

Notes from Editor

While the best gift for your valentine is the gift of health, what about yourself? I know you made goals for the 2009, but do any of them involve your health?

It is never too late to begin an exercise program. The hardest part is knowing where to begin. Don't be too hard on yourself and decide that you are too old or believe in the excuse that arthritis is just a part of "growing old" because it isn't.

Take care of yourself now, there really is no excuse not to.

Yours in Health,

Dave Radin
Editor

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Commit to the Fitness Lifestyle...and the Intensity

The decision to improve your health is a big one that many people do not fully understand. Engaging in a fitness program is a little bit more involved than just showing up to the gym and "going through the motions."

Changing your health status, whether it is weight loss, improving your cardiovascular endurance, or performance enhancement, requires a commitment. I don't mean just a financial commitment either. Time and energy are also required. I will discuss these two aspects a little later on.

Many people start a fitness program and stop after a few weeks because they are not ready to commit to the intensity needed to reach their goals. If you need some proof of the intensity needed to be successful, watch the TV Show **The Biggest Loser**. The people on that show are pushing themselves to take control of their lives and their health. As a trainer, I do not agree with everything that they do, but the lessons learned are important. Intensity is the key. Michael Jordan didn't become the best basketball player in the history of the game by taking it easy during his workouts and neither should you.

Back to the two of the key commitment elements for being successful: **time and energy**. Time means how many days per week and how long each exercise routine lasts. Daily exercise should be the ultimate goal. However, job, family, and other commitments take you away from other important aspects of your life. Once you begin, you have to stay strong to the reason you wanted to begin to exercise. If you say 3-5 times/week is attainable, make it happen. Starting and allowing others distract-time elsewhere will get you nowhere!!



Changing your lifestyle requires a total commitment of time and energy.

Energy means how you perform your exercise intense enough to reach your goals. Frustration leads to the de-

parture of exercise. Understand this, you want to lose weight, **burn the calories!!** Want to run a 5K at a personal record pace, **RUN FASTER!** Here is a good guideline for all to follow: exercise at a pace that is challenging enough to cause you to sweat. You should be able to hold a conversation, but not easily!! Don't be afraid to push yourself. Your body will adapt and become stronger and more fit as a result. If you don't push yourself, don't be surprised is nothing changes.

Remember the choice to change your lifestyle and become more fit is yours. Make the most of it and put for the time and energy needed to reach your goals.

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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 possible causes of sciatica pain?

- A. Poor biomechanics
- B. Curvature of the back
- C. Weak abdominal muscles
- D. Pregnancy
- E. All of the above

Answer on page 4.

Hot Topics

Recreational Weight Lifters Exhibit Muscle Imbalances and Mobility Impairments

Americans have become more conscious of the benefits of Strength Training (ST) over the past decade. In fact, it's projected that 20% of all 18 to 65 year olds now incorporate ST at least twice weekly. Unfortunately, rewards do not often come **without risk**. In this case, risk has translated into a greater incidence of ST injuries. The shoulder is of particular interest because it is involved in 36% of reported cases. In a recent study published in the *Journal of Strength & Conditioning Research* researchers at **Nova Southeastern University in Fort Lauderdale** reported that ST results in both mobility impairments and muscle imbalances, both of which may contribute to higher injury risk during training.

Ninety men between age 19 and 47 were evaluated for shoulder active range of motion, posterior shoulder tightness, strength, and agonist/antagonist strength balance. **For comparison, sixty participants had previous upper-body weight lifting experiences** (STG-strength trained group) whereas 30 did not.

Mobility impairment was identified in the STG for all ranges of motion except for external rotation. Moreover, agonist/antagonist strength imbalances were common in the STG. **Interestingly, restrictions in mobility and strength imbalances were mostly similar in participants who either created their own program** or had a Physical Therapist or Fitness Professional create their program.

To reduce incidence and risk of shoulder injury, researchers encourage coaches, trainers and therapists to emphasize structures that were identified as deficient in this study. **To do so, focus on strengthening the scapular stabilizers**, specifically the lower trapezius, external rotator cuff, and stretching the posterior shoulder capsule.

Kolber, M.J. et al (2009) Shoulder Joint and Muscle Characteristics in the Recreational Weight Training Population. Journal of Strength & Conditioning Research 23(1): 148-157.

www.exerciseetc.com

Exercise of the Month— Shoulder Press (Seated on SB)

Preparation

- Sit with good posture on a stability ball with feet flat on the floor
- Place the dumbbells at eye level directly over elbows, palms facing away from face.



Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Press the arms overhead until arms are straight but not locked at the elbow.
- Lower the arms back down to eye level and repeat the sequence.



FACTOID

Muscle soreness is caused by Micro-fiber tears in the muscle, **not by** lactic acid.

