



News That's Fit To Print

VOLUME 3

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Notes from Editor

The weather has been unseasonably warm for this time of year in North Carolina. Doesn't quite feel like Christmas yet. For those of you stressing over the holidays with food, Bill Scibetta has the second part of his healthy eating series for you to look over.

The ACSM/AMA announced a new initiative to encourage people to exercise and take control of their health. Check it out!!

Happy Holidays!,

Dave Radin
Editor

Exercise Is Medicine

The American College of Sports Medicine (ACSM) and the American Medical Association (AMA) have launched Exercise is Medicine™, a new program designed to encourage America's patients to incorporate physical activity and exercise into their daily routine. Exercise is Medicine™ calls on doctors to prescribe exercise to their patients.

A recent survey conducted of the public by ACSM found that nearly two-thirds of patients (65%) would be more interested in exercising to stay healthy if advised by their doctor and given additional resources. Four out of 10 physicians (41%) talk to their patients about the importance of exercise, but don't always offer suggestions on the best ways to be physically active. Patients (25%) look to their doctor first for advice on exercise and physical activity. They turn next to fitness and health Web sites (24%).

The goal of the Exercise is Medicine™ program is to encourage physicians to record physical activity as a vital sign during patient visits. Able patients will be advised to participate in at least 30 minutes of physical activity and 10 minutes of stretching and light muscle training five days a week.

A new Web site—www.exerciseismedicine.org—contains educational materials and toolkits for physicians to use in their practices. The site also includes information for patients, the media, and policymakers, as well as a listing of initial supporting organizations. Educational models will be developed for use in medical schools so students can learn the importance of prescribing exercise to patients early in their careers.

Physical inactivity is a fast-growing public health problem in this country and contributes to a variety of chronic diseases and health complications, including obesity, coronary artery disease, diabetes, high blood pressure, cancer, depression and anxiety, arthritis and osteoporosis. In addition to improving a patient's overall health, increasing physical activity has proven effective in the treatment and prevention of chronic disease.

"We already advise against smoking; recommending exercise should be no different," said Robert E. Sallis, M.D., ACSM president. "Physicians can support the program by prescribing exercise and offering patients basic educational materials. Exercise can have tremendous health benefits for patients." "More than half of Americans don't get nearly enough exercise and would be astounded to see how much difference a brisk 30-minute walk a few times a week makes in their overall health," said Ronald M. Davis, M.D., AMA president. "We encourage physicians to talk to their patients about the importance of exercise and to work with them to establish programs they can start today and continue throughout their lives."

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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

Poor Posture can cause which of the following:

- A. headaches
- B. Joint stiffness and pain
- C. Increased muscle tension
- D. Decreased range of motion
- E. All of the Above

the answer can be found on page 4

Hot Topics

Energy Drinks Can Increase Heart Risk

Stimulants such as caffeine are known to increase blood pressure and heart rates, both of which have been linked to increased mortality. In fact, many preventive health programs use these values as benchmarks for measuring progress, **representing both improved health and reduced risk for cardiovascular disease and death.**

Unfortunately, the demand for mental acuity in our society **led to the advent of super-caffeinated beverages or mixed stimulant energy drinks.** Although they may be effective in keeping you awake and focused, some individuals may experience significant cardiovascular risk from even modest use of such products. **A recent study has researchers at Wayne State University concerned.**

Blood pressure and heart rate was assessed in 15 healthy young adults following consumption of a popular energy drink. **The participants ingested two cans of the energy drink and then remained seated watching a movie while blood pressure and heart rate were assessed over a 3-hour period.** The researchers documented increases in both systolic and diastolic blood pressure, 9.6% and 7.8% respectively, and an 11% increase in HR.

Initial concern was expressed for patients taking anti-hypertensive medication and individuals with diagnosed cardiovascular disease. However, this finding could indicate risk with long-term regular use of these products **when considering accompanying factors such as high-stress jobs/projects, lack of sleep, and other negative health behaviors.** Consequently, many health experts recommend **limiting intake of beverages that contain caffeine or other stimulants to the equivalent of 2 cups of coffee daily.**

Preidt, Robert. Energy Drinks Could Pose Blood Pressure Risks. HealthDay. Tuesday, November 6, 2007

FACTOID

The tensile strength and compressional strength of bone is greater than that of reinforced concrete.

http://www.nsbri.org/HumanPhysSpace/focus6/ep_development.html

Trainer Spotlight



Laura Fass, LMT, CDM
Soft Tissue Therapist

Lara holds a degree in Sports Medicine and Athletic Training from the University of South Carolina. Lara is a Licensed Massage Therapist and is one of only a handful of practitioners in the area certified in the highly effective practice of myofascial release therapy. With extensive experience in both the clinical and spa setting, Lara

