



News That's Fit To Print

VOLUME 5

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Notes from Editor

School is back in session!! For those of you who spent the summer with the kids and letting your fitness go by the wayside, now is the time to get back into the swing of it!!

With the kids heading off to the classroom to be the next leaders of their respective generations, hit the gym!! You now have the time to focus on yourself!! Take a class, like our [Precision Fitness Boot-camps](#) or sign-up for one-on-one training for that focused intensity.

Either way, the time is now to get re-energized into fitness!

Dave Radin
Editor

Inside this issue:

Crohn's Disease and Ulcerative Colitis	1
Hot Topics	2
No Pain, No Gain Not Likely	3
Chef Corner	4
Muscle of the Month	5
Exercise of the Month	6

Raising Money for Crohn' & Ulcerative Colitis...

Precision Fitness's Personal Trainer Candy An is about to embark on a fantastic journey. Candy will complete a half marathon (13.2 miles) at the Rock 'n' Roll Las Vegas half marathon on December 6, 2009, to raise funds and awareness for research leading to improved treatment options and a cure for Crohn's disease and ulcerative colitis.

Crohn's disease and ulcerative colitis are collectively known as inflammatory bowel diseases. It is estimated that as many as 1.4 million Americans have IBD; however, many more suffer in silence due to potential embarrassment and alienation. Crohn's disease may occur in people of all ages, but it is primarily a disease of adolescents and young adults, affecting mainly those between 15 and 35.

As a member of Team Challenge, Candy has committed to a tough training schedule, and has committed to raise \$3,500 in donations to The Crohn's and Colitis Foundation of America. She is motivated, committed, and will complete the challenge!!!

By now we hope you agree with us and Candy about the importance of this cause. Please help support her by generously making a contribution on her webpage at <http://www.active.com/donate/lv09carolina/vegas09CAn>.

You can also visit www.ccfa.org to learn more about this wonderful organization. You can also mail your donation directly to Candy at 10785 Traders Court Davidson, NC 28036. Please make checks payable to CCFA. A minimum of 83 cents per dollar raised by CCFA goes directly to research and patient support, and your contribution is 100% TAX DEDUCTIBLE! If your company matches charitable contributions, please include matching forms with your donation. Of course, your praise as she crosses the finish line will also be graciously accepted.

We wish Candy good luck in her cause and her training for the half marathon in December.

authored by: dave radin
[email: dave@ncprecisionfitness.com](mailto:dave@ncprecisionfitness.com)

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

How much strength training do you need to see benefits?

- A. 1-2 days/week
- B. 2-3 days/week
- C. 4-5 days/week
- D. Daily

Answer on page 4.

Hot Topics

PNF and Static Stretching Affect Running Mechanics

Flexibility training in relation to athletic performance is a complicated subject. Fortunately, there are some areas in which researchers and coaches agree. **For example, stretching chronically reduces injuries by maintaining optimal joint range of motion, or that active forms of stretching appear to better prepare athletes for sport when compared to static variations.** Regrettably, few studies have uncovered direct benefits of stretching on biomechanical factors associated with improved performance.

In a recent study published in the *Journal of Strength & Conditioning Research*, British researchers compared the effects of static and PNF stretch protocols **on sprint running mechanics.**

Eighteen young adult Rugby players were assigned to either a static stretching or PNF stretching group. **Participants completed supervised stretching sessions following general Rugby practice 4 times a week for 5 weeks.** Pre-testing included three 30-meter sprints to calculate velocity after which participants ran at 80% pace on a treadmill for stride analysis. The Static Stretch protocol incorporated three 10-sec hamstring stretches in supine. **The PNF protocol added a single contract-relax stretch followed by a 10-sec static hold repeated three times.**

Stretching resulted in a 4.9% to 7.6% improvement in hip flexion range of motion for static and PNF stretching, respectively, which was not significantly different. **Although ground contact time was unchanged for both groups, there were improvements in both stride length and rate.** Both groups experienced an increase in stride length, 7.1% to 9.1% for SS and PNF, respectively. As expected, increased stride length resulted in decreased stride rate for both groups, 1.9% and 4.3% for SS and PNF, respectively.

