

SWING INTO SPRING WITH BETTER MOBILITY AND STABILITY



With the warmer weather approaching many of us will be participating in more recreational types of physical activity such as golf, tennis, and even softball, all of which involve more complex rotational movement patterns. Appropriate levels of mobility and stability in

the thoracic and lumbar spine is important; otherwise, injury to the shoulders or hips can occur.

As defined by ACE (American Council on Exercise), **mobility** is the amount of functional movement one has around an active joint while in motion, and **joint stability** is the ability to maintain or control joint movement or position. Stability is achieved by coordinating actions surrounding tissues and the neuromuscular system.

When training to gain stability and mobility within the body, follow the principle that proximal stability facilitates distal mobility. In other words, a strong structural core must be present before attempting more complex movements of the extremities.

Good posture translates to better stability and mobility throughout the kinetic chain. With bad posture, problems tend to arise. When joints lack the appropriate level of mobility, our body compensates and we lose stability in certain joints. Muscles that normally mobilize the joint now must alter their true functions and assist in stabilizing the joint.

Try adding some of these exercises to your current fitness program so you're not sitting on the sidelines this spring.

Standing Cable Wood Chop with Stable Hips

This exercise prepares you for the full wood chop exercise. The goal is to strengthen the muscles that stabilize your spine before attempting the rotational wood chop. This exercise can be performed on a cable machine or with tubing.

Execution:

- Grab the handle or dumbbell with both hands at shoulder level and rotate arms across the body.
- Hips shouldn't move. Remember, this exercise is used to promote stability.
- Keep abdominals tight during the exercise.



TRX Golf Rotation Stretch

This exercise targets mobility in the hips, thoracic spine and shoulders.

Execution:

- Begin with straps at mid-length and standing facing the anchor point.
- Step back so hands are belly-button height.
- While maintaining pressure on the TRX and keeping hands fairly close together rotate 80 degrees in one direction.
- Focus on stretching towards the ceiling and opening through the hips.

Note: If full rotation can't be achieved without causing low back extension, limit the range of motion.



INTERMITTENT FASTING: DOES IT IMPROVE HEALTH

Various fasting diets are becoming a popular approach for weight loss and improving metabolic health. Fasting, defined as the abstinence from some or all food and drinks for a specific period of time, comes in many different forms. These forms include alternate-day-fasting (eating every other day), the 5:2 diet (eating normally 5 days of the week and consuming only 500-600 calories on two nonconsecutive days), or intermittent/prolonged-night fasting (restricting eating to 8 hours and fasting for 16 hours overnight). The question is, do they work? The table below explores some of the proposed benefits and disadvantages to fasting. However, keep in mind that the research is still in its early phase and more clinical trials in humans are needed to establish the health effects of fasting.

It's important to contact your doctor before starting any type of fasting regimen as there are risks involved, especially if you have any chronic condition or are taking any medications.



As with any lifestyle change, fasting requires discipline. The best eating pattern will always be one that you enjoy and find sustainable. If you're unsure how this information fits into your lifestyle, Hannah Griswold, MS, RDN, LDN is available to create a successful nutrition plan tailored to you. Just call 853-8900 to schedule your appointment today.

Proposed Health Benefits of Fasting:	Disadvantages of Fasting:
1. Promotes: -weight loss - triglyceride, blood pressure and blood glucose improvement - longevity	1. Fasting can cause: - reduced energy and fatigue - rebound overeating and weight gain - nutrient deficiencies - interference with social aspect of eating
2. Reduces inflammation and oxidative stress in the body	2. Most research claiming health benefits has been made based on animal studies
3. Increasing resistance to age-related diseases such as immune disorders, cancer, heart disease, stroke, and Alzheimer's disease	3. Not appropriate for: - pregnant or lactating women - those with IBS or other digestive issues

GROUND IDLE-TO-JET POWER 5K TRAINING PROGRAMS

The 12th Annual JetPower 5K Fun Run / Walk and Pump 'N' Power will be held June 1. The fitness center is happy to offer training programs for both events, starting April 9.

The **5K Training Program** is a very individualized program that can help you transition from walking to running the race, to improve your speed or your time, or even to help you walk your first 5K. The program includes a training plan, tracking calendars, fitness and stretching tips, and continuous support from coaches and trainers. You may train alone or with a team, and we can even come to your work area if you prefer. For more information, contact Lyndsay Skinner at 243-9404 or lyndsayRENEE.skinner@ge.com.

The **Pump 'N' Power** event provides an opportunity to add a strength element to your run/walk, and improve your 5K time! Twenty seconds will be deducted for each bench press repetition completed, based on a formula of age and percentage of body fat. This free program also offers individualized training plans, tips, and support from coaches and trainers. Fitness center membership is not required, but participants are subject to fitness center enrollment rules. Non-members may use the fitness center at no charge for the duration of the training program. To sign up, contact Jimmy McMahan, 243-9404, or james_mcmahan@trihealth.com.