



News That's Fit To Print

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Notes from Editor

Just when we thought winter was over, it showed it's ugly side here in the Carolinas. Well, spring is on it's way and that means warmer weather, longer days, and SUMMER!

Keep your workout strong by heading outdoors to get a workout. Remember that your bodyweight is the ultimate resistance.

With the economy slowing, remember that the best investment you can make is in your health.

Yours in Health,

**Dave Radin
Editor**

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Shaq-Tastic

I was watching a little bit of the Sportscenter Conversation the other night with Shaquille O'Neal. The man has been playing out of his mind lately. Not bad for a 325 lb plus guy who is "old" by NBA standards. He looks like the Shaq of old. He is powerful, agile, and pain-free.

Shaq had been having knee issues for a number of year and no one knew why. He was slowing down, taking time to jump and recover. He couldn't spin around his opponent as quickly as he once did. Shaq had lost his dominance. Everyone thought he was done, time to retire. During his time with Miami, his production slowed down, and he was constantly injured. Miami traded him to Phoenix and look at him now! So what has changed? The scenery? Youthful energy? Nope.

The difference this year and last has been the Phoenix Suns training staff. When Shaq arrived, they performed an evaluation on him to determine what his weakness's are. They found his glutes were weak. They worked on stabilizing his knee, ankle, and hips and while strengthening his glutes and he is off and running like he was a rookie.

They haven't just worked their magic on Shaq. Grant Hill, who has an injured plagued career with his ankle, is playing well also. I saw a video (YouTube) of the Phoenix Suns training staff and their methods. It isn't rocket science. They look over the body, find the weak spots, and build from there. It is the same approach that we use at Precision Fitness. Evaluate what is going on with your body and build a program to get your body working more efficiently.

So what is the moral of the story here? Getting older and accepting aches and pains as part of the process is an excuse. Stop making the excuses of age. Your body is designed to move. Injuries that just come up out of the blue result from muscle imbalances, muscle tightness, and inefficient movement patterns.

Weakness in certain muscles and tightness in others leads to postural distortions. These postural distortions if left untreated will lead to injury. I'm sorry to say that unless your doctor knows how to train the muscles around the affected joint, all he/she is going to do is to tell you stay off it or prescribe pain medication.

There is a new breed of trainer out there that understands about how your body works. Many of you who train with us know this already. We take a look at the body as functioning unit, not individual muscle groups. We identify weakness, tightness, and movement dysfunction and come up with a plan to correct it.

If you have back, neck, knee, hip, shoulder, or elbow pain, find a trainer who is trained at looking your body as a functional unit and have an evaluation done as soon as possible. Why? The worst thing you can do is to train through the pain. You could be making the injury worse. By looking at how your body moves, the trainer or physical therapist can dictate a plan to get your body functioning again and having you back to your old self, pain free!!

For those of you who are remembering what is was like when you were younger, take Shaq as your example. He is moving around with ease and no pain. This can happen to you. Just imagine yourself moving around the golf course, running course, basketball court, or whatever it is, with no pain, feeling great. Now that is Shaq-Tastic!!

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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 crucial muscle involved in stabilizing the body during running and/or walking?

- A. Quads
- B. Hamstrings
- C. Calves
- D. Glutes
- E. Lower Back

Answer on page 4.

Hot Topics

Seven Minutes a Week Improves Insulin Function

A string of studies have been published over the past couple years identifying a **strong relationship between High Intensity Interval Training (HIIT) and reduced cardiovascular disease and metabolic syndrome risk**. High Intensity Interval Training incorporates periods of exercise above 85% VO₂max or HRR in alternation with periods of active or passive recuperation. Evidence suggests that smaller amounts of HIIT are more productive than larger amounts of moderate continuous training. **No one is sure, however, how little HIIT and at what exact intensity** optimize any variable measured.

Last month a study published in the *journal Biomed Central Endocrine Disorders* indicated that **insulin sensitivity may be improved with as little as 7 minutes of exercise per week**. Astounding!

Researchers in England studied 16 young healthy men. Participants completed between 4 and 6 thirty-second sprints on a cycle ergometer in 6 sessions over two weeks. **In total, the participants had accumulated 15 minutes of exercise in that time period. An oral glucose tolerance test was administered at baseline and after completing the two week intervention.** Researchers also measured aerobic performance using a self-paced time trial.

