

## Notes from Editor

The weather is finally warm!! With the spring comes new growth, flowers, warm weather and the realization that summer is right around the corner. Time to evaluate if you are truly working hard toward reaching your goals.

Take a good hard look at your goals and your exercise intensity. Are you working out the way you should?

Remember that a healthy lifestyle is mental as well as physical.

Yours in Health,

Dave Radin  
Editor

### Inside this issue:

|                                  |          |
|----------------------------------|----------|
| <b>Summer Lovin'</b>             | <b>1</b> |
| <b>Hot Topics</b>                | <b>2</b> |
| <b>Exercise of Month</b>         | <b>2</b> |
| <b>Greatest Myths In Fitness</b> | <b>3</b> |
| <b>Chef's Comer</b>              | <b>4</b> |
| <b>Muscle Month</b>              | <b>5</b> |

## Summer Lovin'

Summer is coming. Are you ready? Ready for the beach? The fun? The sun? Family vacation? Of course the answer is yes. However, are you ready to get into your bathing suit to soak up the rays of the sun? Are you ready to show the world the hard work you have put in to achieve a healthy, fit looking body?

If the answer is no, you had better get to work. A healthy fit body doesn't just come out of a bottle of **"Super Fat Burner Plus!"** with claims of quick weight loss to get you that beach body in just 2 weeks!! If you buy into the hype, I have a bridge to sell you.....What do you think would happen if I to invent a pill that actually gave you all the benefits of exercise without all the work? I would be the richest man on the planet!! Since there is no such thing, you had better start hitting the gym.

If you really want a healthy fit looking body, you already know the formula for success: The right nutrition at the right time in conjunction with the right amount of exercise. In other words:

$$\text{NUTRTION} + \text{EXERCISE} = \text{HEALTHY, FIT, BODY}$$

I have written previous articles that describe exercise intensity and the importance of it. Again, if you want the result, put in the effort. The body will not adapt to less than self in the gym and the motions and you



Summer is fast approaching. Are you ready to show off your best healthy fit body?

Nutrition is probably healthy lifestyle. out there and so from, how do you cally, nutrition and calories in vs. calories body needs, you gain chicken and salads, weight? Well, two calories worth of gain weight if you The body cannot dis- and unhealthy food. needs a certain and minerals. Anything else is either converted to waste or stored.

appropriate stimuli. Push your- results will show. Go through will be sadly disappointed.

the most confusing aspect of a There is so much information many different diets to choose know where to start? Basi- weight loss is as simple as out. You eat more than your weight. But Dave, all I eat is how can I still be gaining ways. One, if you eat 3,000 salad and chicken, you can still only need 2000 calories a day!! tinguish between healthy food The body only knows that it amount of calories, Vitamins, and minerals. Anything else is either converted to waste or stored.

Bottom line, eat less, exercise more. Exercise with intent. Push yourself. Seek a qualified personal trainer and/or a nutritionist to give the direction you need for your summer lovin'.

**Authored by dave radin**  
**dave@ncprecisionfitness.com**

# 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

What is the strongest muscle in the body in relation to size?

- A. Thighs
- B. Tongue
- C. Trapezius
- D. Latissimus Dorsi

answer can be found on page 4

## Hot Topics

### Self-Selection of Intensity Decreases Results in Untrained Women

**Fears and misconceptions about resistance exercise can often lead to poor results**, especially when the exercise is self-programmed. For example, to prevent significant muscle development or to limit post-exercise soreness, many untrained men and women will self-select an intensity that is insufficient to stimulate adaptation. **In fact, studies have indicated that untrained men and women typically select a workload less than 60% of 1RM, while an intensity of 70 to 80% 1RM is necessary for enhancing muscle hypertrophy or strength.**

A recent study published in the *Journal of Strength and Conditioning Research* found that untrained women self-selected approximately 56% of their 1RM to complete sets of 10 repetitions. **Although these results support previous findings, this study went a step further and evaluated whether perceived exertion might impact self-selected intensity.** The authors speculated that if exercise intensity is perceived as requiring too much effort it might contribute to a higher exercise attrition rate.