Running performance is said to be directly affected by two mechanical factors, stride length and stride frequency. When working with athletes who require high velocity running integrating stretching exercises to improve hip flexion range of motion **should consequently improve stride length and sprint performance.**

Caplan, N. et al (2009) *The Effect of Proprioceptive Neuromuscular Facilitation and Static Stretch Training on Running Mechanics. Journal of Strength & Conditioning Research. 23(4): 1175-80.*

www.exercisetc.com

FACTOID

Despite efforts to increase physical activity levels **no significant increase in physical activity at the population level has been realized.**

The **costs** for treatment of these non-communicable, preventable diseases are **rising at an alarming rate.**

Trainer Spotlight

Tom Caruso, BS, CSCS
Certified Strength and Conditioning Specialist

Tom holds a Bachelor of Science and Education degree with a concentration in athletic training from the University of Arkansas. As a member of the Razorback swimming and diving team Tom was a three time Division One All American and earned an impressive second place finish in the 1994 NCAA National Championship on ten meter platform.

Tom has held the Certified Strength and Conditioning Specialist certification since 1997 and enjoys working with cliental of all ages assisting them in attaining their goals of getting to the next level in feeling, playing, looking, and living better.

NO PAIN, NO GAIN? NOT LIKELY

In my experience as a health and fitness professional there are three types of exercise induced pain that I commonly see. One of these types, which is more of a discomfort than pain, is acceptable. The other two types of pain are not acceptable and will stop your progress dead in its tracks.

The first type of pain is really more of a discomfort and is acceptable when exercising. This cause of pain is what is known as “delayed onset muscle soreness” or DOMS. DOMS is directly related to the amount or intensity of new exercise. Although some level of DOMS should be expected and acceptable, if the muscle pain is severe and lasts for more than a few days after the workout then chances are you’re overtraining.

The next type of pain that I commonly see is “over use” injury. One reason may be overtraining. Working the muscles too hard and too often doesn’t allow adequate muscle recovery and creates what is called the cumulative injury cycle. During this process inflammation starts, and scar tissue and muscle adhesions are produced in order to repair and strengthen the damaged muscle. As you continue to exercise, these tissues which are expected to stretch and slide become bound down. This creates increased tension on the muscle and joints causing increased inflammation and further injury.

Cumulative injuries like repetitive stress caused by poor posture (i.e. sitting slouched for hours at a time) or by repetitive motions like swinging a golf club, can create the same cumulative injury. Often the folks with this type of injury are aware of occasional muscle aches. However, when the activity increases in these already stressed muscles, the pain can intensify and even cause real and permanent damage.

This type of pain can often be avoided by avoiding what some specialists call the “toos”; too much, too soon, or too hard.” I’ll add another “too” to that list...too little information.

The third type of pain is the emotional pain caused the failure of progress. Having battled obesity as a child and teenager, believe me I know the pain of failure. Trying diet after diet, exercise program after exercise program and seeing no progress is painful. In order to avoid this type of pain you need three things:

- 1.The right expectations
– be realistic in setting your goals and achieve them!
- 2.The right motivation
– it must come from within you!
- 3.The right information
– if it sounds too good to be true, it is too good to be true.

A consultation with a qualified fitness professional is a great way to insure that you are getting started the right way. If you are going into an exercise program already suffering everyday aches, pains, or stiffness then a consultation with a qualified professional is a must.

authored by Bill Scibetta
[email: bill@ncprecisionfitness.com](mailto:bill@ncprecisionfitness.com)

Quiz Answer:**B. 2-3 days/week**

That's right, in as little as twice a week you can see the benefits of bodyfat reduction, strength gains, increased bone density, and improved cholesterol numbers, plus much more!!

