

PHASE IV

SCIENTIFIC HEALTH & PERFORMANCE CENTER

Issue: 13

January 2010



The time to invest in your future is now! The era of get fit quick gimmicks and weight loss fads is over. Science now has the answers to achieve your health, fitness and body goals and create the lifestyle you desire!

Phase IV Scientific Health & Performance Center is dedicated to improving the health, fitness and lifestyle of people of all ages and abilities. Our philosophy and expertise is rooted in science. We utilize scientific evaluation techniques, state-of-the-science training protocols, and proven nutritional guidance to provide health and fitness solutions based on facts, not myths and fads.

Phase IV has the highest credentialed staff in fitness and health. At Phase IV, **Physical Therapists** evaluate your body from head to toe and design your personal strength and flexibility program, **Exercise Physiologists** evaluate your fitness and create precision daily workout plans and **Registered Dieticians** optimize your nutrition to achieve all your health, fitness and body goals.

Phase IV has the experience to get the results you desire. Whether your goal is to reduce health risks, drop excess body fat, compete in the marathon or triathlon, become a scratch golfer or simply play with the kids we have **over 28 years experience** helping people achieve their goals. We have worked with people of all ages and abilities but we honed our skills working with some of the world's most accomplished athletes. We apply the same principles used in the results driven arena of elite athletics to create an effective and safe individualized program of exercise and nutrition to re-engineer your body from the inside out. We **empower** you to with the knowledge to understand the mysteries of your body and achieve the healthy lifestyle you've always desired.

January Specials & Promotions

Attain The Body of Your Dreams This Year!

Save 10% on all Phase IV Sustainable Weight Loss, Fitness or Performance Programs in the month of January! (expires 1.31.10)

In This Month's Issue

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Take the guesswork out of achieving your weight loss, fitness or performance goals with our Phase IV Sustainable Weight Loss, Fitness, or Performance Programs!

Have you hit a plateau with your weight loss, fitness, or performance program? If so, it's time to jump-start your metabolism by establishing all the necessary components of an effective scientific fitness and weight management program and eliminate the frustration.

Whether your goal is to lose weight, improve your level of fitness, or take your athletic performance to the next level, having a comprehensive plan rooted in science is essential to sustainable success. At Phase IV, Exercise Physiologists work with you to re-engineer your physiology, Physical Therapists design and oversee your strength and flexibility program, and Registered Dieticians dial in your nutrition, empowering you to achieve your health, fitness, and performance goals.

This program includes a comprehensive initial assessment and customized program design followed by ongoing testing, training and instruction by an exercise physiologist who will serve as your own personal body coach.

[Learn more about the Phase IV Sustainable Programs](#)

The Phase IV Referral Program

As a way to show our appreciation and gratitude to our loyal clients and those who spread the word of scientific health and performance, we proudly announce our new **Phase IV Referral Program!**

Earn **\$25 Phase IV Dollars** for yourself when you:

- Bring a family member or friend to a lecture and they become a Phase IV client
- Refer a company for a 'lunch and learn series'
- Refer a friend to Phase IV and that family member or friend becomes a Phase IV client

- Refer a friend, family member, or business

[Refer a friend, family member or business](#)

What's Happening at Phase IV

Phase IV Scientific Lecture Series And Events

[Foods on Earth](#)

Phase IV is a proud sponsor of the following organizations and events:

[Los Angeles Tri Club](#)

[Los Angeles Running Club](#)

[National AIDS Marathon Training Program](#)

[AIDS Lifecycle](#)

[Bike MS](#)

[Team In Training](#)

[Team Challenge Crohn's & Colitis](#)

[Arthritis Foundation](#)

[Malibu Triathlon](#)

The Phase IV Scientific Lecture Series is the original and best attended lecture series for health and performance in Southern California. With a ten year history of helping people of all ages and abilities achieve their health and performance goals, our lectures are always free, always informative, and open to the public.

