



News That's Fit to Print

Volume 1

November 2005

Gift Certificates 10% Off

Give the Gift of
Health this Holiday
season!

Precision Fitness is
offering 10% off of
all gift certificates
until November 30,
2005.



HEALTH TIP

Healthy Tip #1

Include resistance training to help improve your good cholesterol (HDLs) numbers.

POPQUIZ

How many calories does adding each pound of muscle increase your RMR?

- a. 26
- b. 35
- c. 54

Answer can be found below.

Keep Moving and Enjoy the Holidays without the Worry or the Pounds!

The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is also a time filled with anxiety, stress, and weight gain. Unfortunately, many people often use the busy holiday season as an excuse to reduce exercise or put off starting a new program. Often these people have the intention of coming back with a vengeance after the New Year. "The New Year is just around the corner and I'm going to lose weight and get in shape"; this trusty New Year's resolution declaration is also conveniently used to justify holiday overindulgence. Researchers at the National Institute of Child Health and Human Development (NICHD) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) have shown that for most people weight gained during the holidays is not lost and accumulates on a yearly basis. Says NICHD Director Duane Alexander, M.D; "These findings suggest that developing ways to avoid holiday weight gain may be extremely important for preventing obesity and the diseases associated with it." Maintaining a regular exercise program throughout the holiday season provides benefits on many different levels.

The demands of shopping, parties, family reunions, and house guests can contribute to feelings of tension. According to The National Mental Health Association, (NMHA) this tension can illicit stress responses such as: headaches, excessive drinking, difficulty sleeping, and the ever-popular over-eating. Exercise has been shown to be a tremendous tool to manage stress. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, holiday travel and holiday visitors. Managing stress with exercise can also help control cravings for those comfort foods that adorn the holiday tables. Regular exercise also increases metabolism, thus reducing the detrimental effect of an occasional extra cookie or glass of eggnog. Experts at NMHA claim, even more people experience post-holiday let down after the New Year than suffer holiday anxiety. With this comes lack of motivation and comfort eating. Its no wonder those New Year's resolutions are rarely successful.

Parties, large meals and extra calories are almost unavoidable during the holiday season. Weight maintenance rather than weight loss through the holidays is a much healthier goal. Exercising regularly and enjoying the few extra calories will break the vicious cycle of guilt, feelings of failure, and more eating. Getting a head start on exercise prior to January 1st will give you a healthier and happier holiday season as well as make those New Year's resolution goals far more attainable.

Author: 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

That resistance training improves your bone density and increases your metabolic rate?



Which Exercise Should be Performed First: Resistance or Cardiovascular?

Recent research out of the Brigham Young University examined excess postexercise oxygen consumption (EPOC) after: 1) a single bouts of treadmill running, 2) resistance training, 3) combined treadmill running followed by resistance training, and 4) resistance training followed by treadmill running.

Ten physically active males volunteer for this study. Resistance training only consisted of three sets of ten repetitions at 70% 1RM for seven different exercises. Cardiovascular exercise consisted of 25 minutes of treadmill running at 70% VO_2 max. The combined sessions consisted of treadmill before resistance training and resistance training before treadmill. Both used the same protocols as above, with a five minute rest in between applications.

During the first ten minutes following exercise, EPOC was significantly higher in both the resistance training only and treadmill running followed by resistance training than the other two groups. EPOC was greatest in the treadmill running followed by resistance training group.

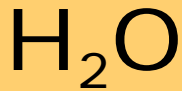
From the results of this study, the authors recommend that those involved in recreational exercise perform cardiovascular exercise before resistance training, especially if they are concerned with weight loss.

Drummond MJ, Vehrs PR, Schaalje G, Parcell A. (2005). Aerobic and resistance exercise sequence affect excess postexercise oxygen consumption. *Journal of Strength and Conditioning Research*, 19(2):332–337. (8/15/2005)

Taken from www.exerciseetc.com

FACTOID

Water is the most plentiful element in the human body.



Trainer Spotlight



Honey Bonace **BS, NASM-CPT**
Personal Trainer -Corneluse

Honey is a National Academy of Sports Medicine - Certified Personal Trainer. While earning her Bachelors degree in Physical Education at Tri-State University, where she was a track and field standout, Honey competed in the NAIA Track and Field National Championships. Honey has helped many individuals achieve a variety of fitness goals and has coached many young athletes to improved athletic performance.

Is Weight Lifting Appropriate for Your Kids?



With the increase in childhood obesity, kids need an outlet to improve their health and stay active. Weight lifting is a great to get your kids active plus they can receive some great benefits as a result.

The benefits of weight lifting for kids are similar to adults: increase in strength, bone mineral content, and decreased percentage of bodyfat. Weight training may also improve maturation, sleep patterns, immune function and energy levels.

Children involved in a strength training program may also receive a psychosocial aspect being with kids their age and level. This can introduce kids' to a sport and make them feel part of a team. Participating in weight lifting may also create a lifelong habit of exercise and physical activity. Self-esteem can be greatly improved with a well supervised weight lifting program as well.

