CHEK the PULSE

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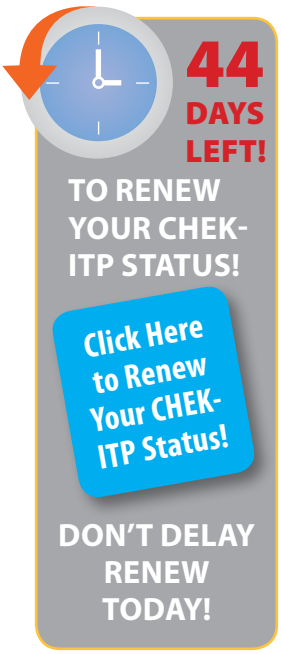

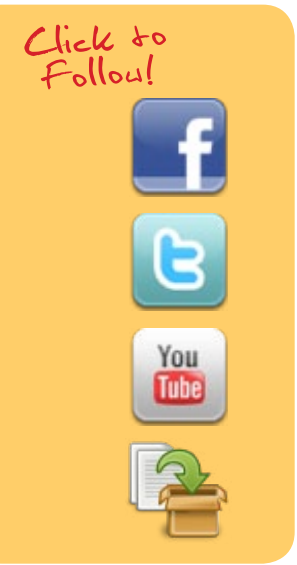

Around the Institute

THE NEW 2013 SCHEDULE IS NOW AVAILABLE! If you were waiting for next year's Advanced Training Program schedule to get published; you won't have to wait any longer! We recently released the 2013 schedule on our website. You can download the PDF by following this link: http://bit.ly/TncLgV
Plus you can now register for all US and Canadian online! http://www.chekinstitute.com/register

CONGRATULATIONS TO TERRENCE THOMAS on being accepted as our newest member of Team CHEK. Terrence is a C.H.E.K Practitioner Level 4, a Holistic Lifestyle Coach Level 3 and a Golf Performance Specialist out of Davie, Florida. He'll be presenting at ECA Thrive in Fort Lauderdale, Florida this November.

DAVID GERMEAU, HLC 2 announced that he'll be speaking at the 3rd International Congress on Quantum Therapies in France on November 17th where he will introduce the concept of Paul's 4 Doctors with specific regard to Dr. Movement. You can find out more information by visiting this link (PDF in French): http://bit.ly/icqt3

The Science of Exercise Selection

By Paul Chek

Today, selecting the best exercise options for your clients is challenging, even for the most skilled exercise and rehabilitation professionals. Optimal exercise selection is not made any easier with the influx of new exercise technologies either. Choosing the best exercise today is like being hungry at a restaurant with an extensive menu; the options are many, but you may find yourself starving from paralysis by analysis!

In the CHEK system, we teach seven principles that allow C.H.E.K Practitioners to optimally select exercises for their clients. To make this article less academic and more practical, I will describe these principles using a short case history.

Featured Exercise

Hip and Pelvis Integrator

Equipment Needed

None

This is a very valuable exercise for the athlete because it not only loosens the spine, it mobilizes the pelvic girdle and the sacroiliac joints.

How to Perform the Exercise

- Lie on you back with your left arm at your side and bend your left knee.
- Gently press your left foot into the ground – just enough to overcome the resistance of gravity against your pelvis – barely lifting your left buttock off the floor.
- Relax the pressure off your left foot and repeat 10-20 times, progressively rolling your pelvis forward and lifting a little more of your spine off the ground with each repetition.
- With each repetition, allow your hips to open up. As you progress through each set, your chest will also begin opening up. Be very careful to relax and use minimal energy.
- After 10-20 repetitions, your body will be rotating with ease.
- Repeat on your opposite side, performing as many repetitions as needed to loosen your spine and pelvis.

Taken from the Golf Fitness Card Set

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Sally, a mother of three young children, is a surgical nurse. She has hired you as her personal trainer after hearing your name mentioned by some of your other satisfied clients. In her first session with you, she tells you that her goals are to reduce body fat and alleviate the chronic back pain that has persisted since the birth of her third child.

Principle 1 – If You're Not Assessing, You're Guessing!

Sally, like all human beings, is a complex system of systems – a cybernetic organism. She is now 35 years of age and like any human being today, she has a past medical and past exercise (or non-exercise) history to be considered. Current medical status and exercise / activity levels must also be investigated. Most of the exercises commonly prescribed by exercise and healthcare professionals have a catabolic (tissue-destructive) effect on the body. Therefore, before selecting any exercises for Sally, we must determine her capacity for an anabolic (tissue-building) rebound. We must not make the all-too-common mistake of thinking that the musculo-skeletal system is an isolated system. In actual fact the musculo-skeletal system works in conjunction with all the other systems of the body. Stressors on these different systems summate in the human body, giving what C.H.E.K Practitioners call Total Physiological Load. This can be assessed using some simple questionnaires, as I show in my book *How to Eat, Move and Be Healthy!* (Ref. 1). We can assess the level of Sally's stressors in all systems as they present in the four major categories:

1. Physical
2. Emotional
3. Mental
4. Spiritual

Once we have evaluated Sally's Total Physiological Load, we are in a much better position to determine her capacity to handle catabolic exercise stressors. Sally has already given us another key piece of information – her goals for her exercise program. With the results of our assessment and a clear understanding of her goals, we are now in a position to begin selecting her exercises, using Principle #2.

