

## Notes from Editor

It is really getting hot outside. If you are exercising outdoors, do not forget to use sunscreen!! Also, don't forget to drink lots of water!! Hydration is vitally important to the body during intense exercise in the heat.

Play smart, play hard, drink plenty!!

Enjoy the summer months!!

Yours in Health,

Dave Radin  
Editor

### Inside this issue:

<b>The Magic Pill..</b>	<b>1</b>
<b>Hot Topics</b>	<b>2</b>
<b>Exercise of Month</b>	<b>2</b>
<b>Hydration Strategies for Exercising in the Heat.</b>	<b>3</b>
<b>Chef's Comer</b>	<b>4</b>
<b>Muscle Month</b>	<b>5</b>
<b>Choice to Be Well (2)</b>	<b>6</b>

## The Magic Pill....

I am willing to bet that you know someone, be it yourself or others, who are looking to get the most out of exercise while doing the absolute minimum to get results. We all love the easy way out. Remember "6-Minute Abs"? Nothing like the chance to make an easy buck while preying on the gullible.

Americans will believe anything that will allow us to improve health while doing as little as possible on our own. It is all about accountability. Why be accountable to myself when I can blame someone else for my failures or misfortunes? Need examples? How about the continued rise in obesity in this country even though there is enough information saying the only true way to keep your body healthy is eating right and exercising? How about the individual who sued McDonalds for being burned from coffee that she placed between her legs while driving? Are you kidding me? Hot coffee can burn you? I had no idea. People want to blame everyone else except take personal accountability for their own actions.

Infomercials regarding fit-products may claim to help weight but guess what? **PILL!!** If there was, obesity would have a new addition people.



Looking for supplements and "magic pills" to make you fit and healthy is **magic.**

When it comes to actual when they realize it takes achieve their goal then they my experience working at university Diet and Fitness individuals who came extremely successful in their health to suffer as a from diet plan to diet plan searching for the magic element that would magically make them healthy, fit, and trim. As we know, that does not happen.

This may sound like a rant and I apologize for that, but the bottom line is this: Exercise hard, you get the results. If not, nothing happens.

Finding value in exercise is your motivation. If your main reason to exercise pulls at your heart strings and comes intrinsically, that will be your ultimate motivator. Talk about your magic pill.....

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

ness and weight loss you get fit and loss **THERE IS NO MAGIC** would be gone and we to the worlds richest

exercise, most people fail much more work to want to put forth. From the renowned Duke Uni-Center, the majority of through the door where their careers but allowed result. They would go

magically make them healthy, fit, and trim. As we know, that does not happen.

# 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

The axial skeleton consists of the following bones except:

- A. Skull
- B. Vertebral column
- C. Upper/Lower Extremities
- D. Sternum and Ribs

answer can be found on page 4

## Hot Topics

### High-intensity Interval Training Maximizes Increasing Aerobic Capacity

Continuous exercise of **moderate intensity** and increased duration is traditionally encouraged for improving aerobic capacity for both the general public and athletic populations. **Recent research into high intensity interval training (HIIT) may change that approach, especially for moderately and highly trained people.**

A recent study published in *Medicine and Science in Sports and Exercise* compared four distinct cardiovascular exercise protocols for effects on **aerobic capacity, stroke volume, blood volume, lactate threshold, and running economy.**

Forty, healthy, male participants were divided into four groups and exercised 3 days per week for 8 weeks. **Group 1 exercised continuously at 70% HRmax (long slow duration).** The second group exercised continuously at their anaerobic threshold (~85% HRmax). Group 3 used a HIIT protocol consisting of 15 seconds running at 90-95% HRmax alternated with 15 seconds of active recovery at 70% HRmax (15/15). **The fourth group used HIIT running for 4 minutes at 90-95% HRmax with a 3 minute recovery interval at 70% HRmax repeated 4 times (4 x 4).** Although intensity varied significantly between protocols, researchers controlled for total energy expenditure by manipulating duration.

Following the 8-week study, **both HIIT groups had significantly improved aerobic capacity** compared to continuous training. The 15/15 group increased VO2max by 5.5%, and the 4 x 4 group by 7.2%. **The researchers suggest that a 10% increase in stroke volume that occurred in the HIIT groups was responsible for the increased VO2max.**

Continuous training remains an essential component in exercise programming, **especially for achieving baseline fitness goals in unhealthy or older populations**, however, **healthy moderately trained individuals will improve fitness and health to a greater extent with HIIT.**

*Helgerud, Jan et al (2007) Aerobic High-Intensity Intervals Improve VO2 Max More Than Moderate Training. Medicine and Science in Sports and Exercise 39(4):665-671.*

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

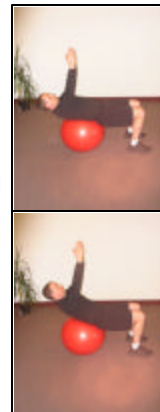
### Exercise of the Month— Stability Ball Abdominal Crunches

#### Preparation:

- Lie in the supine position with pelvis in full contact with the ball.
- Maintain a neutral spine throughout the movement.
- Extend arms up over the chest and hold the hands palm to palm.

#### Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Move the entire torso up as if reaching for the ceiling with the hands. Be sure to reach up, not forward.
- Return to the start position and repeat. Keep ab's engaged throughout the entire movement.



## FACTOID

**A single blood cell can travel the length of the human body in approximately 60 seconds.**

## Trainer Spotlight



### **Bill Scibetta, Owner Precision Fitness**

*NSCA-CPT*

Bill is a licensed Registered Nurse as well as a National Strength and Conditioning Association – Certified Personal Trainer. In the summer of 2001 after spending years practicing in the specialty of Orthopedics and Sports Medicine, Bill founded Precision Fitness-Personal Fitness, Inc. Bill has dedicated his career to helping individuals identify and overcome obstacles that stand in the way of optimal wellness and peak physical performance. As a recognized expert in the field of corrective exercise and performance, Bill has contributed to numerous publications and industry websites and has co-authored two books on fitness and performance.

### Pre/Post Hydration Strategies for Exercising in the Heat

With the weather warming up and sport leagues starting to practice, hydration is of extreme importance. Dehydration is a serious matter that can cause the following serious medical complications:

- Heart arrhythmia
- Heat stroke
- Syncope (fainting)
- Hyperthermia

A loss of body fluid of 1-2% can have a negative impact on performance. According to the NATA (National Athletic Trainers Association), "minimizing dehydration is the simplest, yet the most effective step athletes can take to protect both health and performance."

There are some signs that dehydration is occurring: thirst, loss of mental focus, fatigue, and irritability. The problem is that most athletes do not recognize these symptoms as dehydration happens. As a result, the athlete becomes more and more dehydrated and performance continues to drop.

Below are some basic guidelines for pre, during and post exercise hydration.

#### **Pre:**

Consume at least 16 ounces of fluid two hours before exercise. Fluids should be cool to encourage gastric emptying.

#### **During:**

Drink **at least** 20 ounces of fluid for every hour of exercise.

If exercise exceeds 60 minutes, use a sports drink (Gatorade, PowerAde, etc.) with a 8% carbohydrate solution.

If exercise is less than 60 minutes, water is fine.

#### **Post:**

Drink at least 20 ounces of fluid per pound to replace lost fluid.

One way to check your hydration levels is to weigh yourself before and after exercise. If your weight is the same, proper hydration was achieved. If you weigh less than when you started, you have lost fluid and it must be replaced.

*authored by dave radin*

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

## Chef's Corner...

### Baby Greens Salad with Salmon, Peas and New Potatoes in a Mustard Vinaigrette

This recipe serves: 4

#### Ingredients

##### **For the mustard vinaigrette:**

1 tablespoon finely chopped shallots  
3 tablespoons red wine vinegar  
2 teaspoons Dijon mustard  
2 tablespoons olive oil  
salt to taste  
freshly ground black pepper

##### **For the grilled salmon:**

4 salmon fillets, about 4 to 5 ounces each  
1 tablespoon olive oil

##### **For the baby greens salad:**

8 cups baby greens, washed  
1 cup freshly shucked, raw peas  
1 pound small red Bliss potatoes, boiled and halved

#### Cooking Instructions

##### **For the mustard vinaigrette:**

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

(This can be made in advance and stored in the refrigerator for up to 3 days.)

##### **For the grilled salmon:**

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

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

##### **For the baby greens salad:**

1. Slice the salmon into strips and place them in a mixing bowl. Add the peas, new potatoes and half of the vinaigrette. Gently toss to coat the salmon and vegetables.  
2. Place the baby greens in a separate salad bowl and toss it with the remaining vinaigrette. Arrange the salmon, peas and potato mixture on top.

**Serving Size:** 1 salmon fillet with salad

#### Nutrition Information

**Number of Servings:** 4

Per Serving			
<b>Calories</b>	367	<b>Carbohydrate</b>	31 g
<b>Fat</b>	15 g	<b>Fiber</b>	6 g
<b>Protein</b>	29 g	<b>Saturated Fat</b>	2 g
<b>Sodium</b>	305 mg		

#### Quiz Answer:

C. Lower/Upper Extremities.

The **Axial Skeleton** consists of the following bones: skull, vertebral column, ribs, sternum, and the hyoid bone. The lower/upper extremities make up part of the **appendicular skeleton**.



