



News That's Fit to Print

Volume 1

October 2005

HEALTH TIP

Healthy Tip #1

Make sure you drink **at least** 64 ounces of water a day. Water is a natural appetite suppressant.



Precision Fitness – Mooresville “Train the Trainer” a Smashing Success



Thanks to our wonderful clients and dedicated staff, Precision Fitness – Mooresville “Train the Trainer” fundraiser to benefit Muscular Dystrophy Association and The Red Cross fund for hurricane victims raised a grand total of \$3400. We would like to thank the following companies for helping make the day a big success; The Lake Norman Deli for providing delicious and nutritious sandwiches that were a hit with our guests and helped keep our hard working trainers fueled up; The Edmund Center Massage Center for providing chair massage; Spa Dells,

Zyng Asian Grill, Woody Pharmacy and Dick’s Sporting Goods for generously donating Gift Certificates that were raffled off to raise money for The Red Cross fund for Hurricane victims. Cristin Gregory of Wellbeing Acupuncture provided energy drinks as well as demonstrations of what acupuncture is and the benefits derived from this relatively unknown eastern medicine.

Lots of fun was had by all. The trainers were challenged by exercise routines that ranged from the silly to the sadistic. Highlights included trainer Honey Bonace circuit training in full scuba gear and Gary Holland being used as a human ottoman while maintaining a text book plank. Plans are underway for a Precision Fitness-Cornelius “Train the Trainer” Day in January 2006. So all you Cornelius folks, you’ll soon have the opportunity to take your trainer through the paces. Just remember it’s not



POP QUIZ

How many calories are in one gram of fat?

- a. 4
- b. 9
- c. 12

Answer can be found below.

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 2/3 of Americans are classified as overweight or obese?

66%

Resistance Training and Obesity

Obesity has become a major health concern. The American College of Sports Medicine (ACSM) defines obesity as the "percent fat at which disease risk increases."¹ Individuals who are obese have a higher incidence of heart disease, diabetes, hypertension and certain types of cancer.

Obese individuals who are trying to lose weight are usually prescribed an exercise program that increases caloric expenditure. These programs sometimes focus on aerobic activities with little regard to resistance training, but resistance training is a vital component to a weight-loss program, and should be included to help obese individuals build strength and preserve lean body tissue (LBT).

Benefits of resistance training

Resistance training provides many benefits to obese individuals.^{7,11} Increases in the strength of the nervous system and muscular system are generally seen within the first few weeks of training, and increases in muscular size (hypertrophy) are generally seen after four to six weeks of training.⁷

Another benefit is cardiovascular. Peak oxygen consumption (VO_2 max) either remains the same or increases slightly (3 to 4 percent) with non-circuit resistance training.^{2,11} Circuit training, in which exercises are conducted continuously with little or no rest, can result in VO_2 max gains of 3 to 10 percent because of the high volume of work.¹¹

Resistance training can also alter lipid profiles by increasing high density lipoprotein (HDL) levels in the blood and decreasing the total-cholesterol/HDL-cholesterol ratio. Total training volume plays a significant role in blood lipid profile changes.¹¹

Another benefit of weight training is increased bone mineral content.⁷ Increased bone density reduces the risk of bone-related injuries due to osteoporosis, a degenerative loss of bone tissue typically seen in post-menopausal women. Exercise intensity and duration may affect the mineral content of bone.

Obese individuals with high levels of body fat can also experience dramatic changes in body composition with resistance training. Increased levels of LBT increases physical function and strength. Body composition appears to be affected by training the larger muscle groups of the body, as larger muscle areas require an increased caloric cost. Total training volume appears to be another factor in altering body composition.⁷

Click [here](#) to read the rest of the article.

FACTOID

There are 3500 calories in one pound of fat!

3500

Trainer Spotlight



*Craig LePage, CSCS, NASM-CPT
Facility Director - Mooresville*

Craig holds a Bachelor of Science from University of Bridgeport and is a Certified Strength and Conditioning Specialist and National Academy of Sports Medicine - Certified Personal Trainer. Craig has authored a medically approved and highly effective nutrition and weight management program that helps people build healthy habits and win the weight loss battle safely and permanently. Craig is a master motivator who has been helping people reach their fitness and performance goals for more than nine years.

Hot Topics

Are Obese People "Programmed" To Be Inactive?

Scientists are finally supporting something most fitness professionals realized a long time ago: **The calories we burn in everyday activities such as standing and moving around are an important factor in one's risk for obesity.** The purpose of this study was to determine if obese individuals expended less calories in everyday activities than normal weight individuals, and if this was related to their being overweight.

The research was conducted at the Mayo Clinic and used movement monitors to determine calorie expenditure for 10 obese and 10 normal weight subjects. The monitors were worn for a period of 10 days. During their basic activities of daily living, the **normal weight subjects were much more active than their heavy counterparts**, averaging 152 more minutes of daily activity than the obese subjects. This amounted to an increased daily caloric expenditure of 350 kcals. The study led the researchers to question whether **heavy people were simply "programmed" to move less** than normal weight people.

