

AUGUST 2007

Smarter Bodies

Volume 7 Issue 8

Editor Jim Rabic

The Official Newsletter of Smart Bodies Personal Fitness Center

**T-Shirt
Tuesdays**

**T-Shirt
Tuesdays**

From Tuesday to Tuesday

throughout the summer

Enter each week to win a

Smart Bodies T-Shirt

See the Front Desk
or your trainer
for more details.

**T-Shirt
Tuesdays**

**T-Shirt
Tuesdays**

FREE FILE OF THE MONTH

Revo Uninstaller

Windows only: Freeware application *Revo* Uninstaller makes removing programs from your computer—not just uninstalling, but removing all traces—a quick and painless process.

www.revouninstaller.com/

Policy Reminders

The amount of sessions that you purchase **DOES NOT CORRELATE** with the amount of times in which you are in the schedule.

When you have used all of your sessions, you will still be in the scheduled appointments that we saved for you.

PLEASE inform the front desk if you are NOT purchasing more sessions, therefore, discontinuing the use of your permanent appointment time(s).

QUOTE OF THE MONTH

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

Spanish Proverb



SMART RUNNING

TOP TEN SUMMER RUNNING TIPS

The Do's and Dont's of Summer

1. Do wear socks made of synthetic fibers that wick moisture away from your skin to help prevent blisters and athlete's foot.
2. Do fit your running shoes or other sports shoes with the type of sock you intend to wear them with.
3. Don't wear sandals when playing sports.
4. Don't go barefoot outside, cuts and bee stings are not fun on your feet.
5. Do wear sport specific running shoes. Running shoes do not have the lateral support needed for tennis. Help yourself avoid ankle sprains and other injuries.
6. Do wear protective shoes or sandals at pools and in locker room showers. This will help you avoid warts and athlete's foot.
7. Do replace your running shoes often, at least every 350 - 450 miles run.
8. Do break in new sport shoes before racing or using them for a long run or workout.
9. Do use sunscreen to prevent solar injury to your skin.
10. Do be careful in the heat. Don't forget

proper and regular fluid replacement. Most recommendations call for about 8 oz. every 20 minutes. Try to avoid running in the middle of the day. Remember that running outside on Code Red Bad Air Days does not improve your health.

Avoiding Heat Stress Injury

* **Acclimatization:** Gradually build up your tolerance for running in warmer weather.

* **Stay Fit and don't overestimate your level of fitness:** Individuals with a higher VO₂ Max are more tolerant of heat tolerance than those with a lower level of fitness.

* **Watch your health:** Make sure you are aware of both medical conditions that you have and medications that can affect your tolerance of exercise in the heat. Medical conditions affecting your heat tolerance include diabetes, high blood pressure, anorexia nervosa, bulimia, obesity and fever.

* **Dress Cool:** Wear light weight shorts and a singlet rather than a tea shirt, to permit evaporation of perspiration.



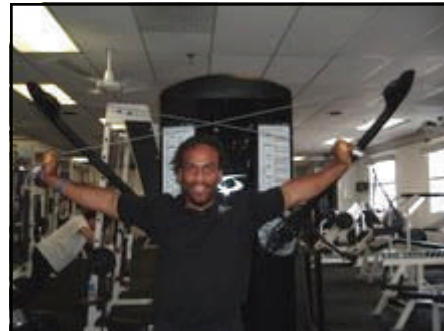
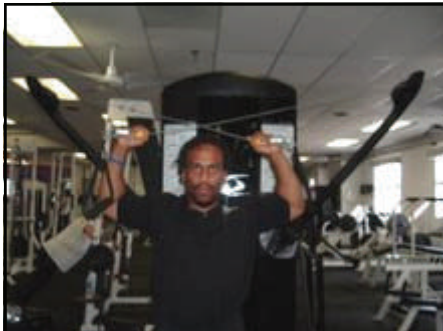
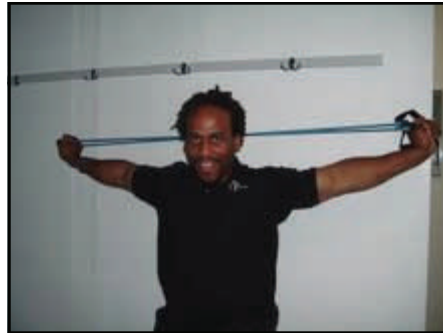
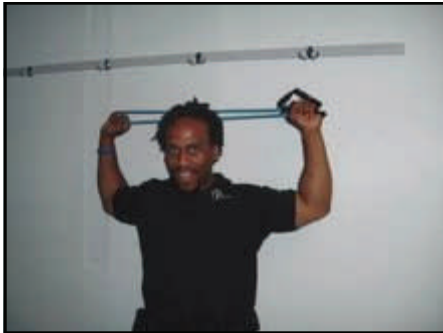
Exercise of the Month

Standing Tricep Extension

-Done on a machine or at home with tubing-

This exercise puts direct stress on the tricep muscles behind the upper arm.