## Muscle Anatomy



**Muscle:** Deltoid

**Origin:** Lateral third of clavicle, acromion, and spine of scapula

**Insertion:** Deltoid tuberosity of humerus

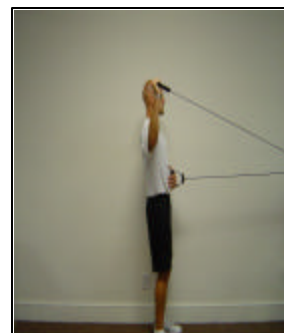
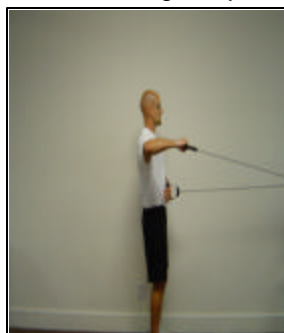
**Eccentric Action:** **Anterior**—decelerates shoulder extension and external rotation; **Mid**—decelerate shoulder adduction; **Posterior**—decelerate shoulder flexion, internal rotation, and horizontal adduction.

**Isometric Action:** **Anterior**—stabilize glenohumeral joint, works as a neutralizer during shoulder abduction; **Mid**—stabilize glenohumeral joint; **Post**—stabilize glenohumeral joint, works as a neutralizer during shoulder abduction.

**Concentric Action:** **Anterior**—flexes and medially rotates arm; **Middle**—abducts arm; **Posterior**—extends and laterally rotates arm

The shoulder is involved with every upper body movement. The main shoulder exercises for strength are pressing movements and lateral raises. The function of the shoulder is greatly affected by tightness in the chest, lats, and the muscles of the neck. Any tightness associated with these muscles pulls the shoulders out of proper position and can lead to injury. Therefore, exercises used to stretch the lats, pecs, and neck muscles are essential for proper shoulder mechanics.

If your chosen activity is a racquet or throwing sport (tennis, racquetball, baseball, etc.) a proper balance of internal and external shoulder rotation is extremely important for overall shoulder stability.



### What's That???

In the past 30 years, soda consumption in the US has **tripled** according to the National Soft Drink Association.

## **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)

## **The Choice to be Well (Part 2)**

Wellness is a fabulous concept, healthy lifestyles encompassing fitness, mental health, freedom from chronic illness / disease, and nutritionally sound eating are blazing the way in the 21st century. Employers, health insurance, health clubs and physicians are all blowing the wellness horn. Unfortunately, most people are so inundated and confused by just the concept of wellness that they have difficulty ascertaining a place to start being well. Couple that with the misinformation on exercise, nutrition, supplements, stress and the gimmicks associated with the aforementioned and its no wonder that confusion prevails. Since no one has yet to find the 'magic pill' of health I guess we should focus on what we know to work, yes that's correct, the dreaded E word. EXERCISE. If you do just a few exercises a day, an occasional stretch, make better food choices, sleep more, you will be well on your way to wellness. So let's focus on some simple exercises to set you stumbling down the road to wellness.

1) Walking believe it or not can be just as effective as running. A good brisk walk for around 30 minutes will burn almost as many calories as running without the impact. Running actually helps you because of momentum, walking forces you to work harder because there is no reliance on momentum, add in some hills and the difficulty of walking increases exponentially.

2) Stretching sporadically throughout the day has just as good an effect as a yoga class. Stretches held for 45-60 seconds done here and there will aid in maintaining proper posture, preventing injury, relieving stress and ensures sufficient oxygen flow to the tissues. When I say sporadically throughout the day I mean a stretch here and there all day long. So do a hamstring here, a chest there, a neck over there, you get the idea.

3) Strength Training performed 30-45 minutes at a consistent pace 2-3 days per week will not only accelerate fat burning but will aid in preventing postural distortions, injury and help to keep your bones strong. With that being said please understand that success with strength training depends on how you exercise ie. Sitting/standing/balance, in what order you do them in and how the workout week is structured. By following a scientifically designed exercise program that is applied in a consistent and comprehensive manner the difficulty you have had in the past with results will not be an issue.

The point is simple, be consistent with your exercise, make it a part of your life. Schedule exercise sessions just like an appointment, an appointment that can not be broken. Treat your body well, it is the only one you have, and you will be well on your way to wellness.

*By bryan fass*  
[bryanf@ncprecisionfitness.com](mailto:bryanf@ncprecisionfitness.com)