Trainer Spotlight



Michele Mathiesen holds a Bachelors Degree in Sports Psychology from the University of Wisconsin, and has been a Licensed Massage & Bodywork Therapist for the last 7 years. Her experience in Physical Therapy, Orthopedic, and Chiropractic settings has given her a unique perspective in healing modalities. Michele utilizes many different types of therapy to best help her clients including Neuromuscular Re-Education, Myofascial Release, Thai Massage, Ashiastu, Hot Stone, and CranioSacral Therapies to allow her to achieve the best results with her clientele. She is NC Licensed (#6472), Nationally Certified (NCBTMB), and a member of the American Massage Therapy Association.

Get Moving....Benefits Lasts a Lifetime!!

The benefits of physical activity are numerous and very well documented. Aside from substantially reducing the risk of dying of a heart attack, regular physical activity decreases the risk for stroke, diabetes, high blood pressure and certain forms of cancer. Regular physical activity helps to build and maintain healthy bones, muscles, and joints and reduces the risk of arthritis and osteoporosis.

Regular physical activity helps reduce the symptoms of arthritis and degenerative joint disease and reduces the falls among older adults. Regular exercise has even been shown to reduce symptoms of anxiety and depression. As overwhelming as these benefits are, the sad fact is that less than half American adults do not get enough physical activity to provide health benefits. Less than 25% of adults are not active at all in their leisure time. The good news is, its never too late to reap the benefits of an active lifestyle.

Activities performed at a higher intensity or longer duration generally offer greater health benefits; this however, may not be a realistic goal or starting point for everyone. Healthy benefits can be gained from activity as simple as a brisk 30 minute walk five or more times a week. Life can be busy and hectic but with a little creativity and planning every body can make room for physical activity. Take the stairs instead of the elevator. Replace that coffee or cigarette break with a fitness break by talking a brisk walk or doing some stretches at your desk. Play with the kids or the dog. Instead of driving around to find the closest parking spot, park farther away and enjoy the walk. Remember when it comes to physical activity every little bit helps.

To reap the full health benefit of physical activity an exercise plan should address the five components of physical fitness as outlined by the Centers of Disease control. These five components include cardio-respiratory fitness, muscular strength, muscular endurance, body composition, and flexibility. In future columns we will more specifically address these individual components, as well other pertinent topics such as nutrition, weight management and injury prevention. Information that will help you stay Looking Better, Feeling Better, and Playing Better! But in the mean time, Get Moving!

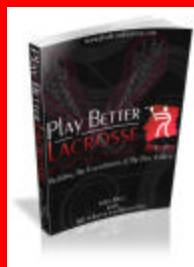
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Quiz Answer:**E. All of the above.**

The sciatic nerve runs from the lower back, through the hips/glutes and down both legs.

Symptoms include pain and tingling down the leg, hamstrings and calves.

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

**Chef's Corner...****Pasta Primavera with Chicken**

This recipe serves: 4

Ingredients

2/3 pound fettuccine
4 teaspoons olive oil
2/3 pound boneless, skinless chicken cutlets, cut into strips
salt to taste
freshly ground black pepper
1 1/3 medium carrots, cut into thin strips
1 cup low-sodium chicken broth
2/3 red pepper, cut into thin strips
2/3 pound asparagus, cut into 2-inch lengths
2/3 medium yellow onion, thinly sliced
2/3 clove garlic, minced
12 ounces non-fat sour cream
1 cup freshly grated Parmesan cheese
4 teaspoons chopped chives

Cooking Instructions

1. Bring a large pot of well salted water to a boil. Add the fettuccine and cook for 10 to 12 minutes until the pasta is al dente. Drain.
2. Meanwhile, heat the olive oil in a large heavy skillet over medium-high heat. Season the chicken cutlets with salt and pepper. Add the chicken to the pan and cook for 3 to 4 minutes until the chicken is golden brown. Transfer the chicken to a plate and set aside.
3. Return the skillet to medium-high heat, add the carrots and cook for 2 minutes. Add the chicken broth by the quarter cup, as needed, to keep the vegetables from sticking.
4. Add the red pepper and asparagus and cook for 2 minutes more. (Continue adding chicken broth as needed.)
5. Add the onion and garlic and cook for 2 minutes more.
6. Turn the heat to low and add any remaining chicken broth and the sour cream to the pan. Cook, stirring occasionally, until the broth and sour cream are well blended. Add 1/2 of the Parmesan cheese. Season with salt and pepper.
7. Add the chicken and toss it with the vegetables to coat it in the sauce. Add the fettuccine and toss again to combine.
8. Immediately serve the Primavera in warm bowls. Serve the remaining Parmesan cheese on the side for sprinkling at the table.

Nutrition Information

Serving Size 1 bowl of pasta w/ chicken & veggies.

