

HEALTH TIP

Light stretching at the end of the day can help ease tension in the neck, shoulders, and low back and possibly help you sleep better.

Hold each stretch for at least 20 seconds so the muscle can relax!!

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Benefits of Stabilization Training

You workout hard with weights and have built up a good amount of strength in your body. However, after each workout, you are feeling pain in your shoulders, hips, and back. Now what? Do you just stop and hope the pain goes away? Or do you work through the pain hoping the pain will just disappear?

Pain is a sign that something is wrong in the body. Ignoring it will not make it go away. Assuming the not joint related, try in-along with flexibility bly eliminate your pain

Stabilization training im-tion and posture during cannot withstand the due to deconditioning.

Stabilization training is zation by improving the cles associated with each right muscles at the right to fire. The motion is slow centric, isometric and

Core strength is the main The stabilization system of the core works as a functional unit to stabilize the lumbo-pelvic-hip complex. Therefore we must work the stabilization system first before working the rest of the muscles of the body. A strong core relieves the spine of the forces placed upon it during movement.

Stabilization training is not just training on one leg. It is training in an unstable environment that one can safely handle. It that means starting with both feet on the ground, then that is fine. Training in an unstable environment that is to advanced can be more harmful than helpful. Proper progression is the key. Start with both feet on the ground and progress to using unstable items (e.g. balance disc) or on one foot.

This type of training due to its nature causes a lot of different muscle actions. Therefore it is a great way to alter body composition due to increased muscle recruitment. The more muscles used, the more calories expended.

Stabilization training should be an integral part of your training program. If you have any questions about stabilization training, please ask a Precision Fitness Trainer.

authored by dave radin



Weekend warriors are at an increased likelihood to become injured during intense physical activity.

cluding stabilization training and you can quite possibly altogether.

proves dynamic joint stabilization activity. Most Americans' bodies forces placed upon their body

designed to increase joint stabilization strength of the muscle joint. In other words, getting the time in the right plane of motion and controlled emphasizing eccentric muscle motions.

staple of stabilization training.

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.

Fitness Quiz

Excessive curvature of the thoracic spine (chest area) is defined as :

- A. Lordosis
- B. Scoliosis
- C. Kyphosis

answer can be found on page 4

Hot Topics

Caffeine during exercise boosts performance

A number of investigations have **reported improved performance following caffeine ingestion during exercise**. Most of these studies used prolonged endurance exercise and single bouts of high-intensity exercise. **The purpose of this study was to examine the effects of acute caffeine ingestion on prolonged intermittent sprint performance.** Ten male athletes served as subjects for this study. Each subject completed two sprint trials, 7 days apart, sixty minutes after ingesting caffeine or a placebo. **The total amount of sprint work performed during the caffeine trial was 8.5% greater than that performed during the placebo trail during the first half and 7.6% greater in the second half.** Mean peak power was also significantly greater in the caffeine trial compared to placebo.

The results of this study indicate **that ingestion of caffeine can improve performance of intermittent sprint exercise**, which is representative of the demands of many team sports. The amount of caffeine used in this study was moderate (6 mg per kilogram of body weight). In this study urinary caffeine levels 2.5 hours following ingestion ranged from 3.5 to 9.1 **which is below the 12 level set by the International Olympic Committee for a positive caffeine test.**

Schneiker, K.T., et al. Effects of caffeine on prolonged intermittent sprint ability in team sport athletics. Medicine & Science in Sports & Exercise. 2006, 38(3), 578-585.

www.exercisetc.com

Exercise of the Month—Contra Lateral Extension (SB)

Preparation:

- Lie prone over stability ball with toes and hands on ground.

Movement:

- Engage abdominals and pelvic floor muscles to assure spinal stabilization.
- Slowly Lift one arm and opposite leg.
- Return to start position and repeat



FACTOID

The intervertebral disc located between each unfused vertebrae has two parts:

1. **Annulus Fibrosus**
2. **Nucleus Pulposus**

The **Annulus Fibrosus** provides shock absorption, while the **Nucleus Pulposus** is a soft, gel like center that adjusts to weight distribution throughout the spinal column.

Trainer Spotlight



*Craig LePage, CSCS, NASM-CPT
Personal Trainer*

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.

Invest in the Right Equipment and Take Your Game to the Next Level

Let's take a look at what factors control the flight of a golf ball. This may help us better understand why most golfers get less than spectacular results from investments in new equipment and expert instruction.

The golf club directs the golf ball due to the following factors:

- Club Face Alignment
- Swing Path
- Angle of Impact
- Club Head Speed

The flight of the golf ball is primarily controlled by external factors such as clubface alignment, swing path, angle of attack, and club head speed. PGA teaching professionals are highly qualified to provide excellent cues and make corrections in your stance, grip, etc. in order for you to improve your swing and allow you to make better contact with the golf ball. After a lesson with cues you find yourself striking the ball better than ever. You just can't wait to get to the course to show your stuff. A few days later you get to the course and it's the same old ugly swing or wicked slice. Why it is so difficult for most golfers to consistently reproduce that beautiful swing developed during a golf lesson? The reason is ... Your body controls the club!