On the machine - grab the opposite sides of cable then fully extend your elbows..



Resistance Training With Your Dog - How Is It Possible To Resistance Train With Your Dog?

1. **Leg raises** - if you have a male dog, he's probably already shown you how to do this one.
2. **Abdominal crunches with a paw on your forehead** - laying down on the floor and grunting in pain can cause your dog to do it's own investigation to find out if you're all right. The scratch marks across your forehead are simply a byproduct of that concern.
3. **Deadlifts** - if your dog has any inkling that you're taking him to the vet or someplace else he doesn't want to go and you've had to scrape him up off the floor to get him in the car, you've just done a deadlift.
4. **Pull-ups** - this involves pulling up furniture, rugs, carpets, clothes, etc. to pick up all the fur that gets into the strangest of places.
5. **Pushdowns** - one for the overly-enthusiastic dinnertime beggar.
6. **Lunges** - when you're trying to grab her for a bath.

One final word of advice when doing resistance training with your dog is never yell out "Spot me!" if your dog is not housetrained. It's a mistake you'll make only once.

Recipe of the Month

Sweet Orange Salmon

Eight ingredients combine in a spice rub that would also be good on pork tenderloin medallions. Serve with orange wedges.

Ingredients

2 tablespoons brown sugar
1 teaspoon chili powder
1/2 teaspoon grated orange rind
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon ground coriander
1/8 teaspoon black pepper
4 (6-ounce) salmon fillets
Cooking spray



Preparation

Preheat broiler.

Combine first 8 ingredients in a small bowl. Rub spice mixture over both sides of salmon fillets.

Place salmon on a broiler pan coated with cooking spray. Broil for 8 minutes or until salmon flakes easily when tested with a fork.

Yield

4 servings (serving size: 1 fillet)

Energy Drinks



The energy drink industry has exploded, offering a wide variety of beverages purporting numerous claims of physical and nutritional benefit. Claims range from providing an energy boost, stimulating weight loss, and improving endurance to improving sexual performance and concentration. Consistent with the supplement industry many of the ingredients go beyond the defined energy and non-energy yielding nutrients. Many energy drinks contain herbal extracts or proprietary blends which have not been extensively evaluated. Most strive to offer a stimulant effect as evidenced by large quantities of taurine, guarana, and caffeine. They often complement these sympathetic stimulants with water soluble vitamins aimed at enhancing energy metabolism. Beverages consumed to stimulate alertness and add perceived energy are common place in the American culture. Traditionally, many Americans have started their day with a cup of coffee for the stimulant effects of caffeine. In recent times, the morning kick start has grown into a 16-20 oz. serving of Starbucks high potency blends. Today the coffee trend has been expanded to include cold energy drinks ranging in size from the 8 oz. Red Bull that started it all, to the mega size Rockstar and Monster. Every national brand is participating in the billion dollar industry including Coca-Cola, Pepsi-Co, and their smaller competitors. The on-the-go energy seems like the answer to the ever increasing, high-paced American culture. Energy is often looked at synonymously with work. Therefore, any drink designed to influence our potential output would seem to be a healthy alternative to the numerous beverages that simply quench thirst, particularly since everyone could use more energy in their day. So, are the beverages, in fact, healthier than other selections?

The sugar content in most energy drinks is the

only source of calories, for example SOBE No Fear contains 33 grams of sugar (approximately 9 teaspoons of sugar) in a 8.3 fl.oz. can. This is the usual single serving of this type of beverage. Now consider the average person drinks the full can. In a 16 fl. oz. can, all the ingredients are doubled, increasing the sugar intake to 66 grams (approximately 18 teaspoons of sugar). This is consistent with Full Throttle, Rockstar, Monster, and RedBull (the list goes on and on). Individuals drinking two cans per day actually consume almost a quarter of their daily caloric need (2000 kcal) in sugar calories from the beverages alone.

