



News That's Fit To Print

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Notes from Editor

Spring is here!! Summer is around the corner, which means bathing suit season. Till having problems with nutrition? Read the article to the right for simple yet effective tips to help you control your eating.

Stressed out? Remember to laugh!! Having a positive outlook and good humor can help your health. Read more on page 3 from Bill Scibetta.

Please send me an email with topics that you would like to see covered in future newsletters. Send comments to: dave@ncprecisionfitness.com

Yours in Health,

Dave Radin
Editor

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4 Simple Rules

There is a lot of misinformation about nutrition that is constantly being bombarded through various forms of media. With all of this information available, how do you know what to believe?

In your efforts to either lose weight or just be more aware of what you are eating, a gentleman named Paul McKenna *may* have the simplest way to achieve it.

Paul McKenna is Britain's bestselling non-fiction author, having sold 3 million books in 3 years, and has worked his unique brand of personal transformation with Hollywood movie stars, Olympic gold medallists, rock stars, top business achievers, and royalty. Over the past twenty years, Paul McKenna has helped millions of people successfully quit smoking, lose weight, overcome insomnia, eliminate stress, and increase self-confidence. He is regularly watched on television by hundreds of millions of people in 42 countries. The show is on Sunday nights on TLC. (website: www.tlc.com/thin)

Mr. McKenna has four basic rules for weight loss: **When You are Hungry, Eat; Eat What you Want; Eat Consciously; When You Are Full, Stop.**

- 1. When you are hungry, eat.** Your body will tell you when you need to eat by sending a hunger signal. By listening to this signal and eating when your body tells us too keeps your metabolic rate pumping. By ignoring your body's signals, you are actually doing your metabolic rate more harm than good.
- 2. Eat what you want.** Eating what you want and not depriving yourself of any particular food is completely opposite to any "diet" plan. Most, if not all diets tell you to restrict food groups, usually increasing the craving for that particular food group. Eating what you want allows you to satisfy cravings without the guilt.
- 3. Eat Consciously.** Most of us eat in front of TV, in social settings or have other distractions that keep us from paying attention to what we are eating or how much we are eating. By removing the distractions and actually paying attention to what you eat, you will eat less. Putting food into your mouth and actually tasting it and slowly chewing it (he recommends 20 times before you swallow) allows you to savor the flavor. Oh, and between bites? Put down the knife and fork!! You may find that some of the foods you are eating, you really don't like.
- 4. When You are Full, Stop Eating.** This should be an obvious one, but I bet you have been conditioned to eat everything on your plate. Perhaps your parents told you to eat everything on your plate. If that has been ingrained into your thinking about eating, it needs to stop!! My wife and I have noticed that we have been doing this with our son and lately we have been allowing him to until he is done. There is usually food left on the plate but he says he is done eating. Sure we try to get him to eat the chicken that he doesn't want to eat, but we do not force him to eat all of it, just a few pieces. Young kids are great about eating until they are full. We can all learn a lesson from them.

I eat a lot. My wife calls me the human garbage disposal. I am lucky that I am physically active and have a high metabolism, otherwise I could very easily be overweight. I tend to eat healthy, but I have a sweet tooth like most people. I also eat very fast, especially when I am very hungry. Over the past week I have tried to become more aware of what I am eating by eating consciously and it has made a difference. When I feel that I am full, I now stop.

Here is the kicker: you still have to eat healthy foods that provide essential vitamins and minerals, exercise, and drink plenty of water for optimum health.

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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

What two muscles play an important in the position of the pelvis?

- A. Abdominals
- B. Hip flexors
- C. Quads
- D. Lats
- E. Calves

the answer can be found on page 4

Hot Topics

Are Fish Oil Caps Really Effective?

The purported benefits of Omega 3 Fatty Acids, specifically eicosapentaenoic (EPA) and docosahexaenoic (DHA) acid, are extraordinarily diverse. **Studies have found that Omega 3's may accelerate fat loss, improve immune system function, reduce risk of CVD, decrease inflammation, lower triglyceride levels and blood pressure, and improve mental health, and more.**

The two most common methods for increasing Omega 3 intake include consuming fatty fish and supplementing with fish oil capsules. **As with most "supplements," questions exist regarding the bioavailability of the nutrients.** A recent study published in the American Journal of Clinical Nutrition reported that **both methods are equally effective.**

Twenty-three women participated in the study. **Eleven ate two servings of albacore tuna or salmon per week, while the other 12 women ingested an equal quantity of omega-3's.** Researchers estimate approximately **485 mg/day in capsules.**

Both groups of women experienced a significant rise in omega-3 fatty acids appearing in red blood cells and plasma, 40% and 60%, respectively after 16 weeks. RBC concentrations were greater in fish group at 4 weeks, but leveled off.

