



News That's Fit To Print

VOLUME 6

MARCH 2010

Notes from Editor

Spring is here and the weather is finally getting warmer. That means summer is getting closer and closer. Time for outdoor activity, fun in the sun, and longer days.

Is your body ready for the outdoor lifestyle? Are you in shape enough to show off your hard work?

There is still time to get into the best shape of your life by summer, but time is running out.

Get in gear, push yourself and enjoy the process. The end results will be worth the time and effort.

All the best,

Dave Radin
Editor

"No Cheeseburgers, please."

I was recently at a one day strength and conditioning seminar in Charlotte listening to the strength and conditioning coach for the Kannapolis High School football team when he gave two quotes that I found great and kind of funny.

As a football coach, their job is to get their kids as strong and fast as possible. For them to do that they have their kids go through a rigorous training program which builds a lot of lean tissue to increase strength and power. Then he said it, "We want to move tissue, not carry it!" Awesome. I had to write that down. A few minutes later he was saying how he still had some "cheeseburgers on the team, and I don't want cheeseburgers!" That made me laugh, as did other people in attendance.

Okay, so what can you take out of this? Simple. To improve your body's ability to do more, get more lean tissue and lose the fat. Your body does not perform well if you are holding excess tissue (fat) on your body. It is really that simple.

If you have been living under a rock for the past decade or so, the best way to increase your lean mass is to exercise, specifically weight training. I was fortunate to work at the Duke University Diet and Fitness Center and saw many obese people who had a lot of excess mass on their body. Some muscle, mostly fat. It was amazing to see how much their walking mechanics, posture, and self confidence improved as their strength increased. This gave them the confidence to continue with exercise and everyone who stayed at the DFC did very well during their stay.

The more muscle tissue on your frame, the better your body will perform when you ask it do something. You will be amazed at what your body can accomplish when it is stronger. Skeptical? Give it a try. Try hitting the gym 2-3 days per week doing 6-10 exercises hitting all of the major muscle groups for 2-3 sets, 10-12 reps of each. The biggest thing you will need initially is patience. The body has to adapt to what is being thrown at it. Typically the body responds by improving the neuromuscular system first and then the strength and muscle gains follow.

Muscle is more metabolically active than fat tissue which is means you will burn more fat than someone who has less muscle tissue on them. This helps you burn more calories at rest and during exercise, which means you are burning off the excess body fat that is stored. Pretty cool, huh?

Cheeseburger anyone?

Inside this issue:

No Cheeseburgers, please 1

Hot Topics 2

Article 2 3

Chef Corner 4

Muscle of the Month 5

Exercise of the Month 6

authored by: *dave radin*
email: dave.radin@pfitcentral.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

Which of the following cancers are linked to obesity:

- A. Colon Cancer
- B. Lung Cancer
- C. Breast Cancer
- D. Pancreatic Cancer

Answer on page 4.

Hot Topics

What's The Secret to Long Life: Exercise or Calorie Restriction?

Longevity research recently uncovered a link between restrictive calorie intakes (i.e. below metabolic homeostasis) and increased lifespan in animals. From these studies researchers propose that **lower calorie intakes improve cardio-metabolic risk profiles, thus reducing mortality associated with cardiovascular disease**, which should produce similar results in humans.

In a recent study published in **Medicine and Science in Sports and Exercise**, researchers compared the effects of a 25% negative energy balance via diet only or diet plus exercise to determine whether improvements in cardio-metabolic factors could be translated to reduced mortality. Thirty-six healthy persons were divided into two groups. **The first group reduced daily calorie intake by 25% (CR)**, the second reduced consumption by 12.5% while achieving another 12.5% reduction in energy through aerobic exercise (EX).

The researchers assessed a variety of cardio-metabolic risk factors including: total cholesterol, HDL, and LDL, triglycerides, blood pressure, and insulin sensitivity. **Additional measurements of aerobic and muscular fitness were collected.**

Although **both groups showed similar improvements** in body weight and body fat composition, the EX group showed greater improvement in all blood chemistry values and in diastolic blood pressure. Moreover, the EX group improved aerobic fitness by up to 22%, whereas the calorie restricted group saw a slight decline in aerobic fitness. **Prior research has determined that for every 1 MET increase in aerobic capacity there is a 12% increase in lifespan.** In this study, participants in the EX group increased aerobic capacity by 1.6 METs on average, which would translate to just under 20% increase in lifespan.

