

**APR. 2008**

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*"Three things are essential:  
Great doubt, great faith and great perseverance"*

-Zen saying

**CONSIDER YOURSELF  
WARNED:**

During the month of April, the Trainers at HealthTrack will be videotaping footage for an instructional DVD titled "Exercises Gone Bad".

If you find yourself being filmed you are probably doing something horrendously **WRONG**. However, this will make highly entertaining and educational material to teach others what not to do. Thank you for your contribution.

# The Personal Training Newsletter

Also available online at [WWW.HTSW.NET](http://WWW.HTSW.NET)

As always, the committed purpose of this newsletter is to provide factual information (not marketing hype) to help you **train smarter and get better, faster & safer results**. You gotta problem with dat ?

## A close look at inflammation

There is a growing body of research looking into subclinical inflammation as the mediator of a number of debilitating diseases. These diseases include but are not limited to Fibromyalgia, Chronic Fatigue Syndrome, Lupus Disease, Rheumatoid Arthritis, Diabetes, Atherosclerosis, High Blood Pressure, Peripheral Neuropathy and Crohn's Disease. There are a number of mechanisms to reduce inflammation, the most obvious one being Pharmaceutical. Nutritional intervention can also play a role in reducing inflammation and deserves further consideration (possibly in a future newsletter). However, the most basic approach involves exercise.

The key to reducing inflammation may be to use the kind of exercise that targets postural control. **Muscle Activation Techniques** can be used to determine which postural muscles need the most attention. You may have muscle tightness due to inflammation and therefore exhibit a less-than-efficient muscular system. In these cases, muscular tightness is indicative of neuromuscular weakness. "The central nervous system is not just a passive responder to the outside world, but is fully able to control many previously unanticipated physiologic responses, including immunity and inflammation," said Gary S. Firestein, MD, professor of medicine and director of UCSD's Clinical Investigation Institute. "This is an entirely new approach. Instead of targeting enzymes at the actual site of disease, our hypothesis is that the central nervous system is a controlling influence for the body and can regulate peripheral inflammation and immune responses."

### ***The Trainer's Rant***

Since the very beginning, the focus of this newsletter has been to help you understand that there are things you :

- don't need to be doing
- could be doing better
- shouldn't be doing at all

These things can all be substantiated with hard, scientific evidence (just ask for the proof).

If you want help determining what you *should* be doing, then you are going to have to blow the dust off your wallet and hire a Trainer.

*"The body knows only of movements, not individual muscles"*

- Beevor's Axiom

#### The case for pulling more

Muscles create motion by pulling, even the act of pushing is the result of muscles *pulling* on levers. The nervous system is geared toward resisting gravity. In fact, posture is the controlled act of resisting gravity efficiently. Pull more.

## *The Personal Training Newsletter*

### A close look at inflammation (cont.)

Increasing the oxidative capacity of slow twitch muscle fibers can serve to increase the metabolic capacity of the body so that it is able to get through everyday activities with less stress. We are attempting to avoid a glycolytic state (potentially inflammatory) by increasing oxidative capacity. It's possible that inflammatory disorders affect the immune system to some degree. Some of the other common denominators of the previous diseases listed include elevated resting blood glucose levels and insulin resistance. Exercise has a pronounced effect on these issues. Improving the sensitivity of the nervous system with postural exercises stimulates mechanoreceptors to reduce muscle tension (at rest) therefore decreasing total system stress. This process alone can reduce inflammation for any number of reasons. The key to this process is to find (with MAT) and slowly progress the correct postural muscles. The training procedure can be as simple as holding contractions for a longer period of time (at least 6 sec) while maintaining multi-joint stability.

### The Ultimate Golf Fitness Program

Muscle Activation Techniques (MAT) Specialist Scott Kroclick is teaming up with PGA Class 1A Golf Pro Marc "Woody" Woodcock to offer the best in pre-season Golf conditioning. MAT will find and address your weak links and range of motion limitations while Personal Training will correctively reinforce your body and prepare you for the rigors of the game. Professional Golf instruction will complete this package allowing you hit straighter, farther and with less fatigue. The exercises and golf instruction will be customized to fit your particular needs. Please contact either Scott or Woody for more info. Ask nice and we might even throw in an instructional DVD.

**If you have any questions, comments or concerns about the content of this newsletter, please contact Scott Kroclick directly @ 942-9600 ext. 637. Additionally, feel free to contact any trainer about any exercise related topic at any time. It's what we do. It's why we're here. It's not just because we look so good in black.**