

WE FOCUS ON

June 2011

Advice and
info from the we
Focus on Fitness
staff...

FITNESS

“Movement is a medicine for creating change in a person’s physical, emotional, and mental states.”
- Carol Welch

STAYING ACTIVE AS THE SEASONS CHANGE

Utilizing Whole Body Integration

It is now apparent that summer is around the corner. The trademark sunny skies and New York City humidity have arrived. If you’ve graduated to taking your workouts outdoors, but lost some motivation with the routine downpours last month, don’t fret. Rainy days are no reason to skip workouts; use whole body integration (WHI) to keep you honest.

Whole body integration is a style of training where you utilize your entire body to move or stabilize rather than isolating specific muscle groups.¹ For example, movers use whole body integration as they unload the truck, lifting the dresser against gravity and shifting through gravity to transport it into the home. The premise is to keep the workout entirely functional while including movements in all three planes of motion (frontal, sagittal and transverse).

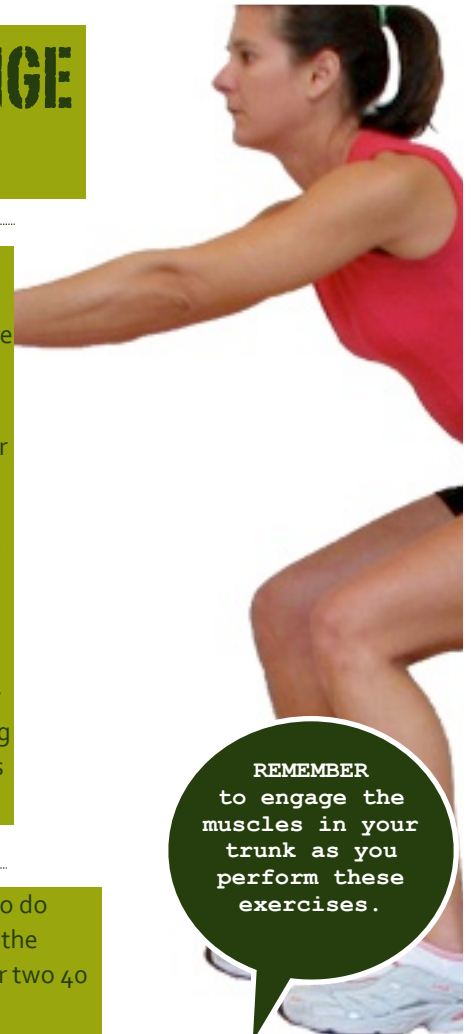
Workouts using whole body integration can be done in living rooms on rainy or extremely humid days as readily as they can be performed outdoors and in the gym. Consider adding the exercises below to incorporate the whole body integration technique into your fitness routine.

Bear Crawl Pushups: Begin in a pushup position and perform three rapid pushups. (Feel free to do modified pushups here, as well.) Once the pushups are complete, bring one arm forward and the opposite leg forward to begin your crawl. Move three paces, then repeat the cycle. Do this for two 40 second rounds.

Lateral Shuffle & Squat Press: Hold a medicine ball, or two water bottles, at shoulder height with your knees slightly bent and your chest over your knees. Balance your weight between the balls of your feet and your hips. Maintaining this position, shuffle to the right, keeping your feet parallel with each other and your toes facing forward with the weight on the balls of your feet.

Complete three shuffles, then, pause and squat down holding the weight at shoulder height. As you stand back up, press the weight up over your head. Repeat the drill for two 40 second cycles.

1. Brown, K. Using Whole Body Integrated Multi-Planar Exercises for Baseline Conditioning. *NSCA’s Performance Training Journal*. 10(1):6-7.2011.



REMEMBER
to engage the
muscles in your
trunk as you
perform these
exercises.



Have a question? Leave it question with Erum or Antoinette and Hannah, our exercise physiologist, will answer it in the next newsletter.

"CONTINUUM COMMUNE"

IN APRIL,

Hydration is the only way.

Oft times, people underestimate the importance proper hydration plays in everyday living. Sure, drinking plenty of water is good for your immune system, muscles, skin, hair, and virtually every bodily system. If you're exercising more than 30 minutes a day, especially in warmer weather, you may want to consider the following:



April 2011