



News That's Fit To Print

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Notes from Editor

The end of the year is here. The final month before New Years Resolutions begin.

Take everything in stride. This holiday season use exercise to help you maintain and if you improve, even better. Do not use the holidays as an excuse to stop your fitness routine.

Stopping only makes it harder to get going again.

Enjoy the holidays with family and friends and get them involved with your routine. Go for walks together or play.

Either way, stay on track this holiday season.

All the best,

Dave Radin
Editor

Inside this issue:

	1
<i>Hot Topics</i>	2
<i>Tis the Season</i>	3
<i>Chef Corner</i>	4
<i>Muscle of the Month</i>	5
<i>Exercise of the Month</i>	6

Intrinsic Values for the New Year

If you are thinking about starting an exercise program or in a rut with your current exercise program, asking yourself this question: Why am I exercising? You should have a specific answer for this question. If not, your success will be severely hampered. What am I talking about? Value. I am not just talking about monetary value for a gym membership or a personal trainer. If you cannot find value in your exercise program, you will stop. It is that simple.

So how do I find value? Only you can figure that you, but it has to come from inside of you, something that shake you down to your core beliefs. You are already have values: family values, spiritual values, etc that you have established in over your life. Try tying in exercise into one of those values. For example, Exercising will allow you to play with your kids, dance at your daughter's wedding, watch them grow up, etc.

By identifying what exercise can do **for** you instead of to you will go a long way.

I remember a lecture I was a part of in Durham about values and exercise back in the mid—late 90's. The folks at this lecture were all obese and trying to cope with the thought of starting an exercise program. A lot of them were struggling with an internal reason to start exercising. One gentleman stated his reason for exercising was to see his daughter grow up to be able to walk her daughter down the aisle at her wedding and he started weeping. Hook, line, and sinker. He got it. His reason was intrinsic. You see, for a lot of the folks who were a part of the program I was fortunate to work at, exercise was a four letter word. A lot of them were told by their doctor they needed to exercise or their spouse, parents, or friends sent to the program. These are all extrinsic reasons.

Extrinsic reasons to start exercise will only go so far. A week, a month, a couple of months and you will most likely fall back into old habits. By finding an internal reason that you can wrap around, you will be more successful.

Using fear as motivator will last for a short amount of time. Hearing from a doctor that you should exercise or suffer the consequences will only for a short time. Unfortunately, you will need a life altering event to change your bad habits like a heart attack or stroke.

The advice I can give to those looking for motivation to get into shape, is to look within. The answers most likely are within you, you just need to dig deep and look for them.

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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

Which of the following are **Fat-Soluble** Vitamins?

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D
- E. A and D
- F. B and C

Answer on page 4.

Hot Topics

Exercise May Help Treat ADD/ADHD as Well as Medication

Many experts agree that the one area we have the least knowledge of in this industry is the effect of exercise on the brain, or neuroscience. **One particular area of interest in neuroscience is the potential for exercise in the management of ADD/ADHD.** Attention Deficit Disorder, a condition characterized by impulsiveness, attention difficulties, and in many cases hyperactivity, affects nearly 2 million children under 12 and up to 8 million adults.

Current management of ADD symptoms includes medication and behavioral therapy to learn techniques to enhance focus and productivity. **Interestingly, exercise may help people with ADD to the point of reducing or eliminating the need for medication.** In a *Medscape Today* interview with the John J. Ratey, MD, the author of *Spark: The Revolutionary New Science of Exercise and the Brain*, Dr. Ratey suggests that **exercise will become more integral to management of ADD in the coming years.**

Dr. Ratey suggests that **the neurotransmitters released during exercise, specifically nor-epinephrine and dopamine, act similar to Ritalin and Adderall, two commonly prescribed stimulants used to treat ADD/ADHD.** He also suspects that chronic exercise effects on the brain results in increased volume of neurotransmitters along with increased capacity for binding in the brain.

Although many of **Dr. Ratey's theories are novel**, he is relying on connections previously confirmed by neuroscientists who have studied the effects of exercise on the frontal cortex of the brain, the area most challenged in ADD/ADHD. **Moreover, in practice Dr. Ratey has found a connection between long distance athletes and ADD following periods of detraining due to injury.**

He began to recognize that individuals who were previously very active were seeking treatment for depression and exhibiting other symptoms of ADD when they no longer exercised as frequently or with as much volume. **Thus, Dr. Ratey believes that severity of ADD and quantity of exercise to manage may be linearly correlated based.** He uses Olympic Champion Michael Phelps as an example, whose ADD symptoms normalized after he began accumulating at least 3 hours of swimming practice daily.

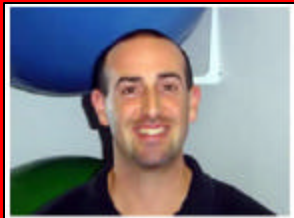
Because of the variability in severity amongst ADD/ADHD cases, **exercise may become the tertiary component in management in the future.** Because hyper-focus on a single task is common amongst persons with ADD, and **if Dr. Ratey's theories are valid it might be possible that many long distance athletes have been healthfully self-medicating for many years.**

Wyong, P. (2009) Exercise and ADD: An Expert Interview With John J. Ratey, MD. Medscape Online. October 8.

www.exercisetc.com

FACTOID

Atherosclerosis, the gradual narrowing of the arteries feeding the heart, is the **leading contributor** to **heart attack** and **stroke death**.

