



Rotator Cuff

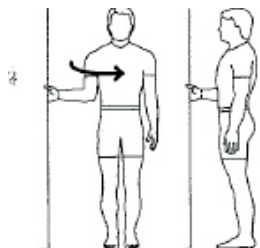
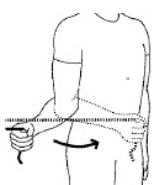
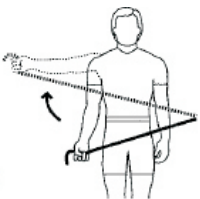
What is the rotator cuff?

The glenohumeral (shoulder) joint is a multiaxial ball-and-socket synovial joint that depends on muscles rather than bones and ligaments for its support and integrity. When relaxed, the humerus (bone between elbow and shoulder) sits in the upper part of the glenoid cavity (cavity in the shoulder); with contraction of the rotator cuff muscles, it is pulled down into the lower, wider part of the glenoid cavity. The rotator cuff muscles play an integral role in shoulder movement. These four short muscles are the reason that the glenoid and the humerus are joined and are the factor of movement. The Subscapularis, Supraspinatus, Infraspinatus and the Teres Minor are often injured due to overuse, because these muscles are used to extend, flex, abduct and adduct the shoulder. It can easily be injured, due to muscle strength.

Common cause of injury to the rotator cuff

Most rotator cuff injuries are the result of overuse of these muscles and tendons over a period of years. People who are especially at risk for overuse are those who engage in repetitive overhead motions. It is also common in the world of sports such as in baseball, tennis, weight lifting, rowing, as well as contact sports or falling onto an outstretched arm.

Strength and Stretching exercises to help prevent injuries



Motivation:

The missing link in mind-body fitness

Literally translated, motivation is the "motive to act" or a "move to action". It precedes action. Therefore, it doesn't matter how effective any approach to exercise or nutrition is unless one possesses the motivation to initiate act and then commit to the process.

"People often say that motivation doesn't last. Well neither does bathing...that's why we recommend it daily." Zig Ziglar

Writing down your health and fitness goals is an excellent way to help remember and keep you motivated to accomplish your goals. Refer back to your goals daily to remind you what you have to do to achieve your goals. When writing out your goals use the S.M.A.R.T. principle as a guide. **Specific. Measurable. Action Oriented. Realistic. Time Bound.**

If you can find a path with no obstacles, it probably doesn't lead anywhere.



May 09 Newsletter

Cross Training- what is it and why is it important??

Cross-training in sports and fitness refers to the combining of exercises to work various parts of the body. Often one particular activity works certain muscle groups, but not others. Cross-training aims to eliminate this. Running, for example, is excellent for endurance, and prolonged use of the large muscle groups in the legs. A runner may lift weights in order to build muscle and increase upper body strength, things that running cannot provide. Cross training will also help to ensure proper muscle balance which will help reduce the risk of muscle injury as well as provide a more rounded fitness level. When training for specific sporting events cross training is not intended to replace your primary training, but it can offer many benefits when incorporating it with your regular workouts. In summary whether your sports is in season or out of season the benefits of cross training will:

- 1 Produce a higher level of all around conditioning
- 2 Condition the entire body, not just specific muscle groups
- 3 Reduce the risk of injury
- 4 Reduce exercise boredom
- 5 Improves your skill, agility and balance.

WHAT'S NEW??

Our LEARN TO RUN program is back!!

Join for the enjoyment of running or to train for the 2k 5k or 10k competitive run hosted by the Timmins Golden Trails Festival in August. The program is open for beginners and intermediate runners and runs twice a week, Tuesdays and Thursdays at 8:00pm, for 10 weeks

Program starts May 26, registration deadline is May 21st 2009.

For details call us @ 264-4050 ask for Maria.

NEW to our GroupEX Studio: ROCK'N SPIN

Taking spinning to another world with lights pumping you to the beat!

Friends and Family Promo on for the month of MAY

Purchase or Renew a 1-Year membership and your friend or family member receives a 1-year membership at ½ price!!

