



News That's Fit To Print

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Notes from Editor

The summer Olympics have come and gone and what a performance Michael Phelps put out!! That man is an incredible athlete. You have to admire his drive, determination, commitment to be the best he can be.

If his Olympic effort has inspired you to start or get back into a fitness routine, **GOOD FOR YOU!!**

We can all learn something from Michael Phelps and all the Olympic athletes: **To be in top shape (whether for sport or health), train hard!! You may not be athletic, but you can still train like one.**

Yours in Health,

Dave Radin
Editor

A True Olympic Effort

Watching the Olympic Games last month it became clear to me how devoted these athletes are to their sport. They love it, breathe it, live it. Michael Phelps, Tyson Gay, Usain Bolt and all of the other athletes who competed for Olympic Gold put in the blood, sweat, and tears to become the best they can be.

You are probably wondering where I am going with all of this. I have one question for you: Where is your passion? Is it your family? Job/Career? I am willing to bet that your personal health may be a few rungs down the ladder.

What do you think would happen if you put half to a quarter of your energy into taking care of your health? I'll tell you... **YOU WOULD GET HEALTHIER!!**

For those of you who answered that you already exercise, are you exercising enough? Probably not. I will guarantee that you are not working as hard as you can.

As a trainer for over 15 years, I have noticed that the overwhelming majority of Americans do not exercise hard enough or take too long of rest between sets.

I use to work at the local YMCA and saw the same group of guys take two hours to get a 45 minute workout in. That is crazy. It was basically a social outlet for them.

Do you think that Michael Phelps takes long breaks during his workouts? Get real!! You don't win 8 Gold Medals going through the motions of your workout.

Everyone wants to be fit, strong, lean, and healthy. Very few of us want to put the effort in to achieve that and then blame someone or something else for the reason they do not achieve their goals!! Where is the accountability? This is why our country has the problem with obesity and diabetes. We want to blame others for our own lack effort or education.

Enough of my tirade. Bottom line is this: Cut your rest between sets, keep moving, and work hard. You do that and I will guarantee that you will have the results that you want and deserve.

Learn from the Olympics and the story of Michael Phelps. Work hard. Get the results you want.

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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

Who has the highest incidence of low back pain?

- A. Low income rural countries
- B. Higher income countries

the answer can be found on page 4

Hot Topics

High Intensity Interval Training Reverses Metabolic Syndrome

High Intensity Interval Training (HIIT) is becoming somewhat of a phenomenon in fitness and conditioning. The only drawback to HIIT is that de-conditioned or untrained individuals may not tolerate relatively high intensities. Consequently, medical experts currently advocate progressively increasing intensity to reduce the risk of cardiovascular complication during exercise, improve compliance and minimize soft-tissue injury. The results of a recent study may challenge this philosophy.

Norwegian researchers reported that a 16-week HIIT program virtually reversed metabolic syndrome in a group of 28 participants. Metabolic syndrome represents a collection of symptoms that include impaired blood glucose control, along with obesity, a poor lipid profile and elevated markers of cardiovascular distress.

Participants were divided into 3 groups: HIIT, moderate continuous exercise (MCE), and control groups. The interval training group exercised at intensities greater than 90% HRmax, while the MCE group exercised at 70% HRmax. Both groups exercised 3 times per week and expended an equivalent amount of calories each workout.

Though both exercise groups lost similar amounts of body weight/fat, **interval training proved better at improving blood pressure, insulin resistance, fasting blood sugars and HDL cholesterol.** In addition, interval training produced more than twice the increase in VO2max compared to moderate-continuous exercise, 35% vs. 16%, respectively. **In all, the interval-training group experienced a greater risk reduction for metabolic syndrome in less time than the MCE group.**

Tjonna, A.E., et al (2008) Aerobic Interval Training Versus Continuous Moderate Exercise as a Treatment for the Metabolic Syndrome. A Pilot Study. Circulation. ePub July 7.

Exercise of the Month— Kettlebell Swing

Preparation

- Squat down and grasp kettlebell with overhand grip between legs.

Movement

- Stand up and “snap” hips forward to cause the kettlebell to swing forward.
- Control the kettlebell back to the start position and repeat.
- Use your arms as a pendulum and allow the hips to “throw” the kettlebell forward and up.
- Do not use arms to swing kettlebell.



FACTOID

Approximately **1/3 (33%)** of all adults are estimated to be **obese.**

Why?