Although this research appears to favor the more convenient method of supplementation, it remains difficult to promote the use of fish oil capsules.

First, the lack of regulation in the supplement industry makes it impossible to know the quality of the Omega 3's, which may vary considerably based on the manufacturer. Second, the quantity of Omega 3's necessary to experience benefits ranges from 1 to 4 or more grams of EPA/DHA per day (The American Heart Association now recommends between 1 and 4 g EPA/DHE per day depending on goals (i.e. prevention vs. treatment). To acquire that amount it would require up to 10 or 20 capsules depending on the product. **Thus, eating fish a few times per week may remain the best option. Whole fish provides a lean protein source with additional health-promoting minerals in addition to Omega 3 Fatty Acids.**

Harris, W.S., et al (2007) Comparison of the effects of fish and fish-oil capsules on the n-3 fatty acid content of blood cells and plasma phospholipids. American Journal of Clinical Nutrition.

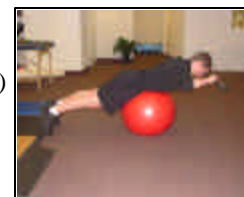
Exercise of the Month— Prone SB Shoulder Press

Preparation

- Lie in the prone position with a ridged body with legs straight
- Hold arms in the overhead position at eye level. (Use no wt. if too heavy.)
- Arms will form the letter "W" in the start position

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Press the arms overhead so that your elbows are at eye level.
- Reverse motion so that the Wt. returns back to eye level and
- Repeat the sequence.



FACTOID

80% of all lower back problems result from improper alignment of the vertebral column and pelvic girdle

Trainer Spotlight



Bill Scibetta RN, NSCA-CPT President

Bill is a licensed Registered Nurse as well as a National Strength and Conditioning Association – Certified Personal Trainer. 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 three books on fitness and performance. Since opening Precision Fitness, Bill has enjoyed helping clients that range from the elite athlete (NFL, PGA, NASCAR, PBA, including a Daytona 500 champion, a NFL Hall of Famer, and a Professional Bowlers Association Hall of Famer) to the student athlete and from fortune 500 executives to stay at home moms.

Laugh It Up And Stay Healthy

The benefits of a good laugh on improving your health are no joke. Numerous studies have shown laughter to be a powerful tool that can be used to improve heart and lung function, boost the immune system, relieve pain, and reduce the physical symptoms of stress. The connection between health and laughter is so strong that there is a field of science dedicated to it. Gelotology is the study of humor and laughter, and its effects on the human body.

Laughter and the Immune System: In two separate studies, one conducted at Indiana State University the other at Loma Linda University, test subjects were asked to watch a funny sixty minute video. Blood samples were taken prior to and after the viewing. In both studies subjects showed an increase in activity of immune cells responsible for the early recognition and removal of virus and tumor cells as well as a decrease in baseline stress hormone levels after being exposed to humor.

Laughter and Cardiovascular Health: One of the effects of uncontrolled mental stress is impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to fat and cholesterol build-up in the coronary arteries and ultimately to a heart attack. A study conducted by cardiologists at University of Maryland Medical Center suggests that a good sense of humor and the ability to laugh at stressful situations helps mitigate the damaging physical effects of the stress response and can increase cardiovascular health.

Laughter and Diabetes: Laughter also seems to help diabetics control blood sugar. A team of Japanese researchers at the University of Tsukuba in Ibaraki, Japan performed a study of 19 people with type 2 diabetes. They collected the patients' blood before and two hours after a meal. The patients attended a boring 40 minute lecture after dinner on the first night of the study and a 40 minute comedy show on the second night. The study showed patients' had better control of blood sugar after the comedy show than after the lecture. For those who may not be quite as jovial as others don't worry, even the staunchest "stick in the mud" can lighten up. Developing or refining your own particular sense of humor may be easier than you think. Use the following tips to help make laughter a part of your wellness plan.

Don't take yourself so seriously: Develop a sense of humor about yourself and look for the humor in every situation.

Keep funny in front of you: Find simple items, such as comic strips or photos that you find funny and put them in your office or in your wallet. Read those funny emails that get passed around, browse the internet or bookstore for a few good jokes to keep in your repertoire and pass them along....the benefits of a good laugh are contagious. Just remember know what isn't funny. Some forms of humor are not appropriate, especially in the workplace. Don't laugh at the expense of others.

Hang out with funny people: Robert R. Provine, professor of psychology and neuroscience at the University of Maryland through his research has shown that we are thirty times his more likely to laugh when we are with other people than when we're alone.

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Chef's Corner...

