



SINGLE MOST IMPORTANT FACTOR TO MAKING PROGRESS

by Ashley Fittz, HFS, CSCS
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Overload. You have to overload the body in order to make progress. If you're currently doing 2 sets of 10 repetitions at 100 pounds with 60 seconds rest between sets, then your fitness, strength and so on will stagnate until you increase the training stimulus. In other words, make it harder on your body by increasing the weight or decreasing the rest between sets.

Whether your goal is to get bigger, stronger, or faster, you have to push yourself when it comes to training. Really try to push yourself from week to week. If you hit a personal record one week, that's great! But don't be afraid to continue pushing it. Far too often, our progress is limited by our minds, not by our bodies.

The next time you workout try to increase the intensity or volume of exercise. For example, add weight to every single exercise you perform. It doesn't matter if it's one pound or ten. Focus on adding some new weight to the bar or doing more reps. Big changes aren't seen all at once. They're the result of many smaller victories along the way.

TOP 3 REASONS YOU'RE NOT SUCCEEDING

by Ashley Fittz, HFS, CSCS
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What's the most important reason you exercise? Is it to get stronger? Maybe you want to lose some body fat? Or is it simply to look and feel great?

Regardless of what your goals are, the worst thing is when you don't see any progress. The top reasons people completely stop exercising is because they either aren't getting results or they aren't getting results quickly enough!

I've worked with many clients, and here are three of the biggest reasons you may not be enjoying the kind of success you'd expect from your exercise program:

REASON 1: YOU HAVEN'T CLEARLY DEFINED "PROGRESS"

The biggest mistake is going to the gym simply to workout. No specific plan, just workout.

You know these people. They simply go through the motions of working out day after day, week after week, year after year. And you never see them change, they always look the same. They just show up and workout. If you truly want to be better tomorrow than you are today, you **MUST** commit yourself to training. In order to train, you need to have a goal.

I can't tell you how many new clients have come to me with completely general goals. At some point we've all been there, and you may still know people like this. Their goals are typically, "I want to lose some weight" or "I want to tone up."

To achieve success you need to avoid general goals, and make goals that are S.M.A.R.T.

- **Specific**
- **Measurable**
- **Attainable**

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productivity and reduce health issues, such as stress injuries, back, neck and shoulder strain and muscular pains.

"Employees are spending more time behind a desk and in front of a computer screen, making office aches and pains more common," says Kevin Butler, board-certified ergonomist and consultant for Fellowes, Inc. "Poor habits such as slouching, reaching across your desk or bending your wrists up when you type can unknowingly cause stress on the body and lead to more serious medical conditions."

Butler recommends incorporating the following techniques at work to ensure desk dwellers stay comfortable and healthy from head to toe:

EYES - Sit approximately an arm's length away from your monitor and position the top of the monitor screen at, or slightly below, eye level. Take mini breaks every 10 to 20 minutes to rest the eyes from the glare of the monitor.

SHOULDERS - Keep your shoulders relaxed and in a neutral position as you type. Keep your elbows close to your sides as you use the keyboard and mouse. Take a moment every so often to roll your shoulders up and back to alleviate tension.

HANDS AND WRISTS - Keep your wrists straight and in a neutral position. Keep the bottom of your elbows even with the keyboard height, not below. Use minimum force while striking the keys and utilize your chair arms for support.

BACK AND LEGS - Adjust your chair so your thighs are parallel to the floor. Sit back in the seat so that your lower back is supported firmly by the chair or a support cushion. Place your feet on a footrest to relieve "pull" on the lower back. Make sure to get up and stretch your back and legs every hour.

In addition to these recommended techniques, employees should ensure they have the right office equipment incorporated into their workspace, such as Fellowes new Professional Series Ergonomic product line, which is designed to maximize comfort and increase productivity on the job. The line offers a variety of solutions including a Gliding Palm Support that relieves wrist pressure to help prevent carpal tunnel syndrome and the Executive Adjustable Keyboard Tray to promote neutral hand/wrist position.

For more information on the principles of ergonomics and assessing your workspace, visit www.fellowes.com/ergonomics.

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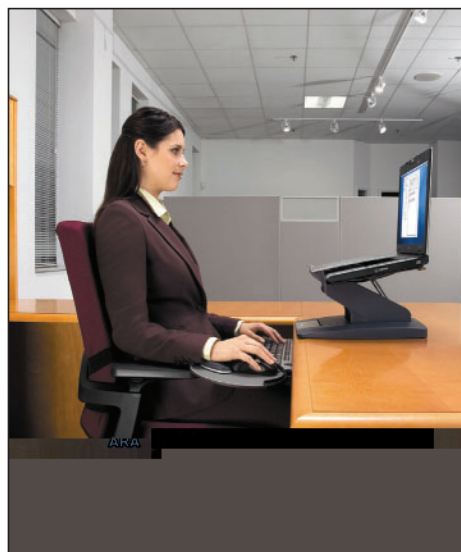
OFFICE ERGONOMICS: TIPS FOR FOR PREVENTING PAINS AND STRAINS

(ARA) - Is your job causing you pain? Maybe it's not the work itself but your office environment. While you're hard at work burning the midnight oil, poor daily habits may be taking a serious toll on your well-being.

Workplace injuries, including musculoskeletal disorders (MSD), such as tendonitis and carpal tunnel syndrome are often painful reminders of the effect that hours of poor posture and awkward motion can have on the body.

