



News That's Fit To Print

VOLUME 5

APRIL 2009

Notes from Editor

We are growing yet again!! Our success at the NOMAD Aquatic and Fitness Center has been so successful, that we are heading to Denver to open our 4th location.

Our newest location will be located in the state of the art Westport Swim and Tennis Club.

We look forward to working with their staff to provide state-of-the art personal training to the members of this new facility.

Summer is coming, are ready? Now is the time kick your program into high gear!

Yours in Health,

Dave Radin
Editor

Precision Fitness Owner is Nominated For Prestigious Commendation by The United States Army

Bill Scibetta, owner of the Precision Fitness-Personal Fitness, Inc in Cornelius, was surprised to be nominated for a "Freedom Team Salute Commendation" from the U.S. Army.

In a time when our freedoms are being challenged around the globe and our businesses are being tested at home, Bill leveraged his business to support the troops overseas by donating fitness equipment. The opportunity came about when Staff Sergeant Jeremiah McConnell, one of Bill's trainers, was called back in November to serve a second term as a lead medic in Iraq. He didn't want Jeremiah to leave empty-handed and sent him back to Iraq with fitness equipment for the troops.

Jeremiah is now using these fitness tools and sharing Precision Fitness' training philosophies and techniques to help keep our men and women healthy and fit in the trenches. "As an Army National Guard Soldier, I would like to personally thank Bill Scibetta for his unwavering support. Bill has been instrumental in providing equipment that has enabled me to increase my functional training effectiveness with my soldiers. Along with my degree from UNC-Charlotte, the knowledge I have gained from the expertise of Bill Scibetta and my training director Bryan Fass at Precision has been crucial for providing my soldiers with the care they need and deserve."

In late January, Bill also received a Certificate of Appreciation from the U.S. Army for this good work. "When I donated the equipment a few months ago I had no thoughts of getting recognition or press. It's an honor to be nominated for this commendation from the United States Army and to receive their certificate of appreciation."

For over eight years Precision Fitness, has been helping Lake Norman residents improve their quality of life. Founded by Registered Nurse and Certified Personal Trainer Bill Scibetta, Precision Fitness makes quality of care and professionalism their highest priority. With state of the art training centers and an expert team of health, fitness, and sports medicine professionals Precision Fitness provide an environment free of the intimidation and misinformation that is often found in the average health club setting.

Since opening their doors in July 2001, Precision Fitness has enjoyed improving the health, fitness and performance of clients that range from the elite athlete (NFL, PGA, NASCAR, PBA, including a Daytona 500 champion, a NFL Hall of Famer, a Professional Bowlers Association Hall of Famer, and the 2008 NASCAR Rookie of the Year) to the student athlete and from fortune 500 executives to stay at home moms."

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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

Movement impairment in the foot and ankle can lead to all of the following except:

- A. Shin splits
- B. Plantar Fasciitis
- C. Achilles Tendinitis
- D. Rotator Cuff impingement

Answer on page 4.

Hot Topics

Preventing Patellofemoral Pain in Female Runners

Patellofemoral Pain or PFP, is the most common form of knee pain in runners. **Many factors contribute to the development of PFP including weak and inflexible quadriceps, fascial restrictions, and poor lower extremity kinematics.** Researchers speculate lower extremity kinematics is responsible for the increased frequency of PFP suffered by women.

In a recent study published in the *American Journal of Sports Medicine*, researchers at the University of California reported that **increased hip internal rotation is the primary contributor to varied kinematics in women with PFP.**

Thirty-eight women, half of whom presented with patellofemoral pain, participated in the study. Researchers assessed lower extremity kinematics during running, and performance of the hip muscles in **10 strength tests. MRI (magnetic resonance imaging) was used to classify the femoral structure for comparison.**

As expected, those participants with PFP demonstrated greater hip internal rotation on average. **Moreover, women with PFP had weaker hip muscles in 8 of the 10 strength tests and greater femoral inclination compared to controls.**

In this study, the only factor that was predictive of increased hip internal rotation was hip extension endurance. **Femoral structure was not linked to increased PFP.**

Based on these results it would be pertinent to evaluate hip strength in all three planes of motion and to develop strategies to improve hip muscle balance to prevent PFP in female runners. Additionally, professional treatment should involve evaluation of lower extremity kinematics and steps taken to minimize hip internal rotation during running.

