

Notes from Editor

July 4th is right around the corner and it is time for the ultimate picnic: hot dogs, hamburgers, etc.

Enjoying the 4th is always a good time, but remember to make this the exception, not the rule!!

Get yourself back on track with good nutrition and intense exercise, that way you can truly enjoy the 4th without the guilt!

Yours in Health,

Dave Radin
Editor

Inside this issue:

Summer Lovin'	1
<i>Exercise of the Month/ Hot Topics</i>	2
7 Habits of Healthy Eaters	3
Chef Corner	4
Muscle of the Month	5
<i>Back Page</i>	6

Summer Lovin'

Summer is coming. Are you ready? Ready for the beach? The fun? The sun? Family vacation? Of course the answer is yes. However, are you ready to get into your a bathing suit to soak up the rays of the sun? Are you ready to show the world the hard work you have put in to achieve a healthy, fit looking body?

If the answer is no, you had better get to work. A healthy fit body doesn't just come out of a bottle of "**Super Fat Burner Plus!**" with claims of quick weight loss to get you that beach body in just 2 weeks!! If you buy into the hype, I have a bridge to sell you.....What do you think would happen if I to invent a pill that actually gave you all the benefits of exercise without all the work? I would be the richest man on the planet!! Since there is no such thing, you had better start hitting the gym.

If you really want a healthy fit looking body, you already know the formula for success: The right nutrition at the right time in conjunction with the right amount of exercise. In other words:

NUTRITION + EXERCISE = HEALTHY, FIT, BODY

I have written previous articles that describe exercise intensity and the importance of it. Again, if you want the result, put in the effort. The body will not adapt to less than self in the gym and the motions and you



Summer is here!! Are you ready to show off your best healthy fit body?

appropriate stimuli. Push your- results will show. Go through will be sadly disappointed.

Nutrition is probably healthy lifestyle. out there and so from, how do you cally, nutrition and calories in vs. calories body needs, you gain chicken and salads, weight? Well, two calories worth of salad weight if you only The body cannot dis- and unhealthy food. needs a certain and minerals. Anything else is either converted to waste or stored.

the most confusing aspect of a There is so much information many different diets to choose know where to start? Basi- weight loss is as simple as out. You eat more than your weight. But Dave, all I eat is how can I still be gaining ways. One, if you eat 3,000 and chicken, you can still gain need 2000 calories a day!! tinguish between healthy food The body only knows that it amount of calories, Vitamins, and minerals. Anything else is either converted to waste or stored.

Bottom line, eat less, exercise more. Exercise with intent. Push yourself. Seek a qualified personal trainer and/or a nutritionist to give the direction you need for your summer lovin'.

authored by: dave radin
email: dave@ncprecisionfitness.com

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

An excessive curvature of the lumbar spine is known as what?

- A. Kyphosis
- B. Lordosis
- C. Scoliosis
- D. Bursitis

the answer can be found on page 4

Hot Topics

Want to Improve Your Golf Game? Use a Cart

Golf is a unique sport in that physical fitness is not a strong predictor of performance. **The use of a golf cart along with technological advancements in golf club design has evened the playing field.** Many golfers, however, choose to walk for exercise in effort to increase their fitness. **Unfortunately, the extra exercise may result in a higher score.**

A recent study presented at the annual conference of the **American College of Sports Medicine** examined the relationship of walking the course and carrying a bag to performance. **Researchers reported that walking the course progressively decreases the golfers swing mechanics and potentially increases scores.** Seven recreational golfers with average scores of 80 to 95 participated in a simulated golf game. **The golfers walked in 1-mile increments while carrying a weighted golf bag for a total of 6 miles.** Between walking the participants hit 20 tee shots for a total of 140 swings.

Progressive fatigue led to increasingly common swing faults such as inability to transfer weight to the front leg, decreasing club head speed. A reduction in club head speed is thought to reduce the total distance the ball travels. **They also found that golfers progressively altered knee and ankle angles in the back swing.** These faults may affect the accuracy of the ball flight.

