

YOUR BEST BODY NOW

“Tips and Strategies for Health and Fitness Success”

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THE PAIN LASER CENTER @The Edge

Medicine Ball Magic!

Bust Your Gut - Build Your Body - Break Out The Ball

Wondering what to do with those small weighted balls in your gym? If you'd like ideas on how to train with medicine balls, read on. One of the little-known secrets to creating a great physique is integrating fast paced dynamic movements with medicine balls into your workout. It also reduces your chance of back injury by strengthening the all important core muscles in the abdominal region. My rehab program after a client goes through Laser Treatment always includes the medicine ball secret. It's why my clients get better and stay better. That's all that matters!

Medicine ball training is appropriate to all levels of ability, age, development and sport. Your body adapts, it improves and it grows. Exercise does not produce these gains, but it merely stimulates your body to produce them. The key factors in growth are stimulation and overcompensation. Stimulation is the result of high-intensity training. The over-compensation is your ability to recover from training stimulus. But what about the ability to develop speed, strength and balance? That's the ball secret.

Before starting a medicine ball program, it is important to develop a base in the upper body. There are many strength building exercises for the chest, shoulders and arms. After achieving a solid base you

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NECK-UP MENTAL MOTIVATION

- ◆ *“Failure to act is often the biggest failure of all.”*
- ◆ *“There is no stronger steel than well founded self belief.”*
- ◆ *“It's never crowded along the extra mile.”*
- ◆ *“The harder you train, the harder it is to surrender.”*
- ◆ *“Fall seven times, stand up eight.”*
- ◆ *“Success is how high you bounce when you hit bottom.”*

Top 7 Body Sculpting Tips!

Myths Exposed and Little Known Secrets Revealed

Billions of dollars are spent every year on weight loss products, supplements, diet programs, and quick fix schemes aimed at the average consumers desperate attempt to shape up for summer. You need to educate yourself about the difference between truth and fiction in the fitness arena, so that you don't make the same mistake millions of others do. Late night infomercials won't do it.

They say knowledge is power, but that is only partly true. Knowledge is only potential power; the power comes from actually using what you learn. It's called ACTION! Put these tips into action and you will be on the fast track to fitness success too.

1. Never under any circumstance skip breakfast. Mom was right; this is the most important meal of the day for athletes. It sets the metabolic tone for your body the entire day. The hormones insulin and cortisol go haywire for up to 48 hours when you skip the AM meal. These hormones store body fat when they are out of control. That's not good!
2. Eat 5-6 small meals per day. This keeps insulin levels more balanced during the day so you don't get the mood swings, cravings and weight loss plateaus that come when your body goes more than 3 hours without food.
3. Drink .55 x your bodyweight in pounds of water every day. Being dehydrated will cause you to stay fat. Why? For every gram of Glycogen (muscle sugar from food) your body attaches 2 grams of water. Glycogen cannot enter muscles without water. If it can't enter muscles then glycogen goes to your gut, thighs and every place you hate. If you feel thirsty it's already too late, because you are dehydrated. Never wait until you are thirsty. It takes your body 2 days to recover from the dehydration.

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are ready to begin the groundwork for your medicine ball training. Medicine ball workouts are very similar to a weight training program. They must be done with correct technique, a certain amount of sets, and a minimum number of repetitions. Medicine ball training is categorized as functional training, which means it integrates multiple muscles or muscle groups to complete a movement and mimics everyday muscle use. Because the body is a complicated and integrated system of muscles, nerves, pathways, bones, joints, and other connective tissues that work together to create movement, training it as such can be much more beneficial than isolating muscle groups.

SAMPLE MEDICINE BALL EXERCISES

THE ROTARY TWIST Muscles worked: Abdominals (Rectus Abdominus), Trunk Rotators (Obliques)

— Stand up straight with knees slightly bent and abdominals tight. Hold the ball at waist level and keep your elbows into your sides. Twisting from the waist, exhale and turn to the right. Inhale as you return to center then repeat to the other side. Keep your hips facing forward throughout the exercise.

Variations:

- Kneel with your body upright.
- Sit upright with knees slightly bent.
- Recumbent - sit; lean back about 45 degrees (half way).
- Partner - stand or sit back to back; pass ball around to each other.

JACK KNIFE CRUNCH Muscles worked: Abdominals (Rectus Abdominus)

— Lie on the floor with knees bent, feet flat to the floor and hold the ball with arms overhead. Exhale and crunch up as you bring your arms up and over and you reach your hands towards your knees. Keep your neck relaxed throughout the movement; inhale then return to starting position.

