



News That's Fit To Print

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Notes from Editor

Happy New Year!! This the year for a new you!! How do make the resolutions stick and get the body you want? Work your ass off!! Literally. Nothing burns excess bodyfat like adding lean muscle.

Remember: adding lean muscle burns more calories during rest and exercise.

How much? Research shows that adding 3 lbs of muscle, increases your RMR by 105 calories/day. That means your body burns that many calories. Happy New Year, and new body, to You!!

Yours in Health,

**Dave Radin
Editor**

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Recognize Exercise Motivation

A well-known Psychotherapist, Prochaska, developed a model of behavioral change to assist professionals in assessing their readiness in various situations. Read below and determine what stage you fall into as it relates to exercise.

Precontemplation – people in this stage do not recognize that by not exercising they are negatively affecting their health. They are happy where they are and exercise is the farthest thing from their mind. Family or friends may voice concern about their health and encourage them to exercise, but it falls on deaf ears.

Contemplation – this stage is characterized by the willingness to consider taking action in the near future. Many people in this stage have found some personal link to why exercise is now needed in their life. The doctor may suggest exercise because cholesterol levels are too high, blood pressure is rising to dangerous levels, etc. The information becomes personalized to the person and this in turn allows them to consider starting an exercise program.

Preparation – clients in the preparation phase recognize that adding exercise is a positive change and are working to make that happen. Clients will seek out information and begin an exercise program. Guidance from a fitness professional in appropriate goal setting and creation of an exercise program is an absolute must. Proper goal setting will allow the client to progress without getting injured. All or nothing thinking can be a detriment here. Remember that something is always better than nothing. Exercising too much too soon can lead to injury, frustration, and drop-out. Remember that exercise is a new habit in your busy lifestyle that you will need to practice for it become routine. In order to make change possible you must establish a goal which works for your situation

Action – Action means just that. After establishing program guidelines (times per week, minutes per sessions, etc.) this is where the hard work is put in. Motivation is extremely high and you are encouraged to be starting your program. Always keep your goal within reach and spirits high. There will be days when you will want to talk yourself out of exercise.

Critical to the success of the action stage is a strong support system. Your support system can include family and friends who will support your efforts in a positive way. Make sure to have a conversation with them so they understand their role in assisting you with your desire to become healthy and fit. If your family and friends do not understand your reason to exercise, they may try sabotage your efforts.

If you need to be challenged for your fitness program, workout with a friend who has a similar goal or seek out a qualified personal trainer.

Maintenance – Maintenance is probably the hardest stage to stay in. Old behaviors have a way of creeping up on you and getting in the way of reaching your goals and putting a damper on all of the hard work and momentum you built. Maintenance is designed to allow and plan for a "slip". Create different workout plans that deal with the perfect day, the typical day, and the day from hell. Each workout will be a little different but remember the overall goal is down the road, not right in front of you.

These stages allow for movement between each stage, forward and backward. It is quite common for people to go back and forth between stages before they feel successful in their efforts.

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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

True or False?

Americans have the lowest incidence of back pain in the world?

the answer can be found on page 4

Hot Topics

Fitness More Important than Weight-Loss

Can a person be both fit and fat simultaneously? This question has generated quite the controversy among medical and fitness professionals. **On one hand, obesity has been linked to increased incidence of diabetes, hypertension, cardiovascular disease and certain forms of cancer** indicating the need for emphasis on weight reduction. On the other hand, increased physical fitness may buffer some of the disease-generating characteristics associated with obesity thus leading to improved longevity. **A recent study published in the Journal of the American Medical Association concurs with the latter** as researchers determined a stronger link between fitness and reduced mortality regardless of body weight.

The research group, led by esteemed exercise epidemiologist, **Dr. Steven Blair**, evaluated the relationship of body fat, fitness and longevity in 2,603 men and women aged 60 and older. **Participants were tracked for an average of 12 years each.** Fitness was assessed by a maximal exercise test, and adiposity was assessed by body mass index (BMI), waist circumference, and percent body fat.

In the end, people who were more fit were more than 50 percent less likely to die when compared to less fit people, regardless of weight. In essence, this study supports the idea that it is better to be overweight and fit, than normal-weight and unfit. **Also, those who were more fit had a lower incidence of cardiovascular risk factors that included high blood pressure, high cholesterol and diabetes.**

Unfortunately, the focus of many physicians is to use exercise as a tool that is used to reduce body weight. **This emphasis on weight-reduction may prohibit people from becoming more physically active for the sake of fitness, an approach that may actually increase exercise adherence.** The authors recommend that Americans start focusing on little steps to become more physically active and reduce the perception of exercise for the purpose of weight loss.

