

SUMMIT VIEWS

MAY 2018



**The Finest Fitness
Facility In Flagstaff**

Dear Members,

Fit Tip of the Month: How much sleep do we need? Ask 10 people you might get 5-10 different answers. Best answer I've found is 7 hours. While sleep varies slightly from person to person, most healthy adults need between 7-8 hours of sleep per night to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older people still need at least 7 hours of sleep. What does function at their best mean? Sleep plays a vital role in good health and well being throughout your entire life. Getting enough QUALITY SLEEP at the right times can help protect your mental health, physical health, quality of life and safety. What is QUALITY SLEEP? The National Sleep Foundation recently released the key indicators of good sleep quality, as established by a panel of experts. Falling asleep in 30 minutes or less. Waking up no more than once per night; and. Being awake for 20 minutes or less after initially falling asleep. So how do you get those hours and how do you get the QUALITY SLEEP? Here are 6 steps established by the Mayo Clinic: 1. Stick to a sleep schedule. 2. Pay attention to what you eat or drink-don't go to bed hungry or stuffed. 3. Create a restful environment-create a room that is ideal for sleeping. 4. Limit daytime naps. 5. Include physical activity in your daily routine. 6. Manage worries. For an in depth explanation of these six go to: www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379

Quote of the Month: Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength... Arnold

I did not know that: In United States if a statue of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all 4 legs on the ground the person died of natural causes... Listening to music at high volume influences the sense of sight, so usually we lower the music when looking for something (car radio)... When hippos are upset their sweat turns red... A flock of crows are know as a murder... 95% of people text things they could never say in person... It snowed in the Sahara Desert for 30 minutes on the 18th of February 1979... The first alarm clock could only ring at 4am (sleeping in)... There are trees that can grow more then one kind of fruit and they are called fruit salad trees.

National Days in May: 5th Cinco de Mayo... 9th Bike to School Day... 13th Mother' Day (for ALL you Special Moms)... 18th Bike to Work Day... 25th National Wine Day (I thought it was the 1st through the 31st)... 30th National Senior Health and Fitness Day.

On behalf of the entire Summit Team **THANK YOU** for choosing
Summit Fitness as your Fitness Facility
Tony Giustina, Managing Owner



Please join
Summit Health and Fitness
In welcoming our New Members
Who have joined between
March 16th & April 15th

Skylar Sutherland & Sophie Woodard,
Jared Hopkins, Kelsey Smith, Sally
Tyrell & Charles Bendixen, Amiee
Hengeveld, Flor Rojas, Martha
Barlow, Ann Darger, Cori Lorts, Bret
KooHns, Bernardo Rodriguez & Cecilia
Limonos, Benjamin Ooheim, Zachary
Butler & Nicolette Currie, Lee Lindner,
Abdul Razza Alqashan, Mohammad
Bo Arki, Savanna Kelly, Kendal Hogan
& Chelsea Zablo, Melissa Parent, Lani
Chia & Jamiee Yellow Hawk, Brooke
Tagupa, Joy Garton, Starla David,
Cynthia Daiker, Gloria Daiker,
Suzanne Green & Shawn Green,
Anita Switzer, Elizabeth Salisbury,
Sandra Warren, Kate & David Hale,
Susan Morley, Cheryl Carstens, Ryan
Meredith, Jonathan Phegley, Kala
Graven, Donna Galuszka, Sam
McClanahan, Othman Aldhfeeri,
Javier Cortes, Rebekah Torres,
Courtney Smithson, Maret Mitchell,
Sarah Jaramillo, Jessica Morley,
Lucinda Andreani & Kerry Blume,
William Reilly, Nince Quinones,
Chelsea Webb, Kate Morley, Dani
Knight, Kristin Reischman, Bernadette
Fatland, Melissa Jimmie, Antonio
Allen & Wei-An-Chen, Daryl Finch,
Denise Pribyl and Mike Moran.

STRONG FUSION

Brian Schmitz, PT, DPT, CSCS



The Lancet medical journal published a series of three papers in March 2018 suggesting low back pain is being treated badly on a global scale. Low back pain is the most common cause of disability in the world and results in a significant burden to individuals, health systems, and economies. Most people will encounter an episode of low back pain during their lifetime and most will occur during middle age. However, a mechanical cause for the symptoms can rarely be identified and standard courses of care including rest, medications, medical imaging, and some medical management can be unnecessary and counterproductive. Research suggests that physical exercise, positive physical and emotional lifestyle choices, and a return to normal activities as soon as possible is the best way to manage low back pain and minimize disability. The good news is the gym is the best place to be in order to promote a healthy lifestyle and minimize your risk for developing low back pain – it's good for you both mentally and physically. In addition, the physical therapists here at Summit Fitness are here to help screen our members for potentially serious low back problems help guide you in the right direction providing proper advice and education to best manage your low back pain. In fact, physical therapists are often the perfect primary care provider for low back conditions and can be seen under most circumstances without a physician referral. Do not fear low back pain, maintain healthy behaviors, and let our physical therapists help keep you active and fit!

Brian Schmitz is part owner of Summit Fitness and works in our onsite DeRosa Physical

The Mediterranean Diet is associated with a variety of health benefits including cardiovascular, cognitive, and prevention of some types of cancer. The month of May is dedicated to this delicious and healthful dietary pattern. Six Simple steps towards a Mediterranean Diet: Focus on vegetables and fruits, Keep grains whole, Decrease added sugars, Use healthy fats such as olive oil, Reduce portions of meats by including at least one meatless meal a week, Take time to sit and enjoy a meal with family and friends often.

