



VOLUME V
ISSUE I

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TO ACT OR NOT TO ACT THAT IS THE QUESTION?

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Putting things off when real pain is part of the reality of things just doesn't make a whole lot of sense. We all do it for one reason or another but the consequences almost always end up being the same – MORE PAIN.

Here's one of our member's (Dwayne Belthand) story with a prolonged but happy ending. Dwayne has been working out for the past 15 years and everything was going along "humpty-dory" and then it happened. He fell down a flight of stairs and knew something in his knee was not right. There was pain! Now this was 6-7 years ago. Since the fall he has learned his knee was in a "bone on bone condition" and hey, "it really hurt." Well Dwayne, not taunted by the pain, grit his teeth and limped through the years like a wounded puppy. He kept pushing off the inevitable surgery recommended by his doctor. Finally he said enough was enough and decided to get on with it and had total reconstructive surgery October 26th.

It's been about eight or nine weeks since the surgery and Dwayne is improving each day with each workout. He had the standard physical therapy for 3 weeks and then was cut loose to do it on his own. Now this is where some individuals "drop the ball." Over the years I've met many post-op or recovering individuals who were told to continue doing prescribed exercises but decided for one reason or another to stop. If this were the right approach, believe me, I wouldn't have learned about their failed progress and their present day physical complaints.

Dwayne knew better and continued to get the job done. He started out with the recumbent exercise cycles upstairs. He knew that as he gradually edged his seat closer and closer toward the pedals the more his knee

would have to bend. It hurt – but it was a good hurt, a necessary hurt. And this "good hurt" is sometimes the reason for the self-induced decision to quit (the result being a more limited range of motion in the impaired joint). Dwayne fought through this.

Now he's back at about 95% of where the doc wants him. He stopped taking pain pills and notices some improvement in knee flexion each workout. He is also careful not to overdo it and listens to his body (a novel approach for most men and many women). The doc told him it would be about 6 months before the healing process would be complete. Recently, Dwayne's wife noticed he doesn't limp any longer. When asked if he had to do all over again would he do anything different? The answer was an immediate YES. Why go through 6-7 years of limping in pain?

This story had a good ending but let's be honest, not all surgeries end up with "smiley faces." Things can go wrong. But I'd add that while sometimes it's best to hold off, that doesn't mean that you should hold off on finding out what's wrong. Maybe 6-7 years ago, Dwayne's doctor would have advised him to wait, maybe not. The only way to be sure is to be pro-active. If you have noticed a mole on your leg that has changed size/color, or your heart takes off like a speeding locomotive now and again, find out what's up or do something. Even putting an ice bag on an injury seems to be beyond some people's ability to heal thy self.

**So unless you are into
masochism, find out what's
wrong and go from there.**

“

*He
fell down
a flight
of stairs
and knew
something in
his knee was
not right.*

”



**Flu Season
Wash Your Hands
Wash Your Hands
Wash Your Hands**





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Three-Grain Salad

Prep Time: 25 Minutes

Start to Finish: 2 Hours 30 Minutes

SALAD

- 5 1/2 cups water
- 1 cup uncooked wheat berries
- 1/3 cup uncooked long-grain brown rice
- 1/2 cup uncooked hulled or pearl barley
- 1/2 cup dried cherries or cranberries
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1/4 cup chopped fresh parsley, if desired
- 1 medium unpeeled apple, chopped (1 cup)
- 4 medium green onions, chopped (1/4 cup)

SWEET RED ONION DRESSING

- 1/4 cup sugar
- 1/4 cup canola oil
- 1/3 cup cider vinegar
- 2 tablespoons grated red onion
- 2 teaspoons Worcestershire sauce
- 2 cloves garlic, finely chopped

TIP: *You'll agree that this salad, made with three grains, is worth the time and effort to prepare. It has an amazing flavor that's even better the second day. And, when pomegranates are in season, the seeds make a great substitution for the cherries.*

1. In 2-quart saucepan, heat water and wheat berries to boiling. Reduce heat to low. Cover; simmer 10 minutes. Stir in brown rice and barley. Cover; simmer about 50 minutes longer or until grains are tender.
2. In small bowl, mix all dressing ingredients.
3. In large bowl, mix cooked grains and remaining salad ingredients. Pour dressing over salad; toss. Cover; refrigerate 1 hour or until chilled.

5 servings (1 1/4 cups each)

1 Serving: Calories 400 (Calories from Fat 120); Total Fat 12g (Saturated Fat 1.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 50mg; Total Carbohydrate 65g (Dietary Fiber 8g); Protein 6g
% Daily Value: Vitamin A 30%; Vitamin C 2%; Calcium 4%; Iron 10%

Carbohydrate Choices: 4

The Fitness Talks Are Back!

