



Fenton Physical Therapy

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Fenton, MI 48430
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Linden Physical Therapy

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Milford Physical Therapy

135 S. Milford Rd
Milford, MI 48381
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Second Half Fitness

A Lifetime of Exercise Success



you are twenty-five. My experience with fitness clients and physical therapy patients has led me to some suggestions that will make it easier to stay healthy and fit.

Active Recovery Efforts

When you get older, it takes longer to recover from a training session. Foam rolling, ice, mobility drills, and proper sleep become more important as we age. Learn the tools and techniques that enhance recovery and make it easier to stay active and fit.

Make Legs A Priority

“You are as old as your legs” is the common quote in boxing. Most of the patients we see in physical therapy with lower back and knee pain have glaring lower extremity strength deficits. Think of your legs as the engine that enables you to train the heart and lungs. Most of the metabolically active muscle mass that stores glycogen and keeps our insulin sensitivity fine-tuned is located in the legs. Despite this, many gym goers spend little time training their lower extremities. Walking on the treadmill and the elliptical unit has never been an effective method of maintaining the muscles that carry you through a lifetime of activity.

Safer at Faster Speeds

We tend to move slower, as we age. Unfortunately, life happens at faster speeds. Those of us past forty-five should perform fitness activities that improve

quickness and enhance the control of deceleration forces. I am sorry, but yoga and Pilates are not fast enough to be beneficial. You do not have to perform jump squats with a barbell on your back, but some basic medicine ball throws and agility drills will work well.

Body Composition Goals

Simply “losing weight” is a poor fitness goal. The focus of your training should be on the preservation of lean tissue, muscle, and bone. Age related sarcopenia, or loss of muscle mass, happens to all of us. Throw in a calorie restricted diet and sarcopenia kicks into overdrive. Age and low-calorie living leave you a smaller and weaker version of your former self with a slower metabolism and no better functional capacity. Preservation of muscle mass and strength are the most important factors for successful independent aging.



Fatigue Elimination

Your capacity to respond to a physical challenge is called work capacity, and it is the performance parameter that enables us to enjoy life without being overcome by fatigue. Unless you do something to forestall the decline, your work capacity begins a precipitous drop around age fifty. You need to get acquainted with fitness activities that simultaneously tax your cardiovascular system and as many muscles as possible. Muscle isolation machines, treadmill walking, and a ride around the neighborhood on your bike are not sufficient to improve work capacity. Training for better work capacity takes effort and time but, in the long run, it pays the highest rewards.

Limit Spinal Loading



As we age, changes occur in the joints, discs, and muscles that make up our spine. A lifetime of driving and sitting at a desk can create soft tissue restrictions and postural problems. By the age of 45, over 80% of the population will have lived through either a lower back or neck pain problem that required medical attention. This combination can make spinal loading with traditional strength training activities such as deadlifts, squats, and Olympic lifts problematic. Fortunately, you can achieve the bone preserving, muscle restoring, and strength benefits from techniques that place far less compression on the spine.

Please Stand Up

You want to focus your efforts on fitness activities that transfer over to success in the real world. You have to be able to stand tall and walk efficiently to live a long and independent life. Most of my physical therapy patients and fitness clients have already achieved a black belt in the art of sitting. Their rehab and fitness programs must involve as much work in a

standing position as possible. Upright training improves posture, balance, proprioception, and functional gait capacity. Your heart and lungs work better when you are standing. Sitting on a recumbent bike, ab machine, or leg extension unit will not improve your capacity to lift a grandchild or push a wheelbarrow, but a kettlebell suitcase carry certainly will.

Daily Activity Levels

As we age, we tend to move less. Consistent levels of daily activity are as, or more important, than your visits to the gym. Monitor the number of steps you take in a day with an activity tracker--FitBit, Fuel Band, etc. On the days you do not exercise in the gym, make an effort to add two or three thousand extra steps on the fitness tracker. A good goal is ten thousand steps in a day.

With Age Comes Wisdom

We all have the ability to suffer another injury but, as you get older, you may not have the capacity to recover. The ill-advised obstacle course race or workout of the day challenge can sideline your younger friend for a week, but it has the potential to put you down for months. Recognize the recovery limitations imposed by age and make good decisions that keep you in the fitness game and off the sidelines.

-Michael O'Hara, P.T., OCS, CSCS

A Body At Rest Tends To Stay At Rest

Fight The Statistics With FITKids at Fenton Fitness

I urge all parents to read the July 9, 2014 New York Times article, [This Is Our Youth](http://well.blogs.nytimes.com/2014/07/09/young-and-unfit/?_php=true&_type=blogs&_r=0) written by Gretchen Reynolds (http://well.blogs.nytimes.com/2014/07/09/young-and-unfit/?_php=true&_type=blogs&_r=0)

New research from the Center for Disease Control (CDC) has revealed some disturbing data in regards to the fitness level of American children.

The most surprising finding from the CDC is that over the last ten years, the fitness level of our children is falling at a precipitous rate. More and more children are unable to pass a basic treadmill fitness test. The reason for this drop off is unclear, but I believe it is linked to our newfound love of smart phones, social media, video games, and all things on line.

Physical activity and a high level of fitness should be a natural part of being young. My physical therapy colleagues and I are worried about the rising number of young patients we are seeing in our clinics with old people problems. It is obvious we have a big prob-

lem when the Cleveland Clinic has to start a *preventive pediatric cardiology clinic*.

FIT Kids



To combat these statistics, Fenton Fitness has introduced FITKids; fun, physical activity sessions for kids ages 8-12. Designed by physical therapists and certified personal trainers, these

hour long group sessions get kids up and moving. Kids will get fit through fun and games, while improving coordination and movement quality, decreasing the risk of injury, and most of all, having fun. Visit the Fenton Fitness website at fentonfitness.com for more information.

