

## We Put The “Fun” In Functional Training

Los Alamitos Orthopaedic & Sports Physical Therapy provides a very dynamic and innovative fitness program. Our Train 2 Shape programs will provide you with a multi-dimensional workout that will help restore better movement, performance and whip you back into shape!

### **Pilates: Toni Westerdale, CPI**

We offer a variety of Pilates mat and equipment (reformer, trapeze table, and chair) classes and private/semi-private sessions – all lead by our Certified Pilates Instructor. Our facility offers a cozy and personal touch that allows the instructor to pay close attention to each individual. We apply our expertise to meet the needs of each individual, always taking into consideration any previous injuries. Pilates emphasizes abdominal strength, posture improvement and flexibility. For a fun, relaxed atmosphere and a workout lead by caring, knowledgeable staff, stop by and join us!

### **Fall Prevention and Senior Fitness: Gilbert Orbeso, BA, PTA, Certified Fitness Instructor**

According to the Center for Disease Prevention (CDC), more than one-third of people age 65 and older fall each year, and those who fall once are two to three times more likely to fall again. Balance and coordination diminish as we age. This leads to an increasingly high risk of falling and the consequences of these falls can lead to a reduced quality of life. You owe it to yourself to learn how you or a loved one can prevent falls. Come to our FREE Fitness Festival and learn more about fall prevention from Train 2 Shape. Bring a friend and enjoy the day! And it's Free!

## Get Ready For The First Annual Los Alamitos Health & Fitness Festival

We are proud to introduce the first annual Los Alamitos Health & Fitness Festival! What is the purpose of the Los Alamitos Health & Fitness Festival? This entertaining event will explore the many different ways you can adopt a healthy lifestyle, reduce stress and improve your overall. This event will allow local wellness and health service providers to present their wide range of services to our local community.

### **Our Health & Fitness Festival Will Feature:**

- Informative Discussions & Speakers
- Aquatic Exercise, Senior Fitness, Pilates & Personal Fitness
- Demonstrations
- Blood Drive & Health Evaluations
- Nutrition Education
- Autographs Sessions with Professional Athletes
- Raffles & Giveaways
- Entertainment
  - Kristi Jo
  - Swashbucklers Fencing Club


**We look forward to seeing you there!**

### **Are You or Your Company Interested in Participating?**

Do you have a product that is wellness and healthy life-style related? Do you work for a company that would like to showcase your services? We would like to have you join our event. For information about sponsorship packages please contact Jimmy Honda by calling (562) 431-6004 or via e-mail [j.honda@embrehab.com](mailto:j.honda@embrehab.com).

**For more information and a list of festival participants visit [train2shape.com/fitnessfestival](http://train2shape.com/fitnessfestival)**

Save The Date!



Train 2 Shape

When

August 14, 2010  
11:00 am – 4:00 pm

Where

Los Alamitos Orthopaedic  
& Sports Physical Therapy  
4226 Katella Avenue  
Los Alamitos, CA 90720



## Posture Tip Of The Day

**By Andrew R. Einborn, PT**

Proper posture will reduce stress on your neck and shoulders. Avoid looking down with your head and shoulders slumped forwards. Instead, simply tuck your chin inwards, squeeze your shoulder blades down and together and open up your chest. This tip will improve your posture and decrease neck and shoulder stress.

# Train 2 Shape

YOUR SOURCE FOR ACHIEVING YOUR FITNESS GOALS AND IMPROVING YOUR QUALITY OF LIFE. • JUL/AUG 2010



## The Why And I...

*Why can't I lose weight...?*

*Why can't I keep my weight off...?*

*Why can't I get stronger?*

*Why can't I stick with a consistent program?*

We have the answer... Lighten Up by Train 2 Shape is back by popular demand. Start preparing your body to be in the best shape of your life and start saying "I will...", "I achieved...", "I accomplished...!" Train 2 Shape is kicking off its 3<sup>rd</sup> Annual 6-Week Fitness Challenge to help you answer these questions once and for all! Train 2 Shape will guide you to the right path in reaching your fitness goals and maintaining it for good! So for those who missed out on this awesome opportunity in the past, come join us at our first ever Fitness Festival on August 14<sup>th</sup> to hear what "Lighten Up" is all about!

*Let the transformation begin!*



The Train 2 Shape Newsletter is produced by

Los Alamitos Orthopaedic & Sports Physical Therapy  
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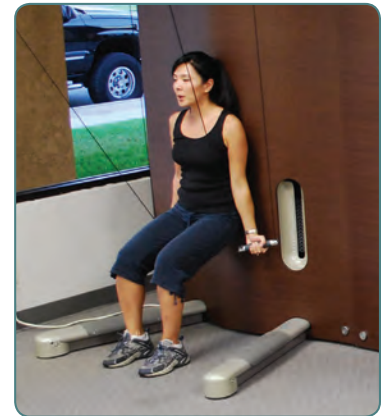
## Core Training

Everywhere you turn it's "Tone Your Core" this and "Work Your Core" that. If an exercise is not working your core, then you're wasting your time! But even with this core overload, a lot of people don't really know what or where their core is actually located. So what is it? And what does it mean to "work your core?"

Our core can be generally defined as the abdominal and spinal muscles that support the spine, helping to maintain a neutral position during movement, while also coordinating movement through the spine, hips and pelvis. It's these muscle groups that are critical for the transfer of energy from large to small body parts during many athletic exercises, day-to-day and work activities.

The definition of the core can be expanded to include almost all the muscles of the torso, which includes the hips. This muscular core acts like a corset and stabilizes, moves, resists movement, and lends support all at once.

To effectively train your core, you need to focus on working all of these muscles together in many different environments. Exercises like squats, dead lifts and lunges can be some of the best core strengthening we can add to our fitness program. At the same time, traditional abdominal crunches are not as effective as one might think.



So how should you train your core? Well, first we recommend a thorough full-body program that targets the entire body – not just the midsection. Then for the midsection specifically, we recommend along with traditional ab exercises, adding exercises that are performed while standing and require some stabilization with movement at the same time. As already mentioned, squats, dead lifts and lunges are great exercises for the core. Spending time with the fundamentals is the first step of strengthening your core. Believe it or not, one of the most important fundamentals of core strengthening is breathing. Breathing properly during core strengthening maximizes your effort safely and efficiently!

*Train 2 Shape is here to help you!  
We will help you be more physically fit and  
strengthen your core all at the same time!*

Modified from the PumpOne.com – June 2010

## Nutritional Supplements & Weight Loss

*By Dr. Jeff Rockenmacher D.C.*

Maintaining optimal body weight can be a constant struggle. Dr. Rockenmacher will be discussing this topic at the 1st Annual Los Alamitos Health & Fitness Festival on August 14<sup>th</sup>. He will provide you with the tools to begin the process to attain, and then sustain your ideal weight as you maintain optimum health.

SEE THE REVERSE SIDE FOR EVEN MORE GREAT INFORMATION AND HEALTHY LIFESTYLE TIPS!