



# News That's Fit To Print

VOLUME 4

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## Notes from Editor

The economy is struggling at a historical rate right now and the government is coming to the rescue!!

With Xmas a few weeks away, and thanksgiving just finishing, it is our hope that you can maintain your exercise program and good eating habits during this busy time of cookies, holiday parties, and great food with family and friends.

Let us know if we can be of any assistance to you in helping you keep yourself on track.

Dave Radin  
Editor

## Hand in Hand...

With the struggling economy, just about everyone is looking ways to reduce their everyday costs. I'm sure you have noticed that the price of a gallon of gasoline has dropped significantly since September.

However, has the cost of food come down? Not really. This makes it harder to make sound nutritional choices. Don't believe me? Take a look at the stock market recently. Whole Foods Market, a nationally known health food store, stock has tumbled 75% since this time last year. McDonalds just reported profitable earnings during the previous quarter and it's stock has remained basically the same over the same year as Whole Food. So what does this mean?

In a struggling economy, people are going to make choices for food based on money versus health. However, in the long run, this is bad for your health!! Most of us know that fast food is loaded in saturated fat, cholesterol, salt, chemical preservatives and who knows what else.

You can still make healthy choices at the grocery store and save money at the same time. 1) buy a bag of frozen chicken breasts. The bag will provide enough chicken for 2-3 days. 2) buy frozen vegetables. Make sure you check the bag to make sure there isn't anything else in the ingredient list. 3) drink water or green tea versus soda. If you want to stay healthy, stay away from the soda. It is liquid candy. Diet you say? It is loaded with aspartame, which is much sweeter than sugar and will cause an increase in cravings.

One more big tip: Exercise!! Some of you probably have chosen to cancel your gym membership to save money. That is no excuse for not exercising. You can still go outdoors and walk or run. Use your bodyweight as resistance or buy some dumbbells or resistance tubes for a quick strength training workout.

In a struggling economy, keep your health. It is the most important asset you have. If you let your health suffer, think of all the medical bills that you will have to pay for medications relating to high blood pressure, high cholesterol, and diabetes. Now that will take a bite out of your wallet.

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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 is the average size of a serving of meat?

- A. deck of cards
- B. Small paperback book
- C. Salad plate
- D. Dinner plate

Answer on page 4.

## Hot Topics

### Cholesterol Meds May Inhibit Muscle Recovery

The extraordinary **benefits provided by regular exercise would not be possible without the body's unique capacity for regeneration.** Supercompensation is a prevailing theory that describes how the body improves its capacity for overload during recovery from exercise. **It states simply that when you expose the body to sufficient overload, the body responds by rebuilding the targeted tissues** to withstand a future exposure to similar overload. Researchers at the University of Alabama may have uncovered a link between cholesterol-lowering medication and **impaired muscle recovery** that may inhibit supercompensation and increase exercise risk.

In a recent study presented at the **American Physiological Society**, statins were found to inhibit muscle growth in a dose-dependent fashion. Although widely prescribed for improving mortality **statins have been under fire in recent years for their potential for weakening tendons and side effects that include muscle aches and general fatigue.**

In the current study, **growth of muscle cells was decreased by half** with an equivalent 40-mg dosage of simvastatin. Researchers worry that if exercise is added and muscle breakdown is increased, **recovery may be significantly impaired, especially in older adults.**

Additionally, because a small number of patients experience muscle aches (between 2 and 8%) researchers speculate **that the side effects of statins may be indistinguishable from the aches and pains associated with aging.** This will lead to further research on older adults to determine whether statin side effects are going unreported.

Although researchers view this finding as an opportunity to understand how to manage the side effects of statins, exercise professionals must take caution when implementing vigorous **exercise for anyone using statins to avoid serious musculoskeletal complications.**

*Steven Reinberg (2008) Statins Can Hinder Muscle Repair. Reuters News. September 25, 2008*

## Exercise of the Month— Dog Contra-lateral extension

### Preparation

- Position body on all fours.
- Place a bar on the spine to assure proper spinal alignment.

### Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Retract the cervical spine so back of head is touching bar.
- Slowly extend hand and the opposite leg. (Hold for 2 count)
- Return to the start position and repeat.



**FACTOID**

Skeletal Muscle  
can extend  
**150%** past its  
resting length.

## Trainer Spotlight



**John Mott, BS**  
ACSM-HFI

John holds his personal trainer certification through the American College of Sports Medicine. A two time collegiate All-American lacrosse player, John is very active in the community as a youth athletic coach as well as director of various Precision Fitness youth sport performance camps and clinics. The author of Precision Fitness' latest book, *Play Better Lacrosse*, John is an excellent coach and motivator who's training approach has proven successful with all populations regardless of fitness or performance goal.