Tuna Salad Wraps

This recipe serves: 4

Ingredients

For the tuna salad:

2 6-ounce cans tuna, drained
 1/2 cup non-fat mayonnaise
 1/4 cup finely diced celery
 1/4 cup finely diced, sweet onion

For the wraps:

4 large whole wheat flour tortillas
 4 lettuce leaves, green leaf, bibb or romaine, shredded
 4 large slices ripe tomato, sliced very thin



Cooking Instructions

For the tuna salad:

1. In a mixing bowl, combine the tuna, mayonnaise, celery and onion.

For the wraps:

2. Lay the tortillas out on a work surface and divide the tuna mixture among the tortillas, spreading it out in the center of each tortilla. Divide the shredded lettuce among the tortillas and top with a slice of tomato. 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.

Nutrition Information

Serving Size: 1 Wrap

Number of Servings: 4

Per Serving			
Calories	327	Carbohydrate	31 g (124 cal)
Fat	10 g (90 cal)	Fiber	2 g
Protein	25 g (100 cal)	Saturated Fat	4 g
Sodium	643 mg		

www.foodfit.com

Quiz Answer:

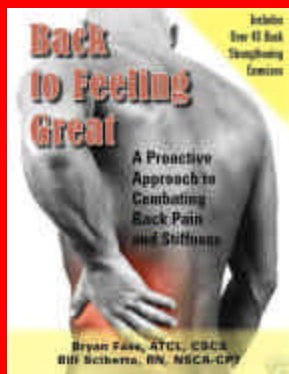
A & B: Abdominals and Hip flexors.

There exists a proper relationship between these two muscles (and others) for lower back stability. Today's society tends to exhibit strong/tight hip flexors and weak/inhibited abdominal muscles. This leads to lower back pain in most individuals.

What's That???

Experience back pain while sitting at the desk? **Stand up!! Move around and straighten up!! Give your body a rest from sitting. Take a few minutes to walk around and stretch!!**

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: Biceps Brachii

Origin: short head- coracoid process; long head-superior glenoid tubercle

Insertion: tuberosity of radius and aponeurosis

Eccentric Action: Decelerate elbow extension and pronation, and shoulder extension.

Isometric Action: Stabilize glenohumeral joint during movement.

Concentric Action: Elbow flexion, elbow supination, shoulder flexion.

The bicep muscle is traditionally one of the weight lifter's favorite muscle to work on. Ever heard of the phrase, "Flies for the guys and curls for the girls?"

The bicep muscle is a simple muscle to work, any variation of bicep curls will work. However, the bicep muscle can also contribute to shoulder problems. The tendon that attaches the bicep muscle into the shoulder joint (bicep tendon) can cause problems for the shoulder.

Just like many of the upper body muscles, the bicep attaches into the shoulder joint. Tight bicep muscles pull on the shoulder causing instability within the shoulder/rotator cuff joint and sometimes pain. A simple stretch is provided below to help improve the range of motion of the joint as well as a basic strengthening exercise.

When strengthening the biceps, please make sure that you have adequate strength and stability in the shoulder as well.



Bicep/Chest Stretch



Bicep Curls

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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The Do's and Do Not's of Exercise

Do:

- 1) Go slow, never use momentum.
- 2) When standing always keep your knees bent.
- 3) Brace your abdominals at all times-**EVERY EXERCISE SHOULD BE AN ABDOMINAL EXERCISE.**
- 4) Keep your head up and chin slightly retracted.
- 5) Pause and squeeze at the midrange of each repetition.
- 6) Keep your body still and controlled (neutral).
- 7) Learn how to use your body before learning to use an exercise machine.
- 8) Stand and exercise when ever you can.

Do Not:

- 9) Use momentum, jerk or throw the weights
- 10) Make noise, no banging the weights together or throwing them down on the floor.
- 11) Lock your knees.
- 12) Shrug your shoulders or drop your head.
- 13) arch your back or lean back.
- 14) Not use your abdominals.
- 15) rest more than 60 seconds between sets.
- 16) Continue with an exercise if you can no longer control your body or the weight.
- 17) Be afraid to use your body instead of a machine.
- 18) Think that more is better.
- 19) Watch the pretty people or the T.V. people, advertising is generally unrealistic.
- 20) Ever push or pull anything behind your head.
- 21) use a back extension machine.
- 22) Think that lying on your back or sitting to exercise will make you strong.
- 23) be afraid to use 'functional movement machines'.
- 24) Be afraid of heavier weight, 15-20 repetitions is not always the best.

For clarification on the do's and do not's please see my other articles for in depth explanations of the list above. This list is by no means all inclusive but merely a reference point for the experience and inexperienced exerciser. Please understand that for the more advanced exerciser and certain types of training many things in this list do not apply or simply are modified ie. powerlifting.

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