YMCA Personal Training
Achieve Your Personal Best
Volume 3, Issue 5

Knee Pain?

By: Trista Tyson, ACSM CPT

Weak quadriceps may be the cause of some knee pain. One way to find out is if you experience knee pain while walking down stairs. If you do experience this, it may be beneficial to strengthen your quadriceps, by doing a squat exercise. Squats target the quadriceps, hamstrings, and gluteus maximus.

This is a functional and beneficial exercise when performed with good technique. Keep feet shoulder width apart and your back straight. Bend knees and lower your rear, pushing the hips back. Knees should remain over the ankles as much as possible. This is the same motion as sitting down in a chair. Once you have the correct form sitting in a chair try just tapping your bottom to the chair and coming back up. After that is mastered, do the same motion without the chair.

Basic Squat

• Stand with feet parallel and shoulder width apart and back straight.	• Bend knees and lower your rear until it taps the chair. • Do not let knees go in front of toes.	• Extending legs at the knee joint, return to standing position. • Repeat for repetitions.

Trista Tyson is a certified personal trainer through the American College of Sports Medicine (ACSM). She is in her final year at the University of Wisconsin Oshkosh, majoring in Kinesiology with an emphasis in exercise and fitness. She wants to work with all types of populations to help them reach their individual goals. Whether one is a beginner or advanced, she can help with weight loss/management, flexibility, balance, strength and conditioning or whatever the goals may be. She works to keep each training session fresh and interesting for each client. Sharing her passion for health and fitness, Trista wants to help you live a healthy and happy life!

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Client Highlight

Deb Nelson

It was my lucky day when I mustered up the courage to walk into the YMCA and inquire about the personal training program. The front desk offered to see if a trainer would be available to chat with me. Karmen came to meet me and I knew right away she was a match for me. Her smile and positive enthusiasm convinced me it was time to sign the papers.

In the past months Karmen has helped me strengthen, work on my balance and improve my cardiovascular capacity. She is excellent at mixing up my routine, making every session a surprise of exercises. Her encouragement to keep moving keeps me motivated. Karmen is also very aware and adapting of my physical limitations. The sessions always start by asking if there is anything she needs to know about my body and my life. Then she adapts the workout to fit my aches and pains! I appreciate that she plans my routine taking into consideration my age. Karmen has become a friend who just happens to train me! I am very grateful to have found her.

Myofascial Release

By: Hayley Welding, ACSM EP-C

While we would all love to have a personal masseuse to visit regularly, most are not able to afford such things. There is a technique to relieve tight muscles which can be performed on your own called myofascial release. The main motive behind this is to relieve tight or sore muscles which in turn increases flexibility and allows exercises to be more productive. Myofascial pain can be caused by skeletal muscle or connective tissues which are engaged by tight fascia. Another source of pain can come from damaged myofascial tissue, often at a 'trigger point' where muscle fiber contraction occurs.

The most common pieces of equipment used to perform myofascial release include foam rollers, PVC pipes, lacrosse balls, tennis balls, and yoga blocks. When we exercise and put added stress on our muscles, our fascia will acquire small tears throughout. If these tears do not properly heal, the varied layers of fascia can connect in areas causing pain. By putting pressure on these areas, one can experience pain, but this is followed by relief as you release those areas of tightness.

It may take some time to find the 'trigger points' in your muscle, but once they are found, hold that position until the tension is released. Tight muscles often cause pain and limited flexibility not only in the area of tightness but also other joints and muscles. Relief may be felt immediately but also may take more than one session to completely release tension.

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Arthritis and Exercise

By: Rich Roehrick, ACSM EP-C

Did you know that in 2020 over 60 million Americans will be diagnosed with arthritis? That is over a 40% increase over the past 20 years. Arthritis comes in different forms for many of us. The types of arthritis are Osteoarthritis, Rheumatoid Arthritis, and associated condition of fibromyalgia. Osteoarthritis is the most common (95% of Arthritis cases), in which the cartilage/bone breaks down (degeneration) and causes pain and discomfort. Rheumatoid Arthritis (RA) is different than osteoarthritis because the body actual attacks itself (autoimmune) causing an inflammatory response causing weakness, pain, dysfunction of the affected joint, muscle loss/weight gain (cachexia).

What does science tell us?

Scientific studies have shown us that there is an association with muscle loss and weight gain with all types of arthritis. We also know with more weight gain and loss of muscle tissue, arthritis can be debilitating.

Osteoarthritis and Exercise

Two major research reviews have shown the resistance training and cardiovascular exercise is beneficial with individuals that deal with arthritis. A study by Jan and Liau found that resistance training reduced knee pain with individuals suffering from arthritis in the knee. King and colleagues did a study that showed that resistance training increased strength and range of motion in the joints affected by arthritis without causing discomfort.

Rheumatoid Arthritis

In regard to rheumatoid arthritis resistance training has resulted in increased muscle strength which counteracts the effects of rheumatoid cachexia (weight gain and muscle loss). A two-year strength training study by Hakkinen and colleagues showed significant improvements in muscle strength and inflammation in patients with rheumatoid arthritis. Other studies have shown positive effects of resistance training for people with rheumatoid arthritis, including increased muscle, decreased fat, and improved functionality.

Summary

As you can see there are many benefits to exercise when dealing with any form of arthritis. It is always beneficial to contact your primary health provider before starting any fitness program. At the YMCA, our certified professionals can help you gain functionality without pain. Please contact a personal trainer today to learn more. (920) 230-8919

Reference:
Centers for Disease Control and Prevention. National Arthritis Action Plan: A Public Health Strategy,1999. [cited 2017 July 26]. Available from: https://stacks.cdc.gov/view/cdc/6378 /.

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Health Benefits of Protein

Meat, poultry, fish, beans and peas, eggs, nuts and seeds supply many nutrients and are an important part of healthy eating. Included in the USDA MyPlate's Protein group, these healthy foods include not only proteins, but B vitamins (niacin, thiamin, riboflavin, B6 and B12), vitamin E, magnesium, zinc and iron. Salmon or tuna, almonds and walnuts provide some wonderful health benefits beyond these basic nutrients.

The healthy proteins in meat, beans and nuts function as building blocks for bones, muscles, cartilage, skin and blood. They are also building blocks for enzymes and hormones.

B vitamins found in this food group serve a variety of functions in the body. They help the body release energy and build tissue.

Vitamin B12 is needed for healthy blood. It is found only in animal products. If you are a vegetarian and do not eat any animal foods like eggs, milk or cheese, you may need to take a supplement for this vitamin or look for fortified vegetarian products.

Nuts and seeds are excellent sources of essential fatty acids and vitamin E. Beans are an excellent source of fiber.

Two to seven ounces of protein per day are recommended, depending on how many calories you need.

Cooking with Protein

Dried beans and peas are inexpensive sources of protein. Meat and poultry are nutritious and economical sources of protein and other important nutrients. Many lean meats like beef chuck are lower in fat and also lower in cost.

References:

1. U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. Why is it Important to Make Lean or Low-Fat Choices From the Protein Foods Group? http://www.choosemyplate.gov/food-groups/protein-foods-why.html. Accessed March 8, 2015.

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