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Health and Fitness in '15

Five Reasonable Resolutions That Work



changes in lifestyle and diet. Reasonable Fitness is impossible to market. It will not sell on the internet and has no celebrity endorser, but it does work. I have listed my top five health and fitness resolutions you should make for 2015.

Stand Up More

Recent research has labeled prolonged sitting the cigarette smoking of fitness. Prolonged sitting produces all sorts of spinal and joint restrictions that contribute to the postural flaws that are rampant in offices across America. The more worrisome issue is that those of us who spend more time sitting are statistically more likely to die earlier. All things equal, the people who stand more are healthier. They have better blood lipids, less hypertension, and fewer vascular problems. Unfortunately, you cannot undo the ill effects of eight hours of daily sitting with two or three weekly gym sessions.

In 2015, make an effort to get out of sitting and stand up. Ditch the ergonomic wonder chair in your office and throw out that recliner. Try using a chair that physically reminds you it is time to stand up and move around every twenty minutes. If you cannot tolerate standing (feet hurt, low back pain, etc), you need to fix those problems. I am a big believer in stand up desks and have created many happy con-

Improving health and fitness is not complicated. Big results come from common sense

verts. Read the *Standing Statistics* blog article on our website. (www.mikeoharapt.com)

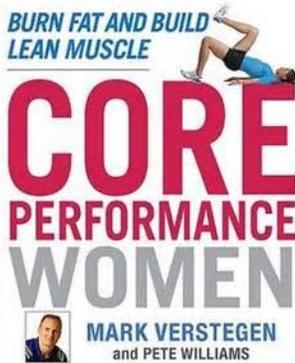
Take a Daily Walk

A consistent habit of walking every day pays huge health and fitness benefits. Americans are far behind the rest of the world when it comes to the number of steps we take in a day. Walking is the primal fitness program we were all designed to perform. *20% Boost Program: Fit Walking Into Your Life*, was developed by pbs.org to help you work with an activity tracker and gradually increase daily step counts. The program takes you through a gradual 20% increase in steps a week. They have laid out a four-week daily log sheet of step totals and a weekly schedule you can use to progress to a goal of 10,000 steps a day.

Balance Better

Many of us have lost the ability to stand on one leg and stay upright. People who are unable to maintain single leg stance balance are more likely to fall and suffer an injury. If you avoid smoking, stay off motorcycles, and wear a seat belt, then a fall is your big health hazard. In 2012 (CDC statistics), we had 2.4 million emergency room visits for falls and 750 thousand of those were hospitalized. Twenty eight thousand died from complications attributed to a fall. Balance training is easy to incorporate into your day, and it can produce amazing results. Once or twice a day, try to stand on one leg and balance. Work up to thirty seconds of steady balance on each leg. Add in some slow neck rotation to make it more challenging. Next, try to balance on one leg with your eyes closed. Stand on an Airex Pad to develop better control on an unstable surface. Single leg strength training is rarely a part of any fitness program, yet an argument can be made that it is more important than the ever-present cardio training.

(continued on next page)

Stretch Your Mind

The American public is bombarded by magazines, web sites, commercials, and “experts” trying to sell us fitness products and programs. Many people are overwhelmed by fitness marketing propaganda. I think the current fitness industry thrives on this confusion. You will make

better decisions in regards to the purchase of health and fitness products and services if you have a better education. These are some of the books I recommend to fitness clients and physical therapy patients:

New Rules of Lifting For Life Lou Schuler and Alwyn Cosgrove released a series of *New Rules* books. I believe this one is the best.

Spark by John J. Ratey M.D., discusses the deep

connection between fitness and brain health.

Core Performance For Women Mark Verstegen has put out a series of these books. All of them are good, but the women’s version is very good.

7 Steps To a Pain-Free Life by Robin McKenzie, is the must read self-care book.

The VB6 Cookbook by Mark Bittman, presents great recipes and an interesting new slant on diet.

Stop Ingesting Liquid Calories

Liquid calories make it much easier to develop all of the metabolic problems that destroy health and shorten lives. The sudden rush of sugar into the blood stream unleashed by soda, energy drinks, slurpees, and coffee concoctions creates the biological environment that leads to diabetes, clogged arteries, and hypertension. The obesity epidemic can be traced back to soda drinks becoming the number one source of calories in the American diet. Take a minute to look in on therealbears.org.

-Michael O’Hara, P.T., OCS, CSCS

Are You Fit For Life?

Seminar Highlights



Mike O’Hara leads a discussion on *Longevity Fitness: Winning the Battle One Training Session at a Time*.

lectures on some of the most relevant topics in health and fitness.

The fitness industry is an ever-evolving entity. At Fenton Fitness and Fenton Physical Therapy, we seek every opportunity to learn how best to service our members and patients. Continuing education is what motivates us to stay at the forefront of our field, so no one is left behind in the race toward optimal health and fitness.

Fenton Fitness and Fenton Physical Therapy hosted its first ever, one day, learn-by-doing seminar on Saturday, January 10, 2015. Our strong line up of industry experts offered

Former Fenton Fitness Trainer, Sarah Hall, returned to share her knowledge of nutrition. She and Jeff Tirrell, Program Director at Fenton Fitness, discussed misconceptions perpetuated by the media, the problem with fad diets, and what really matters when it comes to nutrition.



Jeff Tirrell adjusts one member’s form during a hands-on session.

Jeff paired with friend and Co-Owner of POWR Performance in Livonia, Dan Allison, to discuss why strength, power, and the requisite mobility and stability must be the foundation of all good training programs, regardless of age or goal.