Heart Rate Training to Build Your Aerobic Base

Wednesday, January 20th @ 7:00 pm
At Cynergy Cycles. 2300 Santa Monica Blvd.
Presented by Aishea Maas, Phase IV Director of Science

The Scientific Secrets to Weight Loss

Tuesday, January 26th @ 7:00 pm
Presented by Aishea Maas, Phase IV Director of Science

LA Marathon Training Series:

Improve Your Running Mechanics for the LA Marathon - Part 1

Tuesday, February 2nd @ 6:30 pm
At Top to Top. 2621 Wilshire Blvd.
Presented by Robert Forster, PT

LA Marathon Training Series:

Improve Your Running Mechanics for the LA Marathon - Part 2

Wednesday, February 3rd @ 6:30 pm
At the SAMOHI Track. 4th & Pico
Presented by Robert Forster, PT

Cycling for Health and Performance

Wednesday, February 10th @ 7:00 pm
At Cynergy Cycles. 2300 Santa Monica Blvd.
Presented by Robert Forster, PT

The Science of Fat

Wednesday, February 17th @ 7:00 pm
Presented by Aishea Maas, Phase IV Director of Science

[Playa Del Rey
Triathlon](#)

[Malibu
Marathon](#)

[Real Medicine
Foundation](#)

**Phase IV
Partners:**

[Forster Physical
Therapy](#)

[NutriFit](#)

[Suunto](#)

[Top To Top](#)

[Cynergy Cycles](#)

[Triathlon Lab](#)

[Sonki Fitness](#)

[YAS](#)

**Achieve
Your Health
and Fitness**

LA Marathon Training Series:

Nutrition, Hydration & Recovery Techniques for the LA Marathon

Tuesday, February 23rd @ 6:30 pm

At Top to Top. 2631 Wilshire Blvd.

Presented by Aishea Maas, Phase IV Director of Science

To RSVP for one of our lectures or events: Email us at info@phase-iv.net or call 310.582.8212

Unless otherwise noted, lectures are held at Phase IV. 1544 20th Street. Santa Monica, CA. At 20th and Colorado. Our entrance is in the alley off Colorado, between 19th & 20th. Street parking is available on Colorado & 19th.

Do you have a health, fitness, nutrition, or performance topic you would like to learn more about?

At Phase IV, we're always looking for new, interesting and exciting topics to educate the public about. If you have an idea or come across a topic of interest to you, let us know!

[Send us a topic you would like to learn more about](#)

Phase IV joins Real Medicine for the LA Marathon

Make a difference for those in need



[The Real Medicine Foundation](#), an official charity of the LA Marathon, has joined **Phase IV** in building a dedicated team of strong hearts willing to dedicate their race to raising awareness and funds for people living without food and water in Turkana, Kenya.

Right now, hundreds of thousands of people are living without water and without food. Families are loosing parents, grandparents and siblings; friends are loosing friends. But you can help by dedicating your race to their cause.

Already with help from our friends, we have given medical treatment to 300 people and provided food and water to 5000. We have partners on the ground able to

Goals

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Your FREE
Consultati
on](#)



deliver food and water to people in need, but we need funding to make it all happen.

There is no fundraising minimum--every little bit counts. All we ask is that you create a team member fundraising page, email it out, and spread the word. In a place where people have nothing, any contribution large and small will go a long way to save lives and keep families together.

Along your races, volunteers have handed you water when you needed it to keep going. In this race, volunteer with us and hand some back. Honor the support teams who have helped you reach your goals by joining a support team that is helping to save lives.

Register us as your official charity in the LA Marathon

<http://lamarathon.com/page.php?id=15>

Join our team page and "become a fundraiser."

www.active.com/donate/realmedicine

Find out more about the Real Medicine team www.changeyourselfchangelives.org

Learn more about Turkana <http://www.realmedicinefoundation.org/initiatives/IN1-32.asp>

Real Medicine is a network of "Friends Helping Friends" around the world. Founded in 2005 with disaster relief in Sri Lanka, RMF has grown to support a broad range of humanitarian aid that now reaches 1.5 million people in 14 countries, including the US.

