

Fitting News

Motivating Songs for January



“Back to Life”
By Soul II Soul

“Fields of Gold”
By Sting

“Just Once”
By James Ingram

Is There a Right Way to Breathe When Lifting Weights?

Is there a right way to breathe when lifting weights? YES! Breathing when doing resistance training (weight lifting) is about timing. You should inhale for two seconds when initiating the movement and exhale SLOWLY during the exertion phase. Inhale again before repeating the action. The action stabilizes your core muscles and increases oxygen into your bloodstream. Of course, if your routine calls for quick movements, do not breathe quickly as this may cause hyperventilation.

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Can Stretching Prevent Injury When You Work Out?

I was suffering from hamstring pain (self-diagnosed) which I then confirmed by visiting my physical therapist at Kaiser. After my assessment, which ruled out anything more serious, he gave me a series of stretches to do at home. I had to work up to holding the stretch on my leg for four minutes. At first, I thought I heard him wrong, but he was certain this would help and it did.



Dr. Hertel, a professor of Sports Medicine at the University of Virginia, explains there is an upside of a full range-of-motion and why sometimes feeling good is enough reason to get those shoulders, hamstrings and other areas moving. “Stretching is really moving a joint to lengthen the muscle.”

There is empirical evidence that stretching helps. Full research has not yet concluded it does, but in my opinion, I am living proof it works! From a performance standpoint, greater range of motion always helps us become more flexible - at any age. When I used to go to yoga, in addition to an improved range-of-motion, I also noticed a change for the better in my flexibility.

[Click here to read the remainder of this blog.](#)



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