



Maxwell's Fitness Programs *Newsletter*

CHRISTMAS, 2010

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WE'RE ON THE WEB!
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Give the gift of FITNESS this year!

A Maxwell's Fitness Programs **gift certificate** for a body composition or fitness evaluation, or even a set of personal training sessions, is a great gift idea for your loved ones! Sometimes all it takes to get someone on the path to fitness is to send them in the right direction...

"Functional" Training

Apparently, the latest fitness fad is functional training. But what does that mean, and does it work? Well, according to wikipedia.com, it is "a classification of exercise which involves training the body for the activities performed in daily life". Often, this training involves intentionally creating instability, which is believed to challenge the neuromuscular system more, as well as challenge the core more. However, when considering the Principle of Specificity, how many of us perform our daily tasks on top of a stability ball?! But most importantly, according to an article in ACSM's Certified News, **most people lose functionality as the result of muscle tissue loss, i.e. STRENGTH!** So if you get stronger, you improve your functional fitness! And how do you get stronger? RESISTANCE TRAINING! It's not rocket science. The stronger you are, the better you can function physically in every capacity.

More on Strength...

Many people have heard the myth that lower reps will "bulk" you up and higher reps will just "tone" you. (Hopefully, any Maxwell's client knows better!) However, the 2006 ACSM guidelines recommend that you "choose a range of repetitions between 3 and 20 that can be performed at a moderate repetition duration..." Several studies have indicated that all rep ranges between 3 and 20 yield essentially the same results, **as long as the muscle tissue is adequately fatigued.** So, again, it's not rocket science! Just do your resistance sets until the muscle group fatigues! If your repetitions are between 3 and 20, you will get results! "The key to muscle development seems to be high-effort resistance exercise that fatigues the target muscles..." In other words, it's not supposed to be easy! Push yourself (or let us push you)!!! Fatigue those muscles by the 20th repetition, and you'll experience "hypertrophy" (increased muscle cell size)!!



Hydrate in cold weather, too!

Often, when it's cooler out, many people don't drink as much water. Maybe they're not hot, or think they're not sweating that much. But it's important to hydrate in all temperatures. Maybe they just don't feel thirsty. If you wait until you feel thirsty, it's too late. We lose fluid through breathing and sweating (which evaporates more quickly in colder, drier weather, so may not be as noticeable), so it can be easy to dehydrate when the temperature is low. Keep drinking that water when you're exercising, regardless of the temperatures!

PERIODIZATION

Periodization is a fancy word which essentially means changing your workouts on a regular basis. Classic periodization means that the workouts are structured for the long term, and each month is planned out. Non-linear periodization means that the workouts are changed on a weekly basis. For example, Monday might be a light day, Wednesday a medium day, and Friday a heavy day. There is one more form of periodization, and that is non-structured, non-linear periodization. This form simply means that workouts are changed up all the time without a lot of planning involved. Scientists have looked into all of these forms and found that they all work. "Change is good" is the ultimate answer, and the research shows that each has pros and cons. I'm telling you all this so you know that at Maxwell's, we use all three of these forms of periodization. Each client is different, and each one will respond differently to each form of change. It's important to know, though, that we are changing up your workouts on a regular basis based on what your goals are and how well you're responding to the workouts. Periodization uses the "confusion" principle, which states that our bodies will adapt to a greater extent if they don't know what's coming! So we must continue to confuse your muscles so they'll continue to respond. The same old - same old will get you the same old - same old. And we don't want that for you any more than you want that for you.

Happy Holidays!

We (Rob, Kelly, Joanna, and Donna) at Maxwell's would like to wish each and every one of you, and your families, a very happy holiday season! We look forward to continuing to help each of you meet your fitness goals in 2011.