Sui, X., et al (2007) Cardiorespiratory Fitness and Adiposity as Mortality Predictors in Older Adults. Journal of the American Medical Association, 298(21):2507-2516.

Exercise of the Month—Leg Press

Preparation

- Sit in the seat with feet placed slightly wider than shoulder width apart and knees aligned over 2nd and 3rd toes.
- Legs should be at about 90 degrees when the sled is in the low position.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Lower the sled with control without moving your hips or having legs hit your torso.
- Return to the start position and repeat.



FACTOID

Fat contributes 50-60% of energy supplied during light to moderate workouts. Prolonged aerobic activity can raise this up to 70%.

<http://fitness-facts.com/article/8/?topic=Eating-And-Exercise>

Trainer Spotlight

Gary Holland

ACSM-HFI, NASM-CPT,
LMBT#6641



Personal Trainer

Gary holds certifications from both the American College of Sports Medicine as well as the National Academy of Sports Medicine and is a certified as a Golf Fitness Specialist. Gary has extensive experience developing and implementing fitness and sports performance programs for the general public, the weekend warrior, as well as the high level athlete. Gary is also a Licensed Massage Therapist with extensive training and experience in post rehabilitation training.

Your New Year's Resolution Solution

The holidays are over and it's the time when weeks of sloth and over indulgence prompt the annual migration to local fitness centers. Motivated, these folks resolve to work hard to reach their fitness goals. The trouble is, the enthusiasm to make changes in exercise habits and diet are usually short lived. Reality soon sinks in with the realization that changes don't occur overnight. Motivation fades and we slip back to our old unhealthy habits until the next New Years rolls around. Make this year the last you resolve to get fit.

Change your attitude about fitness ...

If you have the wrong attitude about fitness, you're setting yourself up for failure. Exercise is not: · Punishment for bad eating · Painful · Too time consuming · Boring · Impossible to sustain over a long period of time.

With thoughts like this, how long do you think you'll stick with your program? Who wants to do something painful, boring or obligatory?

Try a different perspective and look at exercise as:

· A way to boost energy and improve mood · A special time of the day that you have to yourself · A chance to let your mind rest · A break from a stressful workday · A way to improve your quality of life.

Look at exercise a different way and watch the results.

Things to consider when making your resolution...

Avoid choosing the same resolution that you make every year: This is a great way to set yourself up for failure, frustration and disappointment. If you are tempted to make a promise that you've made before, then try revising it. For example, instead of stating that you are going to lose 30 pounds, resolve to eat healthier and increase your weekly exercise.

Create a game plan: All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. The 16-0 New England Patriots wouldn't be the dominant football team they are now without the meticulous game planning by their coach and the team's willingness to stick to the plan. Write your own personal plan and stick to it and you'll be more likely to succeed as well.

Remember it will take time: Don't get discouraged if you don't get excited about working out or eating right everyday. Even the most committed exerciser doesn't always want to do it. Know that you will have to work on it every day. They say it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

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Chef's Corner...

Angel Hair Pasta with Scallops in Spicy Tomato Sauce

This recipe serves: 8

Ingredients

- 1 tablespoon mustard seeds
- 2 teaspoons olive oil
- 1 small onion, minced
- 2 cloves garlic, minced
- 2 cups chopped, diced tomatoes (if using canned, use unsalted)
- 1/4 cup chicken stock
- 1 teaspoon Dijon mustard, or to taste
- salt to taste
- freshly ground black pepper
- 1 pound bay scallops
- 1 pound angel hair pasta, (cappellini)



Cooking Instructions

1. In a large sauté pan over medium-high heat, add the mustard seeds and shake the pan to keep them from burning. Once they begin to pop (like popcorn), lower the heat and add the olive oil and onions.
2. Cook the onions for about 5 minutes until they turn golden, then add the garlic and cook until the garlic begins to soften. Add the tomatoes, stock, and if desired, the Dijon mustard. Simmer for about 5 minutes for the flavors to blend.
3. Rinse the scallops and remove the thick, tough muscle on the side of the scallops. Pat the scallops dry with a paper towel.
4. Add the scallops to the tomato sauce and turn up the heat to medium. Cook the scallops in the sauce for about 5 minutes.
5. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 2 minutes. Drain.
6. Transfer the pasta to a warm bowl and serve with the sauce.