Nineteen female college-aged students were assessed for 1RM on Med-X leg extension, chest press, torso-arm pulldown, and overhead press. **Then, on two separate occasions they completed 3 sets of 10 repetitions per set to volitional fatigue on each exercise.** During the first exercise session participants used 75% of their initial 1RM on each exercise. On the second occasion, participants were instructed to choose a weight that would be comfortable, **yet still provide a good workout.** RPE was assessed at the completion of each set.

The results showed that **untrained college-aged women self-selected a lighter resistance**, performed more repetitions per set and reported a lower RPE. Although it is difficult to draw conclusions about exercise adherence from this study, the finding that women tended to choose a weight that required less effort suggests that **exercise of sufficient intensity may be too uncomfortable for the untrained female.**

*Focht, Brian C. (2007) Perceived Exertion and Training Load during Self-Selected and Imposed-Intensity Resistance Exercise in Untrained Women. Journal of Strength and Conditioning Research 21(1): 183-187.*

[www.exerciseetc.com](http://www.exerciseetc.com)

### Exercise of the Month— Ball Cobra

#### Preparation:

- Lie on the ball in the prone position with legs straight and toes on the floor.

#### Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Keeping hips and feet planted slowly raise chest and head up off the ball.
- Supinate hands. (rotate thumbs out)
- Return to the start position and repeat.



## FACTOID

In the average life-time, a person will walk the equivalent of 5 times around the equator.

## Trainer Spotlight



**Gary Holland**  
ACSM-HFI, NASM-CPT  
LMBT#6641

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 and is a certified licensed massage therapist.

## The Greatest Myths in Fitness

In every industry there lie deep dark secrets. Some are minor and inconsequential while others are scary and have wide ranging consequences. I have said in many of my past articles that the most dangerous thing possible is knowing what you know, but that you know wrong. The fitness and rehabilitation industry is no different.

As with other industries the computer has changed a lot of the ways we do things. Most of what I was taught in school no longer holds true. Exercises I used to swear by no longer hold the legitimacy they used to, it is scary to think back to all the patients we taught these exercises too. Did they harm them, no, but they were definitely not the best exercise to do. The ability to look inside the body, read how the muscles actually contract and to be able to measure force placed on joints with 'traditional' exercises is truly an eye opening experience.

I have ranted before on some of the most dangerous common exercises still out there, so please read those articles to build a base of knowledge. My rant today is all about what we are doing to damage ourselves. Obviously if you are reading this article you have an interest in fitness and or wellness, so you have a base of knowledge. Let's expand on that base.

- Did you know that traditional CRUNCHES actually place severe strain on the spine, and doing crunches with your feet fixed or on a decline bench is just plain unintelligent.
- Did you know that the BARBELL BENCH PRESS is so bad for your shoulders that it just makes me angry, besides in sports / life if you are laying flat on your back you lost!
- Did you know that the SMITH MACHINE is useless. When in life do you move a bar fixed on a rail, never mind the fact that it forces you to move vs. you creating the movement.
- Did you know that your trapezius muscle is so over developed that SHRUGS only serve to create a larger muscle imbalance.
- Did you know that the DUMBELL RACK and FLOOR SPACE are the best things in the gym.
- Did you know that SITTING to exercise has little benefit.
- Did you know that SQUATTING with out proper flexibility and balance will injure your back and or knees, not to mention not having someone qualified instruct you on how to properly squat. The same goes for LUNGES. Both exercises are also among the BEST for leg and hip strength.
- Did you know that almost everything you did in high school GYM CLASS was horrible for you, so please do not do anything you remember from 'that coach'.
- Did you know that almost everyone goes to the gym and does the same

*(Continued on page 6)*

## Chef's Corner...

### Garlic Shrimp with Cucumbers and Shiitake Mushrooms

This recipe serves: 6

#### Ingredients

12 ounces lo- mein (wheat flour) noodles, wide rice noodles, or similar type of Asian noodles  
 1 tablespoon vegetable oil  
 1/2 cup very thinly sliced shiitake mushrooms  
 1 large cucumber, peeled, seeded, and julienned  
 1 lime, cut into wedges  
 1/4 cup chopped mint leaves  
 1/4 cup chopped cilantro leaves



#### **For the shrimp:**

2 pounds medium or large shrimp, peeled and de-veined  
 3 cloves garlic, minced  
 2 teaspoons sesame oil or chile oil  
 1 tablespoon rice vinegar  
 1 tablespoon sugar  
 1 tablespoon fresh lime juice  
 1 teaspoon salt (preferably coarse)  
 1/2 teaspoon black pepper