Trainer Spotlight

**Bryan Fass, ATCL,
CSCS, NREMT-P**

Bryan Fass holds a bachelors degree in sports medicine and is a Certified / Licensed Athletic Trainer, Nationally Certified Strength and Conditioning Specialist, as well as a Nationally Registered Paramedic. Bryan brings over ten years of clinical rehabilitation and sports medicine experience and is highly skilled in Myofascial Release and soft tissue therapy. Aside from being an expert in the field of rehabilitation and corrective exercise, Bryan is also highly experienced and knowledgeable in developing strength and conditioning programs for improved sports performance.

Healthy Holiday Tips

- 1. Focus on weight maintenance not weight loss** - Parties, large meals and extra calories are almost unavoidable during the holiday season. If you are currently overweight and want to lose weight, this is not the time to do it; setting difficult or unrealistic goals can lead to a vicious cycle of guilt, feelings of failure, and more eating.
- 2. Get moving** – Regular exercise will increase metabolism and allow you to enjoy a few extra calories without putting on the pounds. Exercise will give you energy and the mental strength to deal with the mad rush of holiday shopping, the holiday travel or holiday visitors and the party hopping.
- 3. Get Plenty of Sleep** – Lack of sleep impairs our ability to handle stress (which there is usually no shortage of during the holidays). Chronic sleep loss can also affect various components of metabolism that influence hunger and weight gain.
- 4. Substitute healthy recipes** - Use applesauce in place of oil; use egg whites in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines and healthy cooking cook books are full of reduced calorie and reduced fat holiday recipes that taste great.
- 5. Don't go to parties hungry** – Going to a party on an empty stomach is a recipe for disaster. Starting your day with a healthy breakfast and eating sensibly throughout the day should help you control your appetite and avoid over-indulging on the typically high fat and high calorie holiday fare.
- 6. Eat slowly**- Make one plate of the foods you really want. It takes about twenty minutes for your brain to register that your stomach is full. Take your time to enjoy the taste of every bite, and you will realize you don't need to go back for seconds.
- 7. Limit alcoholic beverages** - Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks can contain 150-450 calories per glass whereas, water and diet sodas are calorie-free. If you choose to drink, try light wines and light beers, and use non-alcoholic mixers such as water and diet soda. Limit yourself to one to two drinks.
- 8. Get rid of leftovers** – Some foods are more fattening than others, however, no food will make you gain weight unless you eat too much of it. Often we eat beyond our body's physical hunger simply because food is there.
- 9. Keep it in perspective** – It takes days of overeating to gain weight; one day won't make or break your eating plan. Nothing is more destructive to a healthy eating plan than the negative feelings of failure and guilt. If you over-indulge at a holiday meal or party, don't beat yourself up; simply return to your sensible healthy diet the next day.

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Quiz Answer:

E. Vitamin A and D

Vitamin A serves as an antioxidant and positively affects the eyes.

Vitamin D helps with the absorption of calcium for stronger bones.

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

**Chef's Corner...****Grilled Rosemary Pork Tenderloin**

This recipe serves: 4

Ingredients

2 1/2 tablespoons olive oil
 2 teaspoons balsamic vinegar
 1 clove garlic, crushed
 small rosemary sprig, chopped or 1/2 teaspoon dried
 salt, to taste
 freshly ground black pepper
 2 pork tenderloins

Cooking Instructions

1. Mix the oil, vinegar, garlic, rosemary, salt and pepper, and brush on the pork tenderloin. Refrigerate for at least 30 minutes or overnight.
2. Preheat the grill.
3. Sear the pork on all sides, then cook over a medium heat for 8 to 12 minutes until the pork is cooked through. Let the tenderloin rest on a carving plate for 1 or 2 minutes.
4. Slice the tenderloin thinly.

Serving Size: about 1/4 pound cooked pork tenderloin

Nutrition Information

Number of Servings: 4

Calories	94	Carbs	5g
Fat	2g	Fiber	0g
Protein	13g	Saturated Fat	1g
Sodium	70mg		

www.foodfit.com

Did you know?

Bones only move when acted upon by muscle.

Bones act as support and protection of organs.

Muscle Anatomy

Muscle: Pectoralis Major

Origin: anterior surface of medial half of clavicle, anterior surface of sternum, superior six costal cartilages, aponeurosis of external oblique.

Insertion: lateral lip of intertubercle of groove of humerus

Eccentric Action: decelerate shoulder extension, horizontal abduction and external rotation.

Isometric Action: stabilize shoulder complex during overhead movements.

Concentric Action: shoulder flexion, internal rotation, and horizontal adduction.

The Pectoralis Major is a favorite muscle among many young males. You see them in the gym all the time bench pressing or commenting/asking to their friends how much they can bench.

While pecs are important, they also tend to assist in pulling the shoulder blades forward (slumped shoulders). This is due to the pecs being over developed and dominant versus it's antagonist, the rhomboids, which become weak and inhibited.

We also tend to see the slumped shoulder position from people who sit in front a computer, sit at a desk all day, or travel as part of the job.

The following two exercises work the chest to improve flexibility and build stability through the chest, shoulders, and abs.



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
EFFICIENCY**

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We're on the Web!

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

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Exercise of the Month Stability Ball Cobra

Preparation

- Lie on the ball in the prone position with legs straight and toes on the floor.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Keeping hips and feet planted slowly raise chest and head up off the ball.
- Supinate hands. (rotate thumbs out)
- Return to the start position and repeat.

Tips

- Maintain (cervical) neck retraction.
- Pinch shoulder blades together.
- Avoid hyper extension of the back.

Progression

- Perform with dumbbells.