Per Serving			
Calories	471	Carbohydrate	46 g
Fat	14g	Fiber	6g
Protein	41g	Saturated Fat	6g
Sodium	601 mg		

Health Tip

Proper posture enhances circulation, digestion, muscular coordination, and enhance sleep.

Source: <http://fitness-facts.com>

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

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Muscle Anatomy



Muscle: Deltoids

Origin: Lateral third of clavicle, acromion, and spine of scapula

Insertion: Deltoid tuberosity of humerus

Eccentric Action: Anterior.—decelerates shoulder

extension and external rotation; **Mid**—decelerate

shoulder adduction; **Posterior**—decelerate shoulder flexion, internal rotation, and horizon-

tal adduction

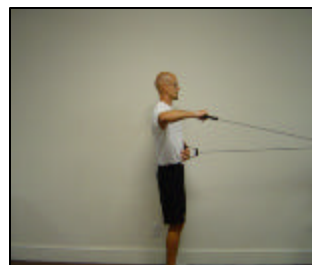
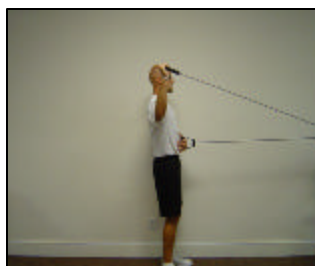
Isometric Action: Anterior—stabilize glenohumeral joint, works as a neutralizer during shoulder abduction; **Mid**—stabilize glenohumeral joint; **Post**—stabilize glenohumeral joint, works as a neutralizer during shoulder abduction.

Concentric Action: Anterior—flexes and medially rotates arm; **Middle**—abducts arm; **Posterior**—extends and laterally rotates arm.

The shoulder is involved with every upper body movement.

The main shoulder exercises for strength are pressing movements and lateral raises. The function of the shoulder is greatly affected by tightness in the chest, lats, and the muscles of the neck. Any tightness associated with these muscles pulls the shoulders out of proper position and can lead to injury. Therefore, exercises used to stretch the lats, pecs, and neck muscles are essential for proper shoulder mechanics.

If your chosen activity is a racquet or throwing sport (tennis, racquetball, baseball, etc.) a proper balance of internal and external shoulder rotation is extremely important for overall shoulder stability.



Our Training Philosophy:

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

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Not All Personal Trainers Are Created Equal

With spring almost upon us the phone has been ringing off the hook here at the office. The two most common questions are 1) what are your prices? 2) What kind of machines do you have? Does anyone else see a problem with that? You have realized that help is needed achieving your goals, you seek out a 'professional' and I do use the term professional loosely, yet we all get stuck on cost and equipment. A 'professional' should not, in my opinion discuss price with you, how do I know what you need? Do you really know what you need? Do you know that machines do not work and actually encourage injury?

In the medical / scientific world we test and evaluate. If we can not test all we are doing is guessing, I personally do not like to guess, and I would assume that you would rather not pay for a guess. The unfortunate fact is that most 'professional' trainers never test, they sure get you money in a hurry though! One of my favorite gimmicks in the 'professional' fitness industry is the free sessions, you would not go see a Physician and expect someone that studied for so long to give their services away for free, what makes a 'professional' trainer any different?

So what does one look for? Start off with a degree, and please make sure it is in a related field (sports medicine, athletic training, nursing, exercise science, exercise physiology etc.). Now, let me also say that some of the best trainers I have seen and hired have no exercise based higher education, BUT they have ALL the certifications that matter. What I mean is that the few accredited certifications that actually teach safe, effective, scientific exercise they have taken.

- National Academy of Sports Medicine (NASM)
- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)

Ask the 'professional' trainer the last seminar they attended, the last scientific journal they read? There are hundreds of schools and certifications out there, most do not teach anything close to exercise science or personal training. I say this because daily I watch 'professional' trainers at the local chain gym destroy their eager clients. Daily I watch dangerous exercises taught to folks who have not been evaluated for injurious patterns, exercise that will cause injury. For the past 6 years I have interviewed and not hired 'professional' trainers who hold those other certifications, which I will not name. In the 'professional' trainers defense, they do not know that they do not know, it simply is not taught.

The bottom line is that prior to discussing price you need to be evaluated for posture, flexibility, balance, range of motion, movement tests, and strength. Then your personal goals are factored into a program that accounts for your schedule. After the tests I know what your body actually needs, you may not need 5 days a week, 2-3 days may be fine. You may be so physically imbalanced that massage is needed prior to beginning or a consultation needed with your physician. I can not design a program or know a cost until I know what your body needs, then and only then do we discuss price. A 'professional' trainer should have educated you during your fitness assessment so that you understand what you need, why and how the program is being designed specifically for you. Then we can talk price, frequency and duration.

So, what is the take home message? Do your home work, realize that all trainers are not created equal, anything free or gimmicky is probably a ploy, and if the trainer goes after your wallet first, keep searching.

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