Nutrition Information

Serving Size: about 1 1/2 cups

Number of Servings: 8

Per Serving			
Calories	287	Carbohydrate	47 g
Fat	3 g	Fiber	3 g
Protein	18 g	Saturated Fat	1 g
Sodium	211 mg		

Quiz Answer:

False. A research study found that Americans actually have the highest incidence of back pain in the world. Why? Automation may be to blame.

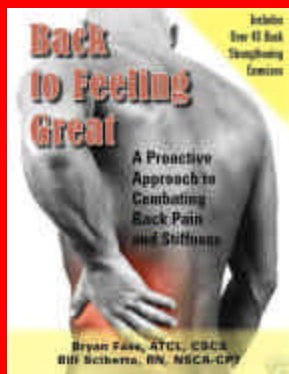
Third world countries have more physically demanding jobs than Americans. Therefore their bodies can handle more physically demanding jobs.

Computers, drive throughs, and desk jobs seem to be contributing to our higher incidence of back pain.

What's That???

Still planning on exercising outside in the cold? Great!! Make sure that you dress warm and in layers!!

Layering will help your body remove excess body heat through sweat and evaporation.



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: Pectoralis Major

Origin: anterior surface of medial half of clavicle, anterior surface of sternum, superior six costal cartilages, aponeurosis of external oblique.

Insertion: lateral lip of intertubercle of groove of humerus

Eccentric Action: decelerate shoulder extension, horizontal abduction and external rotation.

Isometric Action: stabilize shoulder complex

during overhead movements.

Concentric Action: shoulder flexion, internal rotation, and horizontal adduction.

The Pectoralis Major is a favorite muscle among many young males. You see them in the gym all the time bench pressing or commenting/asking to their friends how much they can bench.

While pecs are important, they also tend to assist in pulling the shoulder blades forward (slumped shoulders). This is due to the pecs being over developed and dominant versus it's antagonist, the rhomboids, which become weak and inhibited.

We also tend to see the slumped shoulder position from people who sit in front a computer, sit at a desk all day, or travel as part of the job.

The following two exercises work the chest to improve flexibility and build stability through the chest, shoulders, and abs.



Our Training Philosophy:

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

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Seek help from a professional: Studies have shown that assistance from fitness professionals greatly improves the rate of weight loss success. A well qualified trainer will help keep you accountable, will design a program to meet your specific needs and will keep your workouts safe, effective and fun!

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Is Stronger Really Better?

New years has come and gone, most of us made our fitness resolutions, some of us met them with success while some of us have unfortunately missed the mark. With good intentions we set goals, bought exercise equipment and joined gyms. Results have not come easily for most of us, some got hurt, time is scarce, the kids are sick...

But, there is some good news on the horizon. For those of us in the fitness and wellness industry there has been some very interesting research coming out lately that will help you achieve your goals. When it comes to general fitness and weight loss, stronger is not better. What I mean is that endurance or time, has been shown more effective at stimulating weight loss and increasing the ability of muscles to stabilize. We were designed to move, most of us unfortunately do too little of that. The more consistently we move the better our overall endurance.

With regard to muscles it has been shown that the longer we move the more fit our muscles become. This equates to lighter resistance, often body weight, to create muscular endurance and stimulate our metabolism. If you suffer from back or neck pain you will be interested to know that the research is conclusive on spine exercise. Body weight exercises with long holds, up to 5-10 second contractions stimulate the stabilizers of the spine and increase their endurance. The greater the endurance of the spinal stabilizers the less chance there is for injury. What this means is that all those gimmicks on TV and machines at the gym designed to strengthen you back do not work. In fact they may actually make your back worse!. Lifting heavy weights and crunches actually increases the forces on the spine causing trauma and eventually weakness.

Cardiovascular exercise for weight loss and health is in the same category. Longer is better, the longer we keep the heart rate up the more calories we burn and this equates to weight loss. Most people train very hard but for short durations that are spread sporadically throughout the week. The key to fitness and consistent weight loss is keeping the heart rate up for prolonged periods of time 5 or more days a week. If this seems like a lot consider that taking a walk after dinner and taking the stairs whenever possible can easily add to this time.

The take home message is that harder and heavier is definitely not better, unless you are specifically training for a sport. Consistency with exercise, a healthy lifestyle, proper sleep, good foods and a proactive outlook will consistently aid in your fitness efforts.

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