TALK #1

**EXERCISE WHAT,
WHEN, WHY & HOW**

January 14th

TALK #2

**EATING FOR FITNESS,
FUN & HEALTH**

January 21st

TALK #3

**TAKING CONTROL OF
YOUR FITNESS**

January 28th

These are informal chats about the basics of exercise, nutrition and programming – and how to apply them to your interests; interests ranging from balance and stability to fighting illness to getting stronger to becoming a “Lean, Mean (pain free) Fighting Machine”! (*Prices and Sign Up at the Fitness Desk*)

**CYNDY'S CLASS
HAS A SPECIAL
HOLIDAY
GET TOGETHER
– AND THAT
FOOD SURE
LOOKS
HEALTHY**



A MUST READ - DRIVING SAFETY ARTICLE -

Unfortunately there is not enough room for me to copy-in all the info contained in this article so it will cost you some \$\$\$ to find it. The December 2009 issue of Men's Health had a very sobering article concerning driving. The article "*Dead Man Driving*" is well worth purchasing the magazine. I have taken just a few parts of the article but you should read the entire piece.

When we pass an accident we slow down and look to see what happened, but it always happens to the other guy. Roughly 40,000 people die on our roadways each year

Just a few tidbits:

- According to Virginia Tech Transportation Institute – driver drowsiness is a contributing factor in up to 24% of all crashes and near crashes
- One measure of risk perception is the position of your hands – if you're at 10 and 2 on the steering wheel, chances are you're alert to danger.
- Even the music we listen to can effect our chance of a crash.

Just a few of the "what to do" items mentioned:

You veer off the road

The instinct – swerve back onto the road.

The right response – Lift off the accelerator "Gently straighten up your car and scan ahead for obstacles." says, Paul Berrand, the director of global training at the Adult Driving Experience Sonoma, Cal.

If you swerve back right away, you will likely overcorrect, careen across the road and lose control." Maintain your composure and look for a smooth transition where you can reenter the road. If you're straddling a high curb, slow to 25 mph before attempting to drive over it.



You hit black ice

The instinct – Turn away from the slide and hit the brakes

The correct response – Wait a split second! "You have to decide quickly. Will I regain traction before I lose control and/or hit something? "If you think you will, says Jeff Payne, the founder of Driver's Edge, a program performance-driving school, then keep your foot off both the gas and brake until your tires grab again." At the same time, point your car in the direction you want it to go.

Sliding out of control? Slam on the brakes, says Payne. Your car will slide in one direction, which will at least make it easier for other driver's to avoid hitting you

There's much more in the article. I know you're a good driver – me too. Here's what the article had to say to that belief, "According to one study by the Insurance Institute for Highway Safety, 72% of drivers regard themselves as more skilled than everyone else. Researchers call it the Lake Wobegon effect (wonder where that came from?) – a tendency to think we're above average, particularly at relatively undemanding tasks. (It's the rare person who considers himself an above-average juggler). Studies trace the bias to a fundamental information imbalance, namely that the poorest performers are also the least likely to recognize skill (or lack of skill) in themselves or others.

Six instant safety upgrades that could save your life:

Headrest, Steering wheel, Headlights, Climate control tires, and Cell phone. Details in Men's Health.

What's Next

Chili Challenge Court

Date:
Saturday,
January 23rd

Time:
9:00 a.m. to
11:00 a.m.

Cost:
Whopping \$2.00

SO YOU WANT TO LEARN HOW TO PLAY RACQUETBALL?

On Saturday, January 30th at 11:00 a.m., we are planning on holding a clinic for individuals new to the game or "want-to-be-players." You'll learn enough to get the ball rolling in the right direction. Ken Bromley is putting this clinic together so keep your eyes and ears open for more information.

RACQUETBALL TOURNEY

December is usually a quiet time in the fitness industry. It's like the quiet before the storm (New Year Resolution time). Not so on the RFC racquetball courts. It's time to **"Play Ball!!"**

Ken Bromley put together a tournament that had to fit the personality of the club – in other words a "Laid Back Tournament." Now is that a challenge or not? But he made it work! We had great feedback from the racquetball players involved and even those who couldn't make it, "It was a good time!!"

We do have a good number of A & B level players who can bring up the level of our beginner and C level players. But in this place while the skill level is important, having a good time is even more important.

Ken encouraged our members to come in for some Saturday a.m. "fun and games." Once captured, he set them up in a doubles tournament with games lasting 15 minutes. Then they would rotate and play another doubles team. In the end they got in a lot of exercise and finished off 7 pizzas from Marcello's.

IT'S WORTH REPEATING – AGAIN & AGAIN.

Three Steps To Help Recognize A Stroke

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE
(Coherently) (i.e. It is sunny out today)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

BOXING CLUB UPDATE

The new Grand Boxing Club is going just fine. We have had an average of 10 - 11 students show up each Sunday for the **"Boxing Without Bumps and Bruises"** program. This is a class teaching traditional boxing techniques as well as a great conditioning class. The instructor, Marat Kowlowski is very pleased with the turnout thus far and plans on seeing the boxing club grow.

DAY & TIME: Sundays, 10:00 - 11:30 a.m. & Tuesdays, 7:30 - 8:30 p.m.

COST: Session - \$15.00 (RFC members \$12.00)

Package – 10 sessions - \$120.00

AGE: Right now – all.



Membership

Info:

763-559-6286

info@

radissonfitness.com

Club Manager:

Barry McLaughlin

763-559-6286

info@

radissonfitness.com

Conveniently Located

At The:

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Plymouth, MN 55441

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