

“THE MESSAGE”
Health & Fitness Newsletter

April 2002 – Issue

~Preview~

What’s New With “FIT FOR YOU” -Written By Joe Green

You’ve Got To Be Flexible - Written By Joe Green

Supplement Your Supplemental Knowledge - Written By Joe Green

Monthly Menu Recipe – Written By Joe Green

Pep Talk – Author Unknown

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What's New With "FIT FOR YOU"

Word of mouth, it is the way that I grow my business. If you're happy with the services I provide to you then tell a friend, family member or co-worker about this newsletter subscription and how I can be contacted.

My "Referral Program" gives you **1 Free Session** for each person who mentions your name as a reference and meets with me for a consultation.

My "Referral Program" gives you **3 Free Sessions** for each person who mentions your name as a reference and signs on for my nutritional and/or training services.

- The "*Members Only*" section of the **FIT FOR YOU** website at www.phyt4u.com will be open beginning May 1st. This section requires password access to view all of information in this area. This section of my website will be updated with new information on a regular basis. **Reporting on key issues, supplements, health concerns, consumer warnings, in-home exercises that can be viewed by both picture and description and more. It's like having the keys to my fitness library and now it's just a click and few keystrokes away.* The cost to join the "*Member's Only Club*" is just \$8 per month. But this is the debut of my hard work and constant research, so share in my excitement and join now for just \$5 per month and save now. This special starts April 8th and runs through to May 17th 2002. Enjoy and remember this section is updated regularly with more and more information!
- Want someone to receive a copy of this newsletter on a regular basis, simply send me their name, address complete with zip code, phone number and E-mail address. That person will then receive a letter from me advising of the free subscription, a gift from you to them along with their first free copy of my health and fitness newsletter.
- In-Home Seminars, have some of your friends, family and neighbors over to get the inside scoop on some of the hottest issues today. Supplements, which ones work, why or why not. Exercise, benefits you knew about plus five more that you never knew or could've imagined, nutrition an inside look giving you information you absolutely need to know. Hold a seminar at your home where-in I am the guest speaker, nothing real formal but really informative and fun! The seminars are FREE to everyone, and the person hosting the seminar receives (3) FREE In-Home Training Sessions or a free nutritional analysis.
- For your convenience acceptable forms of payment for services now include payment by credit card, accepting MasterCard or Visa. Those paying by credit card will receive a discount.

You've Got To Be Flexible

Flexibility is one of the key components of a balanced fitness program. Without flexibility training (stretching), you are missing an important part of overall health. Flexibility prevents injury, increases your range of motion, promotes relaxation, improves performance and posture, reduces stress and keeps your body feeling loose

and agile. Frequent stretching will help you avoid muscular imbalances, knots, tightness, and muscle soreness created by daily activities and exercise.

There are several ways to measure one's level of fitness. There are body fat measurements and there are cardiovascular treadmill tests, etc. One of my favorites is to check for flexibility. Flexibility or the lack thereof gives a first hand look into why so many Americans have chronic problems with their low back, hips etc. Compromised flexibility is a major contributor towards decreased mobility as well as chronic aches and pains.

Majority of the people I train are limited in their degrees of flexibility. This holds true for youths on up to adult ages. Flexibility tests reveal tight, stiff and often sore muscles that are de-conditioned from both a lack of regular exercise and routine stretching. It's no wonder that tight muscles are usually not very pliable and tend to be more so susceptible to strains, sprains and injuries of this nature.

So what is it that increases your mobility, flexibility, loosens up stiff, sore and tired muscles? Stretching! It's a form of exercise to the muscles and it is full of great benefits. Among the most noteworthy are the fact that stretching improves muscle recovery in the aspect of soreness from exercise when employed "during" a workout. Stretching improves muscle performance while exercising and increases positive circulation to all muscles and joints. By stretching you are forcing fresh oxygenated blood to flow to the areas you are stretching. Stretching is not just something that athletes should do rather it is something we all should do to help improve our overall health and fitness.

The hamstrings, which are located in the rear of the upper - leg are commonly a muscle group that is both tight and therefore lacks flexibility... *ouch!* This contributes in part to symptoms of chronic low back pain, tightness, stiffness and discomfort in that area. Long distance flights, car rides or even certain job duties could be endured with far less discomfort if stretching were a part of your normal routine.

While it is a given that stretching yourself somewhat pales in comparison to having someone actually stretch your muscles for you, it is nonetheless a very important ritual that you don't want to skip out on. I stretch all of my clients and for those who wish to do so on their own I supply them with guidance and reference materials to review on the proper techniques for stretching.

Stretching safety is very important. It is important to note that you should never stretch without warming up first. That's right, warm up first... stretching is "exercise" so it's best to walk, ride a bicycle or do some sort of activity that will get your blood flow circulating and get your muscles warmed up. Think about it, in winter you warm up the car first on very cold days if you're smart and why is that? Well, in part because it's far more pleasant to ride to work in a warm vehicle but for mechanical reasons it's to prevent possible damage to your vehicle such as cracking the engine block which would disable your vehicle. While I'm not a car mechanic I am a "body" mechanic I guess you could say because I know that the body performs far better when it is warmed up first then when it is forced to operate from a cold start. So I advise everyone to warm up first

to prevent a possible muscle pull, strain or worse yet a muscle tear. Our bodies are even more sophisticated than the vehicles we drive today and have their own mechanical issues so we have to take the proper care to ensure optimal performance.

