

Brockes Body Works Lifestyle Performance Tips

Exercise of the Month-Four Point Kneeling Tummy Vacuum

This is a great exercise on how to teach your core to function properly. Most injuries to the low back are due to improper training of the core stabilizers, i.e., progressing exercises too fast. Such injuries can also be caused by the misfiring of the inner unit musculature. If done properly, this exercise can help ward off low back injury by developing correct exercise patterns.

Performing the exercise:

1. Kneel on hands and knees and let your stomach relax toward the floor.
2. While holding a neutral spine, take a deep diaphragmatic breath.
3. Exhale and draw the umbilicus toward the spine for 10 seconds.
4. Relax for 10 seconds and repeat the process 10 times.

NOTE: Typical progression time is 4-6 weeks.

Nutrition Tip of the Month-Guidelines for Water Consumption

Summer is coming, so let's talk water:

- Your body weight divided by 2 equals the number of ounces of water you need to consume everyday.
- Room temperature water has a faster absorption rate than cold water.
- Drinks containing sugar actually take water away from your muscles for digestion. Your liver already stores enough sugar for 90 minutes of activity, if maintaining proper eating habits.

FYI-It's hard to get lean when you are dehydrated.:)

Benefits of Organic Eating, Part 1

Organic food is grown without the use of toxic pesticides, herbicides, fungicides or chemical fertilizers. Organic foods are better for your health, and they are produced in ways that help support a healthy environment.

Don't be fooled by the term "natural". Instead, you should carefully look at the labels on the food that you are putting into your body. If you can't pronounce the name of an ingredient, or you don't know what it is, neither does your body. Most shopping carts are filled with items known as "non-foods". These are foods that cost more in nutritional value to digest, absorb and eliminate than they deliver. Most foods in the American diet fall into this category.

To be continued.....Part 2 coming soon

If you have any questions about these Lifestyle Performance Tips, you can contact Jeff Brockes at jeff_brockes@consultant.com.

