



Robert Collier – Personal Trainer & C.H.E.K Practitioner

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Dear Health and Fitness Enthusiast

Included in this issue:

- *The 6 fundamentals for achieving optimal Health and Fitness*
- *Hamstring Problems*
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Did you know...?

- 1) Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08
- 2) Banging your head against a wall burns 150 calories an hour
- 3) In some parts of the world, they protect their babies from disease by bathing them in beer
- 4) The word 'gymnasium' comes from the Greek word gymnasium which means 'to exercise naked'
- 5) There are more than 1,000 chemicals in a cup of coffee; of these, only 26 have been tested, and half caused cancer in rats
- 6) The average American eats at McDonald's more than 1,800 times in their lifetime
- 7) A hard working adult sweats up to 4 gallons each day
- 8) There are more bacteria in your mouth than there are people in the world
- 9) According to U.S. FDA standards, 1 cup of orange juice is allowed to contain 10 fruit fly eggs, but only 2 maggots
- 10) Apples are more efficient than caffeine in keeping people awake in the morning
- 11) Strawberries have more Vitamin C than oranges
- 12) You burn more calories sleeping than you do watching television
- 13) It is possible to go blind from smoking too heavily
- 14) Right handed people live, on average, nine years longer than left-handed people
- 15) You are about 1 centimetre taller in the morning than in the evening
- 16) During your lifetime, you'll eat about 60,000 pounds of food -- that's the weight of about 6 elephants
- 17) If you fart consistently for 6 years and 9 months, you will produce enough gas to create the energy of an atomic bomb

Reference – Mercola, J. 2008 – www.mercola.com

The 6 Fundamentals for Achieving Optimal Health and Fitness

Practice the 6 fundamentals below to help you optimise your health and fitness and to gain even better results with other health modalities you may be using.

Thoughts - Do you think positively? What you think has a large bearing on what you receive in your life. Be aware that what you think largely influences what you say and what you do. Become more aware or conscious of what you think and become a positive type of person.

Breathing - Do you breathe diaphragmatically or from the chest only? Diaphragmatic breathing is essential for optimal health by positively influencing the balance of your body systems and is vital in controlling stress. Practice diaphragmatic breathing by placing one hand on your chest and the other on your stomach. Inhale the first 2/3 of your breath through your stomach and the last 1/3 through your chest. Practice daily 20-30 breath cycles inhaling through your nose and out of your mouth.

Hydration - Do you drink 6-8 glasses of water daily to help hydrate, cleanse and nourish your body? Our bodies are made up of approximately 70% water. For our bodies to function at their best and to help cleanse our bodies keep your water intake up and minimise caffeine and soda drinks.

Nutrition - Do you eat according to your metabolic type? That is, the correct ratio of carbohydrates, proteins and fats specifically for you. To learn what metabolic type you are phone or email Robert from the contact details below to receive a questionnaire for this. Do you eat a largely unprocessed, whole food diet? Your nutrition has a significant impact on both the quality and longevity of your life.

Exercise - Is your body balanced with optimal posture, flexibility and stability and do you practice the 7 primal movement patterns of squat, bend, push, pull, twist, lunge and appropriate gait mechanics? Do you get enough cardiovascular exercise of sufficient intensity to improve your cardio-respiratory system? Your exercise regime should get your heart rate above 70% (this may vary depending on medications) of maximum heart rate and include functional, weight bearing exercise.

Sleep/Rest - Do you sleep well and do you have enough time out to allow for full physical, mental and emotional recovery? Getting to bed by 10pm is essential to get optimal physical repair which occurs between 10pm and 2am. Between 2am and 6am your body achieves its psychological repair. Do you have good sleep routines to optimise your sleep quality?

Reference: CHEK P. 2004 "How to eat, move and be Healthy" – CHEK Institute, Vista, California, USA

Some Causes of Hamstring Injuries

Is your hamstring still causing you pain and discomfort?

As they say prevention is better than cure. However, if you have previously hurt your hammy (once or several times) you can still prevent it from happening again.

Let's examine why you may still be having problems with your hamstring and help you to identify the true cause of the problems so you then can fix it.

1. Improper rehabilitation. Not performing the required stretching and strengthening needed for the demands placed on it. Not understanding the mechanism of the hamstring injury. That is the aetiology (or cause) of the injury? Is it poor flexibility, stability, muscle recruitment patterns eg hamstring dominance, pelvic tilt, eccentric or concentric loading weakness, contusion or a number of these? Treating the cause of the injury is vital for proper rehabilitation.

2. Hamstring tightness (lack of flexibility). Lying on your back your leg should bend from the hip at an 80-90 degree angle. That is, your leg should be straight up in the air.

3. Muscle imbalance between the hamstrings and quads. Hamstring strength should be at least 60% of the quads. Often the extra strength of the quadriceps places too great a load on the hamstrings. The hamstrings need to be strengthened in isolation and then strengthened as part of a pattern with the butt and lower back.

4. Incorrect pelvic inclination. This can alter correct muscle recruitment patterns around the hip, pelvis and lower back. This can create problems for the hamstring in both and anterior (forward) and posterior (backward) rotation. The objective is to have ideal pelvis inclination

5. Synergist Dominance. The hamstring and gluteal muscles work together in hip extension i.e. when we walk 1 of our legs moves behind the other. Often the hamstring muscle starts to get over worked. This can be a result of a number of things including a weak gluteal muscle (meaning the hamstring has to perform more work than it can handle). Poor gait mechanics where a persons gait resembles more extension from the knee instead of the hip when walking. When this happens the hamstring gets used more than it should. Tight hip flexor muscles which connect to the spine, pelvis and femur, can prevent adequate hip extension and therefore use of the butt. It is important that the butt gets trained correctly to become the stronger muscle in hip extension.

6. Poor programme design. Poor sport specific programme design that does not consider many of the variables required in designing a sports specific programme. This includes consideration for the specific movement demands of the sport, speed of movement, training load and volume, energy system requirements, training periodisation rest and more.

Testimonials

Below are some more examples of people who have done well, and continue to achieve results from committing to an ongoing exercise programme. Well done to them.

- ✚ “My General movement and flexibility has improved quite significantly and I feel very positive about the result. I feel better mentally knowing that I am making the effort and getting the results.” *Ron Skews*
- ✚ “I am very pleased with my results. My wife is seeing an improvement in my posture and physical condition as I return home from overseas travel. My back and flexibility have improved significantly which has made so much difference in performing simple tasks and playing golf. It really has been great to feel and see the improvements and I am motivated to improve even more.” *Ian Matthews*
- ✚ “Roberts assessment established underlying biomechanical problems. He listened well to my needs and designed a programme to meet these needs. The sessions were focused, and exercises were taught well, specific and interesting. My results are very pleasing including improved overall improved strength/tone, better posture and weight reduction. I also have no further left knee ITB friction syndrome.” *Robyn Owen (Physiotherapist)*
- ✚ Robert seemed able to formulate an accurate picture of my needs and shortcomings and gear a programme around them. The personal attention is encouraging and stretches me – but within my capabilities. Robert has given good advice relative to my age and lifestyle. Robert has done some good work with my leg injury and helped me reduce my weight. I am also very happy with my improvement in posture, flexibility and stability. I believe Robert has an excellent attitude with people, leading and gently nudging to get the best out of them.
David Holland

If you found this newsletter of value please forward it onto others that may benefit.

Yours in health, fitness and wellness

Robert Collier

P.S. *Wanting to get back to regular exercise? Wishing to learn what your posture, flexibility, balance and movement are like, and how you can improve them?*
Call Robert for a Free, 1 hour no obligation consultation and assessment.
342-9613