Healthy Holiday Tips

1. **Focus on weight maintenance not weight loss** - Parties, large meals and extra calories are almost unavoidable during the holiday season. If you are currently overweight and want to lose weight, this is not the time to do it; setting difficult or unrealistic goals can lead to a vicious cycle of guilt, feelings of failure, and more eating.
2. **Get moving** – Regular exercise will increase metabolism and allow you to enjoy a few extra calories without putting on the pounds. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, the holiday travel or holiday visitors and the party hopping.
3. **Get Plenty of Sleep** – Lack of sleep impairs our ability to handle stress (which there is usually no shortage of during the holidays). Chronic sleep loss can also affect various components of metabolism that influence hunger and weight gain.
4. **Substitute healthy recipes** - Use applesauce in place of oil; use egg whites in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines and healthy cooking cook books are full of reduced calorie and reduced fat holiday recipes that taste great.
5. **Don't go to parties hungry** – Going to a party on an empty stomach is a recipe for disaster. Starting your day with a healthy breakfast and eating sensibly throughout the day should help you control your appetite and avoid over-indulging on the typically high fat and high calorie holiday fare.
6. **Eat slowly**- Make one plate of the foods you really want. It takes about twenty minutes for your brain to register that your stomach is full. Take your time to enjoy the taste of every bite, and you will realize you don't need to go back for seconds.
7. **Limit alcoholic beverages** - Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks can contain 150-450 calories per glass whereas, water and diet sodas are calorie-free. If you choose to drink, try light wines and light beers, and use non-alcoholic mixers such as water and diet soda. Limit yourself to one to two drinks.
8. **Get rid of leftovers** – Some foods are more fattening than others, however, no food will make you gain weight unless you eat too much of it. Often we eat beyond our body's physical hunger simply because food is there.
9. **Keep it in perspective** – It takes days of overeating to gain weight; one day won't make or break your eating plan. Nothing is more destructive to a healthy eating plan than the negative feelings of failure and guilt. If you over-indulge at a holiday meal or party, don't beat yourself up; simply return to your sensible healthy diet the next day.

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Chef's Corner...

Roast Chicken with Citrus and Thyme

This recipe serves: 4

Ingredients

1 whole chicken, about 5 pounds
 salt to taste
 freshly ground black pepper
 1 lemon, halved
 1 orange, halved
 1/2 onion
 1/2 cup roughly chopped celery
 4 sprigs fresh thyme
 1 tablespoon olive oil



Quiz Answer:

E. All of the above

Good posture is the most important thing you can do help your body perform efficiently, so sit up straight!!

www.fitness-facts.com

Cooking Instructions

1. Preheat the oven to 350°F.
2. Rinse the chicken inside and out with cold water. Pat dry with paper towels. Season the cavity of the chicken with salt and pepper.
3. Squeeze the juice from the lemon and orange halves all over the chicken. Stuff the lemon and orange halves into the cavity, along with the onion, celery and thyme.
4. Place the chicken on a rack in a roasting pan. Drizzle the olive oil over the skin and season with salt and pepper.
5. Roast the chicken in the oven for 1 1/2 hours or until a thermometer inserted into the thickest part of the thigh registers 160°F.
6. Let the chicken rest for 15 minutes. Remove and discard the skin before carving.

Nutrition Information

Serving Size:

Number of Servings: 8

| Per Serving | | | |
|-----------------|-----|----------------------|------|
| Calories | 323 | Carbohydrate | 11 g |
| Fat | 10 | Fiber | 3 g |
| Protein | 47 | Saturated Fat | 2 g |
| Sodium | 251 | | |

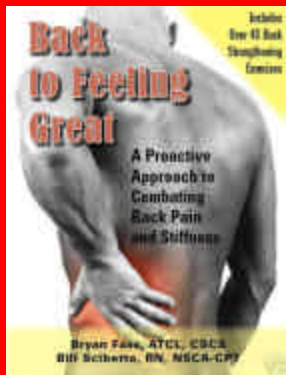
www.foodfit.com

What's That???

If your pants are getting tight in the hips after starting an exercise program and think it is added muscle, think again.

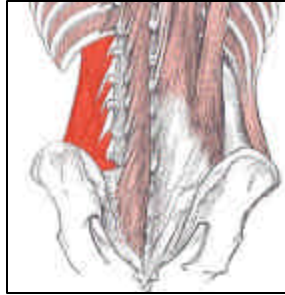
Muscle takes up less space in the body because it is more dense than bodyfat.

