



“YOUR BODY, YOUR RESPONSIBILITY”

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Flexibility

One of the most abused and misunderstood areas of physical conditioning lies in the area of flexibility training. Our body is designed with specific joint limitations that are functional ranges of motion which give optimum joint performance. It is not a desired goal to attempt to increase these ranges as a sign of higher levels of exercise performance. In reality, the opposite is true in that, the more excessive the range of a joint becomes beyond it's anatomical range, the more unstable and dysfunctional the joint becomes. This joint condition will ultimately lead to pain, joint deterioration and an arthritic condition. Examples of these extreme ranges of motion beyond the anatomical limitations of the body are gymnastics, martial arts, yoga and most dance applications. This is not to say that these activities should be avoided, but they do require a much higher degree of body maintenance and all carry an element of potential damage to the participant.

✕ The Diet Dilemma ✕

It is imperative when you are trying to lose weight to be conscious of the fact that it is fat that you want to lose, not muscle. In order to convince your body to do this you have to make sure that you are using the muscles of your body as well as feeding the muscles of your body. You should try to eat small regular feedings at about 3-4 hour intervals with each meal containing carbs, protein and fats in a 40/30/30 ratio. A easy to follow formula for finding out how many calories you should eating daily to achieve your weight loss goals requires that you keep a food diary of all the food you consume during the day. Write down the type and amount of all foods eaten for each meal and the time of day you ate the meal. Make sure you write down everything you eat or drink. Do this food diary for 3 days and weigh yourself each day. Buy yourself a good calorie counter guide at your local bookstore and break down each meal for its nutritional content. How much protein, carbs and fat do you consume each day. If your weight is constant these 3 days you will be seeing a similar calorie total for each day. Consider this to be your maintenance calorie level for your body weight. To lose weight on a controlled basis, reduce your caloric intake by 300 calories per day while still maintaining the 40/30/30 ratio during each meal.

PROPERLY PERFORMED WEIGHT TRAINING

The human body is the most incredible adaptive machine ever created. The body is designed to be constantly assessing itself to remain as efficient as possible in spite of the each owner's lack of maintenance. For most people, the greatest amount of muscle is found on their body in their late teens and 20's. This usually is in a declining state as a result of a lack of demand that our modern

life fails to present us with. We need an artificial stimulation to tell our body to keep the muscle on our body which ultimately is the destination for the food we eat. This stimulation, known as resistance training, should be a main part of each person's body maintenance program. This is not an elective activity that you choose to do. It is a necessary part of your body maintenance.

For questions, comments or requests for upcoming newsletters, please contact us at our website listed above. We welcome your feedback.