More working hours, bad food choices, and less movement!!

Trainer Spotlight



**Candace An, BS,
NASM-CPT**

Certified Personal Trainer

Candy earned her bachelor's degree in psychology from Virginia Tech where she was a member of the Hokie's swim team. Candy is a National Academy of Sports Medicine Certified Personal Trainer as well as a Certified Weight Management Consultant with the National Strength Professionals Association.

Candy helps her clients achieve their fitness and lifestyle goals by not only challenging them physically, but also by helping them break through their emotional hurdles. A true motivator, Candy's ambition revolves around helping anyone succeed in any goal they set for themselves, no matter where they have been or where they want to go.

Talk Yourself Thin

In 2004 American Sports Data, Inc conducted a study of 15,015 Americans. According to this study, nearly half the participants reported that at some point during the previous year they attempted to lose at least five pounds. Another 16% indicated they had made an effort to maintain their weight. That's sixty five percent of the study population that had made attempts to manage their weight. Looking at the obesity epidemic in our country today it wouldn't be a stretch to say this group is fairly representative of our general population. Well...how did these folks do? The results of their efforts were less than inspiring. Only 20% of participants said they were very successful. That means 80% failed! If you've ever tried to lose weight, chances are you're not too surprised by these results. A recent search of Amazon.com resulted in 39,356 different weight loss books. Why do you think there are so many weight loss programs in print? The answer is simple; it is because there is not one single program out there that will make you loose weight. If there were, it would be the world's number one best selling book of all time. That's not to say there isn't plenty of good sensible information out there. If you sift through the sea of fad diets you will find plenty of good healthy programs that will give good nutritional and fitness information. If you are one of the millions who have tried sensible programs like The South Beach Diet, The Body for Life Diet, or Weight Watchers (to name just a few) chances are you failed because you talked yourself out of success.

Do you remember what you said to yourself the first time you strayed slightly off course? If it sounded something like this: "I can't believe I ate that, I'll never lose weight!" or "I've already blown it so it doesn't matter what I eat now" chances are you are in that 80% majority who haven't found weight loss success. The language you use when talking to yourself can be positive or it can be negative and it inspires your actions. What you say to yourself is what you believe so if you keep telling yourself how fat you feel or how hard it is to lose weight, then losing weight will always be difficult. If every time you see a food that you know is not going to help you get to your goal you say: "that looks so good, I wish I could eat it". Guess what? Your wish will come true. It may not be at that very moment but at some point your actions will obey your minds desire. If you want to change your results change your self talk. If you see a piece of chocolate cake and say to yourself "I am fit and healthy and I make good choices because they make me look and feel great" it will be easier to choose to make good choices at that moment and in the future. It's not the occasional indulgences that sabotage a weight loss program it's the negative self talk that brings on feelings of guilt, despair, and failure. These feelings often bring on emotional eating which brings more negative self talk. This vicious cycle can be stopped before it starts if your inner voice is conditioned to say the right thing. "I know it wasn't the best choice but it won't kill my program" or "I may have had a few extra calories but I'm looking forward to my next workout and I'm moving forward!" instead of "I've blown it" will allow you to stay positive, avoid emotional eating and keep you moving toward you goal.

In all aspects of life whether its career, family, social life, or health and wellness, self talk is very powerful and it has a direct effect on your present and future situation. It may take some time to condition you inner voice, especially if you are one who is hard on yourself or a little on the pessimistic side. Prac

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Quiz Answer:

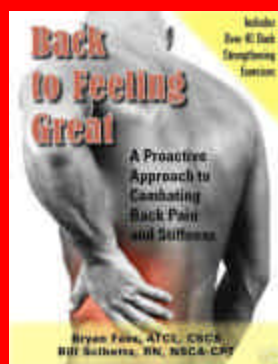
B. Higher income Countries.

Surprised? A study in 1997 took a look at low income rural countries vs. higher income countries (United States, etc.) and **found higher incidence of low back pain in higher income countries.**

The researchers concluded that **hard physical labor may not cause back pain, but the progression of urbanization and indus-**

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...