Souza, R.B., and Powers, C. M. (2009) Predictors of Hip Internal Rotation during Running: An Evaluation of Hip Strength and Femoral Structure in Women with and Without Patellofemoral Pain. American Journal of Sports Medicine. 37:579-587

www.exercisetc.com

Exercise of the Month— Lunge Curl and Press

Preparation

- Activate core with proper drawing in and pelvic floor contraction.
- Start with dumbbells at the side of the body

Movement

- Step forward descending slowly by bending at the hips, knees, and ankles, keep most of your weight in the forward leg and AVOID letting your back knee touch the ground.
- Hold this position and perform a bicep curl into a shoulder press.
- Use your hip and thigh muscles to push yourself up to the starting position



FACTOID

Injuries located in the foot and ankle **can lead** to knee, hip, low back, and groin problems.

Trainer Spotlight

**Justin Hicks, BS,
ACSM-HFI**
Certified Personal Trainer

Justin received his Bachelor's degree in Exercise Science from the University of North Carolina at Charlotte and holds a certification from the American College of Sports Medicine as a Health and Fitness Specialist. Aside from being a tremendous motivator and trainer is an accomplished athlete. Justin held numerous junior state championships in cycling in the disciplines of Criterium and Road Racing, was invited to and competed in numerous Junior National Team selection camps and has over 8 years of cycling experience. Justin is also an avid golfer and enjoys training dogs. No matter the level of fitness, age or current health, Justin's education and experience will help set you down the path to achieving your goals.

Number 4 Is on the Way!!

The owners of The Club at Westport and Lake Norman's premiere personal training company, Precision Fitness, have reached an agreement to be the exclusive provider for personal training services at the club. The announcement was made the end of February 2009.

The Club at Westport is located in Denver, on 5 acres in the heart of Westport Club Development. The club will boast a Junior Olympic Pool with 8 wake-free lanes, and 8 lighted clay courts. In addition to the swim and tennis facilities, the Club at Westport will include an awesome Clubhouse and Fitness Center.

The club's 2500 square foot Fitness Center will have state-of-the-art weight and cardio machines. The multi-purpose room will host aerobics, Pilates and yoga classes in the morning and evenings.

The Tennis facility will include 8 lighted clay courts and will have shaded sitting areas for players and spectators. A 2000 square foot wrap-around porch will provide first court type viewing for many of the courts. The club tennis professionals will offer lessons for adults and children. The year-round program will include seasonal league play, club tournaments and tennis socials.

The 6000 square foot clubhouse with wraparound porch houses a pro shop, locker rooms, snack bar, meeting room, offices and a member lounge with big screen TVs.

The owner of Precision Fitness, Bill Scibetta, said in a statement, "I couldn't be happier with the partnership. The club is going to be fantastic and we cannot wait to get started."

The Club at Westport, is currently under construction and is expected to open in May 2009. Check their website for more information:

<http://theclubatwestport.com/default.aspx>

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authored by **Dave Radin**
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Quiz Answer:

D. Rotator Cuff Impingement.

The rotator cuff is a complex set of muscles located within the shoulder complex.

Check out the latest books written by the pro's at Precision Fitness: (click on picture)

**Chef's Corner...****Chicken Pot Pie**

This recipe serves: 8

Ingredients

1/2 cup white wine, optional
 1/2 teaspoon salt
 2 sprigs fresh thyme, or 1/2 teaspoon dried
 8 boneless, skinless chicken breasts, about 4 ounces each
 4 cups low-sodium chicken broth
 4 carrots, peeled and cut into 1/2-inch pieces
 2 parsnips or turnips, peeled and cut into 1/2-inch pieces
 8 small red Bliss potatoes, cut into quarters
 2 cups green beans, cut into 1-inch lengths
 1 pound mushrooms, quartered
 2 tablespoons butter
 1/2 cup flour
 freshly ground black pepper
 1 9-inch pie crust or 1/2 sheet of puff pastry

Cooking Instructions

1. In a large saucepan combine the wine, salt and thyme. Add the chicken breasts and enough broth to cover them. Bring the liquid to a boil, reduce the heat and simmer for 15 minutes. Remove the saucepan from the heat and let the chicken cool in the liquid for 10 minutes.
2. Remove the chicken from the broth with tongs and set aside. When the chicken is cool enough to handle, cut it into small pieces and place it in a large casserole baking dish.
3. Meanwhile, add the carrots, parsnips and potatoes to the broth and heat over high heat. Simmer until they are just tender, about 10 minutes. Transfer them to the baking dish with a slotted spoon. Add the green beans and mushrooms to the simmering broth and cook until they are just tender, about 3 minutes and then transfer them with the slotted spoon to the baking dish.
4. Strain the broth and reserve it in a bowl. Melt the butter in the now empty saucepan over medium heat. Add the flour and stir for 3 or 4 minutes. Whisk in the reserved broth, slowly at first and then more quickly. Bring the sauce mixture to a boil and cook until the mixture thickens enough to coat a spoon. Pour the sauce into the baking dish and season well with salt and pepper.
5. Roll out the dough until it is 1/4 of an inch thick.
(This can be done in advance and stored separately in the refrigerator for 1 day.)
6. Preheat the oven to 400°F.
7. Place the dough on top of the baking dish and trim it so that it fits inside the dish. Cut a few slits in the dough to allow the steam to escape. Place the pie in the oven and bake until the crust is golden brown and the sauce is bubbling. Let the pot pie stand for 10 minutes before serving.

