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N Shape News



Treadmills vs. Elliptical Trainers

Information from About.com

Treadmills and elliptical trainers are two of the most popular pieces of cardio equipment and are great for getting an aerobic workout. Treadmills are wider known and have been around much longer; whereas the elliptical is newer to the scene. Lets compare the two so you can decide which is better for you.

With the elliptical, there is no impact on the ground, so the joints in your lower body are free from abuse. The treadmill is better for your knees than running on cement, but there is still a significant amount of impact on your joints. Studies have shown that you can burn around the same amount of calories

on an elliptical as you can a treadmill but with the impression of less effort. Therefore, elliptical trainers have been the cardio machine of choice for elderly exercisers and physical therapists who are helping their clients recover.

Treadmills provide a better training experience than the elliptical trainer. If you want to train indoors for a marathon or 10k, you are better off using the treadmill. But if you are looking for a total body cardiovascular workout with maximum efficiency, you should look to the elliptical. Most have dual action han-

dle bars for a great upper body workout while the foot pedals focus on your lower body.

The treadmill has the ability to adjust the incline and intensity of the workout which are big pluses. The elliptical can also vary the intensity and has a few more features of its own. The dual action handle bars gives the option of an upper body, or can only focus on lower body. You can pedal forward or in reverse on the elliptical. The forward motion is like cross country skiing, but the reverse pedaling targets your lower body in a completely new way.

Its doubtful that elliptical trainers will overthrow treadmills, but they will give them a good "run" for their money!



Gift certificates make great presents that keep on giving long after the holiday season! Pick one up today for your loved one. They are available for 1 month, 3 months, and 1 year memberships.

Be N Shape for the holiday season

Want to look good for that holiday party or family gathering? The holiday season is just around the corner and can be filled with weeks and weeks of non-stop pigging out. Don't hide your extra pounds under the big coats and sweaters. Start exercising and eating right now, so that you can control yourself this season.

Contact one of our trainers

and let them help you with an exercise routine that is right for you. Whitney Gregory or Samose Mays can help you get started today. Our in-house nutritionist, Candace Strick-



land, will help you stay away from the gravy and start you on a daily eating regimen. Call 489-7115 to make an appointment with one of our trainers or the nutritionist.

This year, shed the pounds instead of eating them. Think of how amazing you can look and feel in your party clothes!

Commit To Be Fit

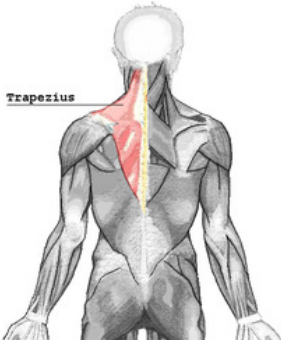
12 week weight-loss challenge

At N shape Fitness Center



Starts January 11, 2010

Grand Prize: FREE year membership

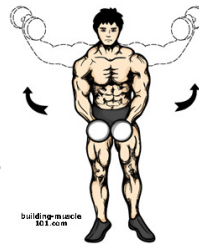


Trapezius Muscle

The trapezius (aka "Traps") is a large muscle that runs from your occipital bone in your head all the

way down your back to the lower thoracic vertebrae and across your shoulder blade. This muscle is used to support the weight of your upper limbs, shrug, or lift up your shoulders, draw shoulder blades inward, and pulling the shoulder blades down. The two trapezius muscles shape a trapezoid or diamond. (Wikipedia)

To perform a lateral raise, stand up straight with feet shoulder width apart. Hold dumbbells at your side, palms facing your body. Lift your arms up to the side until they are parallel with the floor, keeping elbows slightly bent, then slowly lower to starting position.

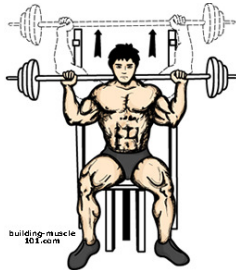
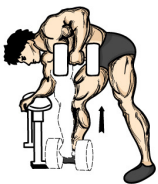


moving your arms, raise your shoulders towards your ears, and briefly hold before releasing to the starting position. Do not lean forward during this exercise, or you may cause injury to your neck.



In a shoulder shrug, use dumbbells keeping your arms straight by your side, with palms facing your body. Without

Other exercises for your traps include: One arm row, over the head press, bent over lateral raise, lat pull down, single side cable lateral, reverse fly, and upright row.



Don't forget to stretch!

1. Sitting in a chair, tuck your chin into your chest without slouching. Then turn your head slightly to the right until you feel a stretch. Hold this position about 15 seconds, then repeat on left side.
2. Start with your head in neutral position, and right arm placed behind your back. Grasp the right hand with your left hand and pull it more to the left side. Then, tilt your head to the left until your left ear is in line with your left shoulder. Slowly lower your chin until you can feel a stretch on the right side of your neck and hold it for 10 to 15 seconds. Relax and bring head back to neutral position. Repeat for the opposite side.

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We're on the web!

www.nshapefitnesscenter.com

Resources:

Treadmills vs. Elliptical Trainers <http://exercise.about.com/cs/exercisegear/a/treadelliptical.htm>

Wikipedia—the free encyclopedia http://en.wikipedia.org/wiki/Trapezius_muscle