



September 09 Newsletter

KETTLEBELLS! by code 5 fitness

It can not only make you powerful, strong, and resilient, but also lean, flexible and graceful. It gets your heart pumping, boosts your energy levels, and melts fat faster than a deep fryer. And it's been around for only a few hundred years. It's a kettlebell, and it's the latest North American strength-training obsession.

Kettlebells are an ancient Russian weight-training tool shaped like a cannonball with a thick handle. Kettlebells are quickly becoming the strength tool of choice for athletes, coaches, and trainers. But kettlebells are for more than just the pros and 'hardcore' fitness buffs - everyone and anyone can lift kettlebells and reap muscular strength, endurance, flexibility and cardiovascular benefits with every workout.

Whether you are a fitness novice or an experienced trainer, kettlebells have a place in every program. Stay-at-home parents, busy executives, the time-pressed and budget-conscious all find kettlebells are the answer to their fitness needs- kettlebells are a complete hand-held gym that you can take anywhere.

Kettlebells focus on movement not muscle. Clients quickly discover just how functional training with kettlebells can be as the core strength-building benefits transfer to realistic, daily-life situations. Instead of isolating single muscles like with barbells or dumbbells, kettlebell movements work the entire body as a unit. Kettlebells combine many training protocols simultaneously:

Core strength -

kettlebell movements teach the body to stabilize the core, as almost all movements are done free-standing.

Strength -

kettlebell training develops strength in ALL planes of movement. We live and play in a three-dimensional world, and we should train accordingly.

Flexibility/Mobility -

kettlebell training promotes the body to 'open' up due to the nature of multi-planer movement, and promotes increased range-of-motion in the joints.

Balance and stability -

kettlebell training is off-centred and focused. This calls for tremendous attention to balance as the weight travels through the air.

Coordination -

kettlebell training teaches 'connection' of your upper and lower body. This element provides athletes a superior edge in their training protocol due to greater body rhythm and awareness.

Acceleration/Deceleration -

most training protocols address acceleration but not deceleration, which is why most athletes get injured in a 'deceleration' mode. Kettlebell training addresses both acceleration and deceleration, therefore enhancing athletic performance.

Load/Explode -

kettlebell training offers a different type of loading that allows the athlete to combine all of the above elements and teach the body to be strong and resilient in 'compromised' positions

Resilience to Injury -

kettlebell training offers complete development in all planes of movement, therefore preventing more injuries.

Cardio -

kettlebell training, especially ballistic exercises, will enhance cardiovascular training. The conditioning aspect will also help to develop better weight management.





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Arthritis and Exercise

Arthritis is a chronic, degenerative condition, which affects joints and joint mobility. It can also cause muscle stiffness, weakness and general deconditioning. Arthritis comes in hundreds of different forms, the most well known being rheumatoid arthritis and Osteoarthritis. If you have a form of arthritis and have tried exercising, you may have had increased pain, stiffness or discomfort in your affected joints during or after exercising.

one way to exercise without strain on your joints is to try aquatic therapy. Aquatic therapy can be helpful in decreasing swelling, increasing range of motion, and how your joints feel. Below are a selection of exercises and recommendations for starting and exercise program.

The Arthritis Society of Canada recommends 30-45 minutes per day of exercise for people with arthritis; this can be broken down into 5, 10 or 15-minute intervals throughout the day. The Arthritis Society has a "Two-Hour Pain Rule", if you start an exercise program, and you still feel sore up to two hours after completing the program, you may have done too much, too soon. This does not mean to stop doing the exercises altogether, this just means the next time you exercise, just do a little bit less.

Where can Rehab Plus Help?

If you have severely arthritic joints, you may need to consult with a physiotherapist who can help with a personalized program for you to achieve a height level of function in your daily life.

The "Fat Burning Zone" misconceptions when it comes to exercise and weight loss.

The fat burning zone is achieved when the training heart rate is maintained between 60-70% of the heart rate maximum ($220 - \text{age} = \text{HRmax}$) which is considered low to moderate intensity. When you're in the fat burning zone, the calories your body is burning is approximately 50% fat calories. During higher intensity exercise (in which the heart rate is maintained between 70-80% HRmax), the body is burning mostly stored carbohydrate with only 35-40% of the burned calories coming from fat. The science is correct but in terms of exercise and weight loss, the presentation of the results have been misrepresented.

It is true that the body burns a higher percentage of **calories** from fat during more low/moderate intensity **exercise** like walking and easy cycling, however, when you pick up the pace for a higher-intensity **cardio workout**, you burn a greater number of overall **calories** (which should be your focus for weight loss) and subsequently just as much total fat.

For example, a 140-pound woman performs either a fairly easy walk or a high-intensity jog. After 1 hour, she would have burned the following in total and fat **calories**:

Exercise Intensity	Total Calories	% of
fat calories burned	Total fat calories burned	
Moderate 60-70% HRmax	195	
75%	144	
High 70-80% HRmax	288	
50%	144	

What's more, high intensity aerobic exercises increases your metabolism to a higher level and remains elevated for 1-2 hours following your workout.