Ask The Experts

Have A Question About Training, Injury Prevention, Or Nutrition?

Phase IV's Staff of Physical Therapists, Exercise Physiologists, and Nutritionists look forward to answering the questions regarding a variety of training, injury prevention, or nutrition topics you may have.

Each month in this section we will post an interesting, common, and thought provoking question along with the answer from our professional clinical staff. So, if you have a question please don't hesitate to ask! We look forward to providing you with professional scientific advice!

[Ask the Experts at Phase IV](#)

Here's This Month's Q & A:

Q:

Because I am at work by 7:00 am each day, it's difficult to start my day off with a great workout. Instead, I must go after work when I am often tired after a hectic 12 hour day and often find myself having lackluster workouts or coming up with an excuse not to go to the gym. I try to eat smaller meals every three hours or so throughout the workday, but sometimes it is just impossible. Do you have any advice on how I can keep my energy level high for my evening workouts, without having to consume caffeine before hand? I need sleep too!

A:

Great question and a fairly common dilemma. Given the long hours we often spend in the office, it is often difficult to energize yourself for an evening workout after a long, stressful day. Below are some tips that will help optimize your evening workouts and get the results you are looking for.

- Plan ahead of time.** Pack your gym bag the night before so you can't use the 'didn't have time to pack my bag this morning' excuse.
- **Make exercise a priority.** Schedule your workouts into your day and change things up every four weeks to keep things interesting.
- **Prepare small nutritious snacks.** To keep your energy level consistent throughout the day and into the evening it is crucial that you eat a small meal or snack every 2-3 hours throughout the day. Doing so will help you avoid crashing in the middle of the day and keep your motivation level high.
- **Take a daily multi-vitamin.** Unfortunately you often do not get all of the vitamins and minerals you need in the food you consume throughout the day. Taking a daily multi-vitamin will help bridge the gap and energize your body.
- **Have a good breakfast.** It will ignite your metabolism and set you up for a high-energy day. Breakfast really is the most important meal of the day.
- **Drink at least 64 oz of water per day.** Dehydration leads to fatigue. Instead of grabbing a soda from the vending machine, stop by the water cooler, fill your water bottle up, and reap the benefits of hydration.
- **Get a RMR test.** Do you know how many calories your body needs per day to function at optimal levels? Unless you've had an RMR test you're playing a guessing game with your metabolism and chances are you're either overeating or under-eating and don't even realize it.

[Have Phase IV's experts help you with your training](#)

Training & Performance

The Science of Power Development For Great Performances

By Robert Forster, Physical Therapist

Power is a function of strength with the element of time added. If strength is the

ability of muscle to generate force then Power is the ability to develop force quickly. In triathlon the quicker your muscles generate force and apply it to the ground, pedals, or water the faster you will go.

Power is the most elusive of fitness elements for the endurance athlete as many athletes lack the necessary strength. Others simply over train with too frequent over distance workouts that leave them constantly "leg dead" and unable to produce truly Powerful efforts.

[Learn more about "The Science of Power Development for Great Performances"](#)

Healthy Living

Great Tips for Healthy Weight Loss

From healthandwellness.com

Losing weight seems to be a national conversation. Each year, the bestselling books list in the United States seems to contain a variety of diet, health and self-help books. In addition to the obvious improvement in external appearance, the positive physical, psychological and emotional changes associated with healthy weight loss are extremely powerful.

For lasting change with weight loss, there are some key tips for approaching weight loss that can be very helpful to your ultimate success.

Think medium. And long (-term)

If you are overweight, and whether you have gained just a few pounds or quite a few, one of the first things to remember is that it likely happened over a decent amount of time. Though it may seem that the extra 15 pounds (or 25 or 60) appeared overnight, the reality, backed by science, is that the gain was relatively slow and gradual.

