

HEALTHLINES

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Chad's Corner

Body Symmetry recently hired a new trainer at our Springfield location. His name is Wes Scales. Wes is a native of Virden, IL. He has a Bachelor of Science degree in Kinesiology (Study of Human Movement) from the University of Illinois at Chicago. Wes is also certified as a personal trainer through the National Strength and Conditioning Association (NSCA). Congratulations are especially in order for Wes, having recently passed his examination to become a Certified Strength and Conditioning Specialist (CSCS). Wes will be concentrating on developing a personal training client base, as well as heading up our work conditioning program here in Springfield. He has a particular interest in functional training, posture, gait analysis and exercise bio-mechanics. Welcome aboard Wes.

So far, 2001 has proven to be a growth year for our business, especially with our occupational division. Joella Galetti, in our Champaign office, has been extremely busy administering functional capacity evaluations (FCE) throughout the Midwest. Through May, she has conducted approximately 40 evaluations. An FCE is a scientifically developed process of evaluating injured people (workers) to determine their safe capabilities and

tolerances in a work environment. Body Symmetry utilizes a state-of-the-art portable Arcon FCE system. The entire evaluation takes between 3 and 4 hours to administer. The injured or disabled worker is asked to perform a series of tests in a particular order. With this information we are able to provide a computer generated report to the referring party which will assist them in determining the work abilities of the patient. The portability of this device allows us to conduct an evaluation virtually anywhere. The referrals we receive are from insurance companies such as Liberty Mutual and Unum.

Wes Scales and I recently conducted a Sports-Specific Conditioning Seminar for Pearl City High School. Pearl City is located near Rockford, IL. One of my college roommates is the men's varsity basketball coach. The information we presented primarily focused on tri-planar movement patterns. In English, this means we demonstrated and explained a lot of the same kinds of things we have our clients do.

Finally, be sure to check out my article on what it means to be physically fit. It may surprise you on what I think physical fitness is all about. Let's just say over the last five years or so, my perception has changed dramatically!

Yours in Health, Chad Marschik

What Does It Mean To Be Physically Fit? *by Chad Marschik, CSCS*

Physical fitness isn't something most of our clients at Body Symmetry take for granted. After all, you have given us the opportunity to work with you. This is a proactive approach to enhancing your fitness and ultimately reaching your goals. It would probably be fair to say that most of our clients have a pretty good idea of what they are looking for in a health and fitness program when they initially come to us. Most of you know what I am talking about, your goals are pretty similar. "I want to shed a few extra pounds and develop more muscle tone," or something to that effect. Many of you want to know immediately how long will it take and what are the steps to get there. To most people's chagrin, our reply isn't always what they expect. I wish it was as easy as giving you a specific time frame and an action plan right off the bat. Unfortunately, I think a lot (not all) of health clubs, weight loss centers and similar facilities are comfortable giving specific answers right away. I couldn't disagree more. Physical fitness is a journey that takes a lifetime to master. Physiological changes are constantly taking place on a daily basis. Therefore, your fitness programs duration, mode of exercise, intensity and frequency will change over the course of a lifetime too.

What does it mean to be physically fit? If you would have asked me that question not even 10 years ago, I would have said you need low body fat and good muscle tone. While I still agree that those two attributes are important, I've come to learn there is so much more to physical fitness. In my opinion, to be truly physically fit, one must strive to possess a certain level of excellence in an array of health and fitness categories. Now bear with me. Of course I don't think it would be humanly possible to maintain the same optimal fitness levels from the time you are 25 through your 80's. Science has proven there are certain physiological changes that take place as one ages. There are, however, a few constants that should remain unchanged throughout one's life. Maybe I shouldn't say "should". They "could" though, barring any unforeseen medical issues and an effort on your part. First, let's start with the constants. Blood lipids or triglycerides should remain under 200 mg/dl. Cholesterol levels should remain under 200 mg/dl, with the LDL/HDL ratio less than 3 to 1. Blood pressure should remain under 140/90. Healthy body fat levels should range from 15% - 19% for males and 19% - 25% for females.

Range of motion and/or flexibility, cardiovascular health and muscular strength and endurance are the remaining major components of fitness. These are the non-constants or components of physical fitness that can change due to aging. Because hormones and genetics play such a big role in health and fitness, these components of physical fitness can be affected more negatively. That is not to say you can't put up a good fight. From my point of view, optimal range of motion is the key component that will also have a positive influence on cardiovascular health and muscular strength and endurance. If you don't have normal range of motion in all of your joints, then you will have to compromise certain movement patterns. This will lead to postural changes which will ultimately lead to some sort

of injury. If your spine, knees and hips don't function properly and you suddenly have all of these nagging little injuries, you will certainly have to compromise your physical activity. Optimal range of motion in all of your joints, while possessing good posture with unflawed movement patterns is very much like a well constructed bridge with appropriate structural integrity. The bridge will be able to handle years of structural stress and your body will be able to handle the stress of most types of physical activity. This will allow you to continue with some sort of physical activity program throughout your lifetime which will lead to an enhanced state of physical fitness.

Careful and consistent monitoring of your state of physical fitness is an ongoing challenge. A challenge, none-the-less, that is well worth it. Don't just think in terms of longevity, but also consider what I call the quality factor. Imagine living a lifetime without minor aches and pains and small physical setbacks. Just think for a moment, optimal physical fitness will allow you to do essentially anything for the rest of your life. What else can I say?

Salmon Chowder

Calories: 304, Fat: 10g (1g Sat. fat), Protein: 26g, Fiber: 3g, Sodium: 666mg,
Calcium: 62mg

SERVES: 4 PREP TIME: 10 min. COOKING TIME: 15 min.

2 tsp. Olive Oil
2 cloves garlic, minced
2 leeks, rinsed, ends trimmed and chopped
2 bay leaves
1 tsp. dried tarragon
1/2 tsp. salt
1/4 tsp freshly grounded black pepper
6 small red potatoes (1 in. cubes)
2 1/2 cups non-fat lo-fat chicken broth
1 lb. salmon fillet, skinned and cut into 1 inch cubes
1/2 cup fat free half-and -half
4 tsp. minced fresh chives (optional)

Heat oil in large stockpot over medium-high heat. Add leeks and garlic and sauté 3 min., stirring until tender. Add bay leaves, tarragon, salt and pepper; stir to coat. Add potatoes and chicken broth and bring mixture to a boil. Reduce heat to medium-low and simmer 8 minutes. Add salmon and simmer 2 minutes, or until fish is cooked and potatoes are fork-tender. Remove from heat, remove bay leaves, and stir half-and-half. Ladle chowder into bowls and top with chives.