



News That's Fit To Print

VOLUME 6

JANUARY 2010

Notes from Editor

Hard to believe that this is the beginning of the 6th year of our **News That's Fit to Print**. My hope is that we have provided great information and have inspired you to take care of your body not just for performance sake, but for your health.

For those you who have a hard time getting started and keeping an exercise routine, this is the time to establish **why** you want to exercise. You will need to dig deep into finding out what motivates to get healthy.

2010 is upon us, get moving! Make this year the year that you take control over your health.

All the best,

Dave Radin
Editor

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Recognizing Exercise Motivation

A well-known Psychotherapist, Prochaska, developed a model of behavioral change to assist professionals in assessing their readiness in various situations. Read below and determine what stage you fall into as it relates to exercise.

Precontemplation – people in this stage do not recognize that by not exercising they are negatively affecting their health. They are happy where they are and exercise is the farthest thing from their mind. Family or friends may voice concern about their health and encourage them to exercise, but it falls on deaf ears.

Contemplation – this stage is characterized by the willingness to consider taking action in the near future. Many people in this stage have found some personal link to why exercise is now needed in their life. The doctor may suggest exercise because cholesterol levels are too high, blood pressure is rising to dangerous levels, etc. The information becomes personalized to the person and this in turn allows them to consider starting an exercise program.

Preparation – clients in the preparation phase recognize that adding exercise is a positive change and are working to make that happen. Clients will seek out information and begin an exercise program. Guidance from a fitness professional in appropriate goal setting and creation of an exercise program is an absolute must. Proper goal setting will allow the client to progress without getting injured. All or nothing thinking can be a detriment here. Remember that something is always better than nothing. Exercising too much too soon can lead to injury, frustration, and drop-out. Remember that exercise is a new habit in your busy lifestyle that you will need to practice for it become routine. In order to make change possible you must establish a goal which works for your situation

Action – Action means just that. After establishing program guidelines (times per week, minutes per sessions, etc.) this is where the hard work is put in. Motivation is extremely high and you are encouraged to be starting your program. Always keep your goal within reach and spirits high. There will be days when you will want to talk yourself out of exercise.

Critical to the success of the action stage is a strong support system. Your support system can include family and friends who will support your efforts in a positive way. Make sure to have a conversation with them so they understand their role in assisting you with your desire to become healthy and fit. If your family and friends do not understand your reason to exercise, they may try sabotage your efforts.

If you need to be challenged for your fitness program, workout with a friend who has a similar goal or seek out a qualified personal trainer.

Maintenance – Maintenance is probably the hardest stage to stay in. Old behaviors have a way of creeping up on you and getting in the way of reaching your goals and putting a damper on all of the hard work and momentum you built. Maintenance is designed to allow and plan for a "slip". Create different workout plans that deal with the perfect day, the typical day, and the day from hell. Each workout will be a little different but remember the overall goal is down the road, not right in front of you.

These stages allow for movement between each stage, forward and backward. It is quite common for people to go back and forth between stages before they feel successful in their efforts.

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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

The body regulates carbohydrate, fat and protein utilization during exercise based on what factors?

- A. Diet
- B. Intensity of Exercise
- C. Duration of Exercise
- D. Type of Exercise

Answer on page 4.

Hot Topics

Learn to Prevent Knee Pain by Understanding Risk Factors

Although **Patellofemoral Pain Syndrome (PFPS)** represents the most common form of knee pain previous knee research has focused primarily on ligament injury and degenerative conditions such as osteoarthritis. PFPS, often referred to as "**Runner's Knee**" is typically understood to be a type of tendinopathy characterized by pain and inflammation around the front of the knee cap. In a recent study published in the ***American Journal of Sports Medicine*** researchers report findings of multiple biomechanical risk factors that may be modified to prevent PFPS.

Nearly 1600 participants from the **US Naval Academy** were tracked for up to 2.5 years beginning in July 2005. Researchers collected baseline data on all participants. **Initial testing evaluated jump-landing characteristics using 3-D motion capture**, lower body isometric strength, and lower extremity structural alignment.

It was determined that the following factors contribute to the development of PFPS including **poor quadriceps flexibility, increased pronation or excessive hip internal rotation during landing from a jump, weak quadriceps and hamstrings, excessively strong hip external rotators**, and increased navicular drop representative of weak arches.

By including these factors in a pre-participation screening for individuals with a history of PFPS an effective prevention strategy may be developed. **Individuals with current PFPS, however, should be referred to a medical professional for evaluation.**

Boling, M.C. et al (2009) A Prospective Investigation of Biomechanical Risk Factors for Patellofemoral Pain Syndrome. American Journal of Sports Medicine.

www.exerciseetc.com

FACTOID

The transition point between **rest to light/moderate exercise** in which oxygen uptake **increases** rapidly is known as **oxygen deficit**.

Trainer Spotlight

**Greg Asbee, BS,
NASM-CPT**

Greg holds a degree in Health Promotions from the University of Iowa and is a National Academy of Sports Medicine - Certified Personal Trainer. A tremendous motivator and educator, Greg has helped countless individuals reach a variety of fitness goals and an improved quality of life.

Your New Year's Resolution Solution

The holidays are over and it's the time when weeks of sloth and over indulgence prompt the annual migration to local fitness centers. Motivated, these folks resolve to work hard to reach their fitness goals. The trouble is, the enthusiasm to make changes in exercise habits and diet are usually short lived. Reality soon sinks in with the realization that changes don't occur overnight. Motivation fades and we slip back to our old unhealthy habits until the next New Years rolls around. Make this year the last you resolve to get fit.