When stretching it is important to make sure that you do not bounce. Often people can be seen reaching for those toes and bouncing up and down ever so slightly as if they are unraveling the slack out of a tightly knotted rope. True, their muscles may be about that tight but bouncing while stretching is bad news. This too can lead to an unnecessary strain, sprain or muscle tear. Slowly get into your desired stretch and hold that stretched position for no less than 15 seconds to a maximum of approximately 30-45 seconds, rest and repeat. I traditionally like to employ several stretches for large muscle groups such as the legs and at least one stretch repeated three times for smaller muscle groups.

And of course the proper mechanics of stretching should be practiced. Remember stretching is exercise too and there is a right and a wrong way to do it. Common mistakes include stretching too far, too hard or using an improper position to stretch from. It is best to consult a source of reference to find out more about the proper stretching techniques that should be practiced, whether it be from a book or an expert on the subject.

So in review, the rules for stretching are:

Always Warm-Up Before Stretching. A warm muscle is much more easily stretched than a cold muscle. Never stretch a cold muscle, always warm-up first to get blood circulating throughout the body and into the muscles. A warm-up should be a slow, rhythmic exercise of larger muscle groups done before an activity. Riding a bicycle or walking works well. This provides the body with a period of adjustment between rest and the activity. The warm-up should last about 5-10 minutes and should be similar to the activity that you are about to do, but at a much lower intensity. Once you have warmed up at a low intensity for about 5-10 minutes and have gotten your muscles warm, you can now stretch.

Stretch Before, During and After Exercise:

I recommend stretching both before and after exercise, each for different reasons. Stretching before an activity (after the warm-up) improves dynamic flexibility and reduces the chance of injury. Stretching after exercise ensures muscle relaxation, facilitating normal resting length, circulation to joint and tissue structures, and removal of unwanted waste products, thus reducing muscle soreness and stiffness. Body temperature is highest right after the cardiovascular exercise program and/or after strength training. In order to achieve maximum results in range of motion and to receive other benefits, it is highly recommended that you do static stretching at this point in your workout, just after your cardiovascular program and during or after your strength-training program.

Stretch Between Weightlifting Sets:

Both strength training and flexibility training are so important for everyone. Those of

you who have a hard time finding time to incorporate a strength training program into your lifestyle, can combine your stretching with your strength training programs. If you have had any experience in strength training, you know that for each exercise for each muscle group you train, you perform a certain number of sets, usually between one and five. Between each set, you need to rest and let your muscle recover before going on to the next set. Well, what better use of your resting time than to stretch that specific muscle that you're currently training? Think about it, you've just done a set of 10 reps on the Bench Press. Now you have to rest, usually about one to two minutes before doing the next set. This is a great time to stretch your chest-- your chest is warm and you have time before you start your next set.

How often do you see people who neglect to warm up before their cardiovascular exercise or strength-training sessions? They begin going through their stretching routine before their muscles are even warm. It makes more sense to stretch each specific muscle between sets of strength training exercises. For example, if you are on a strength-training program where you do one exercise of three sets of 10 reps for each major muscle group in the body, you will want to work each muscle group one at a time starting with larger muscle groups and proceeding to smaller groups. Do your first set with relatively light weight to warm-up, then rest for a minute or so and then increase the weight and go onto the next set of 10 reps (or whatever your goal reps happens to be).

After the second set, your muscles should be warm and ready to be stretched. While resting before your third set, stretch the muscle that you have just trained, remembering the important principles of a static stretch, then proceed to your third and final set. Stretch the muscle one more time, even a little further. Go on to the next exercise for the next muscle group and after it is warm, do your stretch for that muscle, and so on. When you have gone through each of your strength-training exercises, you will have stretched each muscle without taking up any more time.

Stretch Before and After Cardiovascular Exercise:

If it is your day off from strength training and you are just doing your cardiovascular exercise routine, first warm-up for 5-10 minutes at a low intensity (50-60 percent of your maximum heart rate) and then stretch the muscles used. Proceed doing a cardiovascular exercise for at least 20 minutes at a intensity of 50-85 percent of your maximum heart rate. Then cool down for 5-10 minutes at a low intensity (50-60 percent of your maximum heart rate).

Now, because your muscles are very warm you should stretch each of the major muscle groups involved in the exercise, using the static stretching techniques we explained previously. For example, if you walked on the treadmill, you should stretch your quadriceps, hamstrings, calves, and lower back. Proper technique for each stretch is absolutely critical for achieving maximum effectiveness in any one specific muscle group. In addition to stretching those muscles used in the exercise, now is also a good time to go through a full body stretching routine--since blood has circulated throughout your body and warmed-up your muscles.