## Healthy Holiday Tips

1. **Focus on weight maintenance not weight loss** - Parties, large meals and extra calories are almost unavoidable during the holiday season. If you are currently overweight and want to lose weight, this is not the time to do it; setting difficult or unrealistic goals can lead to a vicious cycle of guilt, feelings of failure, and more eating.
2. **Get moving** – Regular exercise will increase metabolism and allow you to enjoy a few extra calories without putting on the pounds. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, the holiday travel or holiday visitors and the party hopping.
3. **Get Plenty of Sleep** – Lack of sleep impairs our ability to handle stress (which there is usually no shortage of during the holidays). Chronic sleep loss can also affect various components of metabolism that influence hunger and weight gain.
4. **Substitute healthy recipes** - Use applesauce in place of oil; use egg whites in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines and healthy cooking cook books are full of reduced calorie and reduced fat holiday recipes that taste great.
5. **Don't go to parties hungry** – Going to a party on an empty stomach is a recipe for disaster. Starting your day with a healthy breakfast and eating sensibly throughout the day should help you control your appetite and avoid over-indulging on the typically high fat and high calorie holiday fare.
6. **Eat slowly**- Make one plate of the foods you really want. It takes about twenty minutes for your brain to register that your stomach is full. Take your time to enjoy the taste of every bite, and you will realize you don't need to go back for seconds.
7. **Limit alcoholic beverages** - Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks can contain 150-450 calories per glass whereas, water and diet sodas are calorie-free. If you choose to drink, try light wines and light beers, and use non-alcoholic mixers such as water and diet soda. Limit yourself to one to two drinks.
8. **Get rid of leftovers** – Some foods are more fattening than others, however, no food will make you gain weight unless you eat too much of it. Often we eat beyond our body's physical hunger simply because food is there.
9. **Keep it in perspective** – It takes days of overeating to gain weight; one day won't make or break your eating plan. Nothing is more destructive to a healthy eating plan than the negative feelings of failure and guilt. If you over-indulge at a holiday meal or party, don't beat yourself up; simply return to your sensible healthy diet the next day.

*authored by bill scibetta*

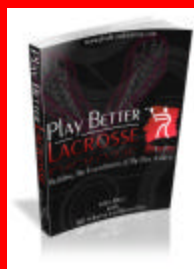
Email: [bill@ncprecisionfitness.com](mailto:bill@ncprecisionfitness.com)

**Quiz Answer:**

A. A deck of cards

Meat, fish, or poultry the size of a deck of cards is approximately **3 ounces** and provides **21 grams of protein!!**

*Check out the latest books written by the pro's at Precision Fitness: (click on picture)*



## Chef's Corner...

### Grilled Butterflied Leg of Lamb

This recipe serves: **8**

#### Ingredients

2 cups dry red wine  
4 cloves garlic, crushed  
1/4 cup chopped, fresh rosemary  
2 tablespoons Dijon mustard  
2 tablespoons olive oil  
4 pounds boneless, lean leg of lamb  
salt to taste  
freshly ground black pepper



#### Cooking Instructions

1. Whisk together the red wine, garlic, rosemary, mustard and olive oil in a bowl. (This can be made in advance and stored in the refrigerator for up to 5 days.)
  2. Put the red wine mixture and the lamb in a resealable plastic bag. Turn the bag over several times to be sure that all of the lamb is in contact with the liquid. Refrigerate overnight.
  3. Preheat the grill for indirect grilling. Arrange the coals in a circle, leaving the middle empty or light the burners on one side of the grill.
  4. Remove the lamb from the bag and discard the leftover liquid. Generously season the lamb with salt and pepper.
  5. Place the lamb on the grill away from the direct heat, either in the center of the circle of coals or on the opposite side of the grill. Close the lid. Cook the lamb until a thermometer measures 140°F in the center of the meat or to the desired doneness, about 10 to 15 minutes per side.
  6. Remove the lamb from the grill and let it rest on a platter for 10 minutes before slicing.
- Serve with spring vegetables such as new potatoes, carrots and peas.