CHOPPING WOOD Muscles worked: Shoulders (Deltoids), Triceps, Biceps, Calves, Quadriceps, Upper Hamstrings, Torso (Abdominals and Back)

— Stand with your knees slightly bent, abdominals tight. Hold the ball in both hands. Keeping your back flat, bend at the hips, as you reach your arms out to the front and press onto calves; return to starting position. Repeat 10-15 times. Bend over so ball is even with calves; reach overhead (elbows slightly bent), lift onto toes, then return to starting position. For variety, lift arms to sides.

These are just a few of the many exercises that can be done with a medicine ball. If you've reached a plateau with your current training program give medicine balls a try. They'll work your muscles in a way you've never felt before and allow you to perform a movement with the precise motion required to get the best results possible ■

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4. Keep weight training workouts under 60-minutes. Your body releases too much cortisol from the increased stress of overtraining and it slows down the production of testosterone and growth hormone for men and women. These hormones promote lean muscle mass and increase your metabolism to burn body fat.
5. Research proves that doing cardio exercise after weight training burns 300% more body fat than if done before weights. Why? Your body does not have to burn muscle glycogen first (which takes about 15 minutes) because you already used it for energy to weight train. You access fat stores immediately during the cardio. 15-minutes of cardio after weights has the same effect as 45-minutes of cardio before. Which one would you rather do? Me too.
6. Don't take too many energy drinks to boost your metabolism, especially women. These drinks fatigue and burnout your adrenal glands. These glands release and control cortisol (The bellyfat hormone). This hormone destroys your metabolism and can lead to a condition called Insulin Resistance. A condition where your body needs more insulin than normal to store blood sugar in cells. This problem increases obesity.
7. Check your body pH+ level with urine strips. pH+ stands for Potential Hydrogen, this is a measuring scale of the amount of acid you have inside of your body. Too much acid causes metabolic hormone imbalances between cortisol and insulin. A body pH+ of 6.5 is normal for athletes. Stop by my office to get your strips today. It can be one of the most important tests you will ever take. There is more about this topic on my website too. Check it out!

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MORE WAYS TO CUSTOMIZE THIS TEMPLATE

FOOTERS

To change the text at the very bottom of each page of your newsletter, click Headers and Footers on the View menu. Use the Header and Footer toolbar to open the footer, and replace the sample text with your own text.

INSERT SYMBOL

It is a good idea to place a small symbol at the end of each article to let the reader know that the article is finished and will not continue onto another page. Position your cursor at the end of the article, click Symbol on the Insert menu, choose the symbol you want, and then click Insert.

BORDERS

You can use page borders and text box borders to change the appearance of your newsletter. Borders on text boxes help keep different articles separate, and can set off sidebar articles from the rest of the page. To change a text box border, select it, double click its edge and choose the Colors and Lines tab in the Format Auto Shape dialog box.

QUESTIONS AND ANSWERS

Q: I would like to change some of the text box shading to improve the print quality. Can that be done?

A: Yes. To change the shading or color of a text box, select it and double click its borders to open the Format Text Box dialog box. Click the colors and lines tab and then choose the new color from the Color drop-down list in the Fill section.

Q: What's the best way to print this newsletter?

A: Print page 2 on the back of page 1. Fold in half and mail with or without an envelope. For best results, use a medium to heavyweight paper. If you're mailing without an envelope, seal with a label.

Q: I would like to use my own clip art. How do I change the art without changing the design?

A: To change a picture, click on the picture, then point to Picture on the Insert menu and click From File. Choose a new picture, and click Insert.

Inserting and Editing Pictures

Type your sub-heading here

You can replace the pictures in this template with your company's art. Select the picture you want to replace, point to Picture in the Insert menu, and click From File. Choose a new picture and then click Insert. Select the Link to File box if you don't want to embed the art in the newsletter. This is a good idea if you need to minimize your file size; embedding a picture adds significantly to the size of the file.

To edit a picture, click on it to activate the Picture toolbar. You can use this toolbar to adjust brightness and contrast,

Choose a new picture, and click the Link to File box if you don't want to save the art with the newsletter.

change line properties and crop the image. For more detailed editing, double-click on the graphic to activate the drawing layer.

Q: How do I change the text and borders that appear at the bottom of every page?

A: Click Headers and Footers on the View menu. Use the Header and Footer toolbar to navigate among headers and footers, insert date or time, or format the page numbers. To change the text in the footer, select it and type your new text. To change the border, click Borders and Shading on the Format menu.

Q: Can I save a customized newsletter as a template for future editions?

A: Yes. First make any changes you want to this newsletter, then click Save As on the File menu. Choose Document Template from the Save as type drop down list (the extension should change from .doc to .dot). Save the file under a new name. Next time you want to create a newsletter, choose New from the File menu, then choose your template.

