

Sportime at ProHEALTH

The SPORTIMES

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Fitness & SPORTIME Go Hand In Hand

MODERATION, DIVERSITY AND FUN!

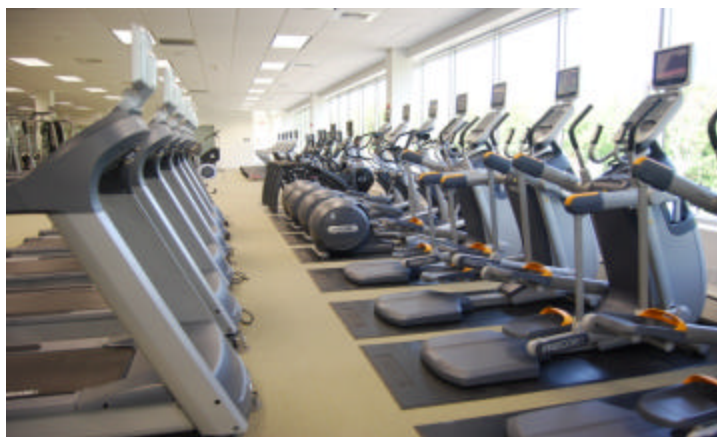
by Jay Karl, General Manager

That's **SPORTIME'S** fitness philosophy. Over the past few months, we have observed, firsthand, what we call "New Year's Resolution Syndrome." This is when well meaning exercisers jump headlong into fitness routines, only to burn out, get bored or want to quit soon thereafter. What fun can there be in a "workout"? After all, the first syllable is "work", right? We at **SPORTIME** have the solution: make the process manageable, less routine and a lot more fun.

SPORTIME provides the perfect environments for this approach. With fourteen fitness, tennis and sports clubs, including five fitness locations on long Island, **SPORTIME** offers a wide variety of facilities and amenities, and instructional and competitive programs and play in every sport imaginable. **SPORTIME** members can mix it up with personal training, group exercise classes, tennis lessons and leagues, nutritional services, volleyball leagues, Pilates, indoor soccer, yoga, hockey, racquetball play, spa services, basketball, and much more (*services and facilities vary from club to club*). With so many fun and exciting ways to work out and to stay in shape,

for members of all ages and fitness levels, members are unlikely to burn out or to get stuck in tedious routines at **SPORTIME**.

SPORTIME'S experienced and dedicated personal trainers and instructors are committed to teaching our members proper technique, and to providing the motivation and companionship members need to start and to stick with a fitness routine. Our staff understands the needs of individuals of all ages and fitness levels, from the deconditioned to professional athletes, and are sensitive to those needs. Exercise for those at all fitness levels must be in relative moderation. There is such a thing as working out too much!



SPORTIME offers the tools to help our members succeed; we hope you will use them to meet and exceed your health and fitness goals!

All work and
no play...
Is NOT the
Sportime
way!

WHAT CAN YOU DO TO MAKE YOUR BONES STRONG?

by Esther Lipstein, M.D.

After the age of 30 our bones actually begin to break down. The amount of bone density that one has at age 30 is dependent on several factors including genetics, diet (are you a milk drinker?), exposure to certain medications such as cortisone, and the presence of certain disease conditions such as hepatitis or Crohn's disease, to name a few.

When women enter the perimenopausal years, typically around age 45, they begin to lose estrogen and begin to lose bone density at an even more precipitous rate. If one loses enough bone density to make the bones fragile, they break. Osteoporosis is the disease state of low bone mass. It is most commonly associated with fragility fractures of the vertebrae, hips, and wrists.

The diagnosis of osteoporosis can be made by performing a bone density test. This is a simple examination that takes less than ten minutes. Typically, measurements are taken of the spine, hip and forearm then analyzed and presented in the form of a T Score. The T score is a reflection of the patient's bone mass compared to that of healthy 30 year old women. A T score of minus 2.5 suggests osteoporosis, the more negative the T score the worse the osteoporosis and subsequently, the greater the chance of fracture.

In the last fifteen years there have been great strides in the treatment of osteoporosis. It is now possible to reduce the risk of fracture by more than 60 percent in some cases, in as little as three months. The medications may be given orally, by injection into the skin (subcutaneously), or by intravenous administration. The effect of the medication may then be monitored by repeating the bone density at one-to-two-year intervals.

