

Notes from Editor

Where has the time gone? Hard to believe that school year is just about over.

Wellness is not just about exercise and diet, it is a lifestyle. To create good habits that positively effect your health take practice. Bryan Fass has a great article on "the choice to be well" on page 3.

Share these habits with your kids and you can create a lifetime of wellness.

Yours in Health,

Dave Radin
Editor

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Feeling the Pressure?

Are you experiencing neck, shoulder, or upper back discomfort? Perhaps you have injuries in the hips, knees or shoulders that never seem to get better even after seeing a doctor.

The problem may not necessarily be alleviated by taking drugs. The problem could be muscular. That's right, your muscles could be causing your pain. How? Trigger points. Trigger points cause muscles to become restricted and tight. These restrictions cause muscles to pull on the joints causing discomfort and pain. So how do you get rid of them? A couple of ways: 1. Foam Rolling, Neuromuscular Massage, and Acupressure.

Foam Rolling works by laying on a foam roll and find a tender spot. The spot that is felt can be either sharp or dull. Stay on the spot until the tenderness is reduced by at least 50%. Typically the time can last at least 30—60 seconds.

Neuromuscular Massage and Acupressure are similar in nature. Both need to be done by a qualified professional licensed in the field of these two modalities, respectively. By applying pressure with the finger on key spots in the body, the body's natural self-curative abilities are stimulated. For example, headaches are typically caused by the muscles that stabilize the shoulder and neck. By applying pressure to the muscles associated with headaches/shoulder aches, the headache can be greatly reduced or completely removed.

How does this process work? By stimulating the tension/trigger point found in the muscles, you cause the muscle to relax and elongate through an organ located in the muscle spindle called the Golgi tendon organ (gto). The GTO rates tension in the muscle spindle. If the tension is too high, the GTO tells the muscle to relax.

Foam Rolling, Neuromuscular Massage and Acupressure can be very tender and painful during the process. Once the session is done, the majority of patients feel a sense of relief, better range of motion, and decreased pain in the affected area.

Check your local area for Licensed Massage Therapist in Neuromuscular Massage and Acupressure. If you have any questions regarding Foam Rolling, please email me at the address below.

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Foam Rolling is a great way to relieve tension in tight, constricted muscles.

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 **percentage** of American adults who engage in **regular, sustained** physical activity for at least 30 minutes five times a week?

- A. 10%
- B. 22%
- C. 33%
- D. 50%

answer can be found on page 4

Hot Topics

Older Golfers Benefit from Functional Training

"Functional training" refers to the use of therapeutic exercise progressions to improve joint stability, coordination, strength and endurance in both rehabilitating injury and more recently to enhance performance. This method of exercise programming is seen by many to be the latest fad in fitness and performance training. Unfortunately, this perception has resulted from a lack of research to collaborate the claims made by practitioners. A study published last month in the *Journal of Strength and Conditioning Research* was one of the first to put "functional training" to the test.

The study performed at the University of San Francisco evaluated the effects of a specific functional training protocol on both golf performance and function in older men. Eighteen male recreational golfers between ages 60 and 80 years were divided into two groups, intervention and controls.

The intervention group participated in three 90-minute training sessions per week for 8-weeks. The exercise program was based on the Optimum Performance Training model developed by the National Academy of Sports Medicine. This system is designed to guide the trainer in progressing exercise from an initial emphasis on spinal stabilization and neuromuscular control to strength building and then finally to improving speed and power.

Participants were assessed using the Senior Fitness Test (SFT), a battery of six tests that represent functional ability, and Club Head Speed (CHS) was evaluated using a SwingMate radar device.

At the end of 8-weeks, four of the six tests of function had improved significantly indicating that the "functional" exercise progression used in the study was indeed effective. Performance measures also showed significant improvement as CHS increased on average 3.9 mph. Such increases in CHS are associated with an increased drive distance of 10-15 yards or more, a definite advantage on the golf course. Interestingly, the controls showed a slight decrease in CHS at the conclusion of the study.

Although the application of this training method is broad, improvement in the SFT measures indicates a reduced risk of falls and potentially fewer injuries for an older adult population.

Thompson, C.J. et al. (2007) Functional Training Improves Club Head Speed and Functional Fitness in Older Golfers. *Journal of Strength and Conditioning Research*.21(1):131-137.

