News That's Fit To Print

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Notes from Editor

We are excited to announce the opening of our 3rd facility located on the east side of Huntersville.

Precision Fitness and NOMAD Aquatics and Fitness have teamed up to provide their members and the surrounding community the absolute best personal training services located in the Lake Norman and Northern Charlotte regions.

Stop by and check us out!!

Dave Radin
Editor

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Precision Fitness Opens a New Location!!

Precision Fitness has opened a new location on the east side of Huntersville, located inside NOMAD Aquatics and Fitness. NOMAD and Precision Fitness made it official and Precision Fitness starting offering their services starting September 1, 2008.

NOMAD Aquatics and Fitness is a 30,000 square foot facility offering health and wellness to the Huntersville, Concord, north Charlotte, Cornelius, and Davidson regions. Amenities include:

- Locker rooms
- Racquetball courts (2)
- Swimming pools (2) - 1 competitive, 1 zero entry for kids and aquatic classes
- Pro-shop
- Cardio area
- Fitness Room
- Aerobic Classes
- Tanning salon
- Hair salon
- And more….
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Located off of Eastfield Road, NOMAD Aquatics and Fitness is conveniently located next to Skybrook, Highland Creek, and other communities in the area.

The facility is run by the Billings family. The owner, Steve Billings, is a swim coach who is well known for his swimming programs and competitive swimming teams.

Since announcing the partnership between Precision Fitness and NOMAD, the response has been fantastic!! Bill Scibetta, Precision Fitness owner and president, is excited about the partnership, saying "I have had nothing but positive responses from NOMAD members about our arrival. We look forward to a long relationship with the staff of NOMAD Aquatics and Fitness and their members."

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

What are the four elements to a well rounded fitness program?

A. Aerobic exercise
B. Muscular fitness
C. Flexibility
D. Core stability
E. All of the above
F. None of the above

Answer on page 4.

Hot Topics

Is Arthroscopy for Osteoarthritis of the Knee Unnecessary?

Currently over 27 million Americans suffer from Osteoarthritis of the Knee (KOA). **Many people with moderate to severe conditions are offered arthroscopic surgery, physical rehabilitation or both as options to ease symptoms.** Arthroscopic surgery is a minimally "invasive" procedure during which surgeons "clean up" the joint, removing cartilage and smoothing the surface of the articulating structures.

In 2002, the use of arthroscopic surgery came under fire following the results of a published study that questioned its effectiveness. A study published last week in the **New England Journal of Medicine** backs up those original findings forcing physicians to reevaluate treatment options.

Researchers at the **University of Western Ontario** randomly assigned 178 patients to receive arthroscopic surgery and physiotherapy or physiotherapy alone. **All patients had previously been diagnosed with moderate to severe osteoarthritis of the knee.** Both groups experienced improved symptoms after 2 years however, there was no significant difference. In other words, physiotherapy offered the same benefits as surgery.

Reuter's Health interviewed a number of medical experts in response to this report who advised **that arthroscopic procedures may continue to benefit in certain cases.** For example, arthroscopic surgery remains effective when there is a meniscus injury in addition to osteoarthritis. **Physicians also remind patients not to confuse arthroscopic surgery with joint arthroscopy, otherwise known as joint replacement.**

Murphy, L., et al (2008) Lifetime risk of symptomatic knee osteoarthritis. Arthritis Care & Research. 59(9): 1207-1213
Kirkley, A., et al (2008) A Randomized Trial of Arthroscopic Surgery for Osteoarthritis of the Knee. New England Journal of Medicine. 359:1097-1107.

www.exerciseetc.com

Exercise of the Month— Squats

Preparation

- Stand with feet slightly wider than shoulder width apart and knees aligned over 2nd and 3rd toes.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Bend at knee and hip and slowly lower into the squat position.
- Continue your decent for as long as you can maintain hip, knee and ankle control.
- Return to the start position and repeat.

FACTOID

Have you heard someone tell you **muscle weighs more than fat?** Does that even make sense?