What's the solution? **Be fit to play golf.** Work on aspects of conditioning off the course so that you can experience greater enjoyment from playing a round of golf the natural way.

Kevin McKeever. Walking Golf Course Affects Swing, Performance. HealthDay News Friday, June 6, 2008

Exercise of the Month— Single Leg Step-Up to Overhead Press

Preparation

- Stand in front of 6"-18" box with feet shoulder width apart and dumbbells in both hands at chest level (palms facing body).

Movement

- Step onto box with 1 leg, keeping foot pointed straight ahead and knee lined up over mid foot.
- Push through heel and stand up straight with both legs on top of box.
- Once stabilization has been established, press the dumbbells overhead until both arms are fully extended.
- Slowly return the dumbbells back to chest.
- Step off the box and return to the ground maintaining alignment of the lower extremity.
- Repeat on other leg.



FACTOID

Did you know that your tongue has over **10,000** taste buds?

<http://www.driengkavitz.com/Pages/fitnesstrivia.html>

Trainer Spotlight



**Greg Asbee, BS,
NASM**

Greg holds a degree in Health Promotions from the University of Iowa and is a National Academy of Sports Medicine - Certified Personal Trainer. A tremendous motivator and educator, Greg has helped many individuals reach a variety of fitness goals and an improved quality of life.

7 Habits of Highly Healthy Eaters

"What exercises can I do to ...? As fitness professional I hear these words often. It doesn't matter if the sentence ends with, "get bigger muscles", "firm up my butt" or "flatten my stomach". My initial response is always the same. "Well, what are you eating? In terms of physical fitness exercise is only part of the equation. Proper nutrition is vital regardless of the specific fitness goal.

If you want to maintain energy levels, achieve or maintain optimal weight and lower risk of disease, a healthy diet is imperative. It doesn't matter if your goal is fat loss, body shaping, mass building, improved athletic performance or just maintaining a healthy lifestyle; the following tips will help build healthy habits that will allow you to fine tune your body and feel great.

1. Eat 5 - 6 Smaller Meals a Day.

This practice will allow your body to utilize the food you eat more efficiently. More of your food will be used for providing energy, building muscle and maintaining healthy tissue, while less will be stored as fat. If your goal is weight loss, this is a great way to reduce calories without losing energy or feeling hungry. If you are looking to gain lean muscle mass, eating more frequent meals will allow you to take in an increased number of calories without feeling stuffed. This will also insure that the vital muscle building nutrients will be available when your body needs them. Regardless of your fitness goal, eating 5 - 6 smaller meals a day will get your metabolism firing on all cylinders and give you the energy needed to reach your goals.

2. Do Not Skip Meals.

Skipping meals often leads to extreme hunger which can lead to "binge" type eating. The body can only process and utilize so much food at a time. It doesn't matter if you're only eating one or two meals a day. If you eat too much at any given meal, much of what the body doesn't use will be stored as fat. Here's another important reason not to skip meals. Depriving the body of vital nutrients often leaves one feeling tired and unmotivated (a real workout killer.)

3. Eat Real Food.

Our bodies are designed to metabolize food! Unfortunately the food industry has turned our bodies into chemical processing plants. Grocery store shelves are littered with food products containing non-food additives that are used to color, sweeten, stabilize, emulsify, bleach, flavor and preserve the food. The FDA lists approximately 2800 international food additives and about 3,000 chemicals, which are added to our food. Avoid foods that claim to be "enriched." The only reason processed foods are enriched in the first place is because their process has stripped them of virtually all their vital nutrients. Stick with whole foods including a good variety of fruits and vegetables, whole grains, and lean meats.

4. Read Food Labels.

To be sure you're making good food choices, read food labels. Look at the ingredients, the main ingredients are listed first. If the first few ingredients on the label include processed sugar (i.e. high-fructose corn syrup.) or saturated fat or trans-fatty acids (coconut oil, palm kernel oil, hydrogenated or partially hydrogenated oil, vegetable shortening), you may do well to make another food choice.