Most companies realize some consumers try to avoid sugar and calories, offering an alternative sugar-free version. Ironically, these “energy” drinks contain little energy. Although a definite improvement over the high sugar versions, there are still the factors of the beverages replacing water intake and the high levels of caffeine being consumed. The adverse effects associated with caffeine consumption in amounts > 400 mg include arrhythmias, irritability, sleepiness, nervousness, increased urination, and upset stomach. Caffeine also acts as a diuretic, and when consumed in excess can contribute to dehydration. An 8.0 fl. oz. serving of Monster energy drink contains 80 mg of caffeine, therefore if one is to consume two 16 fl. oz. cans their caffeine intake would be approximately 320 mg. This is of particular concern for the target market, “active young adults” who often consume other caffeinated beverages throughout the day, easily leading to excessive amounts of caffeine.

If the energy derived from the drinks is based on sugar calories and sympathetic stimulants, a crash is often the likely outcome. This up/down sensation often causes consumers to increase servings throughout the day to keep the “high” feeling of energy which can lead to unhealthy intake and behavior patterns. Likewise, if the full calorie versions are consumed, it can add a high consumption of calories with little nutritional value.



Ultimate Calorie Burner Exercise

Spinning is a unique form of cardiovascular workout that burns hundreds of calories in a session, revolutionizing the face of fitness training. Spinning is an indoor group cycling program on bikes that helps in burning fat, losing weight and conditioning your body faster than any other aerobic exercise. Spinning, is an ultimate calorie burner exercise that makes you lose weight faster and helps in the process of faster fat burning and ensures an overall health and body conditioning by developing muscle mass. As you know muscles make you burn more calories so Spinning is very good calorie burner exercise in every way.

Spinning is an enjoyable, strong fitness activity offering many health enthusiasts an ultimate calorie & fat burner regime as compared to other aerobic exercises. One needs mental as much physical stamina to enjoy this physical activity and concentrate. Spinning is an intense mode of training that helps in developing calorie burning muscle mass, it begins with the customary warm up routine with zero resistance. Spinning session then includes the main 40 minute drill. The program is done at varying revolutions per minute (RPM). Pumping and invigorating music, psychedelic laser lights, strobe glow, smoke and an electrifying ambience adds punch to the workout.

The spinmaster modulates, choreographs and motivates during the workout to make spinning fun and exhilarating. Keeping the goal of the class and participants and how much calorie they want to burn and how much weight they want to lose, the spinmaster designs the calorie burner sessions with numerous variations and techniques; seated flat, standing flat, high end endurance class, intensive interval class, hill class, and pedal perfect class, to get your heart racing with aerobic and anaerobic bursts. When your heart rate is between 75 to 85 % it is an aerobic workout; at 85 % it is the threshold stage, beyond 85 % is an anaerobic workout and a Maximum Heart Rate (MHR) is attained at 100 %. Following the spin master's cues you end with a cool down segment, which involves basic stretches for all muscle groups.

The spinning gear can be comfortable workout attire and a right gear can make a great session even better. Cotton clothing is recommended for most aerobic workouts as it absorbs moisture well. Pair of good padded cycling shorts or track pants, hard soled shoes, and a heart rate monitor that assesses the intensity, determines when to push harder, maintain the pace or reduce effort.

Initiated by Johnny Goldberg in 1986 while training for the Race Across America (RAAM), spinning is an indoor group cycling program on bikes set to certain positions and resistances at varying speeds, to maintain a certain level of heart rate. This form does not place undue stress on body's joints; helps strengthen all muscle groups, and can be practiced by people of all age groups and fitness levels.



SMART GOLF TIPS AND TRICKS

You hear a lot of "Don't do this" or "don't do that" in learning the golf swing. Let us concentrate on what you should "do".

A sound golf swing is a product of several correct and positive moves.

The "dont's" have no place in the creation of a proper swing.

Our goal is to build a strong repeating swing. To do this, we swing the club with the larger muscles of the body. (You can generate power using the large muscles of the upper torso and the strong muscles of the arms and legs.) A strong repeating swing can not be created if you use the smaller muscles of the hands and wrists.

To start the back swing, simply swing the club away with the triangle created by your arms and a line across your shoulders. This one-piece takeaway will move your "center" with the club. (The center is the middle of your chest.) The knee is starting to break toward the right knee while the weight of your body moves to the back foot.

At the top of the back swing you have created power by "winding up" the big muscles in your upper body. Notice that the "center is facing directly away from your target, and weight has shifted to the back foot.

The change from back swing to downswing is a natural release of the power or wind up you have created. The downswing is initiated by the weight transfer from the back foot to the front foot.

There are no tricks to solid contact. Good fundamentals will put you in a position to just "swing the club through the ball and toward the target".