They weigh the same!! Gold is ***more dense*** than feathers so it takes up less space.

Same thing with muscle. It takes up less space in the body than does body *fat*.

Trainer Spotlight

Travis Kurtz, NASM-CPT
Certified Personal Trainer

A Northern Ohio native, Travis relocated to the Lake Norman area after majoring in Physical Education at the University of Toledo. A member of the Precision Fitness Team since 2005 Travis's an energetic and positive approach to fitness and performance has helped clients of all ages look better, feel better, and play better. As a National Academy of Sports Medicine Certified Personal Trainer Travis looks forward to continuing his service to the Lake Norman community.

Tiger Played in Pain…But You Don't Have To…

The 2008 US Open showcased to the world what over half of all golfers already know. Golf can be tough on the body.

Although Tiger Woods' knee injury reportedly occurred originally off the course, I assure you the rotational torque at the knee joint created by his powerful swing didn't make it feel any better. The fact that Tiger could overcome his injury to go on to what can arguably be called the greatest Major victory in the history of golf is a testament to his superior physical conditioning.

On the surface, golf may look to be a slow paced low impact sport with little risk of injury. However, as many golfers have unfortunately discovered, looks can be deceiving. The "Physician and Sports Medicine" Journal reports 57% to 67.5% of all golfers will sustain some type of golf related injury. Unlike Tiger's ACL which is an acute traumatic injury, most golf injuries are overuse injuries. The most common injuries are lower back related, followed by elbows; injuries to shoulders and wrists are also commonly seen.

Scientifically speaking our body was not designed to swing a golf club. During the swing strong compression, shear, and torsion force is produced placing our spine, joints and muscles at a relatively high risk for injury. The golf swing is an explosive movement that demands precise coordination of muscle contraction and relaxation, postural stability, strength, balance and body awareness. That is not to say we cannot swing a golf club without these elements. The body does a great job in compensating for weakness and faulty movement. However, there is a downside to this compensation. The downside is an overuse of certain muscles which often leads to muscle and joint pain and injury. Another downside is loss of power and an inconsistent swing.

Unlike Tiger Woods, many golfers spend hours upon hours practicing their swing with little or no time devoted to training their bodies. This type of golf preparation usually results in two things:
1. Inconsistency
2. Aches and pains

So, how does the golfer reduce their risk of injury? By establishing and maintaining core strength, muscle balance and flexibility by participating in a well developed integrated exercise program. Increased muscular efficiency and flexibility allow you to increase power and consistency while drastically reducing chances of pain and injury.

Beware; all golf fitness programs are not created equal. There are many programs out there that are merely body building or general strength training routines masquerading as golf fitness programs. These programs generally focus on training specific muscles or muscle groups with little attention paid to movement. Lying flat on a bench and pushing weight off your chest or doing biceps curls that isolate one single joint movement will hardly translate to improved performance on the golf course. In fact, many of the standard "gym" exercises found in such programs further disrupt muscle balance and postural stability and can increase risk of injury.

There are other golf fitness programs out there that claim to strengthen "golf muscles" by promoting exercises that mimic the golf swing. There are two problems with this approach to golf fitness. The first problem being; there are no specific "golf muscles". It takes virtually every muscle in the body working in precise concert to complete a golf swing. The second problem is; due to the repetition necessary to master the golf swing those targeted "golf muscles" are often already over developed and over tight in relation to the rest of the body. Performing exercises that mimic the golf swing prior to establishing a strong foundation and good muscle balance will only strengthen the imbalance and lead to further inconsistency and greater chance of injury.

Look for a qualified strength and conditioning or fitness professional that has a solid understanding of not only exercise science and biomechanics, but also the physical demands of the golf swing. Increased muscular strength and efficiency will allow you to increase power and consistency while drastically reducing chances of pain and injury. Add a well developed integrated exercise routine into routine and you will not only be playing better, but you will feel better doing it.

"***authored by bill scibetta***
bill@ncprecisionfitness.com

Quiz Answer:

E. All of the above

This one should have been easy.

