



# News That's Fit To Print

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## Notes from Editor

The summer is in the home stretch. Summer camps are ending and the thoughts are soon about fall and back to school time.

Keep up the hard work that helped you maintain your health you worked so hard for during the summer months.

Be wary of your food choices as well. The food industry has some nasty little secrets about the "health" of their food. Check out the story on page 3

Yours in Health,

Dave Radin  
Editor

## Integrating Core Stabilization into Your Workouts

Stabilization is a hot topic in the fitness industry over the past few years. But what is stabilization? Stabilization can be defined as the body's muscular systems ability to support (stabilize) the body during movement.

For most fitness enthusiasts, core training is a foreign topic. Exercises designed to build strength in the chest, back, shoulders, legs and arms are typically chosen over exercises designed to improve the strength of the core. The "core" is defined as the muscles surrounding the cervical (neck), thoracic (chest), lumbar (low back), pelvic, and hip area. The core is the foundation for all movement patterns to occur. A strong efficient core is necessary for proper movement to occur. Allowing other muscles to become strong before the core can lead to injury at some point in your body. For example, most people have tight hip flexors, quadriceps, and psoas. When these muscles are tight they cause the stabilizing muscles of the core (transverse abdominals, multifidi, and glutes) to become lengthened and therefore weak. When muscles become weak, they cannot work efficiently and the tight muscles take over their function.

Picking an object up off the floor is a great example of how your core "braces" the body to prepare for the lift. As you lift the object off the floor, your core stabilizes the body and allows efficient movement to occur to transmit force through the lumbar spine and out through the body. If your core is not strong enough and proper postural positioning is off, the body cannot properly handle the weight of the object and injury can occur. For example, if the back is rounded through the shoulders as you pick up a box of books, the center of gravity shifted forward and away from the body putting enormous strain the lumbar discs. Repeated stress on the lumbar disc will lead to a serious back injury at some point.

Mastering of basic exercises designed to recruit the deep abdominal stabilizers is a must for proper progression to occur. The first level is to begin to re-teach the muscles deep in the abdominal wall to fire properly. Teaching a client to "brace" their abdominal wall is the key to building proper stabilizing within the lumbo-pelvic hip region. These exercises are done on a stable environment (floor). Exercises in the first level typically are held for a period of time to allow the deep stabilizing muscles to improve their functional capacity.

Once the basic concept of abdominal bracing is mastered after a couple of days, the next level can be obtained through challenging the stabilizing muscles through movement of the spine or the arms and legs in a semi-stable environment. Stability balls are commonly used and are a great way to build core stability. Other ways to increase the intensity is to raise a limb off the ground to force the body to hold a posturally correct position with good core stabilization.

As core stabilization improves challenging the body becomes a function of being creative and safe. Try a multi-joint exercise in different directions to create better core stabilization. For example, lunge to the front, back, and to the sides combined with an overhead press requires a great deal of core stabilization.

Building a strong core is more than just endless crunches and leg raises. Fitness professionals have the knowledge to help you build a strong core effectively and safely. By being creative, you can build a strong core in no time.

### Inside this issue:

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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

*the answer can be found on page 4*

Approximately how many muscles are located in the human body?

- A. 206
- B. 639
- C. 87
- D. 432

## Hot Topics

### Parents Likely to Pressure Overweight Teens to Diet

According to researchers at the University of Minnesota, parental pressure for dieting among overweight teens leads to greater incidence of overweight five years later. **The study, which was published in the journal *Pediatrics*, incorporated data collected during Project EAT, for Eating Among Teens.** Researchers assessed 314 adolescents and interviewed their parents by phone. **170 of the adolescent-parent dyads were followed for 5 years.**

Although not all parents correctly classified their teenagers as overweight, **those who did tended to encourage dieting instead of more healthful behaviors.** The researchers classified healthful behaviors as recommending more fruits and vegetables, **decreasing soft drink consumption, eliminating salty snacks, candy and fast food, increasing family meal-time, decreasing television viewing during meals,** encouraging healthy food selection and physical activity.

Most interestingly, **those parents who encouraged their teenagers to diet increased the likelihood that their teen would be overweight 5 years later.** This disturbing trend was more prevalent for teenage girls participating in the study.

Unfortunately, the **impulse for adults to "diet" in reaction to weight gain is apparently being passed down to today's youth.** In light of these findings, education should be considered for parents of overweight teens to promote healthful habits with **greater potential for long-term weight management.**

*Neumark-Sztainer, D. et al (2008) Accurate Parental Classification of Overweight Adolescents' Weight Status: Does It Matter? Pediatrics. June*

### Exercise of the Month— Squat to Press

#### Preparation

- Stand with dumbbells at shoulder height with palms facing each other
- Abs braced, knees aligned over middle of foot.

#### Movement

- Squat into hips keeping back flat and abs braced.
- Drive through hips to standing position while pressing weights overhead.
- Lower into squat position and repeat.



## FACTOID

Your heart pumps **a million barrels of blood** during the average lifetime -- enough to **fill three supertankers**.