Michael S. O'Hara, P.T., OCS, CSCS

Fitness Friends

We rely on our friends to keep us company, boost our spirits and, sometimes, tell us things we need to hear. Tonya Armour was just that friend to Cindy Day who was struggling to overcome surgery complications. Cindy was active until a routine surgery, 4 ½ years ago, left her with nerve damage in her lower back and S1, S2, and S3. She was frustrated and emotional about her new limitations and inability to find an exercise program that worked.

Tonya had recently joined Fenton Fitness at the request of her son and his fiancé. She had been somewhat active in life, finding time to walk and do an occasional exercise video, but she had never before joined a gym. Tonya was also motivated to manage the neck pain that had previously landed her in physical therapy. She was very aware of her friend Cindy's frustration and encouraged her to try the Fitness Experience trial for 30 days. Tonya was so impressed with the trainers and was confident they could help Cindy succeed.

Tonya and Cindy participated in Semi-Private Training, Team Training, and Program Design. They arranged to meet at the gym to work out together and had fun taking their health into their own hands.

"I love to work out with my friend Tonya. We have different programs, but we push each other," says Cindy. Both joined the gym and participate in Program Design once a month, meeting with Jeff Tirrell, our Program Director, to create new and challenging exercise programs.

"I really like Program Design. Each month's work out is

designed with my personal goals and physical limitations in mind," explains Tonya. "I have a strong desire to be physically fit and active into my old, old, old age!"

"I love how the trainers consulted the physical therapists at Fenton Physical Therapy to put together the perfect program for me," added Cindy. "I love getting back in shape and not having to go to U of M Ann Arbor for treatment on my nerve endings."

"I am always talking about Fenton Fitness to my friends. They are also seeing the changes in me." Cindy will also proudly tell you that in her two months at Fenton Fitness, she has lost a ½ inch on her waist and thighs and can feel her legs getting stronger.



Tonya, too, is happy with her results. "I feel stronger and enjoy each challenge of my monthly program. I've seen the most change in my legs and cardiovascular stamina." Results are why Tonya recommends her friends to Fenton Fitness. "The staff is great and the facility has everything a person could want to get and stay in shape."

-Amy Warner, Director of Sales and Marketing

Fitness Family



The Dziadzio Family- Doug and Jackie, Fenton Fitness members, Kayla, 3 month college member, and Sarah, FITkids member.

Fenton Fitness believes in *fitness for life* which is why we have programs available for everyone in your family. **FITkids**, ages 8-12, is designed to improve overall movement quality in our kids when they are the most developmentally receptive. **Fenton Sports Performance**, ages 13-18+, advances kids into athletes by improving strength, power, speed, and conditioning. Our goal with these programs is to address the problems associated with the increased lack of physical activity and the dangers of sports overspecialization, creating physically literate kids who have the tools they need to live active, healthy, pain-free lives. **Fenton Fitness**, for adults of all ages, offers superior training programs to help you develop a healthier and more functional body. We are the best training facility in the area and provide the most innovative equipment to inspire and challenge you to reach your fitness goals.

404 Rounds Drive
Fenton, MI 48430
810-750-0351



Hours
Mon-Fri: 5:30am-9:00pm
Sat-Sun: 8am-3pm

A Cure For Moving Malaise

Agility Ladder Activities That Meet Many Needs

Moving well is an integrated combination of balance, coordination, strength, and the capacity to react to a challenge. During everyday tasks you must be able to plant, pivot, and shift your bodyweight over one leg to change directions or decelerate an impact. Movement is a skill that we all take for granted until the day it fails us. "I can't believe I can't do that" is commonly heard from people in physical therapy. They are completely unaware of the level of motor control they have lost to age and a sedentary lifestyle. The good news is, that with some consistent training, most motor control skills can be restored. For gym members, an excellent tool to train movement skills is the agility ladder.

Agility Ladder 101

I like to perform agility ladder drills on a turf surface that permits the foot to readily pivot. Most ladders come in sections that are fifteen feet long with 9 squares. You move down the ladder performing specific footwork drills. My two favorite drills for beginners are the skier and the cross over drill. When initially learning a new agility ladder drill, it is helpful to repeat the foot movement pattern to yourself. After two or three training sessions you will have mastered the footwork of the drill.

SKIER

This drill enhances lateral stability and control of deceleration. Start with the left foot in the ladder and the right foot out. Jump laterally and forward and move the right foot into the next rung of the ladder and the left foot out. Continue with the "one out, one in" pattern up the ladder. Complete the entire nine rungs then turn around and return back down the ladder. Try to keep the knees soft and the weight over the balls of your feet. Your legs move under-

neath your body, and your torso stays stable. As you get better, try performing the same drill moving backward.

CROSS OVER

Most of the rotation that happens in the lower extremities occurs at the hip joints. Hips that fail to control rotation place greater stress on their teammates, the lumbar spine and knees. Very little exercise that happens in the gym has a hip rotation component. The agility ladder crossover drill is an excellent hip rotation activity. Start with both feet outside the right side of the ladder. Step across your body and into a rung of the ladder with the right foot. Move the left foot and then right foot out of the ladder rungs to the left side of the ladder. Now step into the next rung with the left foot. Continue with the "outside leg in-out-out" pattern up the ladder. Try to keep the knees soft and the weight over the balls of your feet. As you get better, try performing the same drill moving backward.

-Michael O'Hara, P.T., OCS, CSCS



Video demonstration of agility ladder drills can be seen on our youtube channel at:
<http://youtu.be/WbYVkJZuVhJ4>



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