Your body controls the golf club due to the following internal physical factors:

- Postural Stability
- Muscle Balance and Flexibility
- Proprioception
- Strength and Endurance
- Power

The path of the golf club is controlled primarily by internal physical factors. These internal physical factors include precise coordination of muscle contraction and relaxation (muscle balance and flexibility), postural stability, balance and body awareness (proprioception), muscle strength and endurance. Without adequate training, it is nearly impossible to consistently repeat the perfect golf swing and produce optimal power. Without adequate training, it is difficult to prevent the common overuse injuries affecting many golfers. Statistics show over 50% of all golfers will suffer a golf related injury.

So, instead of spending all that money on the latest and greatest driver you ought to think about upgrading your most important piece of equipment... your body! Arm yourself with a qualified golf fitness professional along with a PGA teaching professional and you will not only play better golf but you'll feel better doing it.

authored by bill scibetta

What's That???

A **strain** is an injury to a muscle or tendon, commonly call a pull.

A **sprain** is an injury to a ligament.

Immediate care is to use ice to reduce swelling.

Quiz Answer:

C. Kyphosis

Kyphosis is also known as hunchback. This posture is associated with the chest looking caved in, head forward of shoulders, and the arms hanging in front of the body.

Chef's Corner...

Chicken Spedini on Rosemary Skewers

This recipe serves: 4

Ingredients

1 1/2 pounds boneless, skinless chicken breasts
 24 pearl onions
 salt to taste
 3 very thin slices prosciutto (about 1 ounce), cut into 1" squares
 1 bunch sage leaves, stemmed (24 leaves)
 freshly ground black pepper
 24 stiff sprigs fresh rosemary or bamboo skewers, each about 5" long

**For basting:**

1 clove garlic, chopped
 1/2 teaspoon salt
 2 tablespoons fresh lemon juice
 1 tablespoon extra virgin olive oil
 1 tablespoon water

Cooking Instructions

1. Wash and trim the chicken breasts and cut into 3/4" dice. Set aside.
2. Place the onions in a saucepan with cold salted water to cover. Bring to a boil. Cook the onions until just tender, about 5 minutes. Drain well, refresh under cold water and drain again. Peel the onions.
3. If using rosemary, strip the bottom 2 to 3 inches of leaves off the stems (slide them off between your thumb and forefinger).
4. Assemble the spedini. Skewer the chicken and onions on the rosemary or bamboo skewers, placing prosciutto and sage leaves between each. Use a slender bamboo skewer to make starter holes in the chicken and onions.
5. Make the basting mixture. In the bottom of a bowl, mash the garlic and salt to a smooth paste with the back of a wooden spoon. Stir in the lemon juice, oil and water.
6. Preheat the grill to high. Grill the spedini until the chicken is cooked through, about 3 to 4 minutes per side, basting with the garlic mixture.

Serving Size: about 6 skewers

Nutrition Information

Number of Servings: 4

| Per Serving | | | |
|-----------------|--------|----------------------|------|
| Calories | 243 | Carbohydrate | 10 g |
| Fat | 3 g | Fiber | 2 g |
| Protein | 42 g | Saturated Fat | 1 g |
| Sodium | 562 mg | | |

Our Training Philosophy:

**"M.P.E.
TRAINING"
MAXIMUM
PHYSICAL EF-
FICIENCY**

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Is Stronger Really Better?

New years has come and gone, most of us made our fitness resolutions, some of us met them with success while some of us have unfortunately missed the mark. With good intentions we set goals, bought exercise equipment and joined gyms. Results have not come easily for most of us, some got hurt, time is scarce, the kids are sick...

But, there is some good news on the horizon. For those of us in the fitness and wellness industry there has been some very interesting research coming out lately that will help you achieve your goals. When it comes to general fitness and weight loss, stronger is not better. What I mean is that endurance or time, has been shown more effective at stimulating weight loss and increasing the ability of muscles to stabilize. We were designed to move, most of us unfortunately do too little of that. The more consistently we move the better our overall endurance.

With regard to muscles it has been shown that the longer we move the more fit our muscles become. This equates to lighter resistance, often body weight, to create muscular endurance and stimulate our metabolism. If you suffer from back or neck pain you will be interested to know that the research is conclusive on spine exercise. Body weight exercises with long holds, up to 5-10 second contractions stimulate the stabilizers of the spine and increase their endurance. The greater the endurance of the spinal stabilizers the less chance there is for injury. What this means is that all those gimmicks on TV and machines at the gym designed to strengthen you back do not work. In fact they may actually make your back worse!. Lifting heavy weights and crunches actually increases the forces on the spine causing trauma and eventually weakness.

Cardiovascular exercise for weight loss and health is in the same category. Longer is better, the longer we keep the heart rate up the more calories we burn and this equates to weight loss. Most people train very hard but for short durations that are spread sporadically throughout the week. The key to fitness and consistent weight loss is keeping the heart rate up for prolonged periods of time 5 or more days a week. If this seems like a lot consider that taking a walk after dinner and taking the stairs whenever possible can easily add to this time.

The take home message is that harder and heavier is definitely not better, unless you are specifically training for a sport. Consistency with exercise, a healthy lifestyle, proper sleep, good foods and a proactive outlook will consistently aid in your fitness efforts.

Authored by bryan fass