Perhaps you changed jobs and had a longer commute, or sit in front of a computer or in meetings much more than you used to. Maybe an important internal or external event left a void that food sometimes replaced. Regardless, it's important to remember and to **plan realistically** for success: real, sustainable, healthy weight loss needs to also take place gradually. By setting your **expectations** and understanding in the **medium and long term**, you can pace and plan effectively for exactly what, when and how your weight loss can happen.

Be realistic. Go slow(er) rather than fast

Your specific weight loss goals should be realistic. One important factor, besides the amount of weight you want or need to lose, is what kinds of changes you can **realistically** make, and how many changes are reasonable to expect. This is

something only you can answer, but think baby steps at first.

People who lose weight more slowly, through **gradual changes** and improvements, are more likely to have long-lasting and long-term weight loss, not to mention health and psychological benefits.

Break it down. Write it down. Add it up

What kinds of situations and behaviors may have led to the excess weight? Often times, by breaking down exactly how weight gain happened, we can recognize where changes can be made that can reverse the course.

Did the new job mean that you're not getting the dog out for her morning walk? Are you eating later than you used to? Is breakfast a cup of coffee and a scone on the ride to work, with lunch usually skipped because of meetings, followed by a voracious approach to dinner? Too many trips to the fast food joint because it's right on the way?

[Read the rest of this article](#)

Your Physical Health

Treating Common Injuries and Inflictions

Each month our expert Physical Therapists at Forster Physical Therapy will outline home and clinical treatment methods for treating common injuries and inflictions. With over 30 years of experience in treating active people and athletes of all abilities, FPT's highly credentialed staff has helped thousands get back on their feet and enjoying the active, healthy lifestyle they desire.

Labral Tear

The shoulder joint is a ball and socket joint, similar to the hip; however, the socket of the shoulder joint is extremely shallow, and thus inherently unstable. This means that the bones of the shoulder are not held in place adequately, and therefore extra support is needed to help the muscles stabilize the joint.

To compensate for the shallow socket, the shoulder joint has a cuff of cartilage called a labrum that forms a cup for the end of the arm bone (humerus) to move within. The labrum circles the shallow shoulder socket (the glenoid) to make the socket deeper. This cuff of cartilage makes the shoulder joint much more stable, and allows for a very wide range of movements (in fact, the range of movements your shoulder can make far exceeds any other joint in the body). The biceps tendon attaches to the labrum.

How can a labral tear occur?

The labrum can get torn from repetitive, high force movements such as, throwing hard or a tennis serve. Having an extreme stretch of the biceps tendon with exercises like dips or full range bench press can also lead to labral damage. Falling on an out stretched arm or having a hard impact at the shoulder can also lead to a labral tear. The labrum becomes brittle with age and can become more vulnerable to fraying or tears.

What are the symptoms of a torn labrum?

Symptoms of a labral tear depend on where the tear is located, but may include:
An aching sensation in the shoulder joint,
Catching of the shoulder with movement,
Pain with weight bearing on the arms,
Pain and/or loss of range in shoulder internal rotation and reaching across the body.

What are the common types of labral tears?

SLAP Tears

A SLAP (superior labrum anterior to posterior) tear is a type of labral tear most commonly seen in overhead throwing athletes such as baseball players and tennis players. The torn labrum seen in a SLAP tear is at the top of the shoulder socket where the biceps tendon attaches to the shoulder, and when severe can be related to complete detachment of the biceps.

Bankart Lesions

A Bankart lesion is a labral tear that occurs when a shoulder dislocates. When the shoulder comes out of joint, the labrum is torn, and makes the shoulder more susceptible to future dislocations.

Posterior Labral Tears

Posterior labral tears are less common, but sometimes seen in athletes in a condition called internal impingement. In this syndrome, the rotator cuff and labrum are pinched together in the back of the shoulder.