5. Pay Attention to Serving Sizes.

Pay attention to serving sizes, it's easy to over load. Weighing and measuring food is a good way to assure you are taking in the proper amount of calories and nutrients. This is especially important if you are on a weight loss or a weight gain program.

6. Eat Slowly and Chew Food Thoroughly.

Chewing food thoroughly aids in digestion, thus reducing the time it takes for vital nutrients to become available for use by your body. Eating slowly gives the stomach time it needs to tell the brain it's full. Taking your time to eat your meal is especially helpful if you are on a reduced calorie diet. It will allow you to eat less, yet still feel satiated.

7. Keep a Food Journal.

Write down everything you eat and drink. Initially include serving sizes along with the number of calories, as well as the amount of macronutrients (fats, proteins and carbohydrates). This will make you conscious of everything you eat while you become educated on the components of a healthy diet. If you are not making satisfactory progress towards your goals, your food journal can provide valuable information needed to make necessary adjustments.

*authored by bill scibetta
bill@ncprecisionfitness.com*

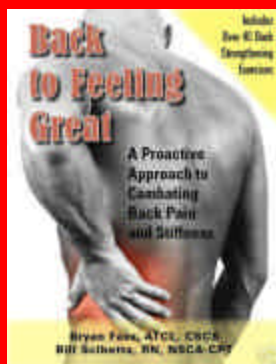
Quiz Answer:**B Lordosis**

Lordosis is a condition in which the pelvis is anteriorly rotated forward causing an excessive arch in the lower back, eventually leading to low back discomfort and/or pain.

Individuals who are lordotic tend to have tight hip flexors, weak deep abdominal stabilizers, and weak glutes.

Are you experiencing back pain on a regular basis and your doctor has know answer? We do!!

Check out the best resource for reducing your back pain at: www.backtofeelinggreat.com. Written by the pro's at Precision Fitness.



Chef's Corner...

Fresh Greens with Grilled Tuna & Orange-Ginger Vinaigrette

This recipe serves: 4

Ingredients

For the orange-ginger vinaigrette:

2 tablespoons orange marmalade
2 tablespoons white wine vinegar
1 tablespoon finely grated, fresh ginger root
1 1/2 tablespoons olive oil
1 tablespoon reduced-sodium soy sauce
salt to taste
freshly ground black pepper

For the grilled tuna:

4 tuna steaks, about 4 to 5 ounces each
nonstick cooking spray

For the green salad:

8 cups green leaf lettuce, washed and torn into bite-sized pieces
1/2 cup thinly sliced, sweet onion

Cooking Instructions

For the orange-ginger vinaigrette:

1. Place the marmalade, vinegar and ginger in a small mixing bowl and whisk to combine. Continue whisking and slowly add the olive oil and soy sauce. Season to taste with salt and pepper. (This can be made in advance and stored in the refrigerator for up to 3 days.)

For the grilled tuna:

1. Spray the grill grate with nonstick cooking spray and then preheat the grill to medium-high.
2. Season the tuna steaks with salt and pepper.
3. Grill the tuna on both sides until it is cooked through, about 4 to 5 minutes per side, depending on the thickness of the tuna steaks. (The tuna can be grilled in advance and stored in the refrigerator for up to 3 days.)

For the green salad:

1. Slice the tuna into strips and place them in a mixing bowl. Add the onion slices and half of the vinaigrette.
2. Place the lettuce in a separate salad bowl and toss it with the remaining vinaigrette. Arrange the tuna and onion mixture on top.

Nutrition Information

Serving Size: 1 tuna fillet with salad

Number of Servings: 4

Per Serving			
Calories	249	Carbohydrate	9 g
Fat	11 g	Fiber	3 g
Protein	28 g	Saturated Fat	2 g
Sodium	294 mg		



What's That???