This is a journey folks. Enjoy it.

Train Smarter. Work Harder. Perform Better.

What's New in 2015?

40 Day Body Transformation Challenge

With the start of the New Year comes a time to refocus our lives—to set goals that improve our health and fitness. Now that our Nutrition Coaching Program is in place here at Fenton Fitness & Athletic Center, we will be offering our first ever **40 Day Body Transformation Challenge** (February 7th-March 18th).

We have often talked about the negatives of short term challenges, but we are offering some unique tools that aim to fix many of the drawbacks of other programs.

Duration Most experts will tell you that it takes roughly 40 days to form a new habit, hence the duration of our challenge. People generally have an easier time being consistent with a program if it isn't "forever". This allows us to introduce many healthy habits at once with exercise, sleep, and nutrition that many might not be willing to incorporate under normal circumstances.

Education Upon involvement with this challenge, participants will get specific instructions on what, how, and when to eat and train to ensure optimal results immediately and efficiently.

Accountability This challenge incorporates weekly weigh ins, measurements of body fat and circumference, training, nutrition evaluation, education, and before and after photos. This offers consistent accountability to help you stay on track, individualized

adjustments based on your progress, and weekly education to set you up for continued success after the challenge ends.

Nutrition The biggest difference with our program is that the nutritional portion is based around 5 healthy habits which will be well established after 40 days. These habits will keep you on track with steady, long term progress after the challenge and prevent any weight regain. Each participant will receive a 5 habits cheat sheet to carry during the 40 days to help ingrain these simple, yet effective habits. Our weekly weigh ins and measurements will be accompanied by brief education sessions aimed at helping you learn about nutrition and how to eat well for long term success after the challenge.



Support Additionally, individuals who don't quite feel ready to do things on their own or who have bigger goals to reach will have the option to continue with Nutrition Coaching and/or Training to maintain support. We are not hoping for repeat customers in our challenge. If you have to come back next year, we didn't do our job.

Not A Member Yet?

Join Us!

Fitness Experience

- Free fitness assessment
- Custom program design
- 4 semi-private training sessions
- Unlimited team training
- Full access to gym and group exercise classes

30 days \$35.00

*Local residents only. Must be 23 years of age or older. Certain conditions apply.

404 Rounds Drive 810-750-0351
www.fentonfitness.com

At Fenton Fitness and Athletic Center, our goal is to help you develop a healthier and more functional body. We are the best training facility in the area and provide the newest, most innovative equipment to inspire and challenge you to reach your goals.

Consistency is crucial for success in forming healthy fitness habits. We exist to be a positive agent of change in your life. Are you ready? Commit to us, and we will change *your* life!

Don't just take it from us—to hear from our members, go to our website (www.fentonfitness.com) and click on the *Testimonials* tab. See you soon!

For more information, contact Amy Warner at

Learning The Hard Way

A Story of Exertional Rhabdomyolysis

Last spring, Tiffany decided to get back in shape. She joined a gym along with two friends. Tiff had played softball and volleyball in high school but had been fairly sedentary the last four years. After work one day, she joined in on a workout that involved a rowing machine, squats, and jumps. After the class, Tiff said her legs felt rubbery, but she attributed this to being out of shape. The next morning, Tiff was unable to get out of bed and when the nausea started she knew she was in trouble. Her husband drove her to the emergency room, and after some blood tests, she was admitted with the diagnosis of Exertional Rhabdomyolysis.



Exertional Rhabdomyolysis occurs when the muscle cells are damaged from too much work. The muscle cell walls leak and their protein contents spill out into the bloodstream.

One protein in particular-myoglobin- is difficult for the kidneys to clear from the bloodstream. A high concentration of myoglobin reduces kidney function and can lead to permanent kidney damage. A drop in your renal function creates many problems, up to and including death, so rhabdomyolysis patients often end up on dialysis.

A less deadly but very worrisome problem is the localized muscle tissue swelling that is caused by the cellular destruction of rhabdomyolysis. The affected muscles imbibe large volumes of water and pressure builds inside the fascia walls of the limb. If the pressures become too high, the neural and vascular components of the limb can be damaged. Fasciotomy is a surgical re-

lease of this pressure by slicing open and releasing the fascia walls of the arm or leg.

An overly intense exercise session can create a rhabdomyolysis episode that will haunt you for the rest of your life. The kidney damage is often irreversible. Impaired renal function can impact your health and limit your capacity to function for the rest of your life.

Tiffany was hospitalized for five days. She did not require dialysis, but she did have a lower leg fasciotomy to release the high pressure around her muscles. Tiff arrived at our clinic in June, and after six weeks of physical therapy, she gained back most of the strength in her legs. She has returned to fitness activities but is much more conservative with her exercises.

Tiff was the fourth rhabdomyolysis patient we treated in the past year. All of these cases were preventable with some education and restraint. Most cases of rhabdomyolysis are the result of performing more activity than you can tolerate. The present culture of fitness training plays a role. Internet and late night cable TV fitness programs are marketed as high intensity, beast mode, or psycho fitness. I have never seen an exercise program marketed as "reasonable fitness". A mascot tethered to a dialysis machine is an example of the lack of concern in regards to over exertion that is all too common in some fitness facilities.

Before beginning an exercise program, have an honest conversation with a qualified trainer and let him or her help determine where you are on the health, strength, and mobility spectrum. Exercise is like medicine. Take the appropriate prescription and dose for the proper diagnosis, and the results will be good. Take the wrong medicine at the wrong dose for an improper diagnosis, and it could kill you.

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

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