

Notes from Editor

Happy New Year from all of us at Precision Fitness. We hope you had a great time with family and friends.

This is also the time for New Year's Resolutions. For many Americans, diet and exercise are on the top of that list. For tips on how to become more successful in reaching your resolutions, read "Talk Yourself Thin" on page 3.

As always, let us know if there is any topic you would like to see covered in the newsletter. Send me an email at: dave@ncprecisionfitness.com.

Dave Radin
Editor

Inside this issue:

Article 1	1
Hot Topics	2
Exercise of Month	2
Talk Yourself Thin!!	3
Chef's Corner	4
Muscle Month	5

Senior Activity

Benefits of Physical Activity for Seniors

We all know that physical activity can improve our health and performance in just about anything we do. For our aging senior population it is an absolute must. Look at what happens as we age without continuing to move. Our functional capacity decreases, strength decreases, muscle mass decreases, balance is lost, shall I go on? Not to mention medical complications associated with lack of physical activity.

The number one cause of injuries of seniors is due to falls. What causes falls in this population? Loss of improving balance and their overall functional resulting in a greater ability to perform every day activities. Below are some of the benefits of strength training for our seniors:

1. Resistance training may enhance cardiovascular health by mitigating several of the risk factors associated with cardiovascular disease by producing such changes as
2. Decreases in resting blood pressure, particularly in individuals with elevated pressures;
3. decreases in exercise heart rate, blood pressure, and rate pressure product at a standard workload;
4. Modest improvements in the blood lipid profile and;



Strength training has many benefits for the senior citizens besides just strength.

5. Improvements in glucose tolerance and decreases in hemoglobin A1c in patients with diabetes mellitus.
6. Resistance training may result in improvements in body composition by maintaining or increasing lean body mass and producing modest decreases in the relative percentage of body fat.
7. Resistance training can produce increases in bone mineral density and may help delay or prevent the development of osteoporosis by reducing the age-associated loss of bone mineral density.
8. Resistance training may reduce anxiety and depression and may result in improved self-efficacy and overall psychological well being.
9. Resistance training can reduce the risk of injury during participation in other sports and activities. When performed correctly and properly super-

(Continued on page 6)

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

Which Energy System in the Body involves short (5-10 seconds), high intensity burst of energy?

- A. Oxidative System
- B. ATP-PCr System
- C. Glycolytic System

answer can be found on page 4

Hot Topics

Pre-operative exercise program enhanced recovery from hip and knee arthroplasty

Osteoarthritis (OA) is responsible for the majority of joint replacements performed in the US. Although exercise has been used to effectively treat OA, **until recently the effects of exercise on post-arthroscopy outcomes in OA patients was unclear.**

Researchers in **New England** reported the outcomes of 108 patients who underwent hip or knee replacement, half of whom had participated in a structured pre-operative exercise program. **The exercise group received an individualized exercise plan that included both water and land-based exercise three times per week for six weeks preceding the surgery.** The exercise sessions, which consisted of strength, aerobic and flexibility training were supervised by a Physical Therapist. The results were promising. **The patients who participated in the exercise program were referred to inpatient rehabilitation 73% less than the controls.** In addition, exercisers were capable of walking greater distances before discharge. Both exercise groups significantly increased lower-body strength.

The researchers concluded **that pre-operative conditioning can be tolerable for individuals with severe OA who experience significant pain with activity.** Also, post-surgical medical costs can be reduced and recovery enhanced if patients participated in a strict exercise program prior to surgery. **Now, additional research must be conducted to determine the best exercise program design and ideal length of exercise participation prior to surgery.**

Rooks, D.S., et al (2006) Effect of Preoperative Exercise on Measures of Functional Status in Men and Women Undergoing Total Hip and Knee Arthroplasty. Arthritis Care & Research. 55 (5): 700-708.

www.exerciseetc.com

Exercise of the Month—Single Leg Romanian Deadlifts

Preparation:

- Stand on one foot with knees aligned over 2nd and 3rd toes

Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization
- Bending from the hip, reach down towards the ground. (Hold for a 2 count)
- Return to the start position and repeat.



FACTOID

Only about **22 percent** of American adults engage in regular, sustained physical activity for at least 30 minutes five times a week, and only **15 percent** exercise both regularly and vigorously.