Change your attitude about fitness ...

If you have the wrong attitude about fitness, you're setting yourself up for failure.

Exercise is not:

- Punishment for bad eating
- Painful
- Too time consuming
- Boring
- Impossible to sustain over a long period of time

With thoughts like this, how long do you think you'll stick with your program? Who wants to do something painful, boring or obligatory?

Try a different perspective and look at exercise as:

- A way to boost energy and improve mood
- A special time of the day that you have to yourself
- A chance to let your mind rest
- A break from a stressful workday
- A way to improve your quality of life

Look at exercise a different way and watch the results.

Things to consider when making your resolution...

Avoid choosing the same resolution that you make every year: This is a great way to set yourself up for failure, frustration and disappointment. If you are tempted to make a promise that you've made before, then try revising it. For example, instead of stating that you are going to lose 30 pounds, resolve to eat healthier and increase your weekly exercise.

Create a game plan: All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. The 16-0 New England Patriots wouldn't be the dominant football team they were in 2007 without the meticulous game planning by their coach and the team's willingness to stick to the plan. Write your own personal plan and stick to it and you'll be more likely to succeed as well.

Remember it will take time: Don't get discouraged if you don't get excited about working out or eating right everyday. Even the most committed exerciser doesn't always want to do it. Know that you will have to work on it every day. They say it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

Seek help from a professional: Studies have shown that assistance from a fitness professional greatly improves the rate of weight loss success. A well qualified trainer will help keep you accountable, will design a program to meet your specific needs and will keep your workouts safe, effective and fun!

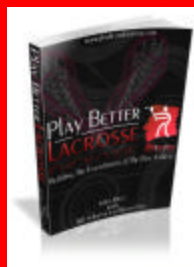
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Quiz Answer:**A, B, C**

All three (diet, intensity, and duration) play a role in determining whether the body burns carbohydrates, fat, or protein for fuel.

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

**Chef's Corner...****Game Hens w/ Brussell Sprouts & Chestnuts**

This recipe serves: 8

Ingredients

1 tablespoon chopped fresh thyme
 2 teaspoons salt
 1 teaspoon freshly ground pepper
 4 Cornish game hens, 1-1 1/2 pounds each
 2 teaspoons butter
 2 teaspoons extra-virgin olive oil
 1 large red onion, peeled and cut through the root end into 8 wedges
 2 pounds Brussels sprouts, trimmed and cut in half if large (about 6 cups)
 16 ounces jarred roasted chestnuts, (2 1/2 cups)
 2 tablespoons white-wine vinegar

Cooking Instructions

- Preheat oven to 375°F. Combine thyme, salt and pepper in a small bowl.
- Remove giblets (if included) from game hens and trim any excess skin. Loosen the skin over the breast and thigh meat and rub half the thyme mixture under the skin. Tie legs together with kitchen string.
- Heat butter and oil in a large roasting pan set over 2 burners on medium heat. Add the game hens and brown on all sides, turning occasionally, 10 to 12 minutes.
- Add onion to the pan, transfer to the oven and roast for 10 minutes. Add Brussels sprouts and roast for 20 minutes. Stir chestnuts and the remaining thyme mixture into the pan. Continue roasting until an instant-read thermometer inserted into a thigh registers 165°F, 10 to 15 minutes more.
- Transfer the game hens to a large cutting board and let rest for 10 minutes. Place the roasting pan over 2 burners on medium heat. Toss the vegetables with vinegar and bring to a simmer, gently stirring and scraping up any browned bits. Remove the string from the game hens, turn breast-side down and slice in half lengthwise using a large heavy knife, cutting straight through to the breast side. Serve the game hens with the vegetables.

Serving Size: about 1/2 game hen and 3/4 cup vegetables eachNutrition Information**Number of Servings: 8**

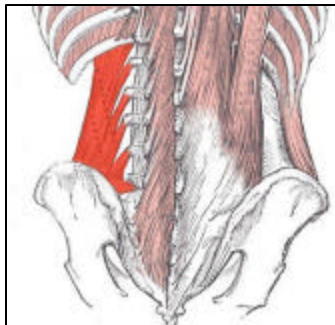
Calories	313	Carbs	34g
Fat	7g	Fiber	6g
Protein	24g	Saturated Fat	2g
Sodium	656mg		

www.eatingwell.com

Did you know?

During prolonged exercise training, there is a shift from **carbohydrate metabolism** toward **fat metabolism**

Muscle Anatomy



Muscle: Quadratus Lumborum

Origin: Posterior iliac crest, iliolumbar ligament

Insertion: Last rib, transverse processes of first through fourth lumbar vertebrae

Eccentric Action: depresses hip, decelerates lateral flexion of spine.

Isometric Action: fixes the ribs during forced exhalation. Stabilizes lumbo-pelvic-hip complex.

Concentric Action: elevates the hip, laterally flexes the spinal column.

The quadratus lumborum is one of the muscles commonly associated with lower back pain. One way to tell if your QL's are tight is to stand one foot and see if the your hip "hikes" up on the air. If so, the QL's are assisting with the activity due to lack of hip stability. Below are some commonly used stretches to increase range of motion.



Since the QL's are basically used as a postural muscle, general strengthening exercises are not needed. Instead, use stabilizations such as the exercises below:



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 Piriformis Stretch

Preparation

- Lie on your back with right foot on left knee

Movement

- Pull the leg back toward your chest.
- Hold for 30-60 seconds.
- Return to the start position and repeat on the opposite side.

Tips

- Your pelvis and glutes should remain in contact with the floor.
- This stretch should be felt in the deep gluteal area.

Progression

