

HEALTH TIP

Healthy Tip

Be consistent with your exercise program. Plan on exercising around the same time each time you plan to exercise.

You schedule important meetings, schedule your exercise!! The most important meeting to keep is the one that improves your health.

POPQUIZ

The main jobs of the abdominal muscles are to flex the spine.

True or false?

Answer can be found below.

Youth Strength Training

As adults, we know what strength training can do for our bodies and our self-esteem. Many of you may be wondering if strength training is appropriate for your kids. Research has shown that youth participating in strength training elicit gains in muscular strength and endurance, improvement in body composition, and sports performance. The question remains, at what age can a youth start a weight training program? Avery Faigenbaum, an expert in the field of youth strength training, says "Generally speaking, if 7 and 8 year old children are ready for participation in organized sports or activities (e.g. little league baseball or gymnastics), then they are ready for some type of strength training."

The most common concern with youth weight training is injury to the growth plate. Injuries that occur during a weight training program are usually a result of improper supervision, overloading, and improper technique. There have been no documented cases of growth plate injuries during a competently adult supervised weight training program.

Youth should start using bodyweight as resistance and build from there. More advanced individuals can use light dumbbells and barbells, provided adequate and competent adult supervision are available. Each session should be focused on correct form and technique.

Below are the basic guidelines for Youth Strength Training:

- At most, a ratio of 1:10 (supervisor to children) to provide adequate supervision
- Encourage kids to stay hydrated during the exercise session.
- Warm-up for at least 10 minutes of movement or calisthenics and stretches.
- Perform 6-8 exercises for the major muscles groups, 1 set of 10-15 repetitions. (Squats, Push-ups, ab curls, etc) When 15 reps can be performed, increase the sets to 2 per exercise. After that, a small increase in weight of 1-3 lbs.
- Gradually increase weight as strength improves.
- Train on non-consecutive days (every other day).
- Do not perform any heavy or maximal lifts.
- Keep it fun.

Authored by Dave Radin



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

Trigger points in muscles usually have referral patterns that lead to pain and/or discomfort in other parts of the body?

Hot Topics

Small increases in rest can result in large increases in performance

The ability to achieve and maintain maximal power is required in many sports such as basketball, hockey, soccer, tennis, and squash. The goal of this study was to examine the **influence of recovery periods** on subsequent performance.

Twenty-five young males served as subjects. The men completed 2 maximal cycling tests that **consisted of 5 seconds of all out cycling** followed by either a 10 or 30-second rest period. They did this for 20 repetitions.

The longer (30-second) recovery period **resulted in significantly higher measures of maximal power output** and significantly lower measures of fatigue, blood lactate, heart rate, **respiratory exchange ratio and oxygen uptake**.

The results of this study indicate that **even relatively small changes in recovery duration can have a significant impact on performance** and must be considered when training clients involved in sprint sports. An analysis of the demands of

the sport, **including power demands and recovery time**, should be considered when designing sprint/interval activities.

Glaister, Mark. et al. The influence of recovery duration on multiple sprint cycling performance. Journal of Strength & Conditioning Research. 2005, 19(4).831-837.

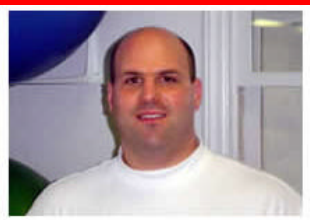


FACTOID

Muscles of the body have an opposing muscle group?

For Example, the quadriceps are used to straighten, or extend the knee while the hamstrings are used to bend, or flex the knee.

Trainer Spotlight



Bill Scibetta
NSCA-CPT, NASM-CPT
Owner/President Precision Fitness

Bill is a licensed Registered Nurse as well as a National Strength and Conditioning Association – Certified Personal Trainer. After spending years practicing in the specialty of Orthopedics and Sports Medicine, Bill has dedicated his career to helping individuals identify and overcome obstacles that stand in the way of optimal wellness and peak physical performance.

Precision Fitness Cornelius 2nd Annual “Train the Trainer” a Huge Success!!

For the last five years Precision Fitness – Personal Training Centers have been working Lake Norman residents hard in order to help them meet a variety of fitness and wellness goals. On Saturday January 28th the tables were turned when Precision Fitness held their second annual “Train the Trainer Day” at their Cornelius facility. In an effort to raise money for the American Cancer Society, Precision Fitness clients paid by the minute to take the trainers through the paces.