#### **For the nuoc cham sauce:**

1/3 cup sugar  
 1/2 cup water  
 1 tablespoon fresh lime juice  
 1 small red chili pepper, seeded and minced or 1-2 teaspoons red pepper flakes  
 1/3 cup fish sauce  
 cup fish sauce (nuoc mam)  
 1/4 cup rice vinegar

#### Cooking Instructions

1. Prepare shrimp by combining the garlic, sesame/chili oil, vinegar, sugar, lime juice, salt, and black pepper; coat the shrimp. Set aside. This may also be prepared ahead of time and kept covered in the refrigerator.
2. Boil water and cook noodles for about five minutes, or according to package instructions, then drain.
3. Make the sauce: Over low heat, dissolve sugar in the water, stirring frequently. Remove from heat and wait five minutes. Add lime juice, chili pepper, and fish sauce and vinegar. Return the saucepan to very low heat.
4. Cook shrimp: Heat vegetable oil in a skillet on medium heat. Turn to high heat and add shrimp, sautéing about 3 minutes or until cooked through.

#### **Quiz Answer:**

#### **C. Tongue**

Believe it or not the tongue is the strongest muscle in the human body.

Also the taste buds that are located on the tongue are replaced every 10 days.

## Muscle Anatomy



### Muscle: Rectus Femoris

**Origin:** Lateral intermuscular septum & gluteal tuberosity

**Insertion:** Patella; medial patellar retinaculum.

**Eccentric Action:** decelerate knee flexion, adduction and internal heel strike; rectus decelerates hip extensors and knee flexion.

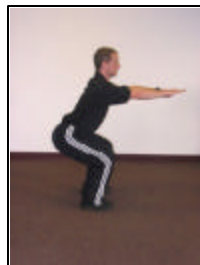
**Isometric Action:** Dynamic stability for knee during movement.

**Concentric Action:** hip flexion and knee extension.

The rectus femoris is part of a group of muscles that make up the quadriceps (***Vastus Medialis, Vastus Lateralis, Rectus Femoris, and Vastus Intermedius***).

Any activity involving the legs typically involves the quadriceps. The common problem with most people is flexibility and over strengthening of these muscles, resulting in knee pain. When the quads are tight, they pull on the knee causing mis-alignment of the knee cap.

Common exercises for the quads are shown below:



### What's That???

When you sneeze, all of your bodily function stop, even the heart.

## Our Training Philosophy:

**"M.P.E.  
TRAINING"  
MAXIMUM  
PHYSICAL  
EFFICIENCY**

### Precision Fitness

8311-4DMagnolia Estates Dr  
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](mailto:info@ncprecisionfitness.com)

### We're on the Web!

[www.lakenormanfitness.com](http://www.lakenormanfitness.com)

Want to learn about something that has not been on previous newsletters? Send an email to:

[dave@ncprecisionfitness.com](mailto:dave@ncprecisionfitness.com)

*(Continued from page 3)*

- exercises year after year yet they see no change but expect to, this is also the definition of INSANITY.

Please educate yourself, find a qualified PROFESSIONAL trainer with an accredited certification and never stop challenging your body to change.

*authored by bryan fass*

*email: [bryanf@ncprecisionfitness.com](mailto:bryanf@ncprecisionfitness.com)*



*(Continued from page 4)*

5. Taste the sauce and adjust seasonings as desired. Carefully toss together noodles, shiitake mushrooms, and cucumbers with half the sauce, then transfer to a platter. Sprinkle cilantro and mint over all. Add shrimp last.

6. Garnish the platter with lime wedges and sprigs of mint and cilantro. Pour the rest of the sauce in a small bowl so people can help themselves to more.

**Serving Size:** 1 bowl of noodles and shrimp

### Nutrition Information

**Number of Servings:** 6

| Per Serving     |         |                      |      |
|-----------------|---------|----------------------|------|
| <b>Calories</b> | 429     | <b>Carbohydrate</b>  | 65 g |
| <b>Fat</b>      | 5 g     | <b>Fiber</b>         | 2 g  |
| <b>Protein</b>  | 27 g    | <b>Saturated Fat</b> | 1 g  |
| <b>Sodium</b>   | 1808 mg |                      |      |

[www.foodfit.com](http://www.foodfit.com)