



President's Message

Is summer over? I don't want it to be. Kids are back in school, people are back at work and hopefully clients are back training. I find the month of September can be a little slow for personal training because people spent their money on vacation, school and clothing for their children. However, once they get their bearings they'll be back to training.

In this issue we have two articles written by one our NCCPT trainers Lisa Armano on flax seed and training the core. She does a great job.

I'm including a link on an internet business that is still in its infancy. Log onto this <http://www.uvme.biz/335272JP> and register for free and you can learn more. Do it soon, because it won't be free for very long. I won't say much more than that, so you'll have to read up on it.

If you would like to write an article, classified ad or have any events coming up or comments on the newsletter, please contact us through the web at www.futurefit.net or nccpt.com

Stay fit!

I DON'T WANT A SIX-PACK! WHY AM I WORKING MY CORE?

by Lisa Armano
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I Don't Want a Six-Pack! Why Am I Working My Core?

By Lisa Armano, NCCPT- & NSCA-CPT
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Over the years I've had many clients question my reasoning to train their "core". I've heard everything from "I don't want a six-pack..." to "I'm too fat to do that now, you won't see my abs for a long time!" Thanks to contemporary yoga and Pilates bringing core workouts into the mainstream, everyone is getting educated to the fact that the core is not only your abdominals.

It is interesting to note, most traditional martial arts have emphasized for generations to move from one's center whenever you punch or kick. The power behind these movements comes from the core. Martial arts have always made the core the focal point of both physical and mental training. It is your center of gravity and where you can find your inner personal balance for movement.

The muscle grouping that is considered your core varies from expert to expert. Some consider the core to stretch from the abdominal "six-pack" (or superficial abdominals) all the way around your body to include your lower back down to your glutes. Another may focus on core work as being the smaller inner abdominal muscles, while others may limit it to the muscle structure surrounding the spine. No matter how you look at it, your core muscle group is your spinal stabilizers as it keeps your posture upright. Having weak postural and abdominal muscles is one of the biggest causes of lower back pain, think of the long-term effects of having a strong core can add to your quality of life. It can help you maintain youthful posture as you age, prevent you from back injury during lifting or multi-plane movement, and even make getting out of bed easier during the latter years of life!

Well-Rounded Exercises for the Core:

Plank: Lie face-down on a mat or carpet. Raise your body off the floor, supporting yourself on your forearms and your toes. Your elbows should be directly beneath your shoulders. Raise your hips so your body is straight like a board – do not arch your back. Breathe normally. Hold for prescribed amount of time. (3 sets at 10-30 seconds each.)

Stability Ball Back Extension: Lying with your hips and lower abdomen over an exercise ball, fold your torso over the peak of the ball, placing your hands behind your ears. Your legs should be straight with feet slightly apart for balance and stability. Extend your body away from the ball until you come to a straight diagonal line. (Do not overextend or arch your lower back.) Slowly lower yourself to the starting position. Repeat.

Standing Bicycle: Standing in the neutral position, place your hands behind your ears. Simultaneously lift your left knee up and across your body as you bring your right shoulder and elbow down and across your body. Return to start position and repeat on the other side. Do each side alternately. Make each movement slow and deliberate for best results.

Captain's Chair Leg Lift or VKR (Vertical Knee Raise): In an "abdominal chair" support yourself on your elbows (forearms) while pressing back with the torso. Inhale and raise the knees to the chest, rounding the back for strong abdominal contraction. Exhale at the end of the movement.

Stability Ball Crunch: Sitting on a stability ball with your feet slightly apart, roll down on the ball until the ball is supporting the arch of your back. Placing your hands behind your head or crossing your arms across your chest, curl your upper body, squeezing your abdominals and lifting your shoulders and upper back. Return to the starting position. Repeat. (Do not pull on your head or neck.)

These five exercises are a good place to start. Three sets of 15-20 repetitions should do the trick (except for the plank, which is timed). You don't need to do massive repetitions for results. Focus on form, not force. Form is key to any exercise, but extremely important for the core in order to prevent injury. If you need to add challenge to the workout as you strengthen the muscles, you can add weights to some of the movements.

A few Ab Myths Dispelled:

Crunches aren't always the best ab exercise. The American Council for Exercise did a study comparing 13 ab exercises for the "six-pack." They determined that the top three were bicycle maneuvers with alternating legs, captain's chair leg lifts, and stability ball crunches. (If you have a hard time with crunches, try doing weighted "reaches" or "roll-downs" instead.)

Abs do not need to be worked daily. Like any other muscle, abdominals need rest. "Muscle tissue is muscle tissue," says David Grisaffi, Corrective Exercise Kinesiologist. "It needs to rest and recover just like your bicep."

When you strength train, you break down tissue, which the body then rebuilds so it's stronger the next time it's challenged. This process can only take place during rest,

which should be a minimum of 48 hours per muscle group. If you work your abs every day, you'll short-circuit muscle regrowth and limit strength gains.

Working the six-pack does not produce a flatter tummy. The secret to having a flatter tummy is to strengthen the deeper transverse abdominus muscles. (The Plank is a good exercise for these muscles.)

