

Notes from Editor

Hard to believe that the month of January is over!! Let me ask you a question, "How are you New Year's resolutions holding up?" Hopefully you have been diligent in sticking to your fitness routine and healthy eating habits. For more tips on healthy eating, check out Bill Scibetta's article "The 7 Habits of Healthy Eaters"

Enjoy the information in this issue and let me know if there is anything you would like to see in future issues of the newsletter.

Yours in Health,

Dave Radin
Editor

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Exercise and Weight Loss: Why am I not losing any weight?

Many of you have started an exercise program as part of your New Year's resolution to lose weight. Some of you are succeeding, some are not. We all hear that exercise is a great way to lose excess body fat. So what gives? Why are you not losing weight? Let's take a look at two components: exercise and nutrition.

For exercise to be effective, it must be challenging. Intensity is the key. If you do not exercise intensely enough, you will not burn enough calories to make a significant dent toward your weight loss goal. How do you know if you are exercising the right number of ways, but who will continually improve your endurance that you are tired from your workout. Your muscles should have a line with exercise: intensity. Don't fool yourself, you have to do it. Form some half-ass workout. Remember, the body adapts. If the stimulus the body is challenging stronger. Hope goes to the gym and by visiting with you are, you are. Take your time seriously, your workout is wanting to workout, so don't forget that.



Successful weight loss is a result of finding the right combination of exercise and caloric consumption.

intensely enough? There are a few things the best is to work with a trainer to push you to get stronger and more confident. The other is to make sure when you have finished your workout, your muscles should feel fatigued, and you should have a good sweat. Here is the bottom line: you get out of it what you put into it. Don't just show up at the gym for a per-workout and expect the results. Your body will respond to the stimulus. If the stimulus is low, nothing happens. If the stimulus is challenging, it will adapt by becoming stronger. You are not the person who spends 2-3 hours "working out" and expects the results. Talk with friends after your workout. You have a reason for wanting to workout, so don't forget that.

Now that you have your exercise under control, what about nutrition? Nutrition can be complicated and confusing with all the misinformation that is easily available from TV, internet, and magazines. Seek out a registered dietitian to help you make sense of your current eating habits. Let them know how much and how intense your exercise routine is. By knowing these variables, a plan can be developed to enhance how your body uses calories to recover from exercise, build lean muscle, and burn off excess weight.

Finding the right balance of exercise and calories can take some time. Your body's metabolic rate will adjust depending on the amount of calories you take in and how much you exercise. By following up with the registered di-

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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

True or False?

Aerobic exercise is all you need to do when attempting to lose weight?

answer can be found on page 4

Hot Topics

The Obesity Epidemic is Responsible for Emerging Hybrid-Type Diabetes

Current statistics estimate that 20.8 million Americans have diabetes. Although **efforts to educate the public about diabetes have increased exponentially in the past decade**, 6.2 million people are suspected of having the disease and not knowing it. Another 41 million people are categorized as **pre-diabetic** because of higher-than normal blood glucose levels.

It's acknowledged that the **underlying factor in the development of type 2 diabetes is overweight or obesity**. What is disturbing physicians now is that upon evaluation, patients are appearing to suffer from both Type 1 and Type 2 Diabetes. **Doctors are referring to this phenomenon as "double diabetes" or "hybrid diabetes."**

The trend emerging is an increased prevalence of overweight and obesity among Type 1 Diabetics where the individual, **whose pancreas no longer produces insulin, becomes insulin resistant and hypertensive**.

Current research is suggesting an **alarming rate of 30 percent of newly diagnosed diabetes cases among children involve youngsters with both type 1 and type 2 diabetes**. Physicians also speculate that Type 1 Diabetics who currently take insulin but fail to make lifestyle changes (including exercise) **become vulnerable to weight gain as a result of effective treatment**. Having both type 1 and type 2 diabetes significantly complicates treatment efforts. **The essential treatment for type 1 diabetes is insulin injections to control blood glucose levels, whereas the typical intervention for type 2 diabetes includes diet, exercise and medication to help reduce insulin resistance**.

Diabetes experts agree that the best way to battle the condition is to increase efforts at prevention. A study by the federal Diabetes Prevention Program study **found that diet and exercise of moderate intensity and duration, coupled with a 5- 10% reduction in body weight, reduced diabetes onset by almost 60%**. Unfortunately, these same experts are forecasting that the incidence of the disease will parallel that of the current obesity epidemic. *HealthDay. (2006) 'Double Diabetes' a New Threat: The obesity epidemic is leading more people to develop type 1 and type 2 disease. December 3.*

www.exercisetc.com

Exercise of the Month— Tube Row

Preparation:

- Stand with feet slightly wider than shoulder width apart.
- Grasp the handles with a stable but loose grip. (Hook grip)

Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Begin movement by driving elbows to the rear of the torso while performing scapulae retraction.
- Return to the start position and repeat.



