



Full Potential
Physical Therapy

Health & Fitness
NEWSLETTER

OCTOBER 2021

THE IDEAL AEROBIC MACHINE

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THE IDEAL AEROBIC MACHINE

Sometimes I get asked what I do or use to help stay in shape and my answer sometimes surprises since it is kind of old school. First of all, I am not the epitome of inshapeness but I do have a device I try to not let too much dust collect before mounting up for a muscle recharge. Some of you may have not even heard of this antique but is called a NordicTrack. In effect, it looks like a set of cross-country skis mounted on a frame. Check out the photo.

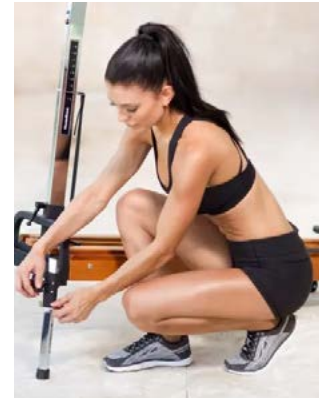


So what is my attraction to this device? As the years advance to add more mileage on this body I have come to recognize there are some devices more in line with what my body would ask for if it could talk and the NordicTrack seems to fulfill a bulk of those qualities. Here are the ones I have noticed:

1. It is non-impact, which for many people, is an appreciated quality to reduce stress on their joints.
2. It is aerobic and uses both the arms and legs to get the heart pumping. Per hour of use for a 180 lb. person shows the NordicTrack to be comparable to other aerobic forms of exercises at a moderate

pace like biking and swimming at 570 calories and beats walking at 4.0 mph at 408 calories burned. (<https://www.nutristrategy.com/caloriesburned.htm>)

3. It strengthens the body posturally. This is probably the most unique feature of this machine. Postural means it targets muscle that assists us in staying more stable and vertical, the muscle that has to oppose our powerful arm, back, and hip muscles for efficient standing/walking/running/lifting. Aerobic exercise by its nature is not postural, it concentrates effort on



our power muscles and less on the postural. As we add more decades to our bodies, the effect of overcoming gravity for years has a certain imbalancing effect on the relationship of our postural to our dynamic muscles. Often the dynamic muscles like our quads, calves, pectoral, biceps, hip flexors, and even our back muscles become more dominant and shorter while our abs, hamstrings, glutes, and scapular retractors get weaker and often longer. I am simplifying this but the basic principle is valid.

(Continued Inside)

THE IDEAL AEROBIC MACHINE

(Continued From Outside)

4. As we get older, we need an influence that can help bring the postural groups back into balance with our dynamic groups and the NordicTrack has this effect. The scapular groups get targeted with the upper body pulley system as the gluts and hamstrings get challenged by the resisted leg work. In the middle, we have the abs working to stabilize our torso against the foam pad in front as our arms and legs create force. This is unique in the aerobic exercise world.

There really is not another machine out there that provides all three and so the NordicTrack gets my vote and I would say it has proven its effectiveness in my experience with it.
5. The elliptical machine was created to provide a non-impact indoor aerobic experience but it really does not mimic the gait cycle exactly. The NordicTrack is in perfect timing with the rhythm of the body through the gait cycle independent of speed. NordicTrack's website advertises it as a device with a smooth natural motion and I think that is fairly accurate but it does take some practice to make it a smooth motion.
6. In addition, it has some digital capabilities, not like your own personal trainer coming through the internet as you ride, but heart monitoring for aerobic stress, reps/minute, calories burned. It has adjustable resistance for legs and arms and it can be elevated to give more of an uphill workout. Yes, it is pretty basic but that is another why reason I like it- it's simple. And, you can fold it up to put away if needed, try doing that with an elliptical or treadmill.
7. It does require some practice to get comfortable on the device, I think it is best to just start with the legs first and hold on to the base to get the leg/kick going then add the arms.
8. As a bonus, if you like to x-c ski outdoors, this machine keeps you in decent "cross country" shape to take advantage of the opportunity when the weather cooperates.
9. These can commonly be found online in people's basements, or at garage sales for quite cheap, I have seen them for \$50. I checked online and they still make them too. Mine has to be 25 plus years

Healthy Recipe



CILANTRO LIME CHICKEN & AVACADO SALAD

INGREDIENTS

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt

For Avocado Salsa:

- 4 avocados, diced
- 1/2 cup fresh cilantro
- 3 tbsp lime juice
- 1/2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

DIRECTIONS

Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 min, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.

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**Thanks A Bunch,
The Full Potential Staff**



Full Potential
PHYSICAL THERAPY

286 Hoover Blvd • Holland, MI 49423
Phone: 616.392.2172 | Fax: 616.392.1726
tessa@fullpotentialpt.com | fullpotentialpt.com

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IS YOUR CAR FILTERING AIR BETTER THAN YOU?

VINCENT HANNEKEN, PT

Would you drive your car without the air filter on the engine? Probably not, you can see how cleaner air is valuable to your car's performance. When you get a tune-up one of the steps is installing a new air filter to help your engine breathe properly and maybe get better mileage as well.

If we can take that analogy and shift it into a more personal question of do you breathe with your mouth or your nose? When you predominately breathe with your mouth or walk around with your mouth open the specialized functions of the nose are lost. The nose is a specialized structure to help protect the delicate linings of the lungs so the ability of the thin membranes between the blood vessels and the lungs to transfer oxygen and carbon dioxide stays efficient. Using your mouth for breathing is akin to driving your car without an air filter, and with all the pollutants and non-ideal qualities of air, the nose has a big job to do.

