



News That's Fit To Print

VOLUME 4

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Notes from Editor

Struggling with your New Year Resolution to get and stay fit? You are not alone. The vast majority of people beginning a fitness program at the start of the new year have already started to fade, if not disappear from the gym. Why? Simple.

They realize that the goal they thought they wanted required hard work. Most Americans want the easy way to a healthy fit body.

Work hard at work, work hard on family and relationships. Take the easy out on fitness? Doesn't make sense to me. Fitness is something you have to work for.

**Yours in Health,
Dave Radin**

Gotta Want It....

It is the middle of February and already some people are losing steam with their New Year's Resolutions. Is this you? Have you reverted back to old habits and given up already. If so, I say "SHAME ON YOU!!"

Deciding to become fit and healthy is not just a decision to be made on whim or a bet, it is a lifestyle that encompasses not just exercise, but nutrition as well. You can't have the ultimate fit and trim body that you want by sitting on the sidelines and waiting for it happen. You have to gameplan for it.

You need two things to make it happen, **Goals and Desire**. Without these two, it is just a dream. Another important impact is the emotional impact. Watch *The Biggest Loser* lately? Is so you know what I mean. Watching these folks lose weight and hop on that scale becomes an emotional rollercoaster. They see what they can do and the results that are associated with it and they get emotional. How about you? Is it emotional for you?

I remember co-teaching a class that tried to help obese people understand that they do not have to love exercise to do it. They just need a reason to keep them doing it. One gentleman said he came to the program so he could be there for his young son. This may not sound much, but for a 400lbs man with health problems, it hit an emotional string. He started crying. There was an awkward silence in the room until we broke the silence. Everyone in that room got it.

Two things made me emotional in my life: getting married and the birth of my son. My wedding band is very important and the only piece of jewelry I wear. It represents more than a day that the day my wife got married, it represents a commitment to her and to us. As for my son, when he came in to the world, I absolutely lost it. I couldn't believe that this little thing would have to depend on me to teach and allow him to learn things on this own.

Before my son was born I was a bodybuilder turned cyclist. When my wife and I moved to the Lake Norman Region, cycling slowed down for me, especially after my son was born. New priorities. Eventually I realized that If I am going to become a role model for him, I had better walk the walk. I work out not for sports performance but for health. My wife and I will do anything for our son. I work out so I can take care of him and play with him. I don't want my son to tire me out because his old man is out of breathe. He will learn that daddy can't play as long and find something else to do. **That will hurt!!**

What will get you emotional? What will it take to continue exercising and get off the couch? The lifestyle is contagious when you notice results. However, you must keep in mind that emotional attachment. You get the emotional attachment, you will have the passion to continue. You gotta want it.....

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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

Which individuals should check with their physician before beginning an exercise program?

- A. 22 yr old male who smokes 3-4 packs of cigarettes/day.
- B. People who are overweight or obese
- C. Men over 40
- D. Women over 50
- E. All of the above

the answer can be found on page 4

Hot Topics

Belief Systems About Eating Are Changing!

Although the word "diet" when translated means "a way of life," **Americans have come to adopt its meaning as a short-term installment of a means to an end.** In the 1990's, it was reported that ~35% of women and 23% of men were on a "diet" at any particular time. Interestingly, current statistics as reported by Reuters Health indicate a substantial decline compared to values a decade ago.

Port Washington, a New York-based NPD Group, Inc (a consumer marketing research firm that tracks Americans consumption habits) that recently surveyed 26,000 Americans, reported that **29% of women and 19% of men are currently on a "diet," a reduction of 6% and 4% respectively.**

The firm speculates that a trend towards self-acceptance may explain the decline in dieting practices. **According to their report, the percentage of adults who viewed an overweight person as unattractive has dropped by 50%.**

Of the individuals who were on a "diet," improving health was the #1 motivation for 68% of respondents. **In addition, one-third of dieters were not using a pre-designed "diet" but rather formulated their own approach, mostly based on portion control.** Only 9% currently claim to be using an "extreme diet."

Although "dieting" is on the decline, the majority of Americans continue to perceive the need to lose approximately 20 lbs, as reported by 60% of respondents.

Stern, Andrew (2007) Americans opt for healthy eating, not diets. Reuters Health. Friday, January 4, 2008

Exercise of the Month—SB Skull Crushers

Preparation

- Laying supine on stability ball with your hips up and head supported on ball
- Toes pointed straight ahead.
- Extend arms straight over head.

Movement

- Engage abdominals to ensure spinal stabilization.
- Bend elbows and lower dumbbells to ears.
- Extend arms toward ceiling and straighten arms.
- Repeat for desired number of repetitions



FACTOID

Only **four percent** of brain cells work; the rest of them are kept in reserve. About a **thousand** of neurons die every hour. The speed of a nerve impulse on the reflex arch can reach **120 meters a second**.

Trainer Spotlight

**Janet Laursen—RD
Licensed Nutritionist & Dietary Counselor**

Jan holds a Masters of Nutrition from Drexel University and has helped countless individuals improve their quality of life and enhance their physical performance. Whether your facing a challenging weight loss goal, need counseling on therapeutic nutrition (Diabetes, Heart Disease, Osteoporosis, etc) or want to know how to eat for optimal sports performance Jan has the education and experience to help you meet your goals.

How Do You Get Kids to Eat Healthy Foods? Simple, Feed it to Them

When discussing nutrition with parents one of the most common questions I am asked is "how can I get my kids to eat healthy foods?" My answer is always the same and it's not rocket science - "Serve them healthy food!"