FACTOID

**The human body
is made up of
65-70% water!!**

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 Carolinas certified in the highly effective practice of myofascial release therapy. With extensive experience in both the clinical and spa setting, Lara has been helping individuals feel and perform better for over eight years.

Seven Habits of Highly Healthy Eaters

"What exercises can I do to ...? As fitness professional I hear these words often. It doesn't matter if the sentence ends with, "get bigger muscles", "firm up my butt" or "flatten my stomach". My initial response is always the same. "Well, what are you eating? In terms of physical fitness exercise is only part of the equation. Proper nutrition is vital regardless of the specific fitness goal. If you want to maintain energy levels, achieve or maintain optimal weight and lower risk of disease, a healthy diet is imperative. It doesn't matter if your goal is fat loss, body shaping, mass building, improved athletic performance or just maintaining a healthy lifestyle; the following tips will help build healthy habits that will allow you to fine tune your body and feel great.

1. Eat 5 - 6 Smaller Meals a Day.

This practice will allow your body to utilize the food you eat more efficiently. More of your food will be used for providing energy, building muscle and maintaining healthy tissue, while less will be stored as fat. If your goal is weight loss, this is a great way to reduce calories without losing energy or feeling hungry. If you are looking to gain lean muscle mass, eating more frequent meals will allow you to take in an increased number of calories without feeling stuffed. This will also insure that the vital muscle building nutrients will be available when your body needs them. Regardless of your fitness goal, eating 5 - 6 smaller meals a day will get your metabolism firing on all cylinders and give you the energy needed to reach your goals.

2. Do Not Skip Meals.

Skipping meals often leads to extreme hunger which can lead to "binge" type eating. The body can only process and utilize so much food at a time. It doesn't matter if you're only eating one or two meals a day. If you eat too much at any given meal, much of what the body doesn't use will be stored as fat. Here's another important reason not to skip meals. Depriving the body of vital nutrients often leaves one feeling tired and unmotivated (a real workout killer.)

3. Eat Real Food.

Our bodies are designed to metabolize food! Unfortunately the food industry has turned our bodies into chemical processing plants. Grocery store shelves are littered with food products containing non-food additives that are used to color, sweeten, stabilize, emulsify, bleach, flavor and preserve the food. The FDA lists approximately 2800 international food additives and about 3,000 chemicals, which are added to our food. Avoid foods that claim to be "enriched." The only reason processed foods are enriched in the first place is because their process has stripped them of virtually all their vital nutrients. Stick with whole foods including a good variety of fruits and vegetables, whole grains, and lean meats.

4. Read Food Labels.

To be sure you're making good food choices, read food labels. Look at the ingredients, the main ingredients are listed first. If the first few ingredients on the label include processed sugar (i.e. high-fructose corn syrup.) or saturated fat or trans-fatty acids (coconut oil, palm kernel oil, hydrogenated or partially hydrogenated oil, vegetable shortening), you may do well to make another food choice.

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What's That???

The **glute medius** and **glute minimus** are responsible for your ability to effectively stand on one leg while maintaining level hips.

Quiz Answer:

False. I'm sure most, if not all of you know that already.

Aerobic exercise is a small part of an overall exercise program that also includes strength, flexibility, stability and balance, and last but not least nutrition.

Combining these together will enhance your body's ability to shed bodyfat and gain lean tissue.

Chef's Corner...

Fresh Greens with Grilled Chicken, Oranges, Almonds and Ginger-Soy Vinaigrette

This recipe serves: 4

Ingredients**For the ginger-soy vinaigrette:**

1 tablespoon finely chopped shallots
2 tablespoons rice vinegar
1 tablespoon reduced-sodium soy sauce
1 tablespoon peanut oil
1 tablespoon freshly grated ginger root
salt to taste
freshly ground black pepper

For the grilled chicken:

4 skinless, boneless chicken breasts
2 teaspoons olive oil

For the green salad:

8 cups romaine lettuce, washed and torn into bit-sized pieces
1 cup canned mandarin orange sections, drained
1/4 cup thinly sliced almonds

Cooking Instructions**For the ginger-soy vinaigrette:**

1. Place the shallots, vinegar and soy sauce in a small mixing bowl and whisk to combine. Continue whisking and slowly add the peanut oil and ginger. Season to taste with salt and pepper.