After two weeks of HIIT it was determined **that insulin sensitivity had improved by 23%** along with a 6% increase in aerobic cycling performance. Although fasting measures of glucose and insulin were unchanged, participants showed **better glucose management during the glucose tolerance test.**

Compliance is potentially the most difficult obstacle to overcome in exercise programming. If less commitment is necessary to experience optimal benefits a larger number of currently inactive individuals might be more successful in formulating an exercise habit. **The results of this study truly support the old adage that "something is better than nothing" ... as long as you work hard enough.**

Babraj, J.A., et al (2009) Extremely short duration high intensity interval training substantially improves insulin action in young healthy males BMC Endocrine Disorders 2009, 9:3 doi:10.1186/1472-6823-9-3 www.exercisetc.com

Exercise of the Month—

Preparation

- Lie on the ball in the prone position with legs straight and toes on the floor
- Arms straight toward ground with palms facing toward hips.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Bend elbows and pinch shoulder blades together.
- Slowly lower to start position and repeat.
- Repeat



FACTOID

When you sneeze,
all of your bodily
functions stop, **even
the heart.**

Trainer Spotlight



**Mark Seibert, BS,
NASM-CPT**
Certified Personal Trainer

Mark Siebert holds a Bachelor of Science degree in Sports administration / Business for Indiana University of Pennsylvania (IUP), where he also played four years of college baseball. As National Academy of Sports Medicine – Certified Personal Trainer certification (NASM) and former collegiate athlete Marks enjoys working with clients seeking to achieve a wide range of fitness, wellness and sports performance goals. From young athletes looking to take their game to the next level to clients that wanting to look and feel better, no matter the client, Mark's goal is to work with each client achieve their personal goals, while educating and instilling principles of health and wellness that will last a lifetime

For This Crisis There Will Be No Bailout!

For many years leading up to this economic mess that our country finds itself is in today, many Americans were living in "Fat City"... both literally and figuratively. Life was good and only going to get better! Property values were soaring and the stock market was through the roof.

Now, I'm just a dumb health and fitness guy and certainly no economist. But as I see it, the reason we're in the situation we're in today is that emotion, complacency and blind faith created false value. False value of real estate enticed home buyers and investors to pay more for property than it was worth and often more than they could afford and false value in companies drove stock prices to record highs.

Hindsight is 20 / 20. Now, as the true the value of our material investments are revealed, the government is scrambling to find the best way to stop the bleeding. Now I am fully confident, although it may take a little time, that like we always do America will rise to the challenge and come out stronger than ever.

Something else happened while we were living the "good life" in "Fat City". The obesity rate of Americans soared, as did our healthcare costs. Like the many warning signs that were either ignored or overlooked by both consumers and those on Wall Street that led us into this economic mess, there are warning signs of an impending crisis of which there will be no chance of recovery. Warning signs like...

Currently over two-thirds of American adults are overweight as are one-third of children.

U.S. healthcare spending was an unfathomable \$2.4 trillion in 2008 (that equals \$7900 per American.)

Researchers at Harvard University and the University of Washington shows that one of every five American women, and one of every 25 men, are either dying at a younger age or seeing no improvement in life span.

A study published in the New England Journal of Medicine projects that within a few decades the life expectancy of the average American will decline by as much as five years. The culprit, according to the study: our unhealthy eating and exercise habits.

You cannot be complacent and ignore these warning signs because unlike the banks and the auto industry THERE WILL BE NO BAILOUT!

Although eating healthy whole foods can cost a little more up front, if you shop smart the difference isn't all that dramatic, and the long term health benefits are immense. I am a big fan of locally grown and organic foods. However, you will still gain tremendous benefits from eating non-organic fresh and even frozen fruits and natural whole foods over chemically laden processed garbage. And if you're a smoker there's no one thing you can do for your health that will give you the health benefit that you'll gain from quitting. And think of all that money you'll save.

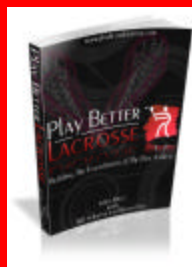
Heed the warning signs and avoid this crisis. Get off your duff and invest your time and energy and if need be money into your health now. Aside from the extra money you'll have by avoiding costly doctors' visits, medications, and surgeries and you'll be rewarded with a life filled with vitality, productivity and longevity.

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Quiz Answer:**D. Glutes**

The glutes help stabilize the knee and the core during walking and running.

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

**Chef's Corner...****Salmon Teriyaki with Pineapple Salsa**

This recipe serves: 4

Ingredients

- 3 tablespoons soy sauce
 - 3 tablespoons mirin (rice wine)
 - 3 tablespoons rice vinegar
 - 3 tablespoons sugar
 - 2 teaspoon freshly grated ginger
 - 1/2 cup beer
 - 4 skinless, boneless salmon fillets, 4 to 6 ounces each
- For the salsa:
- 2/3 cup diced, fresh pineapple
 - 3 teaspoons diced red onion
 - 1/3 cup diced red pepper
 - 1/2 jalapeño chili peppers, seeded and diced
 - 2 teaspoons chopped cilantro
 - 4 teaspoons orange juice

Cooking Instructions

1. For the teriyaki marinade, combine the soy sauce, mirin, vinegar, sugar, ginger and beer in a small saucepan. Cook over high heat until the mixture reduces by half. Let cool.
 2. Marinate the salmon in the teriyaki marinade, cover and refrigerate for 15 to 30 minutes in the refrigerator.
 3. For the salsa, combine all of the ingredients in a small mixing bowl. (This can be done in advance and stored in the refrigerator for up to 3 days.)
 4. Preheat the grill or broiler.
 5. Grill or broil the salmon on each side until it is cooked through, about 4 to 6 minutes per side, depending on thickness.
- Serve a few spoonfuls of salsa on top of each salmon filet with rice on the side.