Trainer Spotlight



*Greg Asbee, BS, NASM-CPT,
Personal Trainer*

Greg holds a degree in Health Promotions from the University of Iowa and is a National Academy of Sports Medicine - Certified Personal Trainer. A tremendous motivator and educator, Greg has helped many individuals reach a variety of fitness goals and an improved quality of life.

Talk Yourself Thin!!

In 2004 American Sports Data, Inc conducted a study of 15,015 Americans. According to this study, nearly half the participants reported that at some point during the previous year they attempted to lose at least five pounds. Another 16% indicated they had made an effort to maintain their weight. That's sixty five percent of the study population that had made attempts to manage their weight. Looking at the obesity epidemic in our country today it wouldn't be a stretch to say this group is fairly representative of our general population. Well...how did these folks do? The results of their efforts were less than inspiring. Only 20% of participants said they were very successful. That means 80% failed! If you've ever tried to lose weight, chances are you're not too surprised by these results. A recent search of Amazon.com resulted in 39,356 different weight loss books. Why do you think there are so many weight loss programs in print? The answer is simple; it is because there is not one single program out there that will make you loose weight. If there were, it would be the world's number one best selling book of all time. That's not to say there isn't plenty of good sensible information out there. If you sift through the sea of fad diets you will find plenty of good healthy programs that will give good nutritional and fitness information. If you are one of the millions who have tried sensible programs like The South Beach Diet, The Body for Life Diet, or Weight Watchers (to name just a few) chances are you failed because you talked yourself out of success.

Do you remember what you said to yourself the first time you strayed slightly off course? If it sounded something like this: "I can't believe I ate that, I'll never lose weight!" or "I've already blown it so it doesn't matter what I eat now" chances are you are in that 80% majority who haven't found weight loss success. The language you use when talking to yourself can be positive or it can be negative and it inspires your actions. What you say to yourself is what you believe so if you keep telling yourself how fat you feel or how hard it is to lose weight, then losing weight will always be difficult. If every time you see a food that you know is not going to help you get to your goal you say: "that looks so good, I wish I could eat it". Guess what? Your wish will come true. It may not be at that very moment but at some point your actions will obey your minds desire. If you want to change your results change your self talk. If you see a piece of chocolate cake and say to yourself "I am fit and healthy and I make good choices because they make me look and feel great" it will be easier to choose to make good choices at that moment and in the future. It's not the occasional indulgences that sabotage a weight loss program it's the negative self talk that brings on feelings of guilt, despair, and failure. These feelings often bring on emotional eating which brings more negative self talk. This viscous cycle can be stopped before it starts if your inner voice is conditioned to say the right thing. "I know it wasn't the best choice but it won't kill my program"" or "I may have had a few extra calories but I'm looking forward to my next workout and I'm moving forward!" instead of "I've

What's That???

Each time your foot hits the ground walking, the force generated is two—three times your body-weight. By losing 10 pounds, you can decrease the impact on your knees by 20-30 lbs!!

Quiz Answer:

B. ATP-PCr. This energy system uses quick energy supplies to produce movement regardless of exercise intensity. It does not require the presence of oxygen and therefore is anaerobic. Any and all activity we do starts out in this energy system.

Chef's Corner...

Roast Beef Wraps with Horseradish-Mustard

This recipe serves: 4

Ingredients

For the horseradish-mustard sauce:

1/4 cup freshly grated horseradish
1 teaspoon Dijon mustard
1/2 cup non-fat sour cream
1/2 teaspoon sugar
salt to taste

For the wraps:

4 large flour tortillas
3/4 pound sliced, lean roast beef tenderloin, from the deli
4 lettuce leaves, green leaf, bibb or romaine, shredded
4 large slices of ripe tomato, sliced very thin

Cooking Instructions

For the horseradish-mustard sauce:

1. In a small mixing bowl, combine the horseradish, mustard, sour cream, sugar and salt.

For the wraps:

2. Lay the tortillas out and spread 1 tablespoon of the sour cream mixture on each of them. Divide the roast beef among the tortillas and spread the remaining sour cream mixture on top of the beef. Divide the shredded lettuce among the tortillas and top with a tomato slice. Tightly roll each tortilla into a cylinder, ending with the seam side down.

(The wraps can be stored in the refrigerator for up to 3 days.)

