

August 2008

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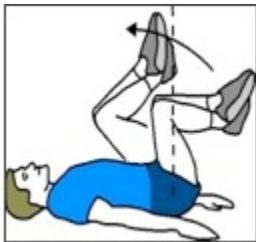
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Matt's Training Tips

This summer I know we are all trying to tighten and tone our abdominal region. Remember to incorporate your lower abs with your upper abs and obliques.



I have found that most people really need to strengthen their lower abdominal area. Reverse Crunches are a great method to incorporate your lower abs. To perform these correctly, lay on your back with your knees bent at a 90 degree angle, keeping your arms spread to stabilize yourself. Roll your knees up to your chest and then back down until your hips touch the bench or floor. Repeat this movement 12 to 15 times, completing 3 to 4 sets. Make sure you exhale in the crunch position.

Do not cheat or shorten your range of movement. Many people cheat by not lowering their hips all the way to the bench. Remember, it is the beginning, the first 4" to 6" of movement, that utilizes the lower abs.

Jeff's Training Tips

Facts About Your Muscles and Bones

1. The Largest Tissue.

Skeletal muscle is the body's largest tissue. Muscles make up 45% of body weight in men and 36% in women. There are more than 650 muscles in the human body.

2. Always Changing.

When born, the body has 350 bones. While growing and maturing, some bones fuse together, leaving the adult with 206 bones. These bones are constantly changing by being broken down and building back up through a process called remodeling.

3. Peak Bone Mass.

By age 35 a person has reached a point when the bones are at their strongest. When at peak strength, bones can bear a pressure of approximately 24,000 pounds per square inch. Then, after the mid thirties, bone mass begin to decline.

4. Moving The Bones.

Muscles are attached to bones by a connective tissue called tendons. When a muscle contracts this causes the muscle to pull on the tendon, moving the bone through a specific range of motion.

5. The Muscle Recipe.

Muscles are 75% water, 20% protein, and 5% inorganic salts and other substances. How much muscle a person has or can develop is due to factors beyond the individual's control.

6. Bundled for Power.

Muscle fibers are bundled together to create what most people refer to as a muscle. Muscles do not shorten when they contract, but rather the smaller filaments within each fiber actually slide past each other.

7. Two Types of Soreness.

Generally there are two types of muscle soreness: acute and delayed. Acute is believed to be a by-product of restricted blood flow and an accumulation of waste material in the muscle. Delayed soreness is thought to actually be small tears in the muscle fibers and connective tissue.

8. Losing Strength.

By the age of 65, individuals who do not perform resistance exercise may lose as much as 80% of their strength. This can be changed with a properly designed resistance program.

9. She Can Too.

Strength training is not just for men. Women should be performing resistance training to get stronger and to prevent muscle strength decline.

Jeff Hosta
BS, CSCS

Recipe of the Month

Jolie's Yummy Protein Pancakes (Makes 2 servings)

1/2 cup plain oats
1 scoop of vanilla or chocolate whey protein powder
2 tsp cinnamon powder
3 egg whites
1 tbsp flaxseed oil
1 tsp hazelnut or almond butter
Nonstick oil spray

Mix dry ingredients in one bowl and wet ingredients in another. Then pour the dry ingredients into the wet ingredients and stir well.

Cook like regular pancakes on a non-stick skillet. When finished, top with sugar-free syrup or fresh berries.

Make it your own: add fruit to the pancake dough!

Starting Your Day Off Right!

How important is Breakfast? Well, let me tell you, it does a lot of positive things not only for your mind and heart but for your overall optimal health!

5 Reasons you should eat breakfast:

1. Helps give your metabolism a kick start...not doing so will cause you to be sluggish and store fat!
2. Prepares you both mentally and physically...nobody wants to go to their morning meeting feeling tired and unproductive!
3. Controls weight gain...by waiting until lunch you may find yourself craving the high sugar foods and eating way more than you should!
4. Provides you with the necessary vitamins, nutrients and minerals...

consuming fruit juice or milk can give you some of the necessary calcium and vitamin C needed!

5. Reduces the risk of Diabetes, heart disease, stroke...eating whole grain type foods can help reduce blood sugar levels and insulin!

So, remember...jump start your day to a hearty breakfast and allow for a productive and successful day you deserve.

Jolie Mosser
CPT

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