The following is the position statement on Youth Strength Training from the National Strength and Conditioning Association (NSCA):

- A properly designed and supervised resistance training program is safe for children.
- A properly designed and supervised resistance training program can increase strength in children.
- A properly designed and supervised resistance training program may enhance motor fitness skills and sports performance of children.
- A properly designed and supervised resistance training program can help to prevent injuries in youth sports and recreational activities.
- A properly designed and supervised resistance training program can improve the psychosocial well-being of a child.
- A properly designed and supervised resistance training program can improve the overall health of a child.

General strength guidelines are as follows:

- Perform 1 set of 10-15 repetitions with bodyweight exercises to start and gradually increase the number of exercises as tolerated.
- Skill and technique coaching is a must. Proper technique will reduce the incidence of injury.
- Warm-up for at least 5-10 minutes of light cardio and stretching followed by a warm-up set of the specific activities.
- Competition among kids in the weight room should be discouraged. Participation in the program should be the focus with positive reinforcement.
- Kids should enjoy weight training. Do not force your kids to participate if they are not ready.

Author: Dave Radin, BS, CSCS, Precision Fitness

WHAT IS THAT

Do you know what your Body Mass Index (BMI) is?

Individuals with a BMI 30 or over are considered obese. A BMI over 40 is considered morbidly obese.

BMI is determined by two factors: height and weight.

Quiz Answer:

Adding 1lb of muscle to your frame increases your RMR by **35** calories.

Chef's Corner...

Simply Roasted Turkey

This recipe serves 8 plus leftovers

Ingredients

1 whole fresh turkey, 10 to 14 pounds
salt to taste
freshly ground black pepper
3 sprigs fresh rosemary or 1/2 teaspoon dried
4 sprigs fresh thyme or 1/2 teaspoon dried
2 bay leaves, crushed
2 medium onions, roughly chopped into 1-inch pieces
3 carrots, roughly chopped into 1-inch pieces
3 stalks celery, roughly chopped into 1-inch pieces
2 shallots, peeled and halved



Cooking Instructions

1. Preheat the oven to 325°F.
2. Remove the giblets from the turkey and save them for another use or discard. Rinse the turkey, inside and out, with cold water and pat dry. Season with salt and pepper inside and out.
3. If you are using fresh herbs, chop them. Combine the herbs, bay leaves, onions, carrots, celery and shallots together and stuff the mixture into the cavity of the bird.
4. Place the turkey in a roasting pan. Rub the olive oil under the skin of the turkey. Tuck the wings back, under the bird and truss it.
5. Place the turkey in the oven and roast until the skin is golden brown and crisp, the juices run clear when the thigh is pierced with a sharp knife, and a meat thermometer reads 170°F, about 3 hours. While it cooks, occasionally baste the turkey with the juices that collect in the roasting pan.

Note: Allow the turkey to rest for 20 minutes and check that the temperature has come up to 180°F. (The bird will continue to cook after removing it from the oven).

6. Transfer the turkey to a serving platter. Remove the vegetables from the cavity and discard. Let the turkey rest for about 20 minutes before carving, and then serve.

Serving Size: about 6 ounces

Nutrition Information

Number of Servings: 8

Per Serving			
Calories	290	Carbohydrate	0 g
Fat	8 g	Fiber	0 g
Protein	49 g	Saturated Fat	3 g
Sodium	119 mg		

www.foodfit.com

Our Training Philosophy:

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

**MAXIMUM
PHYSICAL
EFFICIENCY**

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We're on theWeb!
www.lakenormanfitness.com

"Back" Page

A vast majority of people that enter our facilities, be it for fitness, sport performance, weight loss or to help with a persistent problem all present with specific patterns in their body. As we probe and question almost all of our clients have the same response. At one time or another they have all had a lower back issue. Some of these issues were major and debilitating while others were simply warning signs of impending injury. All of these people share almost the same problems.

- 1) weak or inhibited lower abdominals.
- 2) over dominant hip flexors
- 3) tight and weak lateral hip muscles
- 4) weak and inhibited gluteal muscles.

Continuing research shows that most people do not have weak backs. What we have are weak abdominal, pelvic, hip and gluteal muscles that lack the endurance to do their job throughout the day. Think of this weakness in terms of a foundation, the pelvis being your foundation, if your foundation is unstable than other structures must take up the slack. In this case the muscles of the spine and back take up the slack for your weak foundation, this is a job they were never designed for. This book and the program contained is specifically designed to correct these issues. The difficulty in designing this program is that one size does not fit all. The ideal would be a thorough muscular and movement screening to identify the exact muscles that need to be targeted. As always if you are experiencing numbness, burning, tingling or shooting pain in your legs go see your doctor. However if you are among the many who have taken pills, physical therapy, chiropractic or just ignored the problem then this program, if followed correctly will aid you in correcting years of back issues.

Author: Bryan Fass, ATCL, CSCS, Director of Training, Precision Fitness

Exercise of the Month....Stability Ball Chest Press

Preparation:

- Lie supine on the ball in a T Top position with the dumbbells held over the top of the elbows.



Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Press the dumbbells up over the shoulder.
- Return to the start position and repeat.