Your heart beats almost
38 million times/
year!!*

This number does not include any exertion!! Just rest!! Exercising will obviously increase that number dramatically!!

*based on a RHR of 72 b/min

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 to buy the book and improve your golf game today!



Muscle Anatomy



Muscle: Soleus

Origin: Posterior surface of fibula head and upper shaft; soleal line of tibia

Insertion: calcaneus via the Achilles tendon.

Eccentric Action: decelerate ankle dorsiflexion, decelerate internal rotation of lower leg, decrease joint pronation

Isometric Action: stabilizers for calcaneus

Concentric Action: ankle plantarflexion

The soleus lies underneath the calf muscle, known as the gastrocnemius. It is also known as the "second heart." This is due to it's ability to pump blood back to the periphery. The soleus has also been shown to contribute to patellar knee pain.

This muscle can become tight on individuals who tend to walk on their toes or women who wear high heels. People with a tight soleus tend to have problems with squats, specifically with keeping their heels on the floor. A program of stretching the soleus, building stability in the ankle by performing single leg balance progression exercises will usually correct this problem.

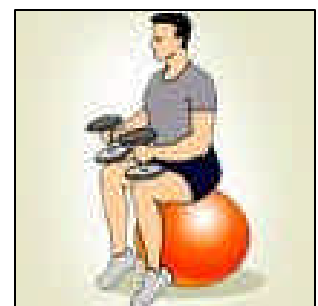
Below are exercises for the soleus:



Soleus stability



Soleus stretch



Soleus strength

Our Training Philosophy:

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

Precision Fitness

8311-4DMagnolia Estates Dr
Cornelius, NC 28031
Ph. (704)-895-2857
Fax (704)-892-7068

484 Williamson Rd
Suite B
 Mooresville, NC 28117
Ph. (704)-662-8664
Fax (704)-662-6602

info@ncprecisionfitness.com

We're on the Web!

www.lakenormanfitness.com

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

dave@ncprecisionfitness.com

"Back" to Basics-Healthy Spine

Think of the pelvis as your foundation. If your foundation is unstable then other structures must take up the slack such as the muscles of the spine and back. This is a job they were never designed for.

Spine stabilization starts with learning how to keep the spine NEUTRAL when performing stabilization exercises and then learning to maintain NEUTRAL throughout life. Neutral does not mean straight. It means allowing the natural curves of the spine to be present. It is imperative to allow the spine to function. As soon as one can maintain neutral spine, the next progression is to strengthen the core. This is where properly taught pelvic stabilization and lower abdominal re-training is paramount because to control the spine is to control the pelvis. The pelvis is the foundation of the body where the spine attaches. As we stated previously, if the foundation is off the rest of the house is off. Therefore, lack of pelvic control leads to lack of spinal control.

How does one control the pelvis? Through core-strengthening exercises that engage the lower abdominal wall and oblique muscles function properly and movement to occur in a stress-free manner. How is this done? NOT by sit ups or crunches. The prevailing myth is that crunches and leg raises will strengthen the all-important 6-pack abs. Unfortunately crunches and leg raises actually cause back issues to get worse by causing increased pressures and stresses on the disks.

Lower abdominal training is the place to start because it's the foundation or the "core" of the body. Training the lower abdominal wall with proper abdominal firing places less stress on the vertebral discs and effectively activates the outer unit musculature (movement system). This allows proper muscle activation at the right times, with proper movement patterns and less stress to tissues and greater muscular and mechanical efficiency as the end result.

Core training involves proper lower abdominal contraction or Abdominal Bracing. This involves coordinated firing of the abdominal wall while deactivating the hip flexors and keeping the upper body and legs relaxed. Learning this concept and the concept of spine stabilization with neutral spine will naturally lead to learning how to find, maintain and work within the parameters of coordinated spinal mechanics.

authored by bryan fass
email: bryanf@ncprecisionfitness.com