

# HEALTHLINES

Fall 2005

## Chad's Corner

If you haven't heard, Body Symmetry is moving at the end of October. We will be doubling our size and will occupy new space located directly behind Imo's Pizza at 773 Durkin Drive, Suite B. Our new location is only about 200 yards from where we are presently located, so it shouldn't be too difficult for most of you to find.

The new facility will have 2 private training studios and 1 large, non-private training area with a cardio area. We will also have 2 nice bathrooms with a shower and changing area. Additional cardio and functional training equipment will gradually be added to the new facility over the coming months.

Brigitte Cutler will also have an office in our facility for physical therapy. She is completing her doctorate at Washington University and should finish sometime in 2006. Having a physical therapist available in our facility will be quite convenient for all of us!

Should any of you have suggestions, comments or concerns related to the new facility, please let me know. We are looking very forward to bringing you a much nicer facility which should help us provide more innovative and creative ways to help you achieve your goals.

Be sure to check out Sara Mansfield's great article on shoes and proper foot care! After all, everyone is going to need new shoes in order to get into our new facility!

Yours in Health, Chad Marschik

## Put Your Best Foot Forward

### **GUIDELINES FOR CHOOSING THE RIGHT EXERCISE SHOE**

Running Shoes have ample cushioning for shock-absorption. They also provide heel and arch support to prevent the foot from turning in and out.

Walking Shoes have flexible soles to accommodate the heel to toe motion. Heel cushioning is important due to the force of the heel strike.

Specialty Shoes are designed with specific performance enhancement and comfort in mind. Whatever the activity, it is generally recommended that you get a shoe that fits properly and has adequate support and stability.

Cross Training Shoes have ample stability but not as much cushion. These can be worn while weight training.

## **OUCH! THAT HURTS!**

If your feet ache or hurt your shoes may be the culprit. Either you are wearing the wrong shoe for you and your activity or your shoes are worn out and its time to buy new ones. If you have specific pain, read further to know what to look for in a shoe.

<b>Injury</b>	<b>Contributing Cause</b>
Arch pain (Plantar Fasciitis)	Poor arch/heel support
Corns or calluses	Tight shoes
Heel pain	Inadequate cushioning
Shin Splints	Fallen arches (overpronation) Poor shock protection
Patellar (kneecap) pain	Overpronation
IT Band Syndrome (Lateral thigh pain or tightness)	Overpronation

## **BEFORE YOU BUY.....**

1. When trying on shoes, make sure you're wearing the appropriate sock. For instance, if you're trying on tennis shoes that you'd wear with heavy socks, don't try them on with thin nylons.
2. The best time to try on shoes is usually at the end of the day, when your feet are most swollen. However, don't abuse this rule of thumb: if you've just completed a sightseeing tour which required 10 miles of walking, and that's not your typical exercise routine, then by all means don't try on office heels that night! The point of waiting until the end of the day is to make sure that the footwear can fit you at your widest-- kind of a "worst case scenario" check.
3. The first shoe you try on should be for your larger foot. For most people, their larger foot is the opposite from the hand they write with. For example, if you're right handed, your left foot might be bigger. Always fit the pair of shoes to this foot.
4. Stand up with your shoes on. Walk around a bit. You should be able to wiggle your toes in the front of the shoe. For most footwear, your toes will be able to touch the top of the shoe, but there should be 3/8" to 1/2" of space between your longest toe and the end of the shoe.
5. Don't buy shoes that are too tight. If you're at the point where you're praying they will stretch to be comfortable, they probably won't. It's true that soft leather and suede give slightly, molding to your foot, but they will not dramatically increase in width or length. There's a difference between a "snug", comfortable fit and a "tight", uncomfortable fit. A few laps around a carpet should help you decide how you feel.



## Exercise Spotlight

### IMPROVE YOUR POSTURE

Try this exercise if you have been sitting or standing for a long time.

Scoot yourself up to the edge of your seat with your feet flat on the floor. Imagine yourself with a string attached to the very top of your head. Someone is pulling up on that string and as a result you are sitting as tall as you possible can. Your head should be resting directly on top of your shoulders, and your shoulders and neck should be relaxed. Take a deep breath and notice what good “neutral” posture feels like. This is home base. Now, round your back and shoulders, as if caving in your chest. Feel those muscles in your back stretch as you breath out. Next, inhale as you lift your torso up, pushing your chest forward and your buttocks back. (Most refer to this as arching your back). Finally, return to home base in the middle. Remember, your neck and shoulders don’t play a big part in this. They should always remain relaxed. Let the back, chest and abdomen drive the exercise. Range of motion will be different for everybody. Relax and let your body find its way.

This task is very difficult and should be done cautiously. Listen to your body. If anything hurts or feels uncomfortable, ease back a bit. Spinal immobility doesn’t correct itself overnight and overstretching doesn’t get the job done. As you do this exercise, you should be feeling your muscles release their tension. Be patient and persistent. If you repeat this 5-10 times, you will find your back releasing its tension and you will feel a whole lot better.

### LOW-FAT PUMPKIN BREAD

1 cup pumpkin  
1/2 cup sugar or Splenda  
2 TBS. Canola oil  
1/2 cup plain yogurt  
3/4 cup white  
3/4 cup whole wheat flour  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 cup raisins

Beat pumpkin, sugar, oil and yogurt in a large bowl. Combine flours, powder, soda and cinnamon in a medium– sized bowl. Add to pumpkin mixture, stirring just until moist. Stir in raisins. Pour into a lightly greased 9x5x3 loaf pan. Bake for 1 hour at 350. Cool for 10 minutes, remove from pan.