Warming Up Your Golf Muscles

Your hands are the only contact you have with the club, and unfortunately for most golfers, this is where all the problems begin.

Why? Because when we play we all get nervous at times in tense situations like the first tee in front of all your friends or competitors. Under pressure we revert back to squeezing the club tighter than we intended, thus creating an improper chain reaction culminating in less than desired results.

Here's an excellent way to warm up those particular muscles groups before and during your round to counteract our tendencies to "hit, "and instead will allow you to train your golf muscles not just your golf mind-to make the swings you've imagined in your practice sessions. First, grab one of your clubs with your left arm only and lift the club to about chest level high. You can use your right arm as support if you wish, as this will help isolate the amount of movement in your left elbow. Just put your right hand underneath your left elbow as you do the drill. Next, gently allow the clubhead to be lowered by turning your left forearm to almost a horizontal position. The key is to keep your left elbow maintained in the same position that you had when you started. This is essential in order to maximize the resistance, and really work this particular muscle group which is vital in your golf swing.

Effect of Static Stretching On Muscular Performance



Whether enhancements in performance are observed when engaging in static stretching prior to an explosive, power emphasized activity has become an

increasingly hot topic among exercise enthusiasts. The ability of skeletal muscle to express mechanical power may be its most crucial function as evidenced by the significant limitations in the elderly associated with sarcopenia. Likewise, power is a fundamental component for success in almost every sport and fittingly should be emphasized for enhanced performance. Traditional or old school thought process sequenced static stretching, following a general warm-up, as part of preparation for sport and fitness activities. Research indicates that pre-exercise static stretching may temporarily compromise a muscle's ability to produce force, thus reducing its ability to generate optimal power. Stretching prior to exercise increases the compliance of the muscle due to relaxation, making it less able to absorb force, or energy, compromising its performance in a subsequent activity. Two primary hypotheses have been developed to explain this so called stretching-induced strength deficit: mechanical factors, such as changes in muscle stiffness, and neuromuscular factors, such as altered motor control. Also, mild stretching can cause microtrauma in the muscle cell which can lead to a reduction in body sensations and proprioceptive awareness. Fowles, Sale, and MacDougall have indicated that static stretching prior to maximal strength training can result in a decrease in muscular strength for up to one hour. One possible factor researchers have come up with to explain this decrease in

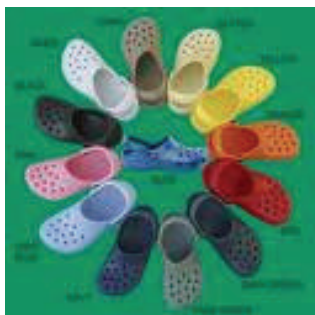
muscular strength is that the reduction in force is probably a result of a reduction in muscle activation, rather than any changes in muscle elasticity. Muscular force production and absorption are complex neurological events and rely on more than just the length of the muscle during contraction. If static stretching inhibits any of the neurological factors, the effect is a reduction in the force that can be generated or absorbed. For this reason static stretching seems to best be implemented at the end of the workout rather than the beginning. Dynamic full range activities can still be utilized effectively for sport preparation, but stretching activities that are classified as static including PNF, Active assisted, and Active Isolation may be counterproductive if completed before training for improved power and force output.

Exercise May Help Delay Inflammation

Researchers at the University of Illinois may offer insight as to whether or not regular exercise can protect against the onset of heart disease or diabetes. The research has created a better understanding between exercise and inflammation, a condition recognized as a precursor for cardiovascular conditions and other inflammatory-related diseases. Research examined parasympathetic tone and sympathetic tone on C-reactive-protein (a biomarker for inflammation) by assessing heart-rate recovery after exercise. The sympathetic nervous system speeds up body actions during exercise, increasing heart rate, respiration, and blood pressure. The parasympathetic nervous system slows things down at the cessation of exercise to return internal activities to baseline values. According to the study's primary author and designer, Vieira rate of return to resting heart rate after a strenuous exercise test was inversely related to their C-Reactive Protein concentrations. Individuals who had better parasympathetic tone had lower levels of inflammation. Routine aerobic exercise at 50-80% VO₂max is associated with post-exercise parasympathetic activity.

Crocs: Healthy Shoes or Just Comfy?

Do those eye-catching shoes have a place in good foot care? Doctors and consumers share their views.



Crocs -- those clog-like shoes in bright colors -- are an up-and-coming trend on the feet of Americans. The shoe might not match everyone's idea of fashion, but fans swear by its comfort. And Croc lovers say they bring health benefits to the two extremities that carry us all the places we go.

