

**March is
National Athletic
Training Month!**

**Exercise
of the
Week**

**Walking
Reducing
Cancer**

**Turkey
Chili**

**Health Tip
of the
Week**



National Athletic
Trainers' Association

Athletic Trainers – Not “Trainers”

The world today is on the move, and people are more active, more interested, and more educated. We're trained in fitness, sports, computer applications, and even parenting. As a result, the word "trainer" has lost its meaning. Here are the differences between a certified athletic trainer and personal trainer.

Certified Athletic Trainer

An athletic trainer is a person who meets the qualifications set by a state licensure and/or the Board of Certification, Inc. and practices athletic training under the direction of a physician.

Certified athletic trainers:

- Must have at least a bachelor's degree in athletic training, which is an allied health profession which includes the Chemistry series, Anatomy and Physiology series, Kinesiology series, Orthopedic Evaluation series, Pharmacology, General Medicine, Nutrition, Athletic Training series, and much more
- Must pass a comprehensive Board of Certification exam before earning the ATC credential
- Must keep their knowledge and skills current by participating in continuing education
- Must adhere to standards of professional practice set by one national certifying agency called the National Athletic Training Association

Daily duties:

- Provide physical medicine and rehabilitation services
- Prevent, diagnose, treat and rehabilitate injuries (acute and chronic)
- Coordinate care with physicians and other allied health professionals
- Work in schools, colleges, professional sports, clinics, hospitals, corporations, industry, military, performing arts

Personal Trainer

A personal trainer is a person who prescribes, monitors, and changes an individual's specific exercise program in a fitness or sports setting.

Personal trainers:

- May or may not have higher education in health science, it is not required
- May or may not be required to obtain certification
- May or may not participate in continuing education
- May become certified by any one of numerous organizations that set varying education and practice requirements

Daily Duties:

- Assess fitness needs and design appropriate exercise regimens
- Work with clients to achieve fitness goals
- Help educate the public about importance of physical activity
- Work in health clubs, wellness centers and various other locations where fitness activities take place

If you have any questions or comments don't hesitate to ask Maggie. She can clear up any confusions or concerns regarding athletic vs. personal training.

Exercise of the Week:

Squat Kickback



- Hold a 3- to 5-pound dumbbell in each hand at shoulders, palms facing each other and elbows tucked into sides, and stand with your feet hip-width apart.
- Squat until your thighs are parallel to the floor.
- Stand up, and then extend your left leg behind you.

- Return to the starting position to complete 1 repetition.
- Repeat, raising your right leg behind you this time.
- Continue, alternating legs with every rep. Do 2 sets of 16 to 20 reps.

~SHAPE

Walking As Little As 1-Hour a Week Reduces Cancer Risk

"Women who walked for 1 to 1.9 hours each week were 31 percent less likely to develop colon cancer than those who didn't walk at all, the researchers found. And women who exercised at moderate or vigorous intensity for more than 4 hours weekly were at 44 percent lower risk of colon cancer than those who exercised for less than an hour a week."

~International Journal of Cancer, December 15, 2007

"A new study suggests it's never too late to start an exercise program to help prevent **breast cancer**. Researchers at the Fred Hutchinson Cancer Research Center and several other institutions found that postmenopausal women who **exercised regularly** reduced their risk of breast cancer by about 20%.

Women whose current physical activity was equivalent to a couple of hours of brisk walking every week had an 18% lower risk of breast cancer than sedentary women. Women who got more than 10 hours of this type of exercise each week lowered their risk by about 22%."

~American Cancer Society

Turkey Chili with Black-Eyed Peas



Serves: 4

Prep Time: 20 minutes

Cook Time: 2 hours

Nutrition Score per serving: (2 1/2 cups): 384 calories, 10 g fat (22% of calories), 2 g saturated fat, 43 g carbs, 35 g protein, 12 g fiber, 141 mg calcium, 7 mg iron, 795 mg sodium

This dish can be made vegetarian by swapping in tofu crumbles.

Ingredients

2 tablespoons olive oil, divided
 1 pound lean ground turkey breast
 1 large carrot, diced
 1/2 large onion, diced
 2 sticks celery, diced
 2 jalapeños, diced
 2 cloves garlic, sliced
 1 red pepper, seeded and diced
 1 yellow pepper, seeded and diced
 2 1/2 tablespoons chili powder
 1 teaspoon fennel seeds
 1 teaspoon ground cumin
 2 cups canned black-eyed peas, rinsed and drained
 1 28-ounce can no-salt-added crushed tomatoes
 1 tablespoon tomato purée
 2 1/2 cups water
 Kosher salt and freshly ground black pepper
 Red pepper sauce

Directions

Preheat oven to 350°F. In a large ovenproof pan, heat half the oil over medium heat. Add turkey and brown for 5 minutes. Remove turkey and add remaining oil; sauté carrot, onion, celery, jalapeños, garlic, peppers, chili powder, fennel, and cumin for 10 minutes or until vegetables are soft and begin to lose their color.

Return meat to pan and stir in black-eyed peas; add crushed tomatoes, tomato purée, and water. Bring to a simmer and place in the oven for 2 hours. Season with salt, pepper, and red pepper sauce to taste.

~SHAPE

Baze Fitness Center

\$11.99
Per Month!



- no start up fees or hidden charges
- state-of-the-art equipment
- personal training available

Ask for a tour at your next chiropractic visit

Health Tip of the Week:

5 Steps for Fighting the Winter Blues

The lack of available daylight during the winter can trigger feelings of depression, lethargy, fatigue and other problems.

1. Consume high quality animal-based omega-3 fats – Your brain consists of about 60 percent fat; DHA specifically, so you need a constant input of essential omega-3 fats for your brain to work properly.
2. Exercise – In addition to a large number of other health benefits, physical exercise is one of the most potent strategies you can employ to prevent and treat all kinds of depression. Dr. James S. Gordon, a world-renowned expert in using mind-body medicine to heal depression and anxiety, discusses the importance of exercise when treating depression in this [video clip](#) from my [Inner Circle](#) expert interview with him last year.
3. Abstain from sugar – Sugar (and high fructose corn syrup (HFCS), which is the number one source of calories in the U.S. in the form of soda) has a very detrimental impact on your brain function. One great book that I highly recommend is called [The Sugar Blues](#), written by William Dufty more than 30 years ago, which delves into this topic in great detail.
4. An adequate amount of natural sunshine is essential. The ideal option would be to relocate to a tropical or subtropical environment during winter months, but this is unfortunately not a viable option for most of us. Your second best option is to [use high quality artificial lighting to ease your symptoms](#). Light therapy is an effective treatment option for many people who get the winter blues.
5. Full Spectrum lighting: Ideally, you'll want to use only [high quality full spectrum light bulbs](#) in your home and workspace, most people use incandescent lighting in their homes.

[Full-spectrum lighting](#) is one of the most cost-effective ways to treat the winter blues, and in my experience, patients tend to feel a profound increase in energy and improvement in mood and sense of well-being quite quickly – oftentimes within two to three days after exposure. There's some confusion on this issue, but currently, full spectrum light bulbs are only available as fluorescent bulbs. There are some LED's available – and in time they will likely become the standard – but at the present time full spectrum LED's are simply not cost effective for the majority of us.

~Dr. Mercola



Check out our product line from Innate Choice including Probiotics, and Omega-3 Fish Oil Supplement