“Our clients get very excited about this day” explains Precision Fitness Director of Training Bryan Fass. “We work our clients pretty hard in here and they really look forward to getting some revenge while at the same time contributing to a good cause.” Owner and President, Bill Scibetta, says, “It was a lot of fun, our clients really look forward to this event. Paybacks add a little excitement to the fundraiser, but it’s about a lot more than that. We have many clients that have fought the battle with or are currently battling cancer. Obviously exercise and good nutrition play a major role in preventing and overcoming disease. However, cancer can strike even the most fit person and much research is still needed to help develop new medications and treatments. Our clients were awesome, they really stepped up.” The Precision Fitness staff also stepped up, the entire staff donated their time to the fundraiser and all the proceeds went to the American Cancer Society. Area businesses also pitched in by donating various items that were raffled off at the event. This year’s event raised over \$5,800.00 for the American Cancer Society.

Thanks to all of you who participated. The Mooresville location will hold its “Train the Trainer” fundraiser in the Fall of '06. Look for details in upcoming newsletters.

Authored by Bill Scibetta



Chef's Corner...

WHAT'S THAT?

Is your current cardio routine getting a bit boring? Try interval training to boost your heart rate, burn more calories and make the time go by faster!!

Quiz Answer:
Partially true. The abdominal muscles also help stabilize the lumbo-pelvic hip complex (core) as well as decelerate extension and rotation.

Grilled Tuna with Corn and Avocado Relish

Ingredients

For the Corn and Avocado Relish:

1 ear corn, shucked
2 tablespoons lime juice
1 tablespoon extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons chopped red onion
2 tablespoons chopped scallions
1/2 tablespoon seeded, chopped jalapeño pepper
1/2 teaspoon chopped, fresh cilantro
1/2 avocado
salt to taste
freshly ground black pepper

For the tuna:

4 tuna steaks, 4 to 6 ounces each
1/2 tablespoon olive oil



Cooking Instructions

For the Corn and Avocado Relish:

1. Preheat the grill or oven to 450°F.
2. Roast the corn on the grill or in the oven until it begins to turn golden, about 10 minutes.
3. Meanwhile, mix the lime juice, olive oil, vinegar, red onion, scallions, jalapeño and cilantro together in a bowl.
4. When the corn is cool enough to handle, cut the kernels from the cob and add them to the bowl. Pit, skin and chop the avocado and add that to the bowl.
5. Season with salt and pepper and set aside.

For the tuna:

1. Preheat the grill or broiler.
2. Mist the tuna steaks with olive oil and season them with salt and pepper.
3. Grill the tuna steaks on each side until just opaque, about 3 to 4 minutes per side. (Thinner steaks will take a little less time and thicker ones will take a little more.)
4. Serve the steaks topped with the relish.

Serving Size: 1 tuna steak and 1/4 cup relish

Nutrition Information

Number of Servings: 4

Per Serving			
Calories	240	Carbohydrate	12 g
Fat	10 g	Fiber	3 g
Protein	27 g	Saturated Fat	2 g
Sodium	344 mg		

Our Training Philosophy:

"M.P.E. TRAINING"

MAXIMUM PHYSICAL EFFICIENCY

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A Bowling Ball on Your Shoulders

Many people that enter our facilities have at some time or currently are experiencing neck pain and or headaches. Today's sedentary lifestyle, computers, phones, travel all force the head and shoulders forward of the bodies center of gravity. The average weight of the head is 10-12 pounds, for each inch that the head leans forward double the weight of the head, that's right, 20-24 pounds. That's a lot of extra strain that the posterior stabilizers of the neck and back must deal with. As have learned from being posturally assessed by a Precision Fitness trainer this can account for the headaches and shoulder stress that many of us feel.

Add to the equation car accidents, falls, and sporting injuries and there can be some major damage to the muscles of the neck. One thing that many people do not take into account is that many of the shoulder blade muscles have direct attachments into the cervical and upper thoracic spine. If these muscles are weak, the shoulders slump further and the cycle of poor posture and weak shoulder muscles continues.

For every reaction there is an equal and opposite reaction. As the body rounds forward the anterior musculature becomes very tight and overactive. This means the chest, frontal neck and upper abdominal muscles get very tight and will not relax. As a result the shoulder blade muscles we discussed get weak and lengthen from the unrelenting pull of the frontal muscles. We must stretch the frontal muscles and strengthen the posterior muscles to have any chance of success. This means no chest presses, bicep curls or crunches for the first few weeks of exercise. Often the Trigger Points that develop need to be addressed through soft tissue techniques to 'shut down' some of the overactive muscles and painful movement patterns that can develop. So your mom was correct, sit up and do not slouch.

Authored by Bryan Fass

Exercise of the Month....Dead Bug

Preparation

- Lie supine on the surface of choice. Arms and legs start perpendicular to the floor.

Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Extend right arm and left arm away from midline of body. (Hold for a 2 count)
- Return to the start position and repeat.
- Switch arms and legs