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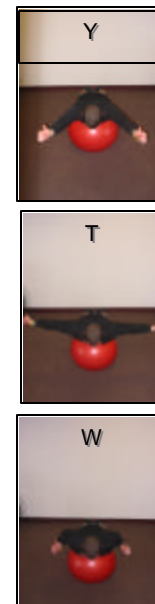
Exercise of the Month— YTW

Preparation:

- Lie in the prone position on a stability ball (face down) while keeping the knees extended and weight on the toes.
- Use no weight if dumbbells are too heavy.

Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Extend arms overhead forming the letter "Y".
- Spread arms out to the side forming the letter "T".
- Pull elbows back to sides and form the letter "W".
- Repeat.



FACTOID

The longest bone in the body is the **femur**. It is almost a quarter of the body's total height.

Trainer Spotlight



Craig LePage
CSCS, NASM-CPT

Craig holds a Bachelor of Science from University of Bridgeport and is a Certified Strength and Conditioning Specialist and National Academy of Sports Medicine - Certified Personal Trainer. Craig has authored a medically approved and highly effective nutrition and weight management program that helps people build healthy habits and win the weight loss battle safely and permanently. Craig is a master motivator who has been helping people reach their fitness and performance goals for more than nine years.

THE CHOICE TO BE WELL

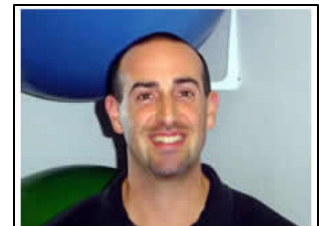
Wellness is a fabulous concept, healthy lifestyles encompassing fitness, mental health, freedom from chronic illness / disease, and nutritionally sound eating are blazing the way in the 21st century. Employers, health insurance, health clubs and physicians are all blowing the wellness horn. Unfortunately, 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. Every day it seems that more and more people are jumping on the 'magic pill' bandwagon searching for that one thing that will make them healthy with the least amount of effort or time. Sadly that is not how the body works, extremes of stress, fatigue, stimulants (caffeine, nicotine, and sugar), inactivity, poor posture and unhealthy foods all take a cumulative toll on the body. The unfortunate fact is that most people do not feel the gradual deterioration of their body until they are way behind the ball, and this means that they must play catch up to regain their health. My point is that life is full of choices and the fewer bad choices we make the better off we are.

- Choosing to exercise
- Choosing to be fit
- Choosing to NOT be negative
- Choosing to believe in something
- Choosing to make better choices

I am not a big fan of preaching the merits of walking a center line through life but in this context it makes sense. The less we deviate to the sides of the road and the more time we spend following the center line the more grounded we become. Wellness dictates periods of balance in the mind-body-soul. Take a few vacations a year, dream, stop and just rest, turn your brain off, reading a good book, all help achieve inner balance. That is not to say that all stresses in life are bad, sometimes a good mental and/or physical challenge is just what we need to stimulate our sense of well being so go white water rafting, hiking, do some team building, puzzles etc. Try not to sweat the petty little issues, we spend far too much of our time focused and obsessed on the little details and we miss the big picture.

Hopefully this has helped to open your eyes to what wellness encompasses in our daily lives and throughout our lives. Stay tuned for some insight into the specifics of wellness that I alluded to above.

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Chef's Corner...

Turkey and Mushroom Marsala

This recipe serves: 4

Ingredients

1 1/2 tablespoons olive oil
 4 turkey cutlets, about 4 to 6 ounces each
 salt to taste
 freshly ground black pepper
 flour for dredging
 8 ounces mushrooms, sliced
 1/3 cup Marsala wine
 2/3 cup low-sodium turkey or chicken broth
 2 tablespoons chopped parsley



Cooking Instructions

1. Heat the olive oil in a large, non-stick skillet. While the oil is heating, season the turkey with salt and pepper and dredge it in flour.
2. Sauté the turkey over medium-high heat until golden brown, about 2 minutes on each side. Remove the turkey to a platter and keep warm.
3. Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until tender. Add the wine, stir with a wooden spoon to release any caramelized bits that may be stuck to the pan and cook until the wine is almost completely evaporated.
4. Add the broth and any juices that have accumulated on the platter. Simmer the broth mixture until it has reduced by half, about 5 minutes.
5. Add the turkey and simmer until the turkey is thoroughly cooked, about 2 to 3 minutes. Remove the turkey to a platter, spoon the sauce over the chicken, sprinkle with parsley and serve.