3. Cut the wraps in half on the diagonal and serve.

Serving Size: 1 wrap

Nutrition Information

Number of Servings: 4

Per Serving			
Calories	293	Carbohydrate	36 g
Fat	6 g	Fiber	0 g
Protein	25 g	Saturated Fat	2 g
Sodium	992 mg		



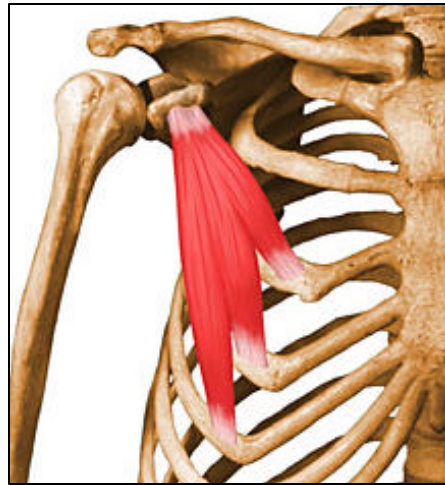
Anatomical Definitions

Frontal Plane—a line that divides the body into front and back halves.

Sagittal Plane—a line that divides the body into left and right halves.

Transverse Plane—a line that dissects the body into top and bottom halves.

Muscle Anatomy



Muscle: Pectoralis Minor

Origin: 3rd to 5th rib near costal cartilage.

Insertion: Medial border and superior surface of coracoid process of scapula.

Eccentric Action: Decelerates scapular retraction, shoulder extension, horizontal abduction, and external rotation.

Isometric Action: Stabilize scapula during movement.

Concentric Action: Assist in producing scapular protraction.

The Pectoralis Minor is only a few inches long but has great mechanical advantage. When tight, this muscle pulls the shoulders forward (pulling the shoulder blades apart) causing weakness in the rhomboids and lower trapezius muscles. As a result of this shoulder protraction, there is an increase chance of injury to the shoulder due to improper scapular positioning.

Exercises for the pectoralis minor typically involve stretching to improve scapular positioning.



Strengthening exercises are generally not needed as this muscle gets a lot of activity during any chest exercise.

Our Training Philosophy:

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

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blown it" will allow you to stay positive, avoid emotional eating and keep you moving toward you goal.

In all aspects of life whether its career, family, social life, or health and wellness, self talk is very powerful and it has a direct effect on your present and future situation. It may take some time to condition you inner voice, especially if you are one who is hard on yourself or a little on the pessimistic side. Practice being positive and exercise your attitude. In terms of successful long term health and wellbeing this is every bit as important as exercising your body. A good way to start to change self talk is through personal daily affirmations. Write out a few sentences that you will say to yourself upon waking and before falling asleep (at these times it is easier to get to the subconscious mind) and at various times throughout the day. The following are some tips for effective affirmations and self talk.

- Make it positive and proactive. – Instead of telling yourself what you won't do, tell yourself what you are doing. Example; Instead of saying "I won't eat sweets or fried foods" and "I won't be lazy" say "I eat only healthy food that makes me look good and feel great." and "I am exercising and it makes me feel great."
- Make it in the present not the future. Let the future be now as if the goal is already being achieved. Future tense "I will" leaves room for doubt. It is best to describe the goal as being achieved right now. "I am eating right and exercising, I look and feel great"
- Include feelings and strong desire. You should feel and believe that what you are saying is already true. Feelings and emotions give life to your words. Example: "I am proud of the choices I make." "I workout everyday because it energizes me and keeps me feeling strong and healthy"
- Be certain of your success. Words like "try" and "hope" really mean "maybe" or "I might". "I will try to eat right and exercise," has the hidden message of "maybe I will or maybe I won't" or "I can't" or "I don't want to." Be certain "I am making the right choices to be healthiest I can be."

Remember, self talk affects all aspects of life. If you want to make a change in your life, family life, your social life, your career or financial situation apply these tips to those goals. It may sound hokey or simplistic but it does work it. To get that fit healthy body you desire (or anything else in life) simply talk yourself into it and the results will follow.

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(Continued from page 1)

vised, it is in itself a safe activity with low injury rates.

Resistance training increases muscular strength and endurance, resulting in an increased ability to perform activities of daily living, and reduces demands on musculoskeletal, cardiovascular, and metabolic systems.

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