PRECISION FITNESS

News That's Fit to Print

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Goal Setting

Your New Year's resolution to begin an exercise program has motivated you to start a path to a new and healthy body. Fantastic!! Now what? Starting an exercise program without an goal is like driving without a destination. What's the point? Determining your goals is as simple as being ***S.M.A.R.T.*** SMART stands for **S**pecific, **M**easurable, **A**chievable, **R**ewarding, and **T**imely. Let's take a look at how to create a SMART goal:

***S*pecific:** For your goal to work, it needs to be specific. Saying I will start to exercise is not enough. How much? How long? What specifically? For example: I will exercise 3 days per week using the treadmill and strength train the other 3 days per week using free weights. Making your goal as specific as possible makes it easier to stay focused.

***M*easurable:** If you can't measure your success rate, you will not reach your goal. The above example allows you measure if you are staying on track. Can you measure your days per week? Of course you can, because you determined that when you set your goal in the beginning. Measuring your goal allows you to be accountable to yourself.

***A*chievable:** Do you see yourself actually reaching your goal. Be honest. If you are second guessing yourself, change your goal. If you cannot your goal, failure is around the corner, and you want to avoid that at all cost.

***R*ealistic:** Don't set yourself up for failure. If you cannot exercise 5 days/week, don't set your goal that high. Think realistically with what your schedule allows. Achievable and realistic run hand and hand. Schedule your exercise and make it a priority. Remember that is now time to take care of yourself!!

***T*imely:** When do you want to achieve this goal? Setting goals that are to easy to obtain will lead to boredom. Goals that are too far out of reach lead to frustration. Give yourself a realistic timetable to accomplish this goal and adjust the goal as you move toward it.

Place your goals in a spot where you see them on a daily basis. On the refrigerator, bedside table, etc. Seeing them on a daily basis will help keep you on track. Writing down what you do in a notebook or journal will also provide you with feedback to see how you are doing along the way.

Authored by Dave Radin

HEALTH TIP

Healthy Tip #20

When starting an exercise program, start slow and gradually build up your body's ability to handle more work. Starting out to hard can lead to injury.

POP QUIZ

Does exercise generate stress in my body?

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

The majority of back pain in America is not necessarily caused by low back weakness, but weak abdominals and glutes?

Hot Topics

More Evidence That Strength Training Is A Viable Choice for Weight Loss

The **American College of Sports Medicine** and the **Centers for Disease Control and Prevention** recommend **30 minutes of moderate intensity physical activity at least 4 days per week**. Moderate intensity is defined as physical activity that is **performed at an intensity of 3-6 metabolic equivalents (METs)** with an energy expenditure of **150 to 200 calories within those 30 minutes.** The purpose of this study was to compare the calories burned during cardiovascular and strength training at moderate resistance.

Ten trained men performed **30 minutes of intermittent free-weight squatting at 70% of 1 repetition maximum and continuous cycling at 70% of VO2 Max**. Measurements included VO2, caloric expenditure, heart rate, respiratory exchange ratio, work and rating of perceived exertion.

The researchers found that average caloric expenditure was **442 calories for the cycling activity versus 269 for the resistance activity.** The subjects had a higher average VO2 for the cycling activity, and the **total work was also higher for cycling than squatting.** (Interestingly, perceived exertion was higher during squatting , **although heart rates were identical** for both cycling and squatting.)

On the surface, it appears that continuous aerobic activity results **in a higher caloric expenditure than strength training** for the same amount of time, but several factors must be considered: The 30 minutes of resistance training consisted of **both work and rest** periods so the actual time spent in work was only about 6 minutes compared to 30 minutes of continuous cycling. **The work output per actual minute of exercise was almost double for the squatting exercise versus the cycling exercise.** Fitness Professionals must also consider the effect of excess **post-exercise oxygen consumption (EPOC,) which increases lean mass and metabolic rate** and is associated with resistance exercise. When these factors are considered it appears that resistance training is a **viable mode of exercise for weight management** and can be used to fulfill the **minimum amounts of recommended physical activity for Americans.**

Bloomer, Richard. Energy cost of moderate-duration resistance and aerobic exercise. Journal of Strength & Conditioning Research. 2005, 19(4), 878-882.

By www.exerciseetc.com

FACTOID

The most important muscles involved in abdominal stabilization are the transverse abdominus and the multifidus. Strengthening these muscles may alleviate back pain.

Trainer Spotlight

Gary Holland **ACSM-HFI , NASM-CPT**
Personal Trainer -Mooresville

Gary holds certifications from both the American College of Sports Medicine as well and the National Academy of Sports Medicine. Gary has extensive experience developing and implementing fitness and sports performance programs for the general public, the weekend warrior, as well as the high level athlete. Gary has advanced training in post rehabilitation and is also certified as a Golf Fitness Specialist. Gary has also graduated from the Edmund-Morgan School of Massage.

Becoming a better athlete just takes some thought!!

Tiger Woods has it. Julius Peppers does too. So does just about every athlete who wants to the best at their chosen sport. What is it? The desire to be the best at their chosen sport. But what does it take to achieve high levels of athletic performance?

Sport broadcasters like to say that an athlete has an edge due to their superior talent. That may be true, but how the athlete approaches their training to improve themselves is the key to sport performance. Athletes train year round to stay in shape to gain that competitive edge. The days of playing yourself in shape are long gone. Research has shown that training year round improves athletic performance.

