



News That's Fit To Print

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Notes from Editor

The statistics are in and they aren't good. The United States are fat!!

With all of the information about how to eat healthy, our weight has still gotten higher and we have an obesity epidemic on our hands.

So what is happening? Not sure exactly, but I can tell it involves a lot more eating than exercising.

Watch what you eat, exercise, and for god's sake, GET OFF THE COUCH!!

Yours in Health,

**Dave Radin
Editor**

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The Grades Are in and We Got an F - As in Fat

The Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF) just released its annual report, *F as in Fat: How Obesity Policies Are Failing in America* and once again we have failed to make the grade.

The report shows that in the past year adult obesity rates have increased in 23 states and did not decrease in a single state. In addition, the report shows the percentage of obese or overweight children is at or above 30 percent in 30 states.

For the third year in a row North Carolina has risen up the charts and now has the 12th highest rate of adult obesity in the nation, at 28.3 percent. Mississippi had the highest rate of adult obesity at 32.5 percent, making this the fifth year in a row that the state topped the list. Four states now have rates above 30 percent, including Mississippi, Alabama (31.2 percent), West Virginia (31.1 percent) and Tennessee (30.2 percent). Colorado continues to have the lowest percentage of obese adults at 18.9.

In 1991, no state had an obesity rate above 20 percent. In 1980, the national average for adult obesity was 15 percent and childhood obesity rates have more than tripled since 1980. The trend is not good.

The report once again makes its annual call for a National Strategy to "Combat Obesity."

For years we've been "fighting fat" and "battling the bulge" and now we're "waging war on obesity." This strategy is obviously not working and it's no surprise. Words like "fight", "combat", and "war" naturally imply struggle, conflict and adversity. Approaching weight loss with this attitude sets the stage for a losing battle by creating unneeded stress and anxiety. This stress and anxiety can in fact cause hormonal changes that actually make weight loss physiologically more difficult.

Obesity is not an adversary that will draw on all the "will power" we can muster in order to defeat. Obesity and the diseases associated with it such as heart disease, hypertension, diabetes and many cancers are side effects of unhealthy behavior. It's time for us to change our attitude and in turn our behavior.

The only way we're going to reverse this trend is to change our attitude and realize we don't have to live a life of struggle, deprivation and sacrifice in order to make healthy choices. Instead of "fighting fat" and "battling bulge" let's "**welcome wellness**" and "**embrace activity.**" Say no to war and love your body by feeding it nutritious and great tasting whole foods including plenty of fresh fruits and vegetables and getting plenty of physical exercise. If we all do this the result will be a leaner, healthier, and more productive America.

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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

What is the most important factor in consistent gains in strength and cardiovascular fitness?

- A. Frequency
- B. Duration
- C. Intensity
- D. Volume

Answer on page 4.

Hot Topics

CDC Reports Higher Obesity Numbers for 2008

Despite wide-reaching public and private efforts to curb overweight and obesity in America the trend continues to worsen. In the first week of July the U.S. Centers for Disease Control (CDC) released new statistics indicating that Americans are **heavier than ever**.

Presently, **more than 26% of Americans are obese, 26.1% to be exact.** This represents an increase of ½% over the previous year, 2007. Additionally, there are six states in which 30% or more of residents are obese. They include Alabama, Oklahoma, South Carolina, West Virginia, Mississippi, and Tennessee. **Sadly, only the state of Colorado can boast that fewer than 20% of residents are obese.**

The CDC tracks body mass index (BMI), amongst other variables across America annually through the Behavioral Risk Factor Surveillance System. **Over 400K Americans participate in a telephone survey for this purpose.** Obesity is indicated using a body mass index (BMI) of over 30 whereas a BMI of 25-29 identifies one as overweight.

Reuters Health. July 8, 2009. More Americans than Ever are Obese: CDC

www.exercisetc.com

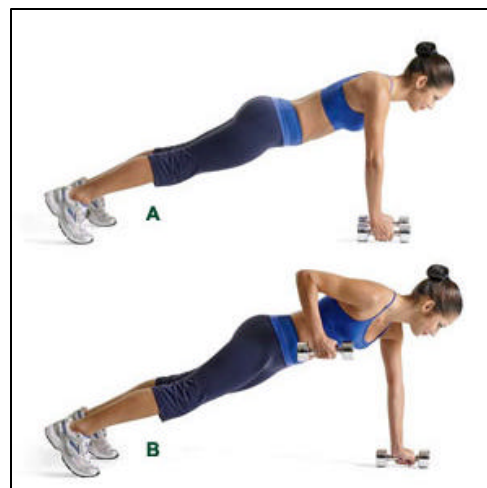
Exercise of the Month—Renegade Row

Preparation

- Start in a push up position, gripping a pair of dumbbells.
- Brace Abdominals for proper spinal support

Movement

- Perform one push up.
- At the top pull one dumbbell up to your arm pit.
- Pull the other arm up
- Lower weight back down and repeat with push-up



FACTOID

In 2003-04, **32.2% of** adults (over 66 million) were obese.