For the grilled chicken:

1. Preheat the grill to medium-high.
2. Brush the chicken breasts with olive oil and season with salt and pepper.
3. Grill the chicken on both sides until it is cooked through, about 4 to 6 minutes per side depending on the thickness of the breasts. Transfer the chicken to a cutting board to cool.

(The chicken can be grilled in advance and stored in the refrigerator for up to 3 days.)

Serving Size: 1 chicken breast with salad

Nutrition Information

Number of Servings: 4

Per Serving			
Calories	403	Carbohydrate	11 g
Fat	13 g	Fiber	4 g
Protein	59 g	Saturated Fat	2 g
Sodium	443 mg		



Anatomical Definitions

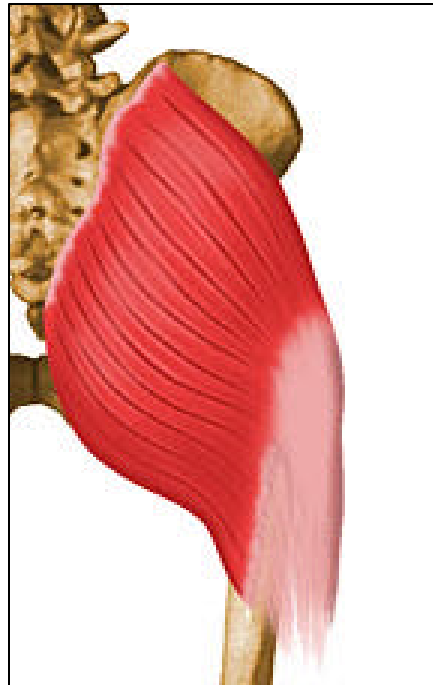
Superior— located higher. E.g. the head is superior to the shoulders

Inferior— located below or beneath. E.g. the shoulder is inferior to the head.

Anterior— located near the front of the body. E.g. the quads are anterior to the glutes.

Posterior— located near the rear of the body. E.g. the glutes are posterior to the quads.

Muscle Anatomy



Muscle: Gluteus Maximus

Origin: Sacrum and sacrotuberous ligament

Insertion: Iliotibial tract and gluteal tuberosity.

Eccentric Action: Decelerate hip flexion, hip internal rotation, and hip adduction. Also decelerates tibial internal rotation via the IT Band.

Isometric Action: Stabilize SI Joint via the sacrotuberous ligament via the IT Band.

Concentric Action: Hip extension and external rotation.

The gluteus maximus is one of the most powerful muscles in the body. Don't believe it? Take a look at the best sprinters in the world. They have very well developed glutes. However, even though these are powerful muscles, we typically see many people with weak glutes due to tight hip flexors.

Here are some basic exercises to improve glute strength:



Bridges



Bridges on Ball

Remember to brace your abdominals when performing these any strength training exercise.

Our Training Philosophy:

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

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We're on the Web!

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

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5. Pay Attention to Serving Sizes.

Pay attention to serving sizes, it's easy to over load. Weighing and measuring food is a good way to assure you are taking in the proper amount of calories and nutrients. This is especially important if you are on a weight loss or a weight gain program.

6. Eat Slowly and Chew Food Thoroughly.

Chewing food thoroughly aids in digestion, thus reducing the time it takes for vital nutrients to become available for use by your body. Eating slowly gives the stomach time it needs to tell the brain it's full. Taking your time to eat your meal is especially helpful if you are on a reduced calorie diet. It will allow you to eat less, yet still feel satiated.

7. Keep a Food Journal.

Write down everything you eat and drink. Initially include serving sizes along with the number of calories, as well as the amount of macronutrients (fats, proteins and carbohydrates). This will make you conscious of everything you eat while you become educated on the components of a healthy diet. If you are not making satisfactory progress towards your goals, your food journal can provide valuable information needed to make necessary adjustments.

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etician, they can make the necessary adjustment for you to stay on track and not feel as if you in a plateau. Many people fall into the trap of believing they need to reduce caloric consumption even more to continue to lose weight. Reducing your calories by too much is counter productive. Your body needs fuel, just like a car. When the fuel runs out, the body will start to "eat itself" for the necessary calories. This means that much needed lean tissue will be lost. Without adequate amounts of calories, weight loss will stop altogether.

Exercise and weight loss comes to two components: right amount of intensity and adequate amount of calories. You find the right combination of these two elements and your weight loss will be heading in the right direction.

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