Another component of treatment is proper calcium and vitamin D supplementation. It is recommended that a combination of dietary calcium and a calcium supplement of 1500mg a day, together with 2000IU of vitamin D3 (cholecalciferol) be considered for all people with osteoporosis. High calcium foods include green leafy vegetables, dairy products and some fish.

Weight-bearing exercise has been shown to be beneficial for the management of osteoporosis. A regimen of biceps curls, overhead presses together with lunges, squats and resistance training is an essential component of building bone. Not only can weight training be beneficial for your bones, it can lower blood pressure and even reduce the risk for diabetes, among nu-

merous other health benefits. See your trainer for all the potential health benefits of weight training and get going today!



ACUPUNCTURE BASICS

By Rick Weisbrot, MS, LMT, LAc



THE ACUPUNCTURIST
I am often asked by my patients, “What does it take to become an acupuncturist? Is it a certification? Is it a year-long course?” Well, the answer is that you have to complete over three thousand hours of training in a three-year clinical Masters of Science program, which I did at the Tri-State College of Acupuncture. I then had to pass the rigorous State boards before becoming licensed in the State of New York. In addition, I attended the Swedish Institute for massage and the Ohashi Institute for shiatsu for another two years and was granted a New York State license in massage.

IT'S A LITTLE SCARY. DOES IT HURT?

I always tell new patients that all needles are one-time use only and disposable, which allays a lot of fears. The big-

gest question is, “Does it hurt?” No. Many times patients don’t even realize I have already inserted the needle. What you may feel is a sensation of warmth spreading around the area I needle. If an area is very constricted you might feel a stronger sensation, but most of the time people are amazed that what they thought might be a scary or painful experience is not scary or painful at all. The other common question is, “How does it work?” Most practitioners answer this question according to the Eastern concepts of energy flow or “chi,” which runs through meridians in the body. Most Americans typically prefer “down-to-earth” explanations of how acupuncture can ease their pain. The answer I give is based on the

Western model that, if you have a tight muscle impinging on a nerve or organ, then blood and nutrients can’t flow and your body can’t work to its optimum capacity. With an acupuncture needle I can unblock those obstructions. In addition, the needles create an endorphin response similar to the famed runners high.

WHAT ACUPUNCTURE CAN AND CANNOT DO

I had a patient who could not extend his leg. His knee would lock and his doctor prescribed pain medication. His MRI showed nothing wrong, which led me to believe there was really nothing structurally wrong with him. After just one session he regained full use of his leg. His problem was tight muscles, which were released with acu-

puncture.

One patient was scheduled for knee surgery at the end of the month. She suffered from osteoarthritis and her knee was rubbing bone on bone. Her problem was structural and there was nothing I could do to cure her. What I could do, though, was relieve her pain with acupuncture, which I did.

Another patient suffered great abdominal distress and pain. Her stomach muscles constricted and bore down on other organs, which impeded their functioning. Through acupuncture, I was able to relieve the sources of stress. I also discovered that she loved salads,

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WHERE'S MY AB MACHINE?! By: Mike Salvietti, Certified Personal Trainer



Where's my AB machine?!

With the help of Fitlinxx, SPORTIME is able to provide you, our members, with technology that can help to motivate you to maintain a healthy lifestyle. In the context of the Fitlinxx system, we offer a wide assortment of equipment that is well capable of targeting all of the body's major muscle groups. We have machines for your legs, your arms, your chest, and your

back, but why not a machine to work your abs? Aren't abdominal machines a great way to work your abs safely? Don't they help get rid of that stubborn belly fat? These are questions that come up often when I assist members on the workout floor.

So, why is it that with all our "high-tech" equipment we don't have an abdominal machine? Here's why. The typical abdominal machine is built to focus on the "6-pack" region known as your rectus abdominus. It completely neglects the other muscular components of the mid-section. To train your mid-section in hopes of achieving a stronger, tighter core, you should activate all of your core muscles using a variety of core movements. These movements include spinal flexion, spinal extension, lateral flexion, trunk rotation, and abdominal compression. Here are a few exercises you can try to achieve these core movements:

Spinal flexion - For this movement, try a "Gym-ball Crunch". Lie on a gym-ball with the middle of your back resting on top of the ball. Make sure

your knees are bent 90 degrees and your feet are flat on the floor. As you lie back, let your spine contour to the shape of the ball. Take a deep breath and then exhale as your crunch up. Make sure you support your neck throughout the entire movement. Try this exercise for at least one set of 8-12 repetitions.