Nutrition Information

Serving Size: 1 salmon filet with salsa

Nutrition Content	Calories/grams
Calories	396
Fat Grams	12
Protein Grams	31
Fiber	1
Carbohydrate	12
Sodium	413

Did you know?

One –quarter of the all of the bones in the human body are **located in the feet.**

Source: <http://www.univie.ac.at/cga/art/facts.html>

Muscle Anatomy



Muscle: Rectus Femoris

Origin: Lateral intermuscular septum & gluteal tuberosity

Insertion: Patella; medial patellar retinaculum.

Eccentric Action: decelerate knee flexion, adduction and internal heel strike; rectus decelerates hip extensors and knee flexion.

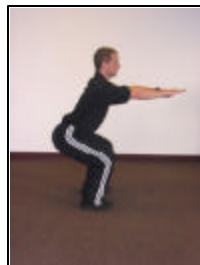
Isometric: Dynamic stability for knee during movement.

Concentric Action: hip flexion and knee extension.

The rectus femoris is part of a group of muscles that make up the quadriceps (***Vastus Medialis, Vastus Lateralis, Rectus Femoris, and Vastus Intermedius***).

Any activity involving the legs typically involves the quadriceps. The common problem with most people is flexibility and over strengthening of these muscles, resulting in knee pain. When the quads are tight, they pull on the knee causing mis-alignment of the knee cap.

Common exercises for the quads are shown below:



Want more information on a fitness topic that has not been covered? Send an email to: dave@ncprecisionfitness.com

Our Training Philosophy:

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

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When Exercising Right Looks Wrong

For most of us we live in a black and white world. Good vs. evil, right vs. wrong. For a few of us the shade of grey is more appealing. In the world of fitness and exercise most people, novice and advanced exercisers (athletes) there is generally a correct and incorrect way to exercise. Just as in any other specialty or business there is much research that goes into doing the right thing from the wrong thing. There are consequences from doing the wrong thing and rewards from doing the right thing.

In fitness and exercise there are a scant few of us that understand the right way to exercise from the wrong way to exercise. Much research is done and continues to be done and interpreted on the correct way to exercise, the best way to fire the muscle or the fastest way to burn fat. But there is a very scary reality at play here. There is so much miss-information and so many accepted ways to do things, the wrong way, that when you see people doing the proper exercises it looks wrong to you.

But you are not at fault. Coaches, Trainers and other people that should know better have swayed you to the dark side. A thought process called gym science prevails. Gym science is not science at all, it simply states that if that fit or pretty person over there is doing that exercise it must work, never mind that the exercise they are performing is dangerous and injurious. To further sway your thought process exercise machine manufacturers continue to make new and fancy machines to place in the gym or your home. These machines generally force you to move in a specific pattern, this pattern conversely is horribly damaging to your joints and is posturally inefficient. Why do we continue to recommend the same exercises that hurt us.

It shocks me that Personal Trainers continue to recommend dangerous exercises to random people in the gym with absolutely no regard for the consequences of those exercises. There is not a day that goes by that I do not have people in the gym stare at me performing "correct" exercises. I must look like an alien, what strange exercise am I performing on one leg. Why am I not jerking the weight or using momentum, or swinging. Why do I never use the seated machines but I sure hog the cable machines that allow me to stand and do not control my movements, I control my movements. Right exercise is so right it looks wrong.

Yet for some reason trainers do not keep up with science and research. Only a few certifications require any con-ed and much of it is through that certifying company. If you are a trainer reading this, read. Read anything and everything pertaining to fitness, wellness, biomechanics and kinesiology. It must be research based and unbiased studies and articles from experts in their field. Go to seminars often. Muscle and Fitness, Men's health and Self do not count. If you are an exerciser or athlete try to find a trainer with current certifications that require con-ed, preferably a four year degree and when in doubt ask for references or a resume. Go online and research that trainers fitness certification.

I challenge everyone to open up to new exercises, we open ourselves to new technology daily. Technology has allowed us to better understand the body and what exercises are safe and effective vs. what we did in the past with no real reason why, but hey that big guy did it so it must work!

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