



# MOVEMENT FOR LIFE® NEWSLETTER

## ONLY ONE BODY NO REFUNDS, NO DO-OVERS

by Ashley Fittz, HFS, CSCS  
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Pause for a moment and imagine you're a teenager again and your parents have just given you your first car. They also gave you a few simple instructions on how to treat the car. But here's the catch - you only get one car and you can never get another. Never. No warranties, refunds, upgrades, trade-ins, trade-ups. Nothing more.

Now ask yourself, "How would I maintain that car?" My guess is you would be meticulous. Frequent oil changes, tune-ups, proper fuel, and so forth. Now imagine your parents also told you that none of the replacement parts for this car would ever work as well as the original parts. Not only that, the replacement parts would be expensive to install and cause you to have decreased use of your car for the rest of the cars useful life? In other words, the car would continue to run but, not at the same speed or with the efficiency you were used to.

*Would you then put a lot of time and effort into maintenance if that were the case?*

After reading the above example ask yourself another question, "Is the human body different?" Why do we act as if we don't care about the one body we were given? We only get one body. No warranties, refunds, upgrades, trade-ins, trade-ups. Of course, medical technology is constantly improving and we can replace parts, but it's a lot of work and it hurts. Besides, the stuff they put in never works as well as the original "factory" parts. The replacement knee or hip doesn't give you the same feel and performance as the original part.



## DOES IT HURT?

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It's the new year and you are hopefully adopting a more active lifestyle. Along with being more active there may come a few aches and pains. Some muscle soreness is normal when starting a new activity, but other pain may be a new injury developing or a nagging old injury that was never fully addressed. Listen to your body as you increase your activity and ask yourself a simple question, "Does it hurt?" This question can only be answered "yes" or "no". If you answer "yes," then you may not be ready for that exercise or you are doing it incorrectly. If you're not sure, then the answer is "yes." Simple, right? Something like "after I warm-up it goes away" are all yes answers. It's amazing to me how many times I have asked people this simple question only to have them dance around it. The reason they dance around the question is because they don't like my answer. I have found that people want to know things like, "What about a secret exercise to make it better?" I have a particular saying that I like, "The secret is there is no secret". Ben Franklin once said, "Common sense is not so common".



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## TOO EMBARRASSED TO GO TO THE GYM?

by Ashley Fittz, HFS, CSCS

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Are you too embarrassed to go to the gym? Be honest with yourself. Is this keeping you from achieving your goals? To help you with this fear, I have two solutions:

### 1. FIND A GYM THAT'S COMFORTABLE, AND A PLACE WHERE YOU "FIT" IN.

There are usually a few gyms within driving distance of you and you should investigate each of them before you purchase a membership. Some gyms are going to be full of gorgeous people in skimpy clothing walking around constantly checking themselves out in the mirror and discussing the dating scene. If this is for you, GREAT! You'll fit in and continue to go. If not, try out the next one. There's always a choice. Over the last ten years there has been a growth in the



fitness industry of medically supervised gyms. These are exercise facilities coupled with physical therapy or chiropractic clinics. If the "talent show" gym is not the place for you, then the medically supervised club is. They cater to people looking more for results than for a date on Friday night! And they often employ a more professionally trained staff able to help novice exercisers as well as train and rehabilitate highly conditioned athletes. Give a place like this a try; unless you're looking for a date or plan to spend hours in the sauna.

### 2. HIRE A PERSONAL TRAINER!

With a good personal trainer at your side you can be sure that those other people gawking at you are not looking at your lack of exercise experience but are looking on in absolute envy. You'll probably even see them mimicking your exercises so they too can look good like you. Plus, with a personal trainer you can be sure that your investment in health and physical improvement will lead to true results.

## WE'RE LOOKING FOR YOUR FEEDBACK

We are constantly looking for ways to improve the service we provide to our clients and the communities we serve.

So we may better serve you, please take a moment and visit our website to complete a brief survey. By participating, **you could win a \$50 gift card!**



[www.centralvalleypt.com/survey](http://www.centralvalleypt.com/survey)

## DOES IT HURT?

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Use your common sense. If you're injured and you want to get better, exercise should not cause pain. This seems simple, but many people ignore pain all the time and rationalize it. Discomfort or a little muscle soreness is normal after a new or intense workout. The most common discomfort, Delayed Onset Muscle Soreness (DOMS) often occurs 1 - 2 days following the workout. This is normal. This discomfort should only last a couple days and should be limited to the muscles and not the joints or tendons.