Although improvements to blood chemistry indicate the potential for calorie restricted diets to improve mortality in human, **this study proposes that achieving a similar negative energy balance** using a combination of diet and exercise will produce a more significant benefit to long life.

Larson-Meyer, D.E., et al (2010) Caloric Restriction with or without Exercise: The Fitness versus Fatness Debate. MSSE. 42(1): 152-159.

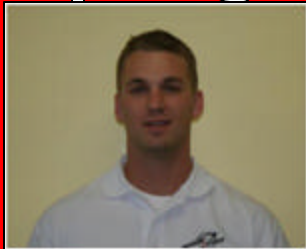
www.exerciseetc.com

FACTOID

1.6 million new cases of diabetes are diagnosed in people **aged 20 years and older** each year.

Source:
www.diabetes.org

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

Talk Yourself Thin

According to a 2004 study of 15,015 Americans, nearly half the participants reported that at some point during the previous year they attempted to lose at least five pounds. Another 16% indicated they had made an effort to maintain their weight. That's sixty five percent of the study population that had made attempts to manage their weight. How did these folks do? The results of their efforts were less than inspiring. Only 20% of participants said they were very successful. If you've ever tried to lose weight, chances are you're not too surprised by these results. A recent search of Amazon.com resulted in 39,356 different weight loss books. Why do you think there are so many weight loss programs in print? The answer is simple; it is because there is not one single program out there that will make you loose weight. If there were, it would be the world's number one best selling book of all time. If you are one of the millions who have tried sensible programs like The South Beach Diet, The Body for Life Diet, or Weight Watchers (to name just a few) chances are you failed because you talked yourself out of success.

Do you remember what you said to yourself the first time you strayed slightly off course? If it sounded something like this: "I can't believe I ate that, I'll never lose weight!" or "I've already blown it so it doesn't matter what I eat now" chances are you are in that 80% majority who haven't found weight loss success. The language you use when talking to yourself can be positive or it can be negative and it inspires your actions. What you say to yourself is what you believe so if you keep telling yourself how fat you feel or how hard it is to lose weight, then losing weight will always be difficult. If you want to change your results change your self talk. If you see a piece of chocolate cake and say to yourself "I am fit and healthy and I make good choices because they make me look and feel great" it will be easier to choose healthier choices at that moment and in the future. It's not the occasional indulgences that sabotage a weight loss program it's the negative self talk that brings on feelings of guilt, despair, and failure. These feelings often bring on emotional eating which brings more negative self talk. This viscous cycle can be stopped before it starts if your inner voice is conditioned to say the right thing. "I know it wasn't the best choice but it won't kill my program"" or "I may have had a few extra calories but I'm looking forward to my next workout and I'm moving forward!" instead of "I've blown it" will allow you to stay positive, avoid emotional eating and keep you moving toward you goal.

In all aspects of life whether its career, family, social life, or health and wellness, self talk is very powerful and it has a direct effect on your present and future situation. It may take some time to condition you inner voice, especially if you are one who is hard on yourself or a little on the pessimistic side. Practice being positive and exercise your attitude. In terms of successful long term health and wellbeing this is every bit as important as exercising your body. A good way to start to change self talk is through personal daily affirmations. Write out a few sentences that you will say to yourself upon waking and before falling asleep (at these times it is easier to get to the subconscious mind) and at various times throughout the day. Below are examples

- Make it positive and proactive. - Instead of telling yourself what you won't do, tell yourself what you are doing. Example, "I eat only healthy food that makes me look good and feel great."
- Make it in the present not the future. It is best to describe the goal as being achieved right now. "I am eating right and exercising, I look and feel great"
- Include feelings and strong desire. You should feel and believe that what you are saying is already true. Feelings and emotions give life to your words. Example: "I am proud of the choices I make." "I workout everyday because it energizes me and keeps me feeling strong and healthy"
- Be certain of your success. Words like "try" and "hope" really mean "maybe" or "I might". "I will try to eat right and exercise," has the hidden message of "maybe I will or maybe I won't" or "I can't" or "I don't want to." Be certain "I am making the right choices to be healthiest I can be."