#### Nutrition Information

**Serving Size** about 3 slices  
**Number of Servings:** 8

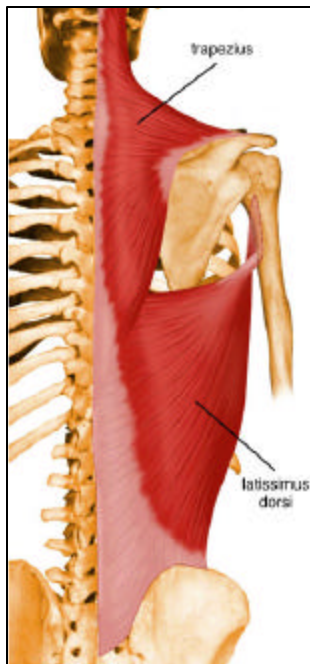
Per Serving			
<b>Calories</b>	289	<b>Carbohydrate</b>	2 g
<b>Fat</b>	10 g	<b>Fiber</b>	0 g
<b>Protein</b>	36 g	<b>Saturated Fat</b>	3 g
<b>Sodium</b>	648 mg		

## Health Tip

*Going to a bunch of holiday parties this year? No problem. Plan ahead. Ask the hostess what they plan to serve so you can be prepared and plan your food intake.*

Want more information on a fitness topic that has not been covered? Send an email to: [dave@ncprecisionfitness.com](mailto:dave@ncprecisionfitness.com)

## Muscle Anatomy



**Muscle:** Trapezius

**Origin:** Spinous Process of C7 (upper), Spinous Process of T1-T5 (middle), Spine of scapula (lower).

**Insertion:** clavicle and acromion process of scapula (upper), medial margin of acromion and spine of scapula (middle), spine of scapula (lower).

**Eccentric Action:** decelerate cervical flexion, lateral flexion and rotation (upper), decelerate scapular protraction and upward rotation (middle), decelerate scapular elevation (lower).

**Isometric Action:** stabilize cervical spine/shoulder complex (upper), stabilize scapula during movement (middle), assist in stabilizing

scapula (lower).

**Concentric Action:** shoulder elevation, cervical extension, lateral flexion (upper), assists in retraction of scapula (middle), scapular depression (lower).

The trapezius is a very strong powerful muscle for the upper body. You see bodybuilders and football players with overly developed traps that look like bowling balls on the side of their necks.

Tight trapezius muscles contribute to neck problems and stiffness in the shoulders. The lower traps usually weaken and as a result, a "slouched" posture starts to develop. Working the traps involves stretching the upper fibers while strengthening the mid/lower fibers. See the exercises below:



**Trap Stretch**



**Prone Cobra**

## **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:

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

## **Exercise: When You Don't Know That You Don't Know**

When was the last time that you were in the gym and just stopped and looked around?. How many people looked lost, how many kept their body still, did not use momentum to perform their exercises. When was the last time that you saw a big guy using 'little' weights while standing on one leg.

Most people join a health club with excellent intentions and lots of motivation, we happily sign contracts for years and fork over our cash whether we go regularly or not.

But there is a sad fact at work here, the vast majority have no clue how to exercise properly. 'Gym science' has survived for years and years with absolutely no scientific base at all. We happily go the club and perform exercises that we have done for years and see others doing yet very few know that they do not know how and or why some exercises are better than others.

If you are sick we see a Doctor, car is broken we see a mechanic. But for some reason when it comes to fitness the vast majority of us just assume that the machines in the gym will do the trick. The doctor and mechanic both perform diagnostic tests, but most people just jump in to exercise with no realization of the consequences of improperly applied exercise. There is a reason that lower back pain and joint injuries plague society, but we continue to perform the same dangerous exercises over and over?. But hey, the doctors are happy.

The few people that know they do not know usually hire a personal trainer, but what if your trainer doesn't know that he doesn't know what he is doing. We all know the kind of education a doctor or mechanic must have, sadly there are few standards that trainers are held to. At last check there are only 3 organizations that require a 4 year degree in health science prior to taking their certification exam. It never ceases to amaze me how many trainers actually believe they are at the top of their profession yet they consistently recommend absolutely the most dangerous exercises with no scientific base from which to justify performing that exercise. There are actually three or four home study certifications that have gone bankrupt but those trainers are still out there with no checks and balances.

Some of those 'gym science' exercises have been proven to cause permanent damage, yet I see them performed daily and encouraged by most trainers. If you contract with a personal trainer please realize that if they do not perform a fitness assessment then they are guessing. This assessment should include health history, posture, flexibility (not a sit and reach test!), balance, and movement analysis. If those tests are not administered than that trainer does not know!. You do not go to your doctor expecting free services and a reputable and well educated fitness professional will not be giving away their services either.

So what to look for in your trainer?, start first with education. Preferably a degree in exercise or health sciences. Look for the following three certifications to know that at least the trainer has been exposed to the knowledge.

- 1) National Strength and Conditioning Association ( NSCA ) –CSCS/CPT
- 2) National Academy of Sports Medicine (NASM) –CPT/PES
- 3) American College of Sports Medicine (ACSM)

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