Filtration is one big function of the nose but let's not forget the nose does a number of other functions which all get undermined by being a mouth breather. It adds humidity to the air we breathe which is key in the winter when the air is drier especially in our homes or when living in arid climates. It warms it as well which when air has been warmed, humidified, and filtered it is in a much better state to enter the lungs and transfer into the blood stream. Without its involvement, unprepared air provides a host of negative effects with pollutants, dryness, and cold all of which causes stress to the sensitive membranes in the lung.

The subject of the nose can go deeper than just its filtration, it has some immunologic functions which help keep us healthy as well. Within our nasal canals are micro-hairs or cilia which with the mucus in the nose traps bacteria, viruses, and foreign materials and shunts them down the esophagus (eating tube) versus the trachea (breathing tube) and into the acidic stomach environment which gives the body an advantage over infection. If we are going to get sick, a common pathway is the mouth to the lung to the bloodstream. Nasal breathing can be a deterrent to infection per this mechanism, such a simple shift to obtain such a significant effect.

Lastly, breathing through the nose stimulates the production of nitric oxide which mixes with the incoming air. Nitric oxide has anti-viral and anti-bacterial properties and so can help prevent infection. It also helps lower blood pressure through its influence on vasodilation of blood vessels which can complement controlling your HBP strategies. Nitric oxide's benefits depend on nasal breathing. We miss all these valuable influences by breathing through our mouth. It is far more sophisticated than a bandana or masks around our face to help prevent infections. There is a statement I use often with patients, "Our bodies are built well, but we just use them incorrectly." And, in this case, the first step in the wrong direction is how we inhale.

There is much more to say on the subject of breathing but to just begin by appreciating what an amazing organ the nose is as a tool for air preparation is a great start. When it is used to handle inhale, we are far more likely to promote other health benefits related to breathing. Listed below are the key benefits of nasal breathing.

The opposite of nasal breathing is mouth breathing; it has numerous deleterious influences when used chronically as a way to breathe. It literally undermines our health as a persistent ongoing influence. Mouth breathing encourages you to not use your diaphragm (main inhale muscle) and so, promotes the use of the accessory breathing muscles as primary inhale muscles. This not only negatively affects the sensitive lung tissues for the worst but influences our posture for the worst as well.

Full Potential can help you deal with the consequences of poor posture on the vulnerable areas of the neck, back, and shoulders. We can educate you on correct respiration and how to take advantage of simple changes in your habits to encourage better posture of which how we breathe plays a vital role.

The air filter on the front of our faces is far more sophisticated than our cars, we just have to remember to use it.

Keep it closed and use the nose.

Vincent Hanneken, PT.

Come back to physical therapy! Call us at 616-392-2172 to book your appointment today!

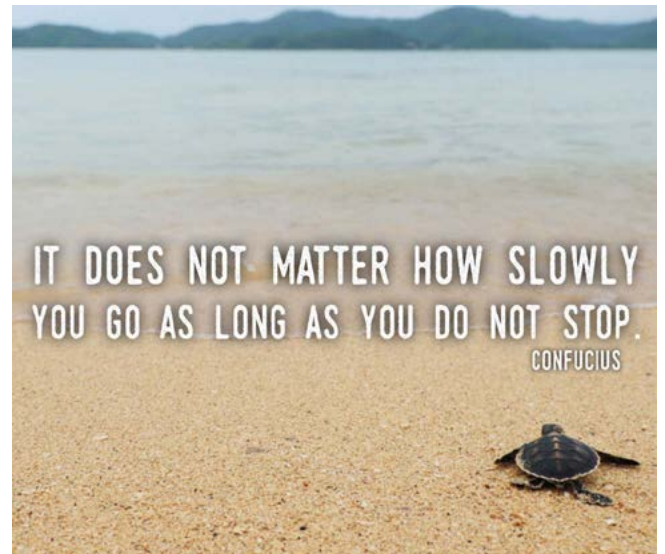
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old and it still works like new.

10. Like anything related to exercise, you have to like it to be consistent with it which is where your gains will occur. If you do not like the exercise then it becomes more of a struggle. The NordicTrack can complement your other dynamic exercise such as walking, running, biking, etc. to help keep your musculoskeletal system balanced as the years add up.
11. Muscle balance between the postural and dynamic groups is a key quality to be maintained as we get older and it does not just happen naturally, we need to target those postural groups with exercise. The NordicTrack is a great machine to help reinforce this change but you may need to have an assessment to see exactly what is out of balance. If you are dealing with chronic pain in your body, a thorough exam to determine the status of this balance can provide some valuable insights to your problem's resolution.
12. Our muscle system is what steers the joints and has a huge role in the one quality nearly everyone wants to maintain as they get older – performance. We want our bodies to continue to perform through time so we can continue to enjoy our life. Full Potential's purpose is to help your body continue to perform and be able to meet your expectations as time tries to slow you down.

We are here to help,
The Full Potential Staff

QUOTE OF THE MONTH



PATIENT SUCCESS STORY



Since coming to physical therapy, I have a greater awareness of my strengths, and the concerns I should have for my lower back. I am able to do everything I did previous to the injury. The staff is organized. My PT does an amazing job pinpointing the problem and working with me to bring amazing relief in a relatively short time. They also worked with me when scheduling conflicts came up to ensure I got the care I needed. Check-in time was short and efficient as well!

Deborah R.