Almost **5%** of adults were extremely obese.

Trainer Spotlight

Alex Reynolds,
BS CSCS, LMBT 6280

Alex is a Certified Strength & Conditioning Specialist as well as a Licensed Massage & Bodywork Therapist. Prior to joining Precision Fitness, Alex has worked as a strength and conditioning professional for such top organizations as The New York Knicks and the New York Mets, Fairfield University and Villanova University, and has had the privilege to work with athletes in MLB, NBA, NHL, NFL and NASCAR. Alex has a long and varied athletic background. After competing as a NCAA Division I athlete he went on to a career as a Strongman qualifying for the North American Championships on multiple occasions, his latest athletic endeavor has been in the world of physique contests having just won the Precision Nutrition Lean Eating Physique Contest in June of 2009. Alex brings a wealth of knowledge and experience that allows him to take his clients health, fitness, and performance to the next level.

Precision Abdominal Training

It's almost impossible to turn on the television or open a magazine without being barraged by advertisements for washboard abs, the best abdominal training machine ever designed or a 'magic' pill specifically designed to remove fat from problem areas. In my previous articles I alluded to the fact that most machines do not work, in fact they actually can increase the risk of injury. Many of the most common machines and devices that are designed to 'scientifically' target the abs actually place up to 1000 lbs. of compressive forces on the spine.

People have been told that they should perform sit ups and other flexion (crunch) exercises with the knees bent to disable the hip flexors (psoas). Many have hypothesized that this reduces compressive load on the lower back by disabling psoas or by changing the line of action of the psoas. There is no debate as to whether psoas is shortened with the hip flexed, but is there a reduction in load to spine with the legs bent? McGill examined 12 young men and observed no major difference in lumbar load as the result of bending the knees. He measured the compressive loads to be in excess of 3000 N. This definitely raises the issue of safety. Certainly anyone with low back injury or risk of re-injury would be wise to avoid the bent knee sit up.

Everyone has performed the crunch at some time, many have not only performed the crunch, but have performed hundreds of thousands or more of them. Through emg studies it has been proven that this exercise directly targets the rectus abdominus or the front of the abdominal wall. However, in lab studies, the most reliable way to injure disks was to expose them to repetitive end range flexion in a cyclic manner. This means that the thousands of crunches you do in any strange variety of directions, with the feet fixed or not, holding weights or body weight, places a serious and very dangerous damaging force on the disks of the spine. A review of the literature reveals that it is likely that the disk must be bent to full end range of motion to be herniated, and that the risk is higher with repeated loading. Maybe the crunch is not as good as most would have you believe.

Another dinosaur that will not die is the leg raise, be it lying on your back, seated on a bench or suspended from the roman chair. Data indicates that the main muscle activated in this exercise is the psoas, not the muscles of the abdominal wall. The psoas muscles main role in this motion is as a hip flexor, not an abdominal or trunk flexor. Almost all of us suffer from tight hip flexors and weak lower abs, all this exercise will accomplish is further tightening the psoas and weakening the lower abdominal wall. So why would anyone select the straight leg raise to improve core stability when this exercise mostly challenges psoas (hip flexor) which appears to play no role in the stability process of the spine / core and at the same time applies extremely high loads to the spine?. So what are the best safest exercises for the abs that also strengthen the core and build spine stability? Believe me when I tell you that to perform these safe and efficient exercises that activate the core, abdominal and spinal muscles no equipment is required, all you need is your body and the floor. The first place to start is the Plank aka. Prone bridge. Perform this exercise like a push up only on your forearms.

Preparation

- Position yourself face down (prone) on your toes and forearms.

Movement

- Brace your abdominals, and retract the cervical spine.
- Maintain the plank 2 position for as long as you can squeeze your glutes.

Tips

- Keep the glute muscles engaged and legs straight throughout the exercise.
- When you can no longer fire the glutes, rest and repeat.

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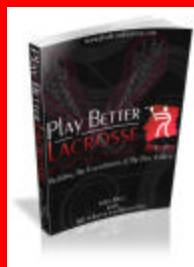
Quiz Answer:

C. Intensity.

Kick up your intensity is usually all that is needed to see added results. So push yourself harder.

But be careful, don't get injured! Watch your form, push yourself and be safe!