Nutrition Information

Serving Size: 1 bowl

Calories	530	Carbs	62 g
Fat	16 g	Fiber	8 g
Protein	34 g	Saturated Fat	5 g
Sodium	524 mg		

www.foodfit.com

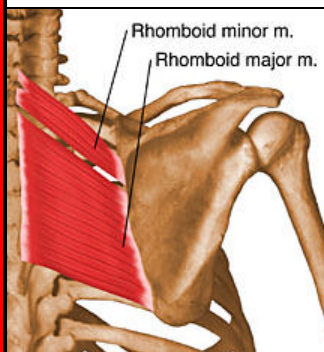
Did you know?

Did you know that the body is an **interconnected chain** called the **kinetic chain**?

Want more information on a fitness topic that has not been covered? Send an email to:

dave@ncprecisionfitness.com

Muscle Anatomy



Muscle: Rhomboids

Origin: Spinous Process (C7-T5)

Insertion: Medial border of scapula

Eccentric Action: Decelerate scapular protraction and upward rotation.

Isometric: Stabilize scapula, providing rotator cuff a stable environment to work efficiently.

Concentric Action: Scapular retraction and downward rotation.

The rhomboids are a major component in scapular stabilization. When there is a postural distortion in the upper body (rounded shoulders, forward head), the rhomboids become weak and inhibited.

To reverse this process and allow the rhomboids to perform their function, stretching of the pectoralis major and strengthening the rhomboids and other scapular stabilizing muscles should be performed. Below are the chest stretch and a rhomboid strengthening exercise:



Pec Stretch



Stability Ball Cobra

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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5 Simple Wellness Strategies

As I have been fond of saying year after year, now that it is officially spring, SUMMER IS COMING. So instead of going into a tirade on fitness and nutrition, which I have already done numerous times (see blog) I thought I could give some simple wellness tips to help you stay ahead of the curve this year.

Please remember that wellness and fitness is a marathon not a sprint, so be consistent. The more frequently you exercise the more it becomes a part of you. Besides, in this line of work if you do not keep yourself fit the statistics say that it will break you. Sleep, nutrition, diet, exercise, and stress are all part of the equation and must be addressed.

1) Stop exercising backwards—Almost all of you are guilty of going to the gym and spending most of your time doing cardio, then doing some weight training. Believe it or not this is totally backwards. Your body stores glycogen (stored cellular energy) in the muscle and liver. This glycogen is utilized for muscular activity as a source of energy. When you do sustained cardiovascular exercise your body does not utilize glycogen, it prefers aerobic metabolism. So, by applying some simple exercise science we know that by lifting weights first and doing your cardio second you will burn fat faster and more efficiently.

2) Stand on one leg- Going with our simple theme, if you do all of your strength exercises on one leg the effectiveness of your muscle activation and subsequent calorie burn will increase exponentially. Couple that with the added stability, balance, core activation and added overall effectiveness of the exercises and you will get much more benefit from your exercise.

3) Laugh -One of the easiest things you can do to feel better, which will in turn decrease stress is to simply laugh. Laughter is the best medicine; research clearly shows that the more you laugh/smile the happier you will be and the less negative oxidizers like stress and catabolic hormones will effect you. Read a favorite comic strip each day, watch a comedy show or visit a few favorite comedy websites every day.

4) Sleep-You would be amazed at the amount of research done on sleep. Simply put, the more sleep you get the better you heal, the higher your metabolism and the more alert you are. Napping is a huge part of this equation as well. People who nap daily are much more effective and more alert than their counterparts who do not nap. Even a few minutes can re-charge your batteries for the rest of the day.

5) You are what you eat-Look, we all know this, eat well, eat less, make good choices. But have you actually kept a diet journal? Do you realize that you probably binge eat/over eat during your day?! Chances are that you do, why? It's the nature of the beast, eat when you can and eat a fast and a lot when you do. Please stop, you are killing your metabolism and yourself for that matter. The simplest thing to do is bring your food with you. If your meals are pre-planned you will eat proper portions and eat more frequently, which will rev up your metabolism. Avoid sugar at all costs.. Seriously, the first step is to keep a food journal. Write down everything that enters your mouth, and you will be amazed at how an objective look at your eating habits will help to guide you toward better eating.

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