In 2006, the Bureau of Labor Statistics reported 357,160 cases of work-related musculoskeletal disorders that resulted in lost workdays. In addition, the Journal of American Medical Association found that costs associated with common pain conditions and lost productivity in the U.S. are estimated at \$61.2 billion per year.

While office injuries have become more common, many can be minimized or prevented entirely through the principles of ergonomics, or the science of designing work environments to better fit the capabilities of the individuals using them. Practicing proper ergonomic principles at work helps ensure comfort, increase



TOP 3 REASONS YOU'RE NOT SUCCEEDING

(CONTINUED FROM PAGE 1)

- Realistic
- Timely

A general goal would be, *"I want to lose some weight,"* but a SMART goal would look more like this:

"I want to lose 10 pounds of body fat in the next two months."

This goal is specific because you've stated clearly that you want to lose 10 pounds of body fat in two months. Simply saying, *"I want to lose some weight"* has no specificity whatsoever. What's *"some weight?"*

The goal of losing 10 pounds of body fat in the next two months is MEASURABLE because at the end of two months you've either you've lost 10 pounds of body fat, or you haven't! Again, *"some weight"* could be anything depending upon where you're starting from. *"Some weight"* is completely unclear.

Your goal should be both ATTAINABLE and REALISTIC. These factors are very important. If you shoot too low, you won't challenge yourself and there's really no sense in setting that goal in the first place.

If you're unrealistic and overestimate your goals, saying that you want to lose 20 pounds of body fat in 10 days, you'll lose motivation because there's no chance in hell you're going to pull that off safely. Making sure that your goals are REALISTIC and ATTAINABLE is integral to the entire goal-setting process.

Finally, a TIMELY goal is one with a deadline. *"I want to lose some weight"* has no timeline and no sense of urgency. It's open-ended so you can take your sweet time until *"some weight"* finally drops off. By putting that concrete date of two months on the calendar, you're immediately *"on the clock"* and you're forced to come up with a game plan to help you achieve your goal.

SOLUTION

Take a moment and think about what your current goals actually are. Give yourself some time and really put some thought into it, then come up with at least one goal and put it into the SMART format.

REASON 2: YOU SUFFER FROM A LACK OF FOCUS

The only thing worse than not having a goal, is having too many goals. There's nothing wrong with being a jack-of-all-trades, but as you can imagine this can lead to some serious training overload. If you're really serious about one goal, you need to make that your priority. There's always one thing that's more important than all the others, even if it's only temporarily.

A lot of the clients I work with are primarily interested in getting stronger while losing body fat. While that may sound simple enough (and some people can achieve both at the same time), when you get to a certain level, it pays off to spend time focusing more on one goal while maintaining the other fitness properties.

For example, if you want to get stronger and lose body fat, you might spend the first month or two focusing on the big, basic lifts to bring your strength up, while you maintain your current level of body fat. After those two months, you'd switch the programming to help maintain that new found strength while shedding some body fat.

If you tried to achieve both goals at the same time, you'd see less than favorable results in both categories, and you'd end up frustrated or possibly injured.

SOLUTION

Out of all the goals on your list, pick the one or two that are most important to you right now. Pick the one or two that would have the biggest effect on you. Once you've chosen, plan them out using the SMART formula, and get to work.

REASON 3: YOUR TRAINING PLAN SUCKS

A lot of the training programs out there are terrible. Far too often, people will pick up the latest fitness magazine of the month at the store, and they'll follow that training program to the letter. The training programs in those magazines are designed to appeal to readers, they're not a one size fits all plan for everyone.

If you're training hard, recovering well, and eating a proper diet that's in line with your goals, and you're still not seeing results, you need to re-examine your training program.

Everything works, but nothing works forever. The training plan that takes you from 25% body fat to 20% may not take you from 20% to 15%. The rule we all learned in kindergarten applies to training. Everyone is a little bit different, and that's okay. Whatever your goal may be, make sure you seek out someone who designs programs geared towards your goals.

SOLUTION

Once your goals have been determined, seek out an expert who's designed programs for this specific goal. Follow that program for at least one month, and then determine if it's working for you or not.

NOW CHANGE IT

Now you know the top three reasons you may not be seeing progress. More importantly, you have a solution for each of them. So, what are your goals? What are the reasons you aren't achieving the success you desire?

Take a step back, re-evaluate your training and your lifestyle, and make some GIANT steps forward!

THE TORTURE OF SITTING

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Sitting for long periods at a time is torture on your spine. Here's how to fight back....

By the way,: If you haven't noticed, your back is begging you to stand up and read this!

Sitting compresses your spine. In a flexed position, material inside the disc can migrate towards the back of the disc, creating pressure on nearby nerves and causing pain as a result.

My advice: Take a small towel and roll it up to support the natural arch of your lower back. It should fill the space between your lower back and butt, but shouldn't push into you to keep you upright. This alone can help maintain the normal curves in your spine while you're driving (your car or your desk) and assist forces to go through the spine as best as they can.

Since sitting is so compressive, if you have the freedom to pull over during long commutes or road trips, definitely do it. Same at work. Same on planes. Anytime you're sitting, you should be looking to stand.

Take a couple trips down the aisle of a plane, or walk the halls in your office. It doesn't take long, but it can make your time sitting more tolerable and less harmful for your back.

PAGE 4

Three Convenient Locations

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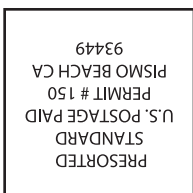
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