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

**Chef's Corner...****Maple Glazed Barbecued Chicken**

This recipe serves: 6

Ingredients

- 1 onion, roughly chopped
- 1 cup ketchup
- 1/4 cup Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon hot sauce
- 1/2 cup cider vinegar
- 1/2 cup maple syrup
- 6 boneless, skinless chicken breasts, about 4 to 6 ounces each

Cooking Instructions

1. To make the barbecue sauce, place all of the ingredients except the chicken in a blender or food processor. Blend until thoroughly combined.
2. Marinate the chicken in half of the sauce while you preheat the grill to medium-high.
3. Remove the chicken from the marinade and place it on the hot grill. Brush the chicken occasionally with the remaining half of the sauce. (Discard the excess sauce that the raw chicken was marinating in.) Grill the chicken for about 4 to 6 minutes on each side, until it is cooked through.

Nutrition Information

Number of Servings: 6

Calories	254	Carbs	33
Fat	2 g	Fiber	1 g
Protein	28 g	Saturated Fat	0 g
Sodium	183 mg		

www.foodfit.com

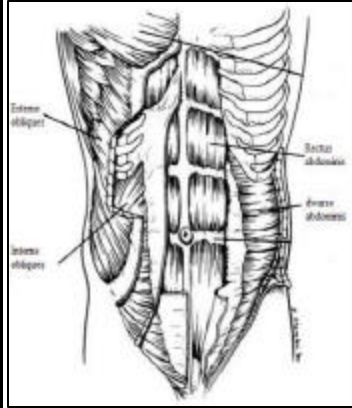
Did you know?

The strongest muscle in the body based on it's weight is the **masseter**. With all the muscles working together, it can close the jaw with a force of **55 pounds** (incisors) up to **200 pounds** (molars).

Source: <http://www.loc.gov/rr/scitech/mysteries/muscles.html>

Muscle Anatomy

Muscle: External Obliques



Origin: Lower 8 Ribs

Insertion: Abdominal aponeurosis, anterior portion of iliac crest

Eccentric Action: Decelerates extension and rotation.

Isometric: Stabilize lumbo-pelvic-hip-complex.

Concentric Action: Posteriorly rotates pelvis; flexes the pelvis and produces contralateral rotation.

The external obliques lie on the surface in a diagonal pattern. These muscles are an important group for overall strength and stability of the core region. Many people focus on the rectus abdominus muscles and forget about the muscles along the sides of abdominal wall. The best exercise to build strength and stability in the external oblique's is the side plank.



Side Plank—basic



Side Plank—advanced

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

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Our Training Philosophy:

"M.P.E.
TRAINING"
MAXIMUM
PHYSICAL
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Want to learn about something that has not been on previous newsletters? Send an email to:

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The second exercise is the **lateral plank** or **Side Bridge**.

Preparation

- Position yourself laying on your side, propped on the foot and elbow. (frontal plane)
- Maintain a ridged body alignment with proper head position.

Movement

- Brace your abdominals, and maintain spinal alignment.
- Raise your torso up off the floor, hold and repeat. Continue on the opposite side.

Tips

- Keep the glute muscles engaged throughout the exercise.

The final exercise to strengthen the abs, core and spine is more of a continuum than anything else. The abdominal brace. Every exercise you perform, ever, should be preceded by an abdominal brace; this brace should be held throughout the exercise. The brace is a foreign concept for many since for years we were taught to draw the abs in. Research has clearly shown that drawing the abs in is not effective, bracing fires all the abdominal musculature as well as lumbar co-contraction.

Control of movement is the key to re-educating the lower abdominal wall and allowing the deep pelvic stabilizers to fire efficiently. This progression begins with mastering the abdominal contraction. The key is isolating the muscles of the abdominal wall. Place your fingers on your belly button to feel this contraction. Pay strict attention to NOT allowing the use of the legs, hip flexors or glutes. Typically the body will want to compensate (a.k.a. cheat) to achieve these movements; you must be diligent to not let this happen. To begin the progression lay on your back with the knees bent and feet flat on the floor, place your hands behind your head. Take a breath in and while slowly exhaling begin to push your belly button down toward your hips. Imagine flexing your bicep, this is the same pattern as flexing your abs. Another way to imagine the contraction is to imagine someone is about to punch you in the stomach, just before you are hit brace you abs. The contraction is very slow to develop and never forceful so the legs do not help. Continue the contraction until the lower back is in slight contact with the floor and you can breathe while not straining or feeling tension in the neck, chest, shoulders or legs. For most people this is not easy.

Practice bracing with all activities you do, sitting, walking and definitely while exercising. Over time your abdominal endurance will increase and the co-contraction between your abdomen and thoraco-lumbar spine will become much more efficient. The more efficient the contractions and communication throughout the body the more efficient your exercises will be.

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