Spinal extension - Try a great exercise I use with my clients, that I call "Superman". Lie on an exercise mat face down on the floor. With your arms extended over your head and your legs together, lift your arms and legs off the ground simultaneously and hold for three seconds. Try doing this exercise for at least one set of 8-12 repetitions.

Lateral flexion - For this movement you should definitely try what's called a "Side Plank". Lie on an exercise mat on your side with one foot overlapping the other. Bring your arm in under your body for support with your

forearm flat. Now try lifting your body up off the ground with your foot and forearm so that your body is perfectly straight. Hold this position for 10-30 seconds. Do this exercise for both sides of your body.

Trunk rotation - One of my favorite rotational exercises for the trunk is the "Russian Twist". Lie face up on a mat on the floor with your hands out at shoulder height. Lift your legs 90 degrees with your knees bent 90 degrees. Now slowly roll your hips side to side until your knees touch the mat on each side of your body. Do 8-12 rotations to each side at least once.

Abdominal compression - Abdominal compression is what keeps your mid section tight. Think of the muscles you use to suck in your stomach. The best exercise

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NUTRITION FOR REAL LIFE by June Alpert Jacobs, Nutritionist, MS, RD, CDN

Eating properly is an essential component of an effective health and fitness regimen. Nutritionists offer professional guidance to help you understand and adapt the habits necessary to maintain a healthier lifestyle, which includes exercise and proper nutrition. Whether you want to improve your health, lose or maintain your weight, build bone density, boost

energy, increase endurance or simply make healthier food choices, nutritionists can customize an individualized nutrition program that will be tailored to your lifestyle, activity level, dietary needs and medical history. The goal of nutrition counseling is to provide you with medically sound nutrition information in a supportive, professional

and non-judgmental environment. By establishing realistic and achievable goals, you will be more motivated to develop a lifelong, eating and fitness regime that will improve your health and quality of life.

NUTRITION COUNSEL-



- ING IS AVAILABLE FOR:**
- ? WELLNESS & DISEASE PREVENTION
 - ? SPORTS NUTRITION
 - ? WEIGHT MANAGEMENT & OBESITY
 - ? WEIGHT GAIN
 - ? CARDIOVASCULAR DISEASE
 - ? HYPERLIPIDEMIA
 - ? HYPERTENSION
 - ? DIABETES
 - ? HYPOGLYCEMIA
 - ? GASTROINTESTINAL DISORDERS
 - GOUT
 - ? ARTHRITIS
 - ? OSTEOPOROSIS
 - ? RENAL DISEASE
 - ? EATING DISORDERS
 - ? FOOD ALLERGIES

AN OUNCE OF PREVENTION: FIVE TIPS TO AVOIDING INJURY

by William Peters, Physical Therapist, ATC, CSCS

Aches, pains, and injuries can put a halt to one's exercise routine. Be aware: some common injuries can cause pain in the lower back, knee, neck and foot. Yet there are simple things one can do to decrease the likelihood of sustaining injuries while working out.

The following five tips can help with preventing injuries and increase compliance with an exercise routine.

PROPER WARM-UP AND COOL-DOWN

Warming up prior to exercise is very important in order to help the body slowly adapt to its new metabolic demands. Cardiovascular changes in heart rate and blood pressure should rise slowly as your muscles begin to warm up and increase in elasticity.

Conversely, cooling down is also important to prevent blood from pooling in the lower extremities and to slowly return the body to a resting metabolic rate. Soreness after a workout can often be avoided by taking the few extra minutes to complete a proper cool-down that will burn up the metabolic waste byproducts (including lactic acid) created by exercise.

STRETCH TO MAINTAIN FLEXIBILITY

Stretching helps the body to maintain muscle elasticity and extensibility. Pre-workout stretching involves more dynamic stretches with gross body movements. Stretching post-workout is done in order to increase flexibility and muscle length and to minimize post-exercise muscle soreness. Post-exercise stretches should isolate muscle groups and be performed for long durations (30-60 seconds.) It is important not to bounce while stretching, as this may result in injury.

PROPER NUTRITION AND HYDRATION

Eating nutritious foods pre- and post-workout is extremely important for energy production and muscle repair. All individuals have their own unique metabolic blueprint and require different sources of carbohydrates, fats and proteins.