Always remember, to get rid of unwanted belly fat or “love handles” still perform aerobic activity, ideally 30 minute sessions three times per week, so the body has a chance to burn off the excess fat that is stored there.



Flax, the Richest Seed
By Lisa Armano
NCCPT & NSCA Personal Trainer

Flax seed has been used as a healing food for thousands of years, with accounts of use by ancient Greeks and Egyptians, in the Roman Empire, and as being one of the original “medicines” used by Hippocrates. Unfortunately, within the last 100 years, modern methods of food processing, combined with preferences for wheat and other less nutritious enriched grain products, have removed the vital nutrients of valuable essential fatty acids, dietary fiber, and cancer preventing phytonutrients from our food chain. Flax seed consumption has become a current interest because of its high content of Omega-3 fatty acid, but also due to its extremely high lignan content.

Lignan is a type of phytoestrogen (antioxidant). Research has shown that lignan in flax seed has a lot of promise in fighting disease – including breast cancer. It is thought that lignan metabolites can bind to estrogen receptors, which inhibits the onset of estrogen-

stimulated breast cancer. Dr. Paul Goss, director of the Breast Cancer Prevention Program in Toronto, presented research of a control group of women with recently diagnosed cancer. 50% were given 50 grams of flax seed in a muffin every day for a period of 40 days or less after diagnosis. *Every woman* from the control group who ate the muffins displayed slower growing tumors than those who had not. It was determined that these woman were much more likely to survive their cancers. Lignan studies also show that it may interfere with the development of prostate and colon cancer, as well as other tumors in the human body.

Flax seed oil is the world's most abundant source of Alpha Linolenic Acid (ALA) at almost 60%. ALA is a plant-derived Omega 3 Fatty Acid, similar to those found in fish such as salmon. Omega-3 is an Essential Fatty Acid (EFA) and must be supplied through our diets, as it is not naturally synthesized by our bodies. EFAs increase metabolic rate, improve metabolism, increase oxygen uptake, and increase energy production. EFAs and their derivatives are components of membranes that surround each cell in our bodies. They are required for the transport and metabolism of cholesterol and triglycerides. They can lower high cholesterol levels by 25% and high triglycerides by 65%. They are required for normal development of the brain. EFAs also make a hormone-like substance in the body called prostaglandins. Prostaglandins regulate arterial muscle tone, sodium excretion through the kidneys, platelet stickiness (which reduces the risk of heart attack), inflammatory response, and immune functions.

Other positive aspects of adding flax seed and flax oil to your diet:

- Flax seeds are a high quality protein.
- Flax seeds are rich in soluble fiber. The combination of oil and the fiber makes flax seed an ideal laxative.
- Flax seeds contain Vitamins B-1, B-2, C, E, and carotene. They contain iron, zinc, and trace amounts of potassium, magnesium, phosphorus, calcium, and Vitamin E and carotene, two nutrients which aid the metabolism of the oil.
- Flax seeds contain over a hundred times more of a phytonutrient, known as lignan, than any of its closest competitors, such as wheat bran, buckwheat, rye, millet, oats, and soybeans.

Tips for using flax:

- Don't use flax oil for cooking. Heat can turn these helpful oils into harmful ones. Add flax oil to foods after cooking or just before serving.
- Flax oil turns rancid quickly (about six weeks after processing). Purchase only refrigerated oil in black containers in quantities that will be consumed. Minimize exposure to heat, light, and air. Store bought capsules of flax oil are most likely rancid, so take care when purchasing these products.
- Flax oil taken with a meal can actually increase the nutritional value of foods. Research shows that adding flax oil to foods rich in sulfated amino acids, such as culinary dairy products, animal, seafood, or soy proteins, helps to emulsify the oil, improving digestion and metabolism in the body. (I take it with my soy protein supplement drink every day.)
- Flax seed must be ground in order for the body to absorb them. You can add the ground flax seed to cereal, salads, rice, pancakes, or eat it plain. (You can

also add it steamed rice for an extra nutty flavor.)

- It is recommended to purchase ground flax seed in black containers (as with the oil). Remember to refrigerate after opening.

Flax seed oil can also aid in fat/weight loss. It decreases your craving for fatty foods and sweets. It regulates blood sugar and insulin levels, creates satiety, increases oxygen utilization, and as mentioned above, it increases your metabolism. For those who weight train, it improves stamina and endurance, and reduces post work out muscle soreness.

Hillary Swank's personal trainer added large quantities of flax to Hillary's daily diet to help her bulk up quickly for her role in the movie "Million Dollar Baby".

Overall, adding 2 tablespoons of flax seed oil and 3 tablespoons of ground flax seed to your daily diet can do your body a world of good. It seems that every system in this great living organism called "our body" will benefit from its intake. It can keep your digestive track clear from possible intestinal toxemia, reduce the effects of perimenopause or menstrual cramps, reduce inflammation caused from arthritis, and even help heal mood disorders that are caused from Omega-3 deficiencies.

As most of us have gone back and forth with dieting and eliminating or minimizing fats from our eating habits, we need to be taught how to properly add the right fats back into our diets. Flax seed oil is by far the richest source of natural fat available.

Research is continuously proving that flax can be used to aid in the prevention and healing of a multitude of ailments. So go out and get your fat!