



News That's Fit to Print

Volume 1

September 2005

DID YOU KNOW

The largest human organ is the skin, with a surface area of about 25 sq. ft.?

25

I KNEW THAT

Limit how often you use food as a reward for good behavior, so that it doesn't become associated with emotions. And if you really wish to use food to reward your child, trick them into thinking that healthy food is most desirable by saying, "I'm going to give a delicious apple for putting away your toys!"

On Fitness Magazine



Introducing News That's Fit to Print...

We are proud to introduce, "News That's Fit to Print". This newsletter is designed to give you up-to-date information on fitness, nutrition, events, and more!! If you have any suggestions or would like to contribute any content for our next newsletter please contact Dave Radin at our Mooresville location (phone: 704.662.8664) or by e-mail at dave@ncprecisionfitness.com.

Be sure to visit us on the web at www.lakeNormanFitness.com for additional information.

Sincerely,

Bill Scibetta

Bill Scibetta

Look for our new website....

We are also excited to announce that we will be launching our new and much improved website. It is easy to use with plenty of flash. Be sure to check it out at www.LakeNormanFitness.com



The screenshot shows the Precision Fitness website. At the top is the Precision Fitness logo. Below it is a navigation menu with links: Home, Our Philosophy, Our Team, Testimonials, FAQs, Newsletter, Contact Us, and Links. A red banner reads "Fine Tune Your Body". To the right is a 3x3 grid of service categories: General Fitness, Weight Loss, Sports Performance, Youth Training, Post Rehab, Golf Fitness, Nutritional Counseling, Massage Therapy, and Corporate Wellness. Below the grid is a "Weight Loss" section with text: "Precision Fitness is the only training center in the area that offers FDA Approved Metabolic Testing. Using the state of the art MEDGEM Computerized Metabolic Analyzer you will get a diet plan based on your individualized caloric needs." There are also images of a woman exercising and a dumbbell.



Hot Topics....

Which stretching techniques are most beneficial for tight hamstrings?

Researchers from West Virginia University recently investigated the effects of 3 different stretching techniques on hamstring flexibility. The techniques investigated were self-stretching, static stretching, and PNF stretching.

Healthy young adults with tight hamstrings were used in the study and split into 4 different groups. The groups included self-stretching, static stretching, PNF, and a control group. All groups, except the control performed a 30-second stretch 3 days per week for 4 weeks with their assigned technique. Pre and post study measurements were performed by an experienced physical therapist.

Results indicate that while all stretching techniques performed showed improvement over their baseline, only the static stretching group revealed statistically greater flexibility than the control group after 4 weeks.

These results suggest that athletes and clients with tight hamstrings may benefit from performing static stretching for 30-seconds 3 days per week for at least 4 weeks to increase hamstring flexibility. It should be noted that this study only investigated the effects of these techniques on hamstring flexibility and further research is needed on other muscles and muscle groups to come to similar conclusions.

Davis D, Ashby P, McCale K, McQuain J, Wine J. (2005). The effectiveness of 3 stretching techniques on hamstring flexibility using consistent stretching parameters. *Journal of Strength and Conditioning Research*, 19(1): 27–32. (6/1/2005)

Posture Perfect...

Posture can be defined as where movement begins and ends or more distinctly, the position of all the joints of the body at any given moment. Ideal posture protects the supporting structures of the body against the forces of gravity and allows joints to move through a stress free range of motion. Any deviation in posture will change the body's center of gravity and decreases efficiency of movement. This will lead to muscle imbalance which can lead to chronic injury (i.e. back, neck, joint pain) and progressive deformity (i.e. rounded shoulders, forward head, sway back) Muscle imbalances may result from occupational or recreational activities in which there is persistent use of certain muscles without adequate activation or exercise of opposing and / or supporting muscles.

Keys to gaining and maintaining good posture include:

- Stand up straight
- If your job requires prolonged sitting or travel, get up and stretch frequently
- Make sure computers monitors are centered and set at eye level
- Maintain good core strength, muscle balance, and flexibility by participating in a well developed integrated exercise program.

QUICK TIP

A daily 30 minute brisk walk will burn around 1,500 cal. every week. Over a six month period this totals a staggering 39,000 calories. This is the equivalent of over 11 pounds of fat.

On Fitness Magazine

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.

FACTOID

There 206 bones in the human body.....

206

Trainer Spotlight



*Bryan Fass, ATCL, CSCS
Director of Training*

Bryan, a licensed Athletic Trainer and Certified Strength and Conditioning Specialist, brings over ten years of clinical rehabilitation and sports medicine experience. Aside from being an expert in the field of rehabilitation and corrective exercise, Bryan is also highly experienced and knowledgeable in developing strength and conditioning programs for improved sports performance.

Fitness Tip...

Don't' forge to brace your abdominals! By "bracing your abs" you reduce the force on your spine by over 40%!! The core is the foundation for all movement and the production, reduction and transfer of forces within the body. To brace your abs, follow these steps:



- Draw navel in toward spine.
- Draw abs in from the bottom (Kegel Exercise)
- Push abs down toward hips
- Hold for 30-60 seconds
- Repeat

The abdominal brace is the foundation upon which all other core exercises are built. Proper core stability allows the body to become efficient through its movement.

Precision Fitness Holds 1st Annual Fitness, Speed, & Agility Camp for Youth!!

Precision Fitness in conjunction with the Cornelius Parks and Recreation Department held its First Annual Fitness, Speed, and Agility Camp. This week long camp was held the week of August 8th at Bailey Road Park in Cornelius. Kids ages 12-16 learned drills and exercises for improving athletic performance. Each day was centered on a general theme: Flexibility/Dynamic Warm-up, Core, Muscular Strength, Linear Speed, and Agility.

The camp was well attended with 40 energetic youth eager to learn various drills and exercises. They left on Friday with an understanding of the exercises and received a handout describing in detail the drills and exercises they learned during the week.

It was hot and muggy at the park and everyone did very well with frequent water breaks!

We hope to make this an annual event, so look for it next year!!



Our Training Philosophy:

"M.P.E.
TRAINING"

MAXIMUM
PHYSICAL
EFFICIENCY

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We're on theWeb!
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Exercise of the Month....Prone Shoulder Press

Preparation:

- Lie in the prone position with legs straight and upper body rigid.
- Hold arms in the overhead position at eye level (Arms will form the letter "W").



Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Press arms overhead till arms are straight.
- Return to start position.



Chef's Corner...

Basic Chicken and Vegetable Kebabs

Ingredients:

1 1/2 pounds skinless, boneless chicken breasts, cut into 1 inch cubes
2 small red onions, peeled and cut into eighths
2 medium zucchini, cut into 3/4-inch half rounds
2 red bell peppers, cut into 1-inch pieces
1/2 pound medium-sized mushrooms
18 metal or bamboo (soaked in water) skewers
2 tablespoons olive oil
salt, to taste
freshly ground black pepper
juice of 1 lemon

Cooking instructions

1. Preheat the grill to medium-high. Thread 6 of the skewers with chicken and 12 with vegetables. Brush the chicken and vegetables with olive oil and season with salt and pepper to taste.
2. Grill the skewers until the chicken is cooked through, about 10 to 12 minutes, and the vegetables are tender, about 8 minutes. Squeeze the lemon juice over the skewered chicken, just prior to serving.

Serving Size: 1 chicken and 2 vegetable kebabs

Nutrition Information

Number of Servings: 6

Per Serving			
Calories	219	Carbohydrate	13 g
Fat	6 g	Fiber	3 g
Protein	29 g	Saturated Fat	1 g

www.foodfit.com