Grilled Chicken and Tomato-Basil Salad with Parmesan

This recipe serves: **4**

Ingredients

2 tablespoons extra virgin olive oil
1 to 2 cloves garlic, minced
salt to taste
freshly ground black pepper
10 leaves fresh basil, chopped
1 pint cherry tomatoes, halved
nonstick cooking spray
4 boneless, skinless chicken breasts, about 4 to 6 ounces each
juice and zest of 1 lemon
8 cups arugula leaves
1/4 cup Parmesan cheese shavings



Cooking Instructions

1. In a medium bowl, mix 1 tablespoon of olive oil, garlic, salt, pepper and basil together. Add the cherry tomatoes and toss to combine. (This can be made in advance and stored in the refrigerator for 1 day.)
2. Spray the grill grate with nonstick cooking spray and preheat the grill to medium-high.
3. Season the chicken breasts with salt and pepper and grill them on both sides until the chicken is cooked through, about 6 to 8 minutes per side.
4. In large bowl, whisk the remaining olive oil, lemon juice and zest together. Add the arugula and toss to combine.
5. Arrange the arugula on 4 dinner plates or on a serving platter. Place the chicken breasts on top of the arugula and garnish with the tomato salad and Parmesan shavings.

Nutrition Information

Serving Size: 1 chicken breast with tomato-basil salad

Number of Servings: 4

Per Serving			
Calories	307	Carbohydrate	10 g
Fat	11 g	Fiber	3 g
Protein	43 g	Saturated Fat	2 g
Sodium	424 mg		

Health Tip

Hungry all the time and seem to satisfy the hunger craving?

Try increasing your protein intake! Protein has been shown to increase satiety and decrease the volume of food intake.

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: Iliopsoas

Origin: bodies of transverse process on lumbar spine and sacrum

Insertion: Lesser trochanter of femur.

Eccentric Action: Decelerates femoral internal rotation and decelerates hip extension.

Isometric Action: Stabilize lumbar spine.

Concentric Action: Hip flexion and external rotation.

The hip flexors are a dominant player in our society today. With desk jobs, traveling in either airplanes or cars, and repetitive muscle actions, we tend to be in a hip flexed position more and more. This causes an increased sway in the lower back (anterior tilt of the pelvis). With the increased sway back caused by the psoas, a string events (overloading of the hamstrings, and low back muscles) occurs leading to chronic low back pain.

As a result, the iliopsoas (Psoas Major) is a major player in back pain. Back pain in this case is caused by a tight iliopsoas resulting in an increased sway back or hyperextension of the lumbar spine.

Common exercises used to alleviate low back are to increase flexibility of the psoas, increase glute strength, and increase in core abdominal strength.

Flexibility exercises for the psoas are held for at least 20 seconds in the beginning. As flexibility improves other forms flexibility can be used.

Chronic tightness of the psoas may need some neuromuscular massage work. This type of massage "seeks" out trigger points in muscles and uses pressure to cause the muscles to relax and release the tension. This massage is very effective and painful. Talk to a licensed massage therapist about this type of massage.



Our Training Philosophy:

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

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tice being positive and exercise your attitude. In terms of successful long term health and wellbeing this is every bit as important as exercising your body. A good way to start to change self talk is through personal daily affirmations. Write out a few sentences that you will say to yourself upon waking and before falling asleep (at these times it is easier to get to the subconscious mind) and at various times throughout the day. The following are some tips for effective affirmations and self talk.

- Make it positive and proactive. – Instead of telling yourself what you won't do, tell yourself what you are doing. Example; Instead of saying "I won't eat sweets or fried foods" and "I won't be lazy" say "I eat only healthy food that makes me look good and feel great." and "I am exercising and it makes me feel great."
- Make it in the present not the future. Let the future be now as if the goal is already being achieved. Future tense "I will" leaves room for doubt. It is best to describe the goal as being achieved right now. "I am eating right and exercising, I look and feel great"
- Include feelings and strong desire. You should feel and believe that what you are saying is already true. Feelings and emotions give life to your words. Example: "I am proud of the choices I make." "I workout everyday because it energizes me and keeps me feeling strong and healthy"

• Be certain of your success. Words like "try" and "hope" really mean "maybe" or "I might". "I will try to eat right and exercise," has the hidden message of "maybe I will or maybe I won't" or "I can't" or "I don't want to." Be certain "I am making the right choices to be healthiest I can be."

Remember, self talk affects all aspects of life. If you want to make a change in your life, family life, your social life, your career or financial situation apply these tips to those goals. It may sound hokey or simplistic but it does work it. To get that fit healthy body you desire (or anything else in life) simply talk yourself into it and the results will follow.

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