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"Think of what is right and true. Learn to see everything accurately. Become aware of what is not obvious. Be careful even in small matters. Do not do anything useless."

Miyamoto Musashi Book of the Five Rings (1643)

#### What exactly is "functional" ?

- Unconscious muscular contraction is functional.
- Conscious movement is not always functional.
- The body will do what it can with what it has, that is functional.
- The way to improve upon this is to find out what it doesn't have.
- This is done through assessment.
- **M.A.T.** assesses the neurological integrity of each muscle.

# 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, safer results.**

### Lose it fast

High intensity interval training (HIIT) is a great way to train if you are pressed for time or need to burn a great deal of fat quickly. However, you will have to leave your "comfort zone" to accomplish this task. It's hard work but worth it. As with all changes in exercise programming, I would highly recommend consulting with your **Muscle Activation Techniques** Specialist to insure that you are biomechanically prepared for this challenge.

A recent study showed that only seven sessions of HIIT over a period of two weeks increased fat burning by over 30% compared to traditional "fat burning zone" aerobic exercise.

The premise is simple and it does not involve monitoring your heart rate.

- 1.) Warm-up on the piece of equipment that you are going to be using for 5 minutes (low intensity, but break a sweat)
- 2.) Increase the intensity for 60 sec (until you are almost out of breath)
- 3.) Decrease the intensity for 75 sec (until you can catch your breath)
- 4.) Repeat 5 times
- 5.) Cool down for 5 minutes (or until you stop sweating)

If you are on a treadmill, you can change the intensity by varying the speed and/or the incline. Experiment and don't be afraid to change things up once in a while. Next year don't eat so much.

#### **A brief note about Health Club etiquette**

Please follow the "Golden Rule", which is do unto others as you would have them do unto you. What would you expect the other person to do (i.e. wipe up their sweat, put equipment away, not talk on their cellphones, not grunt, not curse, share space when needed) and do so yourself.

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

The New Year is upon us and it's a good time to reflect, prepare and decisively implement improved strategies. A quick look around will reveal the same faces doing their same workouts. Kudos to them for still churning away despite the fact that they may be ten pounds heavier (fatter) because they'll only do aerobic exercise. And imagine the discipline it must take to do the same misguided exercises that now cause chronic hip and shoulder pain.

It's been said that there are three kinds of fear:

- Fear of failure
- Fear of success &
- Fear of the unknown

All of these can cause you to remain in your *comfort zone*.

### **Nothing changes in the comfort zone !**

I personally challenge you to try something new this month (step out of the zone). If you're not sure what to do, then the first step is to consult a Personal Trainer or get a MAT assessment to find and address your weak links. We can come up with a better plan.

# The Personal Training Newsletter

## Preventing knee injuries

Researchers continue to look for the causes behind **non-contact knee injuries in youth sports**. To be more precise, they asked "Why do some players get injured for no apparent reason ?"

Investigators from the Cincinnati Children's Hospital Medical Center are focusing on the potential roles of the trunk and even the brain. In -depth analysis of single leg jumping revealed that poor trunk control increased the risk of ACL injuries. Surprisingly, hip and knee strength had little value in predicting injuries. Lack of proprioception was identified as a key factor. Muscle Activation Techniques thoroughly addresses proprioception, which can be defined as automated neurological control.

Researchers determined that trunk control as well the athlete's ability to determine position could be adequately trained to control landing risk. The more proprioceptive ability that an athlete had, the more they were able to compensate for fatigue.

## How much is too much ?

The point of diminishing returns is simple enough to determine. If exercise leaves you more exhausted than energized, you have probably over-reached. While the term overtraining is often thrown around by those "in the know", it is rarely reached by the average or even above-average fitness enthusiast. Over-reaching can have both physical and psychological symptoms. Additionally, over-reaching can have physical and psychological *causes*.

It's time to seriously re-evaluate your motivations if the following symptoms occur due to excessive exercise.

- decreased performance
- muscle soreness lasting more than 48-72 hours
- headaches and loss of appetite
- depressed immune function (catching colds often)
- altered mood: anxiety, depression, reduced concentration

Variety has been a common theme of this newsletter since its inception. If you're not sure how to add "it" to workout sessions, then it's time to hire a Personal Trainer. More is not better, better is better.

**If you have any questions, comments or concerns about the content of this newsletter, please contact Scott Kroclic 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.**