Colorful Berries Asparagus, and Barley Salad with Crispy Chickpeas and Feta Cheese

CRISPY CHICKPEAS:

- 1 can no salt added chickpeas, rinsed and drained
- 1T Olive Oil (flavored olive oil such as lime is lovely)
- Pinch cayenne pepper
- 1/4 teaspoon kosher salt

LEMON POPPY SEED DRESSING:

- 1/2 cup plain low fat yogurt
- 2 lemons, zested and juiced (3 Tablespoons lemon juice and 1 tsp zest)
- 2 teaspoons Olive Oil
- 2 tablespoons honey
- 2 teaspoons poppy seeds
- Kosher salt to taste

SALAD:

- 5 ounces baby mixed greens
- 1 cup chopped asparagus, roasted, steamed or raw
- 1 cup quartered strawberries
- 1 cup blackberries
- 1 cup cooked and cooled barley
- 3 ounces cubed or crumbled feta cheese

Crispy Chickpeas:

Preheat oven to 375 degrees and line a baking sheet with parchment paper. Place the rinsed chickpeas on a clean towel and pat dry. It's important to get as much moisture off of them as possible so that they get crispy. In a bowl toss together the chickpeas, oil and cayenne pepper. Spread the chickpeas onto the prepared baking sheet into a single layer. Roast the chickpeas for 20 minutes then remove from the oven and stir the chickpeas. Roast for another 20 minutes then remove from the oven.

Lemon Poppy Seed Dressing:

In a small bowl whisk together all of the dressing ingredients until smooth. Store the dressing in an airtight container until ready to serve.

Salad:

Place the mixed greens in a large serving bowl. Add 2-3 tablespoons of dressing and toss. Top the greens with the asparagus, strawberries, blackberries, barley and feta. Drizzle with a little more dressing and sprinkle with a few chickpeas for a decorative touch. Serve remaining chickpeas and dressing alongside the salad.

How to Exercise and Move to Create a Fit, Pain Free and Durable Body for Life

By Karen Anderson (Kelly) M.A.

This is my first, of hopefully many articles for the Summit Health and Fitness newsletter and with so many topics to choose from in fitness and nutrition it was difficult to know where to begin. So, I reached out to one of my clients and asked what she would want to know more about. She wanted me to address how to create a balanced fitness program that reduces injuries and builds a pain free and fit body for life. Getting her input gave me an idea about how I could be an informative resource for all of you and make my articles useful, interactive and fun. You can email me at the email address at the end of this article to ask health, nutrition and fitness questions each month then I will choose one or more to answer in my monthly article.

My clients' question is very interesting because there are many ways to approach this topic. I could approach it by telling you how to create a program that includes all of the fitness modalities, or approach it in terms of creating function for everyday living, but I am going to approach it by sharing information on creating a body that is fit, fully functional, pain free, and durable. I am going to let you know how to build a body that has youthful posture, muscular balance, is flexible, strong, and will less likely need treatment or surgery.

As a corrective exercise specialist, I work with people who have had knee and hip replacements, injuries of the neck, back and shoulders or have osteoporosis, chronic pain or other movement limitations. I also help people prevent these things from occurring. Over the past thirty-five years of observing peoples posture and alignment, carefully watching clients move and studying movement science, I have come to understand that injury, pain or eventual spine or joint treatment or replacements are generally caused by the way we live and move in our bodies over the course of our lives. These ailments and limitations have developed because of sitting for long periods, lack of movement in every part of our bodies, poor posture, fitness programs that work some muscles at the expense of others, breath holding, overuse, moving our bodies in only one way in our fitness program, and faulty movement patterns like running with toes turned out, or sleeping with our head and neck on a too high stack of pillows. These movement habits and patterns over months and years add up to cause joint wear, stiffness and immobility, and muscles that do not function optimally.

The human body is meant to move and some movement is always better than no movement but we evolved to move in a wide variety of ways. To build the healthiest, pain free, functional body for life it is important to move throughout the day, not just for the hour you are exercising. It is also a good idea to incorporate as many exercises and modalities of fitness as you can, and change up your routine. If you have been exercising a particular way for weeks, months or maybe years change it up. If you cycle, walk; if you do yoga, lift weights; if you use the elliptical machine, try the rowing machine. By doing this you are more likely to create optimal muscle function, not overuse some muscles at the expense of others or over strengthen muscles at the expense of being able to move through full ranges of motion. Think of ways to move your entire body not just a few limited muscles. Try a class, different cardio machine or new exercises.

Other ways to incorporate movement into your everyday life, instead of focusing on exercise as your only movement, are to request a standing work desk, incorporating short walks throughout the day, sit on the floor at home, purchase a grip ball and squeeze it as you watch TV or roll your feet on a tennis ball. You can also garden, balance on one foot while you are flossing your teeth and on the other foot while you brush them, sleep on the opposite side of the bed, walk backward, and sprint with your dog sometimes when you are out for your walk. When you move your body in every way, you are less likely to shorten some muscles and lengthen others which decreases how they generate force. When you change up your fitness routine you are less likely to create over active muscles and under active muscles, which can cause helper muscles, stabilizing muscles or the involved joints to become injured over time. When you plan an eclectic fitness program, you will produce a body with balanced musculature, a sound foundation, an upright and relaxed posture, and be both flexible and strong. You will be fit, pain free, injury free, functional and durable for life.

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