Kinaesthesia

"The art of medicine consists in amusing the patient while nature cures the disease."

"Make your own recovery the first priority in your life."
Robin Norwood

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Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Over 4000 copies circulating in 48 states and 15 countries abroad.

Muscles Do Not Stretch??

Muscles Do Not Stretch
By Alex Kussoff from the Orange County Egoscue Clinic and "Health Through Motion" by Pete Egoscue.
It might feel like it, but that's not what's actually happening. A skeletal muscle is attached to a bone at both ends and always stays attached (unless something really bad happens). The overall design length remains roughly constant as it elongates and contracts.
If you bend at the waist to touch your toes and your hamstrings and butt are "stiff," it is not that the muscles are shorter than they were last week. Here's what's happening: What we regard as stretching is an important aspect of the body's fail-safe system that protects it from events that would restrict the ability to move. The muscles are telling us that they are approaching the limit of what they regard as normal motion, beyond which damage might be done.
If our movements regularly engage all of our muscles, then our body easily accommodates whatever physical demands we put on it. Conversely, if the range of motion of our muscles is restricted on a consistent basis, by sitting, driving, and loafing, the muscles adapt to this position. When the muscles are then asked to move, they are caught by surprise, and they generate resistance to the movement. They simply do not know what to make of the activity being performed. Muscles adjust to inactivity very quickly. It's a way to conserve energy. If we're at a desk for eight hours, the muscle concludes that it is there to stay. Stand up to go home and there's stiffness. Stop at the gym on the way home and there's pain. The muscles are telling us that normal motion – sitting at a desk – is being pushed beyond safe limits. The majority of this post was sourced from Health Through Motion by Pete Egoscue.
Keep Moving.
-Alex
Great article Alex.

Share the Health

Circulation is still growing with your help. Please continue sharing this newsletter with others so they can start their journey to great health just as you did.
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**Live Life – Live Well – Live Long**
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Learn to take care of your health; there is no one that can do it for you.
The only person responsible for your health is YOU.
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**Thank YOU for your continued support. Our success is because of folks like you.**
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PASS THIS NEWSLETTER ON TO A FRIEND.

Follow Up & Follow Through

Step up and take responsibility
Certainly in the last six years I haven't heard all the excuses in the book, but quite a few and most are pretty lame. *"…I work and don't have time…there aren't enough hours in the day…I'm not ready yet…I hurt my knee in grade school...my doctor says…"*
Folks the facts are that the human body is designed to move. Remember at first you can't and then you don't and then you die, it's that simple.

You have the power. It is your choice how you live or die.

Function Run
Initiate your running by pulling your knee up in front of you (NOT kicking your leg up toward your buttocks). As your foot, descends to hit the ground, your heel should hit first and you roll from your heel to the ball and then toes of the foot. Your pace should be VERY slow with your torso upright, shoulders relaxed, and abdominals relaxed and breathing (treadmill speed would be approx. 2.0 - 2.5 mph).
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Love the body you're in…it is by design

True friendship is like sound health; the value of it is seldom known until it be lost.

True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.

While we may not be able to control all that happens to us, we can control what happens inside us.

You can set yourself up to be sick, or you can choose to stay well.

Within each of us lies the power of our consent to health and sickness, to riches and poverty, to freedom and to slavery. It is we who control these, and not another.

Are you sick and tired of being sick and tired?

Then…give Health & Motion a call…start your journey to a great new life free of pain.

You are the sure winner with Health & Motion!

Healthy Decisions…

Determining Body Density by Hydrostatic Weighing
There are various ways, but hydrostatic weighing is the most accurate method of determining fat-to-body weight ratio.
· **Purpose:** the aim of underwater weighing is to measure the density of the body, and from that figure calculate percentage body fat
· **Equipment required:** Hydrostatic stainless steel weighing tank, including underwater mounted chair and scale, weighted belt and nose clip. A more simple set up may include a chair and scale suspended from a diving board over a pool or hot tub.
· **Description / procedure:** The dry weight of the subject is first determined. The subject, in minimal clothing, then sits on a specialized seat, expels all the air from their lungs, and is lowered into the tank until all body parts are emerged. The person must remain motionless underwater while the underwater weight is recorded. This procedure is repeated several times to get a dependable underwater weight measure.
· **Scoring:** Body density = Wa / (((Wa - Ww) / Dw) - (RV + 100cc)), where Wa = body weight in air (kg), Ww = body weight in water (kg), Dw = density of water, RV = residual lung volume, and 100cc is the correction for air trapped in the gastrointestinal tract. The body density (D) can be converted to percent body fat (%BF) using the Siri equation.

Health & Motion is Here for You

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