Aerobic fitness -for the heart/lungs

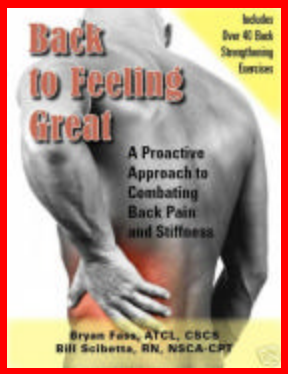
Muscular fitness- for strength conditioning

Flexibility—injury prevention

Core stability—balance and stability

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. Written by the pro's at Precision Fitness.



Chef's Corner…

Chipotle-Herb Chicken Breasts

This recipe serves: **4**

Ingredients

1 chipotle pepper, rehydrated, stemmed and seeded
1/4 cup fresh parsley
1/4 cup fresh cilantro
2 cloves garlic, peeled
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 teaspoon olive oil
4 boneless, skinless chicken breasts, about 4 to 6 ounces each

Cooking Instructions

1. Combine the chipotle pepper, herbs, garlic, salt and pepper in a mortar and pestle or chop them on a cutting board until they form a paste. Add the olive oil to the mortar and pestle or transfer the mixture to a small bowl and add the olive oil.
2. Rub the chicken breasts with the chipotle paste and set aside.
3. Preheat the grill or broiler.
4. Cook the chicken for about 4 to 6 minutes per side, until it is cooked through.

Nutrition Information

Serving Size 1 chicken breast
Number of Servings: 4

Per Serving			
Calories	141	**Carbohydrate**	1 g
Fat	3 g	**Fiber**	1 g
Protein	27 g	**Saturated Fat**	1 g
Sodium	314 mg		

www.foodfit.com

Health Tip

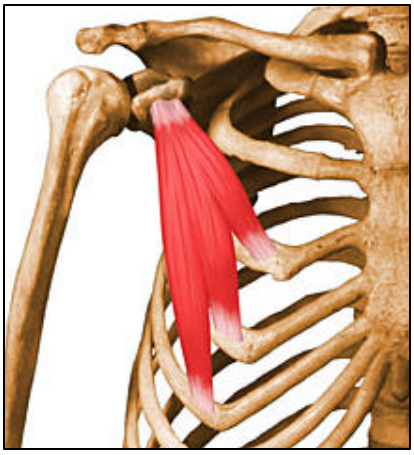
Are you feeling hungry but feel guilty about picking up that extra cookie?

Try drinking water!! That's right. You may be dehydrated.

Dehydration and hunger have very similar signs and symptoms.

So next time you are hungry, reach for some water, you just may be dehydrated instead!

Muscle Anatomy



Muscle: Pectoralis Minor
Orgin: 3rd to 5th rib near coastal cartilage.

Insertion: Medial border and superior surface of coracoid process of scapula

Eccentric Action: Decelerates scapular retraction, shoulder extension, horizontal abduction, and external rotation.

Isometric Action: Stabilize scapula during movement.

Concentric Action: Assist in producing scapular protraction.

The Pectoralis Minor is a only a few inches long but has great mechanical advantage. When tight, this muscle pulls the shoulders forward (pulling the shoulder blades apart) causing weakness in the rhomboids and lower trapezius muscles. As a result of this shoulder protraction, there is an increase chance of injury to the shoulder due to improper scapular positioning.

Exercises for the pectoralis minor typically involve stretching to improve scapular positioning.

Strengthening exercises are generally not needed as this muscle gets a lot of activity during any chest exercise.

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

Is Stronger Really Better

Are you one of the ones who believe that being stronger is the end all be all of strength training? Not necessarily so anymore. Unfortunately most strength programs that are goal oriented tend to be that way. Don't' get me wrong, strength is good, but at the right place and time. So how do you know where to begin to accomplish your fitness goals if you do not want to look like the meathead in the gym?

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.

Authored by: Bryan Fass
Email: bryanf@ncprecisionfitness.com