Are Crocs really good for our feet? Or is this footwear phenom just a passing fad? WebMD got some feedback from doctors, consumers, and the shoe's creators.

A History of the Croc

Born in 2002, the shoe was initially intended as footwear for boating, with its nonslip tread and waterproof tendencies. "The product was originally produced in Canada in clog-form," says co-founder Lyndon V. Hanson, III, vice president of Crocs. "We added a strap for utility, and gave it some flair."

Crocs are certified by the U.S. Ergonomics Council and the American Podiatric Medical Association. Hanson says that what Crocs lack in aesthetic value, they make up in therapeutic benefits. The company created what it calls an Rx line of models specifically with healthy feet in mind: Croc Relief, Croc Cloud, and Croc Silver Cloud.

"These shoes were designed specifically to eliminate plantar pain and achy feet," says Hanson. "They also help people with injured feet, bunions, and diabetes." You've got a lot of inner support, heel cups and massaging heel nubs, and arch support. They're ideal for people with foot problems."

Crocs in the Clinic

Some doctors are even recommending them to patients with foot problems.

"These shoes are especially light," says Harold Glickman, DPM, former president of the American Podiatric Medical Association (APMA). "They have huge room in the toe that affords the front part of the foot lots of room, especially for people with bone deformities like bunions and hammer toe. With the Rx Crocs, they're lined with antibacterial material that will prevent fungal and bacterial infections."

For people with diabetes, Crocs offer added value in the protection they provide. Because people with diabetes have reduced circulation in their feet, Glickman says, they're at higher risk for open sores and wound infection. The spare room and antibacterial properties of Crocs help combat these problems.

"I do not have stock in the company or work for the company, but I recommend them to patients all the time, and I wear them all the time," Glickman tells WebMD. "I wear them when I'm operating for three or four hours at a time and I get the sense I'm standing on water -- no leg pain, no back pain, and no arch pain."

When the temperature starts to rise and flip-flops abound, Glickman also recommends trying Crocs instead.

"Crocs offer more protection for your feet than flip-flops," says Glickman. "Flip-flops don't provide a lot of arch support; they're open-toed so you can stub your toe and hurt yourself. Crocs offer more protection and comfort than that." **Professional Skepticism**

Crocs have the official seal of approval from the APMA, meaning the shoes have been found to be beneficial in promoting good foot and ankle care. But not all doctors have signed on to the medical value of the shoes.

"They are very light weight and are good for people who have trouble walking," says Bob Baravarian, MD, chief of foot and ankle surgery at Santa Monica UCLA Medical Center. "They are very stable, they don't bend and twist side to side much, and they have a good heel cup and arch contour compared to other shoes."

Baravarian says Crocs have more positive attributes than negative, but they're no substitute for the real deal.

"Because the shoe is considered medical, it gets overused by people who need more support than they can get from the shoe," Baravarian tells WebMD. "It's not as good as an orthotic or a medical type shoe; it's made out to be better than it is."

And it's not made for marathon wear either, adds Baravarian.

"It's a good shoe for going to the beach, kicking around the house, going to the corner market, but they're not made to be worn at Disneyland all day long," says Baravarian.

Some doctors haven't crossed paths yet with Croc fans.

"Boy, I have never heard of the shoes, and haven't had patients who tried them -- that I know of," says Richard Deyo, MD, a professor of medicine and health services at the University of Washington in Seattle. "I guess I'm out of touch with the popular culture!"

And until a clinical trial published in medical journal says so, he probably won't be recommending them to patients.

"I'm a professional skeptic, and that applies here as well," says Deyo. "Unless they have some persuasive randomized trials, I'd regard the therapeutic claims as theoretical."

What Crocs Fans Say

People who wear Crocs are die-hard fans, and stand by -- and in -- the shoes all day long.

"I saw them in a store, and I tried them on, and ended up with a pair that are light pink," says Jamie Jessick, a registered nurse at Santa Monica UCLA Medical Center. "I like that they're really light and comfortable."

For Jessick, who is on her feet for hours at a time, a comfortable pair of shoes is a must-have.

"They're so comfortable that it's like wearing slippers at work," says Jessick, who is part of a small minority that actually finds the shoes attractive.

"I thought they were cute, that's why I bought them, but turns out they're also comfortable," Jessick tells WebMD, adding that her colleagues are catching on, too. "A couple of nurses have tried them on and seem interested in them." While it seems the jury is still out on these shoes, Crocs have been spotted almost everywhere, from hospitals to hockey rinks, beaches, boats, and even Hollywood.