



BAYLORWORX

Rehabilitation and Fitness Center

A Service of Baylor Medical Center at Waxahachie

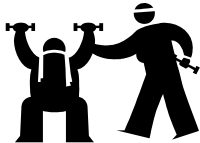
www.baylorhealth.com/baylorworx

Volume 1 Issue 2

FEBRUARY 2011

HAPPY VALENTINES

NEWSLET-



FITNESS CTR HOURS:

MON to THURS 5:30AM to 8PM
 FRIDAY 5:30AM to 6PM
 SATURDAY 8AM to 12NOON

BFF DAY
 Bring a Friend Free Days
FEBRUARY 8TH, 16, 24TH, 28TH

TRAINER TIP OF THE MONTH:

"Partial Reps"


One of the best ways to increase muscle fatigue without using more weight is to incorporate partial or incomplete repetitions into your routine.

The idea behind partial reps is that more muscle exhaustion can be achieved without overloading your connective tissue. When you add weight to increase muscle recruitment you automatically put more strain on the more injury prone connective tissue. Using partial reps reduces that strain. The use of partial reps is very straightforward and simple. The two most common methods are to use them at the end of your set of full range of motion reps, or in between them. For example, if you're performing 12 reps on the leg press you would do all 12 and then add whatever number of →

partial reps you want or can. The other option would be to do one full rep followed by two partial reps until you had completed all 12 full reps plus 24 partials.

Partial reps should be done with only about 1/3 the range of motion that you would do on your full rep. Doing these "partial reps" will greatly increase your muscle burn and motor unit recruitment, so you will need to use less weight than you would have if you were only doing full reps!

Try these baby reps, as I like to call them, out. I think you'll enjoy being able to reduce the weight you use and still feel that nice muscle burn! As always, if you have questions about this or any of the tips, please ask one of our trainers at BaylorWorx! Good Luck!



LEARN Weight Management - Our next orientation will be February 21st, 2011@ 7pm at BaylorWorx. This is a free informational seminar and everyone is welcomed. You could start the program as early February 22nd, 2011. The cost ranges from \$230 to \$380. Call 972-938-3311, ext 328 for more information.

RECIPE FOR THE MONTH **Eat your carbs early**

This month's recipe isn't a recipe so much as it is a tip. Eat the bulk of your carbohydrates (example: oats, whole grains, cereals) early in the day. Since carbs are easily converted to sugar they are the major source of energy in the body. The downside to that energy is that if we have more of it that we can burn our bodies will store it as fat. When we consume our carbs early in the day there are two major benefits; we will have the energy we need to get our day going, and we will have the maximum amount of time to burn them as fuel as opposed to storing them as fat. I know this sounds simple, but it will help you in many ways. If you can eat more of your carbs early and let your later meals become more fats (example – nuts) and protein dense (example: lean chicken, turkey, fish) your efforts to maintain an appropriate caloric intake will be rewarded.

FEBRUARY SPECIALTY CLASS – TABATA – The Tabata protocol is a high-intensity training regimen that produces remarkable results.

These 20 second intermittent exercises are fast, fun and effective. Come get results, Train with the Best!

Classes are Wednesdays at 6:30pm till 7:15pm. Trainer - Kendra



FROM the EDITOR –

Exercise is Medicine – The following is an excerpt from Fit Magazine

The U.S. Surgeon General, Regina Benjamin, MD, knows how hard it is to squeeze exercise into a busy schedule. In the year since she took office, she's been on the road three to four days a week. But still she manages

to make time to work out and she's determined to help all Americans do the same.

"Exercise is the new medicine. It will make you feel a lot better," says Dr. Benjamin, who puts on her sneakers and walks around the airport when she's between flights. "If you do 30 minutes a day, you get so