Remember, self talk affects all aspects of life. If you want to make a change in your life, family life, your social life, your career or financial situation apply these tips to those goals. It may sound hokey or simplistic but it does work it. To get that fit healthy body you desire (or anything else in life) simply talk yourself into it and the results will follow.

Authored by bill scibetta
Email: bill.scibetta@pfitcentral.com

Quiz Answer:

The answer is **A, C, D.**

Breast, colon, and pancreatic cancer can all be linked to obesity. Reduce your weight, reduce your chances of developing cancer.

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

**Chef's Corner...****Pan-Roasted Lemon-Salmon Fillets**

This recipe serves: 4

Ingredients

4 6-ounce salmon fillets
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
juice of 1 lemon
1 1/2 tablespoons olive oil

Cooking Instructions

1. Season the salmon fillets with salt, pepper and lemon juice, then drizzle with olive oil.
2. Pre-heat the oven to 350°F.
3. Place an oven-proof sauté pan large enough to accommodate all the fillets over medium-high heat. Add the salmon and sear the fillets for 3 minutes per side. Place in the oven to finish cooking about 5 to 10 minutes more, depending on the thickness of the fillet.

Nutrition Information

Serving Size: 1 6-ounce fillet

Number of Servings: 4

Calories	244	Carbs	1 g
Fat	11 g	Fiber	0 g
Protein	34 g	Saturated Fat	2g
Sodium	585 mg		

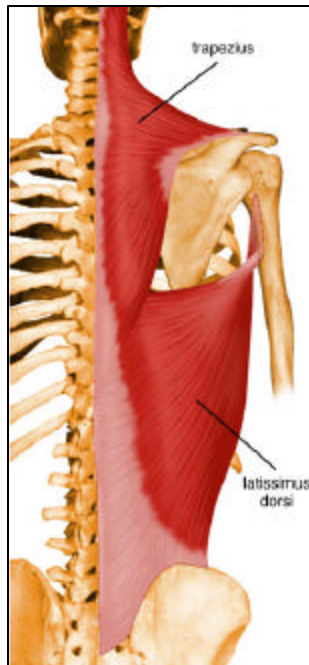
www.foodfit.com

Did you know?

By drinking **one soda per day**, you are adding an extra **87,600 calories** per year to your diet. That equates to an **additional 25 pounds!!***

*Information based upon a 20 ounce coke bottle (240 calories/bottle).

Muscle Anatomy



Muscle: Trapezius

Origin: Spinous Process of C7 (upper), Spinous Process of T1-T5 (middle), Spine of scapula (lower).

Insertion: clavicle and acromion process of scapula (upper), medial margin of acromion and spine of scapula (middle), spine of scapula (lower).

Eccentric Action: decelerate cervical flexion, lateral flexion and rotation (upper), decelerate scapular protraction and upward rotation (middle), decelerate scapular elevation (lower).

Isometric Action: stabilize cervical spine/shoulder complex (upper), stabilize scapula during movement (middle), assist in stabilizing

scapula (lower).

Concentric Action: shoulder elevation, cervical extension, lateral flexion (upper), assists in retraction of scapula (middle), scapular depression (lower).

The trapezius is a very strong powerful muscle for the upper body. You see bodybuilders and football players with overly developed traps that look like bowling balls on the side of their necks.

Tight trapezius muscles contribute to neck problems and stiffness in the shoulders. The lower traps usually weaken and as a result, a "slouched" posture starts to develop. Working the traps involves stretching the upper fibers while strengthening the mid/lower fibers.



Trap Stretch



Prone Cobra

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

dave.radin@pfitcentral.com

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.radin@pfitcentral.com

Exercise of the Month Self-Myofascial Release—Adductors

Preparation

- In the face down position place your inner thigh on the foam roll.

Movement

- Slowly roll your inner thigh until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Remember to roll from the groin to just above the knee.