Serving Size: 1 turkey cutlet

Nutrition Information

Number of Servings: 4

Per Serving			
Calories	240	Carbohydrate	5 g
Fat	6 g	Fiber	1 g
Protein	37 g	Saturated Fat	1 g
Sodium	293 mg		

Quiz Answer:

B. 22%. That is right, only 22% of American adults engage in regular physical activity.

The percentage is even less for those who exercise regularly and vigorously at a whopping **15%!!**

Muscle Anatomy



Muscle: Rhomboids

Origin: Spinous Process (C7-T5)

Insertion: Medial border of scapula

Eccentric Action: Decelerate scapular protraction and upward rotation.

Isometric Action: Stabilize scapula, providing rotator cuff a stable environment to work efficiently.

Concentric Action: Scapular retraction and downward rotation.

The rhomboids are a major component in scapular stabilization. When there is a postural distortion in the upper body (rounded shoulders, forward head), the rhomboids become weak and inhibited.

To reverse this process and allow the rhomboids to perform their function, stretching of the pectoralis major and strengthening the rhomboids and other scapular stabilizing muscles should be performed. Below are the chest stretch and a rhomboid strengthening exercise:

What's That???

It takes about **12 weeks** after starting an exercise program to see measurable changes in your body. However, before 12 weeks, you will **notice an increase in your strength and endurance.**



Pec Stretch



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

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Dealing with Tennis Elbow

In addition to affecting tennis players, tennis elbow affects a great number of people who are involved in activities outside of the sport of tennis. Tennis elbow also known as lateral Epicondylitis is caused by damaging the tendon of the extensor muscles in the forearm. The tendon of these extensor muscles connects to the lateral epicondyle of the upper arm bone called the humerus.

When the muscles are overused or exposed to a force they can not withstand the tendon will become damaged. The damaged tendon will then become inflamed and cause soreness and/or pain in the lateral elbow area.

Common causes for Tennis Elbow when playing tennis:

Lack of forearm strength, lack of flexibility, and poor backhand technique. Other causes can be improper warm up and/or stretching. Other activities that have been linked to Tennis Elbow outside of the sport of tennis include any throwing sports, repetitive use of scissors, pliers, shears, etc.

The effects of tennis elbow can come on abruptly from a sudden blow or slowly from chronic overuse. It is important to treat the area before the symptoms progress to a level of constant pain. The symptoms of tennis elbow include elbow pain sometimes with stiffness and or pulsing in the elbow.

Tennis elbow can be treated a number of different ways depending on the severity on damage that has been done to the tendon.

Treatment:

Step 1: Rest the elbow joint and the forearm muscle attached to the damaged tendon whenever possible to allow the healing process to take place. Rest the arm in a straight position.

Step 2: Find the muscle that is attached to the damaged tendon (extensor muscles). It is located on the outside of the forearm just above the bone and is seen in the diagram above.

(NEVER PRESS or MASSAGE the INJURED TENDON)

Step 3: Massage the extensor muscles (not the tendon) attached to the damaged tendon. Massaging the muscle will cause it to relax and release pressure off of the tendon.

Step 4: Place an Ice Pack (bag of frozen peas, Ziploc bag of ice with a little water added / double bag it) on the injured tendon area. Cut off an old shirt sleeve and slide it onto your elbow between the skin and ice pack to avoid frost damage. Elevating your elbow above the heart will help reduce inflammation. Keep the ice pack on the injured area for 15 to 20 minutes up to 3 times a day if possible. Even one time a day will help. Allow at least 2 hour between each icing.

The goal is to relieve the pressure on the muscle and reduce the inflammation which will allow the healing process to run its course.

Other options:

Ibuprofen will also help reduce inflammation and reduce pain but it is not a good idea to take large consistent dosages. Use Ibuprofen only to aid other treatments. Your doctor may recommend ultra-sound therapy. Ultra-sound therapy uses painless high frequency sound waves applied to the skin to improve blood flow in the area and speed up the healing process. If the treatments above do not work you can ask your doctor about Cortisone shots. Cortisone is a more powerful anti-inflammatory. Three shots would be the maximum you would probably need if it came to this. That will give you a few months of relief to allow the healing process to run its.

Last resort is surgery. Surgery for this type of injury is usually not necessary. About 95% of people with Tennis Elbow recover without surgery.

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