tension on adjacent pain-sensitive structures as well as on structures in far-away areas. Some patients have bizarre pain symptoms that appear to be unrelated to the original or primary complaint. These bizarre symptoms can now often be understood in relationship to our understanding of the fascial system.

The point of all the above information is to help you understand that during myofascial release treatments, you may be treated in areas that you may not think are related to your condition. The trained therapist has a thorough understanding of the fascial system and will "release" the fascia in areas that he knows have a strong "drag" on your area of injury. This is, therefore, a whole body approach to treatment. A good example is the chronic low back pain patient; although the low back is primarily involved, the patient may also have significant discomfort in the neck. This is due to the gradual tightening of the muscles and especially of the fascia, as this tightness has crept its way up the back, eventually creating neck and head pain. Experience shows that optimal resolution of the low back pain requires release of the fascia of both the head and neck; if the neck tightness is not also released it will continue to apply a "drag" in the downward direction until fascial restriction and pain has again returned to the low back.

Muscle provides the greatest bulk of our body's soft tissue. Because all muscle is enveloped by and ingrained with fascia, myofascial release is the term that has been given to the techniques that are used to relieve soft tissue from the abnormal grip of tight fascia ("myo" means "Muscle").

The type of myofascial release technique chosen by the therapist will depend upon where in your body the therapist finds the fascia restricted. If it is restricted through the neck to the arm, he/she may apply a very gentle traction to the arm, very slowly moving the arm through range as restrictions are released. If it is restricted in the back (more superficial than deep) he may apply a very gentle stretch on the skin across the back, with the use of two hands. If the thoracic inlet, deep transverse fascia is suspected of being restricted, the therapist may place one hand on the upper back and one over the collarbone area in front and apply extremely gentle pressure.

A key to the success of myofascial release treatments is to keep the pressure and stretch extremely mild. Muscle tissue responds to a relatively firm stretch, but this is not the case with fascia. Remember the collagenous fibers of fascia are extremely tough and resistant to stretch. However, it has been shown that under a small amount of pressure (applied by a therapist's hands) fascia will soften and begin to release when the pressure is sustained over time. This can be likened to pulling on a piece of taffy with only a small, sustained pressure.

Myofascial Release is gentle, but it has profound effects upon the body tissues. Do not let the gentleness deceive you. You may leave after the first treatment feeling like nothing happened. Later (even a day later) you may begin to feel the effects of the treatment.

Authored by Bryan Fass