

2012 Race on the Base Official Training Programs

It's that time of the year again: What is your New Year's Resolution for 2012? Do your fitness goals include a 5K run, 10K run or a triathlon? If the answer is yes, then, Train 2 Shape can help you!



For the 2nd year, Train 2 Shape will be working with the City of Los Alamitos to offer the official training programs for the Race on the Base 5K, 10K and the reverse triathlon. The 8-week training programs will include a complete schedule of daily workouts, weekly group strength and conditioning sessions (your choice of Tuesday, Wednesday and/or Thursday), group workouts on Saturdays, and special topic clinics and lectures. The clinics and lectures will feature experts to cover such topics as swim clinic, running shoes clinic, BRICK workouts (you'll soon know what they are!), transition and speed work.

If you have thought about participating in a 5K/10K run or triathlon, then this is the way to get started! We boast 100% success rate from last year's participants. That's right, everyone from our programs successfully completed race!

These programs will be led by:



Jim Honda, PT
5-time Ironman triathlon finisher



Will Ha
Certified Fitness Trainer



Christine Cullen, BS
Age-group winner in the 2011 Race on the Base 10K

Training for the Race on the Base Meeting Dates:

Attend one of the sessions below in December to receive specific information on running, cycling, swimming and training classes available in preparation for this exciting event.

Saturday December 10th at 9:00 a.m.
Thursday December 15th at 6:00 p.m.
Tuesday December 27th at 6:00 p.m.

Come meet our staff and your future training partners!

For more information call Jim Honda at (562)431-6004 or send him an e-mail at j.honda@embrebab.com

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The 31st Annual Los Alamitos Race on the Base will be held on Saturday, February 25, 2012. The City of Los Alamitos, the California National Guard and the Cancer Support Foundation are happy to invite you to participate in the community event.

Important Dates to Remember

Training Begins
January 2, 2012
Race on the Base
February 25, 2012



The Train 2 Shape Newsletter is produced by

Los Alamitos Orthopaedic & Sports Physical Therapy

4226 Katella Avenue • Los Alamitos, CA 90720

Editor
Stephanie Blakely
Trisha Kato

Contributing Writers
William Ha
Michael Mandas
Jimmy Honda
Andrew Einhorn
Gilbert Orbeso

Layout
E Designs Group
714-609-2316

For more information call (562) 431-6004 or visit www.train2shape.com

Will's Exercise of the Month: Standing Row

Start by standing upright holding your arms straight out in front of you. Next, pull your arms back, bending your elbows until your hands touch the sides of your ribs and squeeze your shoulder blades together and down. Hold, then slowly return to the start position.



Benefits: Whether you are in rehab or just looking to improve your strength, the standing row is a great exercise to start with. It improves upper body and core strength by working multiple muscles in one movement. It's also a great way to improve posture and relieve tension from the neck and shoulder area.

Suggestion Box

We have a suggestion box located at our front desk and we look forward to any suggestions and feedback. Comments and feedback are reviewed at our regularly schedule meetings.

How Does CLIP-Training Prevent ACL Injuries?

Cruciate Ligament Injury Prevention Training (CLIP-Training) is a new program that assesses your ACL injury risk factors and provides scientific training methods necessary to reduce your susceptibility to this dreaded injury suffered by athletes! ACL injuries occur approximately 200,000 annually, with over 100,000 reconstructed each year. This injury occurs more often in athletes who participate in high-risk sports, such as soccer, basketball, football and skiing.



No athlete wants to be sidelined with an ACL injury. Athletes and coaches commonly ask, is there anything that can be done to prevent this injury? After treating and rehabilitating over 2500 ACL surgeries, we can now state, "YES WE CAN"! Current studies on ACL prevention suggest that combined dynamic warm-ups, strengthening of "core athletic muscles", jump-landing training, in conjunction with balance and agility exercises will ultimately decrease the susceptibility of this dreaded injury.



The CLIP-Training program was developed by Andrew Einhorn, Physical Therapist & Michael Venegas, PTA. Andrew Einhorn has treated athletes for over 30 years and has rehabilitated over 2,500 ACL surgical reconstructions. In this program, the athlete starts by receiving an ACL injury risk evaluation before implementing any exercises.

Once these key areas have been identified, the athlete will receive a tailored strengthening program to help reduce any potential ACL injury.

- Designed by taking scientific principles in the advancement and prevention of knee joint injuries
- Presents a systemic and functionally based program progressing the athletes' weaknesses into functional gains while reducing the risk of injury
- Increases knee and hip strength preventing inward collapsing of knee during take off jump or landing
- Teaches optimal jumping and landing techniques
- Emphasizes soft landing strategies with bent knees lowering the center of gravity
- Conducts both open and closed chain hip, knee and trunk strengthening
- CLIP training is a comprehensive, multicomponent neuromuscular training program that improves sports movement performance



A typical ACL injury requires surgery and takes considerable time before returning back to sports. Are you doing everything possible to avoid this injury? The CLIP-Training program cost of \$200.00 is a minimal investment in an athletes future.

