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FUNCTION FIRST FITNESS

a personal training studio



Barefoot Training

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SEND YOUR QUESTIONS TO:

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Check out answers to YOUR questions every month!

Q & A Corner

Q: Can taking too much Vitamin D be harmful?

A: Vitamin D is a fat-soluble vitamin meaning that it can stay in fatty tissue, unlike water-soluble vitamins which flush out in urine. So, taking extreme amounts of Vitamin D, for a prolonged period of time, can cause toxicity. However, not many people, in the U.S., will ever run into this problem; the newest research has stated that 1/3 of Americans are Vitamin D deficient. To find out if you're deficient, have your doctor run a 25-Hydroxy Vitamin D blood test. Your number needs to be 50 to indicate normal levels. Here's a link to a past newsletter on the importance of Vitamin D:

http://www.functionfirstfitness.com/Function_First_Fitness/Newsletter/Entries/2011/6/1_June_2011_Newsletter.html

Words to Live By

Overcome the notion you must be regular. It robs you of the chance to be extraordinary.

author unknown-

IS IT FOR YOU?

Barefoot training has become the newest fitness craze over the past few years. Maybe you've seen people wearing five-toe neoprene-looking "shoes". This is the footwear of barefoot exercisers.

In 1960, the Olympic marathon was won by a barefoot Ethiopian athlete, Abebe Bikila. Seems pretty harsh on the tootsies, right? Well, not if you've never worn shoes in your entire life. There's another group in Northern Mexico, the Tarahumara Indians, about whom the book, *Born to Run*, was written. These fabulous natural runners also have the perfect foot

structure; the arch is strong, their soles are tough and their mechanics are impeccable. Plus, they've been running for their entire lives, barefoot.

These examples provide the basis came that we, too, should be exercising barefoot. Herein lies the problem. We've been wearing shoes for our entire lives. Our arches are weak, because they've been supported, and our feet are pretty soft. Also, our feet change shape from wearing shoes with narrow toe boxes, which tend to crunch and compress our toes together. At this rate, a recipe for disaster is for us to begin running barefoot.

The Newest
Fitness Craze!

Monthly Chuckle

[CLICK HERE!](#)

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

Monthly Tip

If you bake goodies this holiday season, try chewing gum during your most tempting moment(s); either the preparation (batter) and/or the finished product (cookies). Hopefully, this will help you control the nibbling and calorie intake a bit.



METABOLIC SYNDROME - CONT.

However, exercising barefoot can be extremely beneficial and a possible stepping stone to eventually running barefoot.

Baby steps are imperative, especially when it comes to trying new things that could potentially lead to injury. The first step to barefoot exercising is to work on balancing on one leg, reaching and walking. You'll probably find that it's more difficult to balance on one leg barefoot than it is with shoes on. Make sure you do this on various surfaces such as tile, carpet, wood, laminate, and concrete. You'll see yourself adapt and improve. The second step would be to work on squats, bent knee deadlifts and lunges with no added weight. The third step is to add weight to these exercises.

From this point, barefoot training gets more technical because you've moved into impact exercises (jumping, bounding, leaping, running). This is when I highly recommend having a foot analysis performed by a qualified therapist or movement specialist; for this, I refer people to Lenny Parracino (805)404-1066. Even if you are structurally sound, you might have a gait issue that could cause an injury. And since running is basically repeated impact forces estimated to be 2-3 times the body weight of the runner, it's best to take the safest approach.



Barefoot running and exercising has been proven to do some beneficial things: it keeps your Achilles tendon long (just the opposite of what high heels do), it cleans up running form (you're more likely to land on your forefoot, while running, rather than heel strike), it'll strengthen all the little muscles in your foot, ankle and arch which have been inactive for so long. Of course, all of this depends on having a sound foot structure; anyone with foot deformities or diabetes should NOT attempt barefoot training.

I've participated in barefoot training, and also utilized it with my clients, as a tool to overcome injury. I've also used it for prevention of everything from sprained ankles to foot injuries, Achilles injuries, knee and hip problems. Since the foot is full of sensors, I have found that healing time is faster when the entire foot has to work the way nature intended: naked. So, if you qualify for basic clearance (no deformities, neuropathy or diabetes), give it a try...but ease into it.

Function First Fitness
wishes you and your
family a warm and
healthy holiday



RECIPE OF THE MONTH



Sticky Marmalade Chicken

Ingredients:

8 chicken drumsticks (although, any part will do)
2 tbsp olive oil
3 tbsp lemon juice
2 cloves of garlic, crushed
3 tbsp marmalade

Directions:

Prepare the chicken by cutting three slashes on each, about ½ cm deep. Place the chicken in a large, sealable freezer bag, pour over the olive oil, lemon juice and garlic, season well, seal the bag and mix together so that all of the chicken gets coated in the

marinade. Place in the fridge to marinate for 3 hours or overnight. Preheat the oven to 400F. Take the chicken from the fridge and add the marmalade, mix well so that the marmalade is evenly distributed and then leave the chicken for 20 minutes to come up to room temperature. Place the drumsticks on a roasting tray and cook in the oven for 35 minutes, turning occasionally, until the chicken is golden and cooked through. (Makes 4 servings. Gluten and Lactose Free Recipe)

*“Something different
and delicious! With just
a hint of sweetness.”*

*Karin Yehling
FFF Trainer*



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PERSONAL TRAINING STUDIO



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Coming Next Month!
*“The Importance of Good Posture”
plus more tips, and recipes!*