Fluid consumption is extremely important as water is required for all metabolic processes. Even a loss of 1% of body fluid can increase the chances for injury. For activities that last less than one hour water is a sufficient fluid choice. Activities lasting longer than one hour usually require a sports drink with electrolytes.

INCORPORATE CARDIOVASCULAR AND MUSCULAR STRENGTHENING EXERCISE

It is important to incorporate both cardiovascular exercises (often referred to a 'cardio' or aerobic exercise) and muscle strengthening exercise to achieve maximum benefit from a workout routine. During cardiovascular exercise, oxygen gets delivered to the muscles and makes the heart and lungs stronger. This type of exercise will help to delay fatigue, lower resting heart rate, decrease blood pressure, decrease cholesterol, and to regulate blood sugar levels.

Muscle strengthening exercises increase the body's lean muscle mass. These exercises help to protect joints and supporting structures, in addition to increasing caloric expenditure during cardiovascular exercise. The more lean muscle mass we have, the more calories we burn. When it comes to weight loss goals, this is certainly the most efficient workout and allows more "bang for the buck."

ADEQUATE RECOVERY TIME

Allowing the body enough time to recover from a workout is extremely important. The human body needs time to repair itself from the stresses of cardiovascular and strength training. It is good to alternate days of low, medium and high intensity cardiovascular workouts. When performing strength training exercises, muscle groups should not be exercised two days in a row. Also, there should be at least one day a week of rest from exercise in order to prevent overtraining. There is such a thing as too much of a good thing! Overtraining increases the likelihood of sustaining an injury.

With these five tips, an individual can decrease the likelihood of sustaining an injury. It is important to follow manufacturer guidelines when using exercise equipment. Become familiar with the equipment you are using by asking a certified staff member for instructions.



Consult with a certified personal trainer for more detailed information regarding proper warm-up and cool down activities, proper stretching exercises, cardiovascular exercise, and muscle strengthening exercises. And always get clearance from a physician before starting an exercise program.



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SportimeSM...Fitness for Real Life
www.SportimeNY.com/ProHEALTH

Hi, my name is John. It all started when I went to the ProHEALTH building to pick up a referral for my wife and noticed an advertisement for a new gym opening in the ProHEALTH building. I made up my mind right then to join and signed up immediately. You see, I have had a weight problem all my adult life. My experience at Sportime can only be described as fulfilling and delightful. The staff is always there to instruct and encourage you to fulfill your goals. My life has changed dramatically since joining Sportime. To date I am down 70 pounds. I have become a gym rat. In closing, the best feeling I had was this past September. I boarded a plane and did not have to ask for a seat belt extension. What a wonderful feeling that was!

John Wheelen, Sportime at ProHEALTH member

Summer STUDENT MEMBERSHIPS (\$250) are now available at Sportime at ProHEALTH

Memorial Day through August 31st

Includes unlimited use of the fitness center for students 14 year of age and older.

ACUPUNCTURE... continued from page 3

peanut butter and dairy, not good choices for someone prone to abdominal distress.

THE WHOLE PATIENT

This is another aspect of being an acupuncturist: to see the whole person and question what is going on in his or her life, including diet and sleep patterns, as well as emotional situations that may be affecting that patient's well-being. The practice of acupuncture entails informed detective work and practical lifestyle counseling as well as knowing where and when to place the needles. Everything we do in life affects us positively or negatively. Acupuncture gives us the ability to help facilitate our healing.

IMPORTANCE OF WESTERN DIAGNOSIS

I always encourage clients to get a Western diagnosis to rule out any serious medical condition. Acupuncture can be helpful with about 80% of what Western medicine can't figure out or can't treat. You may go to your doctor who may tell you that there is nothing wrong, but you still feel pain. The beauty of acupuncture is that it treats the whole person without drugs and has been doing a good job of it for the past five thousand years.

Please feel free to call or visit me at the club with any questions you might have. I look forward to seeing you.

AB MACHINE... continued from page 4

for this is "the Plank". Lie face down on a mat on the floor. Bring your body off the ground using your toes and your forearms, while trying to keep your body in a perfectly straight line. Hold this for 30-60 seconds.

I hope you enjoy these exercises—you will surely see results. Also remember to treat your abdominals like every other muscle and give them sufficient rest. If you have any questions about abdominal exercise, just ask me or any of the other personal trainers at the gym. We are always available to help!