I hope you have found the information in this article helpful. You now have the knowledge to achieve the results you desire and the benefits your body deserves. Your greatest challenge, however, is not learning new stretching exercises or the proper technique; it's not learning how long to hold the stretch or the best time to stretch. Nor is it deciding when to try new stretching exercises. The greatest challenge facing you at this moment is deciding whether you are willing to take action and make time for yourself and make flexibility training a priority.

When you begin achieving great results, the excitement and fun you experience will make the change well worth the effort. Action creates motivation! Good luck.

Supplement Your Supplemental Knowledge

Because supplementation fits into a grey area due to lack of research, there are many supplements people take extensively that can be harmful to your body rather than beneficial. The first rule of thumb is to take the FDA recommended doses. Just because something is "all-natural" does not mean you can take as much of the supplement as you wish. Supplements have not been proven to increase energy, improve sexual performance, reduce stress, prevent infection, promote sleep, or sharpen your mind. (Harvard Men's Health Watch) Supplements may also have a synergistic effect meaning they could interact with prescription drugs you are taking for a cold or more serious condition. For instance a heart patient would be flirting with death if they took a supplement containing Ephedra and or MaHuang. Be sure to at least check with your doctor or a professional of some sort whom you trust to research the supplement you wish to take.

There is also no specific difference between generic and name brand vitamins. There are some popular supplements that can be very dangerous. Ephedra, which is used for weight loss is one of these supplements. This ingredient can be found in many of the popular weight loss products, which mimic the effects of a diuretic. Gammubutyrolacton (GBL), which is used for muscle building, sexual enhancement and stress reduction, is another dangerous supplement because there isn't definite evidence that it can attain these goals. It can however, result in vomiting, slow pulse, seizures, coma, and the ultimate side effect: Death. (Harvard Men's Health Watch)

Athlete's and non-athletes alike are taking supplements carelessly as though the words "*natural*" and "*studies show*" are license enough to self prescribe the use of these potentially dangerous supplements. Many of the androgenic supplements on the market have potential side effects that the "*studies*" don't make reference of in their advertisements. These supplement manufacturers push your emotional buttons, advertising the ability to reduce your weight easily or to build muscle gains fast and at an alarming rate. Potential for prostate cancer, testicular cancer, early and irregular patterned baldness and development of female like breasts are just some of the possible side effects for men who take supplements like Nor-Androstene, IGF-1 and other testosterone boosters without caution or regard. Don't think that "It can't happen to you." These supplements are new enough to the market without sufficient research because not enough time has passed to learn of any long term side-effects. DHEA,

tribulus, chrysin and the list goes on of the supplements that should warrant caution and most probably avoidance.

On the flip side supplementation can be a positive part of any person's health and fitness training. The key is to take the time to research the product(s) you are thinking about purchasing and evaluate your motivations. Research may begin with the store clerk but please don't let it end there. Most of the health store employees have little if adequate knowledge about the supplements they sell. Short of telling the truth, they repeat what the label says, tell you what other customers have said or worse yet they fabricate the truth altogether. For the record I have only ran across one health food store employee who seemed to really know the scoop on what was being sold on their shelves. That's scary, because I admit to having entered stores on occasion with the intent to ask questions about supplements sold, only to find the answers I received completely off base.

Supplementation is most dangerous if not approached appropriately. Take the time to get to know your body and its needs before supplementing your diet. And remember, the best place to get a healthy balanced diet is from the right foods. If you find yourself depending on a supplement by itself for a desired health benefit such as losing weight than you are misusing that supplement. Remember, before taking any supplements, supplement your supplemental knowledge!

Monthly Menu Recipe

Finger Lickin' Good Baked Chicken

- 3lb. Skinless, bone-in chicken breasts
- ¼ cup flour
- 1 egg white
- 1 tbsp. water
- 3 tbsp. wheat germ
- 3 tbsp. Italian bread crumbs
- ¼ tsp. garlic powder
- ¼ tsp. salt
- dash pepper
- 1 tbsp. light margarine, melted
- vegetable oil spray

Preheat oven to 375 degrees F. Spray baking dish with vegetable oil spray and set aside. Spoon flour into a clean plastic bag and add chicken breast. Shake bag to coat chicken breasts. Set aside. Combine egg white and water in shallow bowl. Set aside. In another shallow dish, combine wheat germ, bread crumbs, garlic, salt and pepper. Add melted margarine to form crumbly mixture. Dip floured chicken breast into egg white and then roll in crumb mixture to evenly coat. Place on baking dish. Bake for approximately 65 minutes or until minimum internal temperature on meat thermometer reaches 170

degrees F. *Serving Size-6. Per Serving: Calories 234, Fat 5.5 grams, Saturated Fat 1.5 grams, Cholesterol 92 milligrams, Sodium 229 milligrams.*

Kitchen Shortcut: For Finger Lickin' Good Baked Chicken in about half the time, use skinless, boneless chicken breasts instead of the bone-in-chicken breasts. Bake for 30 minutes at 375 degrees F, or until minimum internal temperature on meat thermometer reaches 170 degrees F.

PEP Talk

The only thing you can change is yourself, but sometimes that changes everything.

-Unknown