Progression in any cardiovascular or weight training program should be based on full, pain-free range of motion. If you need to change or reduce range of motion, there's a problem. Don't increase time or distance more than ten percent from one session to the next. If you experience pain, work with your personal trainer, physical therapist, or physician to make sure the issue is properly addressed. I have used these simple tips in all of my programs and have been able to keep countless people healthy. I am sure the same concepts will help you.

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## ONLY ONE BODY NO REFUNDS, NO DO-OVERS

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Think about it. One body. You determine the mileage and set the maintenance plan.

One way or another you're going to spend time and money on your health. The truth is the process can be a proactive one or a reactive one. Money spent on your health can take the form of a personal trainer, physical therapist, massage therapist, and a gym membership, or it can be money spent on emergency room visits, cardiologists, and other doctors. Either way, the money will be spent.

The same goes for time. You can go to the gym or to the doctors office. It's up to you. Either way, you'll spend time. Some people say things like "*I hate to work out.*" Well, try sitting in the emergency room for a few hours and then get back to me. Compared to a hospital visit, working out may not seem so bad. Much like a car, a little preventative maintenance can go a long way. However, in so many ways the body is far better than a car. With some good hard work you can turn back the odometer on the body.

Do yourself a favor and spend some time on preventative maintenance. It's better than the alternative. Just remember, you will spend both time and money. Spend it wisely.

## CRUNCHES WON'T CUT IT

by Ashley Fittz, HFS, CSCS

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There's an old way to do almost everything. For example, listening to cassette tapes on your Walkman, connecting to the internet with a modem, and wearing leg warmers on the treadmill would all be considered by most as old ways of doing things. There are also old ways to exercise, which may prevent you from seeing the results you want. One of those old ways is doing hundreds of crunches or using one of the many gadgets on the market for their advertised three minutes a day in an attempt to shed inches off your waistline.



Let's be clear, crunches will not shrink your waistline. It would take a billion crunches to add up to enough calories to make a difference in your waistline. Crunches can strengthen the abdominal muscles, but not make you lose fat. You can train your abs forever and you still won't see the muscles unless you eliminate the fat covering them. All people with flat stomachs or "*six-packs*" have a very low percentage of body fat. So there really are two parts to getting the abs you want:

1. Make the muscles slightly bigger and more defined through strength training.
2. Decrease your body fat percentage so you can see the muscles.

Train your abs like you train other muscles. If you wouldn't do hundreds of reps to train your biceps, why do hundreds of reps to train your abs? To improve endurance of your ab muscles, which need to work all day, do 4 sets of 15-20 crunches with 30 seconds of rest between sets, increasing the number of reps or decreasing the rest period as you progress. If you want firmer, more visible abs, hold a weight against your chest and lift your torso for 3 sets of 8 reps with 2-3 minutes of rest between sets, decreasing the number of reps and adding more resistance as you progress. Also, crunches on a stability ball allow greater range of motion and increases abdominal muscle activity compared to crunches on the floor.

# ENROLL TODAY IN AUTOMOBILE UNIVERSITY

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How much time do you spend in your car each day? Are you making the most of your time? Over the past year I've made a deliberate effort to make the most of my drive to and from work which is 40 minutes each way. I call this, "Automobile University." Noted motivational speaker Zig Ziglar coined the term to describe the process of learning while commuting. With the abundance of podcasts and audio books at our fingertips, there is no reason we can't be learning and improving ourselves while commuting.

Researchers in a study I read about found that if a person drives at least 12,000 miles a year and uses this method of education, in a matter of 3 years he or she would have the equivalent of two years of college education.

Audiobooks may be a little more expensive, but they actually they save time and money because they allow you to use your down time more efficiently. Many podcasts or audiobooks can be easily downloaded for free or a small price from iTunes or other online sources.

Take the trip today and make the most of your time. Enroll in "Automobile University!"

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