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

**Chef's Corner...****Balsamic Grilled Flank Steak with Shiitake Mushrooms**

This recipe serves: 4

Ingredients

1/2 cup balsamic vinegar
1/2 cup red wine
2 cloves garlic, minced
1/4 cup low-sodium soy sauce
1 1/3 pounds lean flank steak
1 pound large shiitake mushrooms, stems removed
salt to taste
freshly ground black pepper
1 tablespoon olive oil

Cooking Instructions

1. To make the marinade, combine the balsamic vinegar, red wine, garlic and soy sauce together in a mixing bowl. (This can be made in advance and stored in the refrigerator for up to 1 week.)
2. Brush half of the marinade on the flank steak, cover and refrigerate for at least 30 minutes or overnight. In a separate bowl, toss the remaining marinade with the shiitake mushrooms, cover and refrigerate for 30 minutes or up to 2 hours.
3. Preheat the grill to medium-high.
4. Remove the steak and the mushrooms from the marinade and discard the marinade. Season the steak with salt and pepper. Brush the mushrooms with olive oil and season them with salt and pepper.
5. Grill the flank steak for 4 to 8 minutes on each side, depending on the desired doneness. Grill the mushrooms for 3 minutes on each side.
6. Let the steak rest on a carving plate for 1 or 2 minutes before slicing. Slice the steak and the mushrooms on the bias. Arrange the steak on a serving platter with the mushrooms on top. Serve warm or at room temperature.

Serving Size: about 1/4 pound of steak with mushrooms

Nutrition Information

Number of Servings: 4

Calories	426	Carbs	19
Fat	12 g	Fiber	3 g
Protein	52 g	Saturated Fat	5 g
Sodium	546 mg		

www.foodfit.com

Did you know?

That your blood pressure should be checked regularly? Hypertension is known as the "**silent killer**".

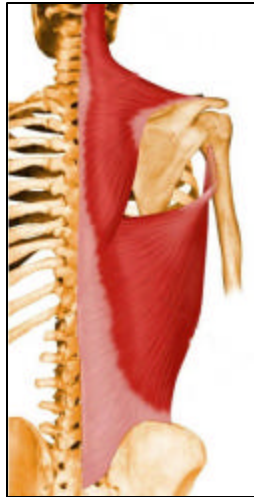
Normal blood pressure is considered a reading of 120/80 or lower; high blood pressure is 140/90 or higher.

According to statistics, **almost 25% of Americans** have hypertension.

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

dave@ncprecisionfitness.com

Muscle Anatomy



Muscle: Latissimus Dorsi

Origin: Thoracolumbar fascia, Spinous Process (T7 - T12), Iliac Crest, Ribs 9-12

Insertion: Inferior angle of scapula, intertubular groove of humerus.

Eccentric Action: Decelerates flexion, abduction, and external rotation of upper extremities, plus acts as a bridge between upper and lower extremities

Isometric: Stabilize lumbo-pelvic hip complex through thoracolumbar fascia

Concentric Action: Adducts, extends, and internally rotates the humerus.

The lats connect the upper body with the lower body. Tight lats, along with tight pecs, lead to forward rotation of the shoulders. Forward rotation of the shoulders leads to scapular protraction and a raising and tightening of the upper trapezius.

If the lats are not tight and are functioning normally, any type of rowing or pulldown exercises work very well in strengthening this muscle.



Lat flexibility



Lat strength

Our Training Philosophy:

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

Precision Fitness

8311-4DMagnolia Estates Dr
Cornelius, NC 28031
Ph. (704)-895-2857
Fax (704)-892-7068

484 Williamson Rd
Suite B
 Mooresville, NC 28117
Ph. (704)-662-8664
Fax (704)-662-6602

info@ncprecisionfitness.com

We're on the Web!

www.lakenormanfitness.com

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

dave@ncprecisionfitness.com

Exercise of the Month Stability Ball Scapcions

Preparation

- Lie prone on a stability ball with knees extended and the weight on toes.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Keep arms extended.
- Keeping hips and feet planted slowly raise the arms out to the sides in a 'T' position.
- Return to the start position and repeat.

Tips

- Maintain (cervical) neck retraction.
- Maintain tight glutes and straight legs.
- Avoid hyper extension of the back.
- Be sure not to shrug. (upper trap muscles)

