

The Performer

PT Perspective - Good Technique

With September being National Yoga month, I thought I might share why physical therapists are so "bossy" about good technique. Yoga is one type of exercise that uses a knowledgeable instructor to ensure proper technique. Technique is how we perform a particular exercise or activity. Therapists hound patients about their technique all day long, not because we like to, but because we know that it makes a true difference in injury prevention, recovery, and healthy aging.

When we speak about proper technique with exercising, we need to understand that the position we put our body in effects which muscles our bodies use and how efficiently they work. It also

aligns our body and puts our bones and ligaments in the best position to provide stability. Good technique reduces our chance of injury because it makes our body work as efficiently as possible.

With poor technique, we work our muscles improperly. We develop what is called muscle imbalance. This is where some muscles are overly strong and others too weak. Our spine, ligaments, and muscles can have extra stress placed on them, eventually leading to damage as we continue to use poor technique over time or with excessive force. When we perform exercises with poor technique, our body is learning bad habits. These habits are hard to undo. Poor techniques lead us to injuries

such as early arthritis, herniated discs, ligament tears, osteoporosis, and muscle strains, just to name a few.

From now on, as you work out, think about how your body will feel as it gets older. With every activity you do, you are creating the person you will be at 30, 40, 60 and 80. How will your body work? How strong will it be? What type of speed, balance and power will you have?

Focus on your technique. Use good technique to prevent injury, get the most benefit from your work out, and see the results you want to see not only today, but in the years to come.

Contributed by: Stephanie Johnson, MPT

September is National Yoga Month

Yoga has been around for more than 5000 years. It includes various postures (exercises) that involve deep breathing, body movement, meditation, and relaxation. Its purpose is to improve physical, emotional, and mental health, thereby enhancing the holistic quality

of our lives.

We would love to have you join us in our yoga classes. There are many benefits to yoga, including stress relief, lowered blood pressure, and greater flexibility. Pick up our yoga brochure for more info.

Want to try it for free?

Register with Maximum Performance on yogamonth.org for a FREE week of yoga!

Each time you attend a yoga class this month, you will be entered into a giveaway for yoga prizes (i.e. yoga mats and free personal yoga lessons. Namasté!

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Special points of interest:

- September is National Yoga Month—Try one of our 7 weekly yoga classes
- Good technique while exercising can prevent injuries.
- Celebrating good food with Carrie's 'yoga-rt' recipe

Maximizing your health for life!



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Check out our **NEW** fall group fitness schedule! We offer more than 30 classes each week. Maximize your motivation - join us for a class (or two)!

Find us on Facebook



Did you know that we're on Facebook? If you have a Facebook account, we encourage you to find us and like us! You'll find up-to-date and motivating information.

Share your gym pictures and video with us! Post comments about our classes! We want to hear from you! Help us hit 100 followers this month!

Visit us online!

www.maximumperformanceonline.net

Enrollment Specials Continue for Sept.

We are happy to announce that continuing through the month of September, we are waiving our enrollment fee for all new fitness members. **That's an instant savings of \$25!**

In addition, we are offering up to **\$100 discount on a yearly lump-sum membership.** That's a huge savings!

Our memberships are attractively priced to meet your fitness needs and we never require commitment with a contract. Memberships may be purchased on a monthly, 3-month, 6-month, or yearly basis. We also offer day and week passes.

Discounted rates are available with electronic bank withdrawal and for students, military, seniors, and

corporate members.

Our basic membership includes access to all fitness equipment and group fitness classes (except indoor cycling). We offer lockers and locker-rooms for your convenience.

We hope you'll visit us soon and sign up for a fitness membership!



Raspberry Greek Yoga-rt Smoothie



In honor of National Yoga Month, our dietitian has provided us with a healthy yoga-rt smoothie recipe. Come enjoy one of our yoga classes, then head home for this nutritious and easy treat!

Contributed by: Carrie Snyder, MPH, RD, LD

Time: 5 minutes, Servings: 4

Ingredients

- 1/2 cup water or skim milk
- 1 cup non-fat plain Greek yogurt* (Recommend Chobani Greek Yogurt)
- 1 cup frozen raspberries
- 1/2 cup apple juice or cider
- 1 teaspoon vanilla extract
- 2 cups ice

Directions

Pour the water or milk into a blender. Add the yogurt, raspberries, apple juice, vanilla, and ice. Blend until the mixture is smooth and thick. Pour into glasses and serve.

*Greek yogurt has double the amount of protein compared to regular yogurt.