How do I know if there is a labral tear?

A doctor or physical therapist can do movement tests to see if the labrum is irritable but the tests are not considered to be consistent. An MRI is often needed to confirm a labral tear. If a shoulder problem is not getting better a consultation with a physician who specializes in shoulders is advised.

What is the treatment for a torn labrum?

As with any shoulder injuries, initially, the movements which irritate the injury must be stopped and the inflammation controlled. At Forster Physical Therapy we will discuss the daily activities which may be irritating the condition. Icing is critical to control the inflammation in the early phase. Another priority in the early phase is to normalize the shoulder motion with safe stretches, including some to improve internal rotation. Then, a comprehensive shoulder-strengthening program should be undertaken, emphasizing the back part of the shoulder and the ability to keep the

shoulder blade in good posture. It is important to progress at a cautious rate so as to not irritate the torn labrum. As the symptoms recede and the strength returns, the mechanics of irritable motions must be addressed. For example, technique refinement with swimming, throwing, weight training, or a work task might be done with coaching or video analysis. In severe cases of labral tears the conservative treatment won't sufficiently resolve the problem and surgical intervention may need to be explored. Even if surgery needs to be done ultimately the conservative program will make the post operative-recovery faster.

Labral tears, like any injury, obviously are better if avoided. So learning proper technique with sports and strength training is very beneficial. At Phase IV we can help you to avoid injuries. And, if you do have them, at Forster Physical Therapy, we can help you treat them.

At Forster Physical Therapy we make you an active participant in your rehab and not a passive recipient of our care. We will teach you how to fix yourself with the above-mentioned approach and stay healthy for life! We make you better than you were before! Mention this article and receive a free injury evaluation!

[Schedule a Free Injury Evaluation](#)

Nutrition

In Depth: The Healthiest Foods On Earth

From Forbes.com

What is the best diet for human beings?

Vegetarian? Vegan? High-protein? Low-fat? Dairy-Free?

Hold on to your shopping carts: There is no perfect diet for human beings. At least not one that's based on how much protein, fat or carbohydrates you eat.

People have lived and thrived on high-protein, high-fat diets (the Inuit of Greenland); on low-protein, high-carb diets (the indigenous peoples of southern Africa); on diets high in raw milk and cream (the people of the Loetschental Valley in [Switzerland](#)); diets high in saturated fat (the Trobriand Islanders) and even on diets in which animal blood is considered a staple (the Massai of Kenya and Tanzania). And folks have thrived on these diets without the ravages of degenerative diseases that are so epidemic in modern life--[heart disease](#), diabetes, obesity, neurodegenerative diseases, osteoporosis and cancer.

In Depth: The Healthiest Foods On Earth

The only thing these diets have in common is that they're all based on whole foods with minimum processing. Nuts, berries, beans, raw milk, grass-fed meat. Whole, real, unprocessed food is almost always healthy, regardless of how many grams of carbs, protein or fat it contains.

All these healthy diets have in common the fact that they are absent foods with bar codes. They are also extremely low in sugar. In fact, the number of modern or ancient societies known for health and longevity that have consumed a diet high in sugar would be ... let's see ... zero.

Truth be told, what you eat probably matters less than how much processing it's undergone. Real food--whole food with minimal processing--contains a virtual pharmacy of nutrients, phytochemicals, enzymes, vitamins, minerals, antioxidants, anti-inflammatories and healthful fats, and can easily keep you alive and thriving into your 10th decade.

[Read the rest of "In Depth: The Healthiest Foods on Earth"](#)

Phase IV Scientific Health & Performance Center designs exercise and nutrition programs empowering people of all ages and abilities to reach their health and fitness goals, injury free. Regardless of your current health and fitness, we have a program to help you achieve success!

The Phase IV expert staff is available for private group clinics and lectures. If your club, team, group or business would like us to provide an educational session on health, wellness or performance training topics, please contact us.

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