

JULY, 2009

FUNCTION FIRST FITNESS

a personal training studio



THE HIP COMPLEX & THE KNEE

KARIN YEHLING

SEND YOUR QUESTIONS TO:

karinyehling@functionfirstfitness.com

Check out answers to YOUR questions every month!

Q & A Corner

Question:

What do I eat before I exercise?

Answer:

The most important thing is always remember to eat **SOMETHING** before exercising. It has been found that exercising on an empty stomach may cause you to burn **MUSCLE**, not fat. Make sure your meal is small to medium in size and you eat about 1-1½ hours before exercising. You also want to shoot for low glycemic foods so that you are able to sustain your energy for longer. Here are some meal examples: yogurt (be careful of the sugar content) with trail mix OR 1-2 eggs with some black beans and salsa OR a small bean burrito, no cheese.

THE HIP-KNEE CONNECTION

There is a direct correlation between the hip complex and the knee. For anatomy junkies who want to know what the hip complex is, I'm talking about the muscles on the front, sides and back of the hip joint. Strong, well functioning hips generally equals good, healthy knees. The hip complex is so often overlooked and we pay a price for it with pain, arthritis and knee replacements. Here's a bit of insight as to what

happens, why it happens and what to do about it.

In order for the hip complex to be in full working order, there must be the proper amount of

mobility, stability and strength. Without one of these key ingredients, the hips don't work right and problems will arise – usually in the back or knees.

Here's a quick rundown of where things go wrong. Look at an infant for a minute: they can literally put their feet in their

It's all about mobility, stability, and strength!



mouth; no mobility issues there! Watch a toddler squat; it's perfect, even with the huge head that's attached to their shoulders. We are all, congenital deficiencies aside, born with this mobility. Strength develops rapidly and stability increases as we become more coordinated; most 2-year-olds can't balance on one leg yet. The problems arise when we begin sitting for extended amounts of time. As we sit, our muscles get tighter, our posture changes and we become weaker. As a result, that perfect mobile, stable, strong body with which we were born has just started becoming faulty. These changes will usually be delayed if we participate in sports and activities as children.

I test my clients using The Functional Movement Screen (7 Point Assessment video). I describe and demonstrate this in detail on my website at www.functionfirstfitness.com. I have tested children (8+ years) and found their movement patterns (hip mobility, stability and strength) severely compromised. This is a reliable indicator for a possible ACL tear or other serious knee problem in their near future if they are athletes. I think we can imagine what happens to them later in life when they stop playing and moving around. Many develop arthritis, chronic pain and low back issues.

All of this is due to the hip complex working improperly.

The first way to improve this situation is to (in this order) increase the mobility in and around the hips. Next, put stability on the mobility you just gained. The third thing is strengthen, strengthen, strengthen. All three of these key points are demonstrated on my website at: http://www.functionfirstfitness.com/Function_First_Fitness/Videos.html I also recommend the book Core Performance by Mark Verstegen. I really like the way he begins with the basics and works up to more difficult stretches, movements and workouts.

To those of you who think the way to strong knees is by sitting on a machine and lifting or pushing, you're working the wrong angle and the wrong side. Not to mention the possibility of causing yourself more problems in the future. Work the hips until they fully function, and don't isolate.



[CLICK HERE!](#)

To refer a friend or family member for the Function-First Fitness Newsletter. Get monthly tips, recipes, tidbits and news.

Monthly Chuckle



BANNED!

Monthly Tip

Intense resistance training, done 3 times per week, for 11 minutes each time, is enough to increase your metabolism.



Words to Live By

*"If we eat wrongly, no doctor can cure us;
If we eat rightly, no doctor is needed."*

Victor G. Rocine



New Function First Fitness Online Training Program Launching July 13th!

Do you want to work with a personal trainer but it doesn't fit into your budget? Do you have trouble scheduling a training session because of time restraints or conflicts? Do you dread the gym because of the "gym scene"? Do you enjoy working out at home but don't know what exercises to do?

If you answered "yes" to any of these questions, then online personal training is for you!

Online personal training provides individualized workouts and meal plans to help you reach your goals. All with a personal trainer!

You can work out at home, on the road or at a fitness facility with any type or amount of equipment. All of the exercises I prescribe will include videotape and written instruction. If you have any questions at all at any time, you can contact me via email.

The way this program works is I first email you a few questionnaire forms asking you about your health history, goals, body type, type of equipment you have, and how many days per week you will work out.

As soon as you return those forms, I will design a workout and meal plan specifically for you. You will be given a login name & password where you can get your weekly

workouts, provide exercise results to me and read the online magazine.

I will email you weekly to find out how you're doing on your program and explain anything that you may be confused about. You will also be updating me on your progress or changes in your workout and nutrition programs. You can do this after you receive your password and login name.

I look forward to working with you and helping you attain your health & fitness goals. This program will be available July 13th! To sign up for this program use this link [Online Personal Training](#). Should you have any questions, I can be reached at (818) 456-4395.



"Delicious alone or served on a bed of greens. Packed with protein and fiber! Good for you and tastes great, too!"

**Karin Yehling
FFF Trainer**

RECIPE OF THE MONTH

Lentil Salad

- 1 pound green or brown lentils, dry
- 1 carrot, chopped
- 2 stalks celery, chopped small
- 2 cloves garlic, minced
- 1 cup Italian dressing (olive oil & vinegar)
- ½ cup freshly squeezed lemon juice
- 1 red bell pepper
- 2 tomatoes, sliced
- ¼ cup chopped parsley
- salt & pepper to taste

In a saucepan, combine lentils, carrots, half the celery and garlic. Add enough water to cover by 1 inch. Bring to a boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but



not mushy. Drain lentils and add salt & pepper to taste. Stir in lemon juice. Toss the lentils with the vegetables and sprinkle on the dressing. Can be served warm or cold.



WWW.FUNCTIONFIRSTFITNESS.COM
PERSONAL TRAINING STUDIO



Karin Yehling
23231 Saticoy St.
West Hills, CA
818-456-4395

Coming Next Month!
Article on osteoporosis and exercise, plus more tips, and recipes!