Principle 2 – Target Biomotor Weaknesses First

BIO- (life) MOTOR (movement) abilities are movement abilities that underlie all functional motor tasks. As described by Tutor Bompa (Ref. 2), relevant biomotor abilities are:

- Strength
- Endurance
- Power
- Flexibility
- Agility
- Coordination
- Balance

While each biomotor ability can be tested individually, this is beyond the scope of this article. We will assume our assessment of Sally's biomotor abilities showed that she needs increased muscle mass and improved strength-endurance in her extensors and postural muscles. Since her low back pain is linked to multiple child-bearing, we will include exercises to restore inner unit (torso stabilization muscles) coordination and strength-endurance. (For a more detailed analysis of the inner unit, I recommend my correspondence course *Scientific Core Conditioning.* Ref. #3))

Having identified Sally's biomotor weaknesses, we can use exercise selection Principle #3.

Principle 3 – Always Begin with the Most Complex Exercise Option

This principle of exercise selection is one of the most important for exercise and healthcare professionals to master. Proper use of this principle has a massive influence on the rate at which a client achieves his or her goals. This in term influences both client retention and word-of-mouth marketing.

Today, due to an overbearing influence from both the bodybuilding and machine manufacturing industries, both trainers and physical therapists opt for machine-based, floor-based and/or isolation exercises when most clients can comfortably handle exercises that are both more functional and biomotor rich. In most instances where functional tasks are involved (meaning the client is unsupported and self-balanced), we will reap the greatest reward in the shortest period of time through the use of movement patterns that I call Primal Pattern® Movements (Ref. 4). Primal Pattern® Movements are those movements or patterns of movements that had to be performed efficiently in order to survive in our native (primal)

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developmental environment. The seven Primal Patterns are:

1. Gait (walk, jog, run)
2. Squatting
3. Lunging
4. Bending
5. Pushing
6. Pulling
7. Twisting

To reduce the complexity of the choice process, we can correlate which movement patterns are most essential to the needs of the client. In Sally's case, she must improve her functional strength when bending over the operating table. Bending and lifting are also essential to a nurse's ability to transfer patients from one bed or gurney to the next. For Sally, a free-standing Bent Over Row would be the natural choice. This exercise serves her in several ways:

a) The exercise conditions her in the exact pattern in which she needs improved strength-endurance, allowing optimal transfer to her work environment.
b) The exercise easily lends itself to acute exercise variable manipulation, so that both strength and endurance are achieved. (For more details on acute exercise variables please see my correspondence course *Program Design* Ref. 5).
c) Cuing of the inner unit is easily done during this exercise, thereby increasing the likelihood that we can integrate functional inner unit conditioning into Sally's preferred Primal Pattern – the Bend.

We need to be aware of possible reactions in Sally's body from the Bent Over Row exercise, given that she has low back pain, and should have alternative exercise options available. Additionally, we must not forget that her other goal was to reduce body fat. This takes us to Principle #4.

Principle 4 – Use Big Bang Exercises

Whenever possible, use Big Bang exercises. These are exercises that perform multiple tasks in one exercise. A Big Bang exercise will:

- Load the body in multiple planes of movement.
- Produce results in multiple biomotor abilities.
- Generally provide the greatest potential outcome for the time invested.

Principle #4 can be successfully applied to Sally in the following ways:

If she has discomfort with the Bent Over Row and we are unable to load her adequately to get the response we desire, we can choose a different Big Bang exercise. In Sally's case I would opt for the Supine Lateral Ball Roll. This exercise can not only be manipulated through the use of acute exercise variable, so that Sally develops strength-endurance in the correct muscles for the demands of her job, it also serves as an effective inner unit – outer unit integration exercise. The exercise is performed in a supine position, so it is non-compressive. It also uses a Swiss ball, so strength-endurance is improved in all planes (sagittal, frontal and transverse planes) and several biomotor abilities are targeted – strength, endurance, coordination, balance and agility. This are the hall marks of a Big Bang exercise!

If Sally has no problem performing the Bent Over Row exercise with adequate loading and the appropriate tempo to get the strength-endurance

Webinars & Coaching Calls

UPCOMING!

MONTHLY WEBINARS:

Are You Getting To Bed On Time?