In addition to increased calorie expenditure that occurs with exercise, fitness professionals can offer their clients a simple way to burn additional calories throughout their day simply by standing and moving more. Standing burns twice as many calories per minute than sitting and if your client can stand **and** move (say, while talking on the phone) **they will burn three times** as many calories per minute. This may be difficult at first for individuals who are "programmed" to move less but can have far-reaching results in weight management.

*Ravussin E. A NEAT Way to Control Weight? Science. 2005 Jan 28;307(5709): 530-531
Taken from www.exercisetc.com*

Inactive children are likely to become inactive adults

Why is exercise or physical activity important for my child?



Increased physical activity has been associated with an increased life expectancy and decreased risk of cardiovascular disease. Inactive children are likely to become inactive adults. And physical activity helps with:

- Controlling weight
- Reducing blood pressure
- Raising HDL ("good") cholesterol
- Reducing the risk of diabetes and some kinds of cancer
- Improved psychological well-being, improved self-confidence and higher self-esteem.

How do I promote physical activity in my child?

- Get them involved in a supervised exercise program. The program should be fun and changed often.
- Reduce sedentary time (e.g., watching television, playing computer video games or talking on the phone).
- Physical activity should be fun for children and adolescents.

WHAT'S 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:

One gram of fat provides **9** calories! Protein and Carbs provide only 4 cal/gram.

Exercise of the Month....SL Squat Touchdown

Preparation:

- Stand on one foot with knees aligned over 2nd and 3rd toes.

Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Keeping a vertical posture, squat and reach down towards the ground. (Hold for a 2 count)
- Return to the start position and repeat.



Chef's Corner...

Grilled Sirloin Steaks with Cherry Tomato and Corn Relish

Ingredients

For the tomato and corn relish:

2 ears corn, cooked (boiled or grilled)
1 pint cherry tomatoes, halved
1/4 cup finely chopped red onion
10 basil leaves
2 tablespoons red wine vinegar
1 tablespoon extra virgin olive oil
salt to taste
freshly ground black pepper



For the steaks:

4 top sirloin steaks, about 4 ounces each

Cooking Instructions

For the tomato and corn relish:

1. Cut the corn from the cob and place it in a mixing bowl.
 2. Add the cherry tomatoes, red onion, basil, sugar, vinegar and olive oil. Season to taste with salt and pepper.
- (This can be made in advance and stored in the refrigerator for up to 2 days. The relish can be served cold or at room temperature.)

For the steak:

1. Preheat the grill to high.
2. Season the steaks with salt and pepper.
3. Cook the steaks on the hot grill to the desired doneness, about 5 minutes per side for medium.
4. Serve the steaks topped with the relish.

Serving Size: 1 steak with relish

Nutrition Information

Number of Servings: 4

Per Serving			
Calories	265	Carbohydrate	22 g
Fat	10 g	Fiber	3 g
Protein	27 g	Saturated Fat	3 g
Sodium	254 mg		

www.foodfit.com

Our Training Philosophy:

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

**MAXIMUM
PHYSICAL
EFFICIENCY**

Precision Fitness

8311-4DMagnoliaEstatesDr
Cornelius ,NC 28031
Ph. (704)-895-2857
Fax (704)-892-7068

484 Williamson Rd
Suite B
Mooresville, NC 28117
Ph. (704)-662-8664
Fax (704)-662-6602

info@ncprecisionfitness.com

We're on theWeb!
www.lakenormanfitness.com

"Back" Page

Back pain is among the most common complaints seen in primary care (second, in fact, only to the common cold). An estimated 80% of the population suffers at least one episode in their lifetime, and in as many as 50% of cases, the problem will recur within the following 3 years.

The majority of back pain is primarily from faulty posture and body mechanics. Most people do not injure their backs lifting because of one simple fact, we prepare to lift something heavy or awkward, we brace ourselves to prevent injury. How many people do you know of that strained their back bending down to pick up a pen, or simply sneezing. Faulty muscular patterns due to postural and biomechanical abnormalities wear the body down to the point that bending over to pick up something trivial causes pain and injury.

It all starts with posture, so your mother was right! Sit up straight. Ideal posture is the state of muscular and skeletal balance which protects the supporting structures of the body against injury allowing the muscles and joints to function most efficiently. Over time as we grow it's easy to see that we have spent most of our lives sitting and leaning forward. Factor in school, computers, driving and the associated traumas of life, sports and youth and it's no wonder that there is such a high incidence of Back Pain. The average person is simply a myriad of muscular and postural imbalances that they have built and reinforced throughout life. What we mean is certain muscles are way too tight and overactive while others are way too long and weak. This postural imbalance cause's constant strain on the body which leads down the path to painful conditions. When the human body is unable to function as it was designed it begins to compensate, aka. Accessory movements or cheat patterns. Over time these accessory movement patterns begin to strain the body through inefficient movements. Trigger points, knots in muscles, begin to form. Our joints become painful, we begin to have pain with normal activities and suddenly we find ourselves with an injury and we did no specific action to cause this injury.