Decrease your caloric intake and increase your caloric expenditure.



The newest book put together for those suffering from back pain. Go to www.backtofeelinggreat.com to buy the book and view other books authored by the pro's at Precision Fitness.

Muscle Anatomy



Muscle: Quadratus Lumborum

Origin: Posterior iliac crest, iliolumbar ligament

Insertion: Last rib, transverse processes of first through fourth lumbar vertebrae

Eccentric Action: depresses hip, decelerates lateral flexion of spine.

Isometric Action: fixes the ribs during forced exhalation. Stabilizes lumbo-pelvic-hip complex.

Concentric Action: elevates the hip, laterally

flexes the spinal column.

The quadratus lumborum is one of the muscles commonly associated with lower back pain. One way to tell if your QL's are tight is to stand one foot and see if your hip "hikes" up on the air. If so, the QL's are assisting with the activity due to lack of hip stability. Below are some commonly used stretches to increase range of motion.



Since the QL's are basically used as a postural muscle, general strengthening exercises are not needed. Instead, use stabilizations such as the exercises below:



Our Training Philosophy:

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

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

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New Years Resolution Fitness Emergency

As the fitness centers and gyms fill up this time of year with folks eager to meet their New Year goals there lurks an ominous foe. Many people jump into exercise with gusto and never take into account existing medical issues, medication side effects, and 'old injuries'.

Heart conditions, Respiratory issues, Diabetes will all complicate your bodies ability to successfully negotiate an exercise routine. It goes with out saying that clearance from your doctor is of the utmost importance. It seems obvious that your trainer or gym should be staffed to handle "special populations", please check first. An unfortunate fact is that most facilities are not staffed or equipped to handle medical issues and especially medical emergencies. Signing a waiver does not constitute safety for you.

Most medical exercise professionals acknowledge that a gradual approach into fitness is key. A person with medical issues does not need to exercise with intensity; rather gradually increasing duration of cardiovascular exercise has been proven more effective and safer. The same holds true with resistance exercises, 1-2 sets is generally accepted as safer and more effective than multiple sets. The key is gradual progression into duration and intensity. Keep in mind that the goal of 'special population' exercise is improving quality of life, decreasing injury risk, reducing onset and severity of osteoporosis, and limiting the severity of current medical conditions.

Here are a few tips for dealing with some of the more common medical issues.

Aerobic conditioning should be performed three to five days per week for at least 20 to 30 min at your target heart rate. Training at the proper intensity is the key to aerobic training. A leisurely walk does not qualify for aerobic training. During exercise we intentionally cause physical stress to our bodies. In response, our bodies make adaptations in order to better handle that stress in the future. Our muscles "learn" to work more efficiently through adaptations made by our central nervous system. Muscles adapt by getting bigger and stronger. Bone density increases and connective tissues become stronger. Adaptations made by the heart and lungs allow them to work more efficiently, increasing our capacity to utilize oxygen. During exercise we physically stress our body and it is our body's adaptation to that stress that makes us healthier. If we don't push ourselves during aerobic training our training stimulus will not illicit a physiological adaptation.

Recent research has shown that walking at a fast pace actually reduces back pain. This explains why walking at the mall (slow) increases the symptoms most of us feel.

Beware of the flashy exercise machines sold on TV by the pretty people. These devices are designed to make people wealthy not healthy. It may be necessary to gradually work your way up to the recommended duration and target heart rate. If you're new to aerobic training or haven't exercised in a long time start out slowly. Monitor your heart rate during your aerobic exercise. Gradually increase the pace and duration of your aerobic workouts. Before you know it you will be working at the recommended intensity levels and reaping the full benefit of your aerobic training.

To determine your target heart rate you must first find your predicted Maximal Attainable Heart Rate (MAHR) or Heart Rate Max. (HRM). To calculate the predicted (HRM) subtract your age from 220. For example if you are 40 years of age, subtract 40 from 220. $220 - 40 = 180$ Heart Rate Max. (HRM) General guidelines for THR (target heart rate) using this method are 60 % HRM (heart rate max.) lower limit - 90 % HRM upper limit. Multiply HRM and by .6 and .9

With regards to resistance training an opposing muscle group routine is the best. For every push do a pull. This means that if you performed a chest press the next exercise should be a pull down or row. Pay strict attention to the two R's, Rest and Repetitions. Perform 12-15 reps per exercise, if the last 3 reps on each exercise are as easy the as the first 3 than go up a few pounds on the next set, if the last 3 are hard keep the weight the same. Take only 30 seconds between sets and only one minute between exercises. Never strain, never hold your breath and never lift more weight than you can control.

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