For further information call (562)431-6004 and ask for Andrew R. Einhorn MA, PT or Michael Venegas, PTA, NMT

Are you ready for the Holidays this year?

Los Alamitos Orthopaedic and Sports Physical Therapy would like to give you a little help to fight off those extra holiday pounds. We all know how tempting those holiday meals and treats look, but here are **10 holiday alternates** for a healthier choice to satisfying those cravings.

Holiday Coffee

Drink This...	Not That...
Starbucks Venti Peppermint Cafe Au Lait	Starbucks Venti Gingerbread Latte
210 calories & 8 g fat	400 calories & 15 g fat

New Year Cocktails

Drink This...	Not That...
Champagne	Gin and Tonic
130 calories & 5 g sugars	200 calories & 20 g sugars

Dessert

Eat This...	Not That...
Fudge Brownie	Peanut Brittle
260 calories	485 calories
Eat This...	Not That...
Chocolate Fondue	Pecan Pie
340 calories & 10 g fat	610 calories & 45 g fat

Holiday Drinks

Eat This...	Not That...
Hot Chocolate	Egg Nog
120 calories & 4 g fat	350 calories & 16 g fat

Seasonal Sweets

Eat This...	Not That...
Ginger Snaps	Fruitcake
120 calories	280 calories

Holiday Sides

Eat This...	Not That...
Herb Roasted Potatoes	Mashed Potatoes
120 calories & 5 g fat	220 calories & 12 g fat

Stocking Stuffer

Eat This...	Not That...
10 Dark Chocolate Hershey's Kisses	5 Candy Canes
260 calories	550 calories

Cocktail Food

Eat This...	Not That...
12 Large Cocktail Shrimp	1 Crab Cake
165 calories & 1 g fat	290 calories & 19 g fat

Holiday Dinner

Eat This...	Not That...
Honey-Glazed Ham	Prime Rib
320 calories & 8 g fat	750 calories & 45 g fat

Have You Heard of the Perfect 10 Bagel?

The Western Bagel Company has developed the "Perfect 10" Healthy Grain Bagel. This delicious and healthy, high-quality Kosher bagel is packed with goodness, like flax seeds, wheat bran, sesame seeds, oat flakes and millet seeds. The "Perfect 10" bagel has only 10 net carbs, 9 grams of fiber, 18 grams of protein, No Saturated Fat and 140 calories.



For more information or to find a retailer near you that stocks the "Perfect 10 Bagel", visit www.westernbagel.com.

Attention Seniors



Are you feeling unsteady on your feet? Is your endurance or stamina sluggish when you are walking? If so, you may need to "Re-Balance" the ability to move on your feet. Find out where you stand.

Call (562)431-6004 now and ask for Gilbert Orbeso, our Post Rehab Specialist, for a free balance test!

Get to Know Our Staff

We strive to provide the best exercise services, allowing individuals to achieve their goals. This is achieved through skill and knowledgeable staff at our state-of-the-art facility. Please take a moment to get to know our talented staff that is here to help you!



Stephanie Blakely
PTA, CAD

Program:
Aquatics Fitness



Ryan Kennedy
Physical Therapy Aide

Program:
Aquatics Fitness



Gilbert Orbeso
PTA, CFI

Program:
Senior Fitness
Post Rehab



Michael Venegas
PTA, NMT

Program:
Massage



William Ha
BS, CPT

Programs:
Personal Fitness
Circuit Training



Toni Westerdale
CPI

Program:
Pilates

Visit www.train2shape.com or call (562)431-6004 to learn more about staff.



Find us on Facebook: Train 2 Shape



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



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Train 2 Shape Programs & Hours

Just a reminder that we have various health and exercise programs available to meet your fitness needs. Check out the list of programs and available times below. We guarantee there is something anytime of the week that will fit into your schedule.

Senior Fitness

Tuesday & Thursday 8:00am - 5:00pm
Saturday 8:00am - 11:00am

Personal Fitness

Monday, Wednesday & Friday 8:00am - 6:30pm
Tuesday & Thursday 1:30pm - 6:00pm

Aquatic Fitness

Monday - Friday 8:00am - 5:00pm

Pilates

Tuesday & Thursday 12:30pm - 1:25pm
Wednesday 5:30pm - 6:30pm
Saturday 7:00am - 11:00am

Massage

Tuesday & Thursday 8:00am - 4:00pm
Saturday 8:00am - 11:00am

Kinesis Circuit Training

Tuesday & Thursday 6:00pm

Medical Oriented Gym Membership

Monday, Wednesday & Friday 7:30am - 9:30am & 1:30pm - 6:30pm
Tuesday & Thursday 7:30am - 12:30pm & 1:30pm - 6:30pm
Saturday 8:00am - 12:00pm