Improving sports performance is more than just hitting the weight room. A sound program is built upon building stabilization strength, muscular strength and endurance, speed strength and endurance, and power. Each phase has slightly different characteristics.

Athletes move from generalized exercises to sport specific exercises as the season gets closer. Sprint drills, agility exercises, and power exercises are gradually included to improve on the field or court performance.

As stated earlier, Sport Performance is a year long process. Today's athletes and coaches are constantly looking ahead to the following season. So should you.

For example, Lance Armstrong makes sure he is prepared to be at his best by the start of Tour de France. After his last bike race in October, he takes a few weeks off to recover from the season and then starts the process of getting ready for the next year. By November he is back on his bike regaining his form and focusing on this technique. Weight lifting exercises are very general and non-specific to cycling.

As the Tour gets closer, his training changes to become more specific. His training rides are longer and include power work and hill work. His weight lifting will be designed to improve his strength and power in his legs and hips, and endurance for his core musculature.

This is an example of one way to improve sports performance. The concept works for any athlete. If you are wondering if your program is helping you meet your athletic goals, ask our staff here at Precision Fitness.

From golf to cycling to marathons, designing a sport specific program takes some time and thought. Make sure your program is well thought to help you become the best you can be.

Authored by Dave Radin

WHAT IS THAT

Skip butter totally or use margarine. Exchange the mayonnaise in your salad sauce with yogurt.

Try chicken sausage instead of the normal ones, they contain considerably less fat.

Quiz Answer:
Yes it does. However, exercise is a good form of stress, called ***eustress***. Distress is the type of stress that can raise blood pressure, cholesterol, and lead to heart attacks.

Chef's Corner…

Paella

This recipe serves: 8

Ingredients

1 teaspoon dried oregano
2 cloves garlic, minced
salt to taste
freshly ground black pepper
3 tablespoons olive oil
1 pound boneless, skinless chicken thighs
1/2 pound low-fat chorizo sausage or other spicy sausage
1 large onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 cup diced, canned tomatoes with their juices
2 1/4 cups long grain rice
4 cups low-sodium chicken broth
1/2 teaspoon saffron threads
1 pound medium shrimp, peeled and deveined
2 dozen cherrystone clams, scrubbed
2 pounds mussels, scrubbed
2 cups (1 package) frozen peas

Cooking Instructions

1. Combine the oregano, garlic, salt and pepper with 1 tablespoon of olive oil and rub the chicken with it.

2. Heat 2 tablespoons of olive oil in a deep skillet over moderate heat. Brown the chicken lightly on both sides. Add the chorizo, onion, green and red peppers and cook until the vegetables are soft, about 10 minutes.

3. Add the tomatoes and rice and cook 5 minutes more. Add the chicken broth and saffron, mix well, cover with foil and cook until the liquid is almost absorbed, about 15 minutes.

4. Add the shrimp, cherrystones, mussels and peas. Cover and cook until the mussels and clams are opened, about 10 minutes more. Serve in a large shallow dish or in individual bowls.

Serving Size: 1 bowl

Nutrition Information

Number of Servings: 8

Per Serving			
Calories	613	**Carbohydrate**	60 g
Fat	16 g	**Fiber**	4 g
Protein	57 g	**Saturated Fat**	3 g
Sodium	1042 mg		

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Our Training Philosophy:

"M.P.E. TRAINING"

MAXIMUM PHYSICAL EFFICIENCY

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"Back" Page

Stabilizing the Stabilizers

One of the most common questions I get regarding back pain and strength training is what is the best exercise to strengthen the back?. My answer is often confusing, the best exercise is time.

Over the past few years research has proven that the muscles of the spine are primarily stabilizers, this means they assist with movements and provide rigid stability to the spine, they are not primary movers. I am referring the muscles that attach from vertebra to vertebrae, not the visible back muscles that function as prime movers of the trunk and pelvis. What we have gleaned from the research is that the stabilizers need to remain active, firing, for duration. So thousands of back extensions and machine extensions will do nothing to actually strengthen your back, in fact those exercises actually predispose your spine to injury from excessive tissue loading.

Training with the spine in neutral, the abdominal wall braced and the glutes contracted will allow the spinal stabilizers to fire in their optimal patterns. Below are some exercises to perform:

Dog 1: On all fours, hands and knees, place a dowel rod on your spine. With the rod in contact with the occiput-thoracic spine-S1 junction slowly lift your opposite hand and knee 1/8 inch off the floor and hover for 10 seconds. Don not loose contact with the three contact points of the rod. Alternate sides trying to maintain proper contact with the rod for 8-10 repetitions per side.

Dog 2: Following the same postural pattern as dog 1 lift the opposite arm and leg to the side. Keep the knee and elbow bent, do not allow the back to move, hold 10 seconds and alternate sides for 10 reps. (like a peeing dog).

Dog 3: This level involves full arm and leg extension. Follow the same postural patterns as before but this time raise the opposite arm and leg to full extension and hold for 5 seconds. Be sure to keep the back level, a good idea is to keep the hand and foot about 6 inches in the air. This allows the glutes and spine to properly contract without over-extending the back.

Authored by Bryan Fass

Exercise of the Month….Prone Scapcion - SB

Preparation

1. Lie prone on a stability ball with knees extended and the weight on toes

Movement:

1. Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
2. Keep arms extended.
3. Keeping hips and feet planted slowly raise the arms out to the sides in a 'T' position.
4. Return to the start position and repeat.