

# HEALTHLINES

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Chad's Corner  
Happy New Year!

We would like to thank all of our long-standing clients for allowing us to be of service for yet another year. As for our new clients, thank you for giving us the opportunity to help with your fitness goals.

Leading a healthy and fit lifestyle has been a part of me for nearly 20 years. Sometimes I chuckle to myself that it has been that long. It seems like only yesterday I was 20. What continues to inspire me though? Where do you draw your inspiration from? Many things inspire me. Although they have changed quite a bit over the years.

In the beginning (I guess I was 17) I just wanted to gain weight and improve my strength. I was sick and tired of looking the way I looked. So, I formulated this picture in my head of the way I wanted to look. This served as my inspiration (a picture of Arnold Schwarzenegger helped too!). I thought if I gained 40 pounds I would look the way I wanted. This type of inspiration lasted about 5 years. I achieved my goal of gaining 40 pounds and basically looked the way I wanted. Yes, indeed, it took me 5 years.

Small, measurable gains continued to fuel my inspiration for the entire 5 years.

I truly believe you have to find something in your life that inspires you to continually carry on with a healthy lifestyle. Maybe you need to improve your cholesterol levels, lose 20 pounds, train for a triathlon, or delay a trip to the nursing home. Find something, anything, that inspires you passionately to continue with exercise and other healthy lifestyle habits. Will you have setbacks? Absolutely! I never said it would be easy. Even the best of us fails for awhile.

Presently I draw my inspiration from many of you. I know most of you, have trained many of you and am continually impressed by the efforts you put forth. I listen to the other trainers and their satisfaction with you as well. This gives me great pleasure to see and hear about all of you. Your commitment inspires me all that much more to lead by example. I try to do that to the very best of my ability, in all aspects of my life.

So thank you for inspiring me. Keep it up!

Yours in Health, Chad Marschik

## Injury Management and Exercise *by Chad Marschik, C.S.C.S*

Injuries are a part of life. There probably aren't too many of us in this world who haven't sustained some type of injury. Some may argue that fitness-minded individuals may be at an even greater risk of incurring an injury in light of our increased activity level. Just last month, I tore 2 ligaments and fractured my lateral malleolus (ankle) playing basketball. Well, I say we are at an even greater risk of sustaining an injury if we aren't active enough. I have been playing very physical basketball nearly year round for about 15 years and this is the first injury I have sustained. As well as all of the other sports and activities I have participated in, besides a shoulder injury, I haven't had any other major setbacks. My lack of injuries over the course of most of my adult life can be attributed primarily to my commitment to a regimented exercise program.

I once told a client nearly 10 years ago, who wanted to become as strong and muscular as possible, that he would sustain an injury. I explained the exercise intensity required to meet his goals would place extreme demands on his body. It wasn't a matter of if he would sustain an injury, but when. This doesn't mean if you engage in a fitness program that you will sustain an injury. A lot of it depends on the intensity of your fitness program and what your goals are. The client I mentioned eventually was able to squat 400 pounds and bench press 275. Over the course of 4 years he was able to nearly triple the original amount of weight he could bench press and squat. Although my client only sustained some minor physical setbacks, he was able to continue with his routine while managing his injuries.

Our philosophy at BODY SYMMETRY allows us to look at the big picture when it comes to fitness. This includes injury management and exercise. In my opinion, we have yet to encounter a roadblock with a client that we couldn't address. This includes knowing when an individual has a physical issue which is beyond our scope. We simply refer the client to an appropriate health-care practitioner.

Many people make the mistake of giving up on a fitness program if they experience some sort of injury while exercising or on other activity. I can't count the number of stories I have heard from new clients who have shared their trepidation regarding exercise and injury management. For instance, one new client told me how he gave up his jogging routine because he was constantly spraining his ankle. It never crossed his mind that he could continue with some type of non-weight bearing activity such as stationary cycling or biking. His ankles would not have suffered any ill effects. My point is, there are so many alternative forms of activity that could serve you well. You just have to be a little creative. This of course includes realizing your physical limitations and being proactive about addressing your injury. With a little time and effort, most of us can eventually get back to doing the things we love to do.

Presently with my situation, I hate not being able to play basketball or do a lot of the leg exercises I normally do. However, I have come up with an exercise

routine for my legs which completely takes my injured ankle out of the picture. I have also entrusted my doctor and physical therapist to help me too. Is it a pain in the butt? Not really. It is a pain in the ankle though!

We know one of the many benefits of exercise is performance enhancement, but injury prevention is another big plus. There isn't a professional or collegiate sport that doesn't prescribe injury management or "pre-habilitation" exercises for their athletes. We do the same thing with our clients. Just think of all the core exercises on the swiss ball, mat work, postural exercises and the multitude of functional movements we have you do on a regular basis. Yes, all of it is work, but maybe, just maybe, you may be just a little less susceptible to injury and able to lead the active lifestyle you love.