## Trainer Spotlight



**Lara 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 area 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.**

## A Disturbing Trend: Americans Spending Less on Food and More on Medicine

According to the U.S. Department of Agriculture, the amount of money Americans spend on food as a percentage of disposable income has dropped from 15.4 percent in 1980 to 9.9 percent in 2005. It's clear with all the super-sizing of portions and waist-lines; we're not eating less we're just eating cheaper. High calorie, nutrient deficient processed foods cost less than fresh nutrient dense whole foods. As our investment in healthy food has decreased since 1980, so has our health and in that same time our spending on drugs has dramatically increased. The obesity rate in the US had held steady at around 15 percent from 1960 to 1980. Since 1980 obesity has grown to 31 percent. Type II diabetes is at epidemic proportions and cancer is now the leading cause of death in our country. With all the indisputable information of the benefits of healthy nutrition and exercise how can we let this happen? The sad truth is our society is trading good and healthy for cheap and easy.

Why is it so much cheaper to eat junk than eat healthy? It's simple, supply and demand, basic economics 101...right? Well ...sort of (with a little help from the US government.) The USDA helps the food industry keep the prices of junk food low by subsidizing crops commonly used in processed foods. Namely wheat (refined flour), soy (hydrogenated oil), and the granddaddy of them all corn (high fructose corn syrup). High fructose corn syrup which was developed in the seventies is a chemically processed sugar that is extracted from corn starch. Because it mixes easily, it is sweeter than sugar; it extends shelf life, and costs about 20 percent less than sugar it took little time for high fructose corn syrup to become the food industry's sweetener of choice. Through its use in sodas, snacks, frozen foods, breads, condiments, etc., high fructose corn syrup has become a staple in many American diets. Because of its prevalence and the fact that fructose is converted to fat in the liver more easily than other sugars, high fructose corn syrup has been implicated as a major contributor to our country's obesity epidemic. This policy has caused farmers to ignore healthy crops and has flooded the market with junk made from the derivatives of the highly subsidized crops, namely refined flour, hydrogenated fats made from soybeans and of course high fructose corn syrup. Add to this, heavy tariffs placed on sugar and other produce imports and you start to understand why you can buy a 24 serving box of corn flakes or a case of cola for less than 3 grapefruits or a pint of fresh berries. To make matters worse the food industry spends billions of advertising dollars each year in order to showcase their manufactured, nutrient bare, disease promoting options.

But don't worry help is on the way. In 2003 the American Council for Fitness & Nutrition (ACFN) was created. As their website states the ACFN is a "non-profit association comprised of food and beverage companies, trade associations, nonprofit groups and nutrition advocates working toward comprehensive and achievable solutions to the nation's obesity epidemic". Sleep tight America, ACFN members who include PepsiCo, Coca Cola, Burger King, McDonalds, Jack in The Box, and the Archer Daniels Midland Company (the world's largest producer of high fructose corn syrup) are working tirelessly to find ways to make you healthier. If you want to learn about the dangers of dehydration during physical activity and how you can now prevent it just go to Pepsi's website. They're there to help because they care about you and your health. They recommend "A healthy balance of "fun" drinks like soda and carbonated beverages, lots of water (eight glasses a day), orange juice and other fruit juices for potassium and Vitamin C, and milk or other calcium fortified beverages like orange juice ..."

Aspartame is used by Pepsi and other members of the American Council for Fitness & Nutrition to sweeten their "fun" diet drinks and other sugar free products. This dangerous toxin has been shown to cause headaches, memory loss, seizures, vision loss, coma and cancer as well as exacerbate or mimic symptoms of fibromyalgia, MS, lupus, ADD,

*(Continued on page 6)*

**Quiz Answer:****B. 639 Muscles.**

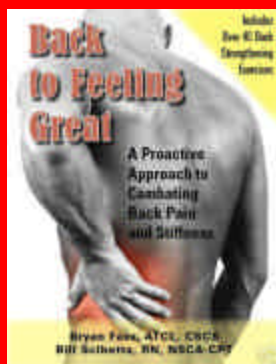
Just imagine, your body has more muscles than you probably even imagined!!

We already know the major ones (pecs, biceps, quads, etc.) but there are muscles that control digestions, frowning, smiling, twitching of the nose, and a whole lot more.

Just goes to show that the body is the ultimate machine!!

**Are you experiencing back pain on a regular basis and your doctor has no answer? We do!!**

**Check out the best resource for reducing your back pain at: [www.backtofeelinggreat.com](http://www.backtofeelinggreat.com). Written by the pro's at Precision Fitness.**



## Chef's Corner...

### Ginger-Honey Glazed Barbecued Chicken Breasts

This recipe serves: 4

#### Ingredients

- 1/4 cup honey
- 1/4 cup low-sodium soy sauce
- 1/4 cup rice vinegar
- 1 1/3 cloves garlic, crushed
- 2 teaspoons freshly grated ginger
- 4 chicken breasts, boneless, skinless, 4 to 6 ounces each



#### Cooking Instructions

1. Combine the honey, soy sauce, vinegar, garlic and ginger in a small saucepan. Cook over high heat until the mixture reduces by half. Let cool.
2. Spray the grill grate with non-stick spray (or oil it well) and preheat the grill to medium-high.
3. Season the chicken breasts with salt and pepper.
4. Grill the chicken on each side until it is cooked through, about 2 to 4 minutes per side, depending on thickness. Brush them on both sides with the honey mixture, then grill 2 to 3 minutes more on each side.
5. Drizzle the chicken with the remaining honey mixture and serve.