Benjamin Senauer, one of the authors of a recent study conducted by the University of Minnesota, agrees with me. Senauer recently told Associated Press - "The conventional wisdom that you can't serve healthier meals because kids won't eat them is false." The study appearing in the December issue of the Review of Agricultural Economics analyzed five years of data for 330 Minnesota public school districts and found that school lunch sales don't decline when schools serve healthier meals. Kids (and adults for that matter) for the most part will eat what is available; the key is to change the environment so unhealthy foods are not an option. If kids have been used to eating unhealthy food (fatty, processed, fast foods, etc.) there may be a short adjustment period where they are reluctant to eat what's offered. Don't cave in and give them other meal choices - remember you are the boss. Trust me they won't starve to death if they don't clear their plate - they will simply be hungrier (and less finicky) at the next meal.

For those who look at this approach as cruel I ask you take some time to explore some of the 2800 international food additives and approximately 3,000 chemicals that are routinely added to processed food. Upon further review I think that you'll agree that is far crueler to turn our children into chemical processing plants by allowing them to regularly eat these non-foods that their bodies were not designed to metabolize. Stick to your guns and give your kids (and yourself) a good variety of whole foods and not only will you be healthier, your kids may discover that healthy food actually does taste good.

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Chef's Corner...

Broiled Salmon with Tarragon-Citrus Relish

This recipe serves: 4

Ingredients

2 teaspoons canola oil
 4 salmon fillets, 4 to 5 ounces each
 salt to taste
 freshly ground black pepper
 2/3 grapefruit, peeled and cut into sections (remove all membranes)
 1 1/2 oranges, peeled and cut into sections (remove all membranes)
 juice of 1/2 lemon
 1/2 teaspoon chopped, fresh tarragon



Cooking Instructions

1. Preheat the broiler.
2. To make the citrus relish, combine the grapefruit and orange sections in a mixing bowl. Add the lemon juice and tarragon and set aside. (This can be made in advance and stored in the refrigerator for up a day or two. The relish should be served at room temperature.)
3. Brush the fillets with oil and season generously with salt and pepper. Place the seasoned fillets on a non-stick baking sheet.
4. Broil the fillets for 3 to 4 minutes on each side, turning only once. (Thin fillets will take less time, thicker fillets will take more.)
5. Place the fillets on warmed plates, top with citrus relish and serve immediately.

Nutrition Information

Serving Size: 4

Number of Servings: 1 salmon fillet

Per Serving			
Calories	230	Carbohydrate	13 g
Fat	7 g	Fiber	4 g
Protein	29 g	Saturated Fat	1 g
Sodium	192 mg		

Quiz Answer:

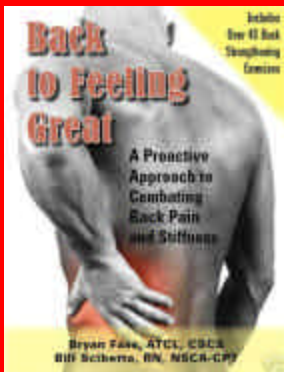
E. All of the above

This quiz should have been easy and obvious. People with certain risk factors should have a thorough physical examine from their doctor prior to beginning any exercise program.

What's That???

The most important organ in your body your heart, is about the size of your ***fist!***

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: Triceps

Origin: Long head—infraglenoid tubercle: Med—posterior humerus: Short—posterior humerus

Insertion: Olecranon process of ulna.

Eccentric Action: decelerate shoulder flexion & elbow flexion.

Isometric Action: stabilize gleno-humeral joint during movement.

Concentric Action: elbow extension and assist in shoulder extension.

Many people don't realize that the triceps make up 2/3 of the upper arm mass. Everyone focuses on the biceps, particularly males. Most females want to work the triceps to reduce the "Bye-Bye Arm". That is when you wave good-bye to someone and the fat underneath the arm keeps moving after you stop waving.

The triceps primary job is the extend the elbow so any exercise that involves straightening of the arm uses the triceps (bench or dumbbell chest press, pushups, overhead press, etc.). Tricep specific exercises include bodyweight dips or the exercises below:



Our Training Philosophy:

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

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

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Neck Pain: A Bowling Ball on Your Shoulders

Many people that enter our facilities have at some time or currently are experiencing neck pain and or headaches. Today's sedentary lifestyle, computers, phones, travel all force the head and shoulders forward of the bodies center of gravity. The average weight of the head is 10-12 pounds, for each inch that the head leans forward double the weight of the head, thats right, 20-24 pounds. Thats a lot of extra strain that the posterior stabilizers of the neck and back must deal with. As many have learned from being posturally assessed by a Precision Fitness trainer this can account for the headaches and shoulder stress that many of us feel.

Add to the equation car accidents, falls, and sporting injuries and there can be some major damage to the muscles of the neck. One thing that many people do not take into account is that many of the shoulder blade muscles have direct attachments into the cervical and upper thoracic spine. If these muscles are weak, the shoulders slump further and the cycle of poor posture and weak shoulder muscles continues.

For every reaction there is an equal and opposite reaction. As the body rounds forward the anterior musculature becomes very tight and overactive. This means the chest, frontal neck and upper abdominal muscles get very tight and will not relax. As a result the shoulder blade muscles we discussed get weak and lengthen from the unrelenting pull of the frontal muscles. We must stretch the frontal muscles and strengthen the posterior muscles to have any chance of success. This means no chest presses, bicep curls or crunches for the first few weeks of exercise. Often the Trigger Points that develop need to be addressed through soft tissue techniques to shut down some of the overactive muscles and painful movement patterns that can develop. So your mom was correct, sit up and do not slouch.

When exercising try to never shrug your shoulders, keep your head up and chin slightly retracted/tucked. Perform pulling exercises more than you push and as always never be afraid to seek the advice of an exercise professional.

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