#### Nutrition Information

**Serving Size:** 1 chicken breast  
**Number of Servings:** 4

Per Serving			
Calories	191	Carbohydrate	17 g
Fat	1 g	Fiber	0 g
Protein	27 g	Saturated Fat	0 g
Sodium	544 mg		

## Health Tip

Not losing weight like you know you should? Feel like you are eating correctly and exercising?

Write down exactly what you eat on a daily basis. You will probably surprise yourself.

Research shows that the majority of us underreport our caloric intake by as much as **50% percent!!**

Suffer back, hip, knee pain while playing golf? Good news for you!! The pro's at Precision Fitness put together the most comprehensive golf book on the internet. Go to: [www.playbetterlonger.com](http://www.playbetterlonger.com) to buy the book and improve your golf game today!



## Muscle Anatomy



**Muscle:** Piriformis

**Origin:** Anterior surface of sacrum (S<sub>2</sub>-S<sub>4</sub>).

**Insertion:** Superior aspect of greater trochanter.

**Eccentric Action:** Decelerate hip internal rotation.

**Isometric Action:** Major pelvo-femoral stabilizing mechanism.

**Concentric Action:** External hip rotation plus assists in hip extension during functional movement.

The Piriformis is a common culprit of sciatica pain. The sciatic nerve passes through the sacrum, underneath and sometimes through the Piriformis and down the leg. Tension or tightness in the Piriformis can cause a "pain in the butt" feeling and/or tingling down the leg.

The Piriformis can cause a lot of problems with core strength. When the piriformis is tight, it causes the hips to externally rotate. As a result of excess hip rotation, the lower back becomes extended (increased lordosis). As the lower back becomes extended, the hip flexors become tight weakening the glutes and deep abdominal stabilizers.

Strategies to improve Piriformis function are to use a foam roll (see figure 1) and stretch (figure 2) to improve range of motion. Foam Roll is done by finding a tender spot and holding until the tenderness is reduced by at least 50%. Hold the stretch for at least 20 seconds.

Figure 1



Figure 2



## Our Training Philosophy:

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

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### 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:

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diabetes, Alzheimer's, chronic fatigue and depression. If aspartame is so harmful how did it ever get FDA approval? The FDA kept aspartame off the market for nearly 20 years because it had never been proven safe. Aspartame finally gained FDA approval in the early 1980s. While it may take some time for the ACFN to find a solution to our deteriorating health there's no need to worry; the pharmaceutical industry has your back.

Fortunately for us drug companies have been there to help us during this down turn in our country's eating habits and deteriorating health. In 1980 Americans spent approximately \$12 billion per year on prescription drugs; in 2004 that number had increased to over \$180 billion. Drug makers have been there with medications to help us with obesity, high cholesterol, hypertension, sexual dysfunction, depression, attention deficit disorder, type II diabetes, acid reflux, headaches and arthritis pain; all conditions that can often be reduced or eliminated through good nutrition and physical activity. In some cases the drugs have been worse than the condition (remember Phen Phen and Vioxx.) With the way the FDA works and the power of pharmaceutical lobbies its only a matter of time before we learn that another drug we've been taking for years is unsafe. Our poor choices and lack of self discipline and accountability (along with the Federal Trade Commissions changes in regulations that allow pharmaceutical companies to advertise directly to consumers) have allowed drug makers to prosper just as the food industry has. Each year the pharmaceutical industry spends billions of advertising dollars in an attempt to persuade us to give up accountability of our own health and entrust our wellness to their pills. In 2005 Americans spent upwards of \$500 billion on prescription and over the counter drugs. It's obvious advertising works, but don't believe everything you read or see on television. Make educated decisions concerning your health, be proactive, ask questions, and do research. Whether it's coming from a doctor, a drug company, or someone like me; don't take advice blindly, educate yourself.

Although good nutrition may be more expensive right now, we simply cannot afford to keep eating junk. We need to be healthier and we need to be accountable for our own health. Our good choices can make a difference for everybody. Support local growers, join a natural food co-op, avoid processed foods, exercise, and contact your politicians and demand the FDA keep poison out of our food and nutritious real foods in our schools. Actions like these are already making a small difference as we are seeing a decrease in Trans fatty acids in many foods and an increase in natural and organic choices on grocery store shelves. But it's not enough. The food and drug industries have proven that advertising works. For America to get healthy its going to take an enormous grass roots word of mouth advertising campaign. Make good choices and spread the word about the dangers of processed foods and poor nutrition and the benefits of good nutrition and exercise. It's up to us to take control and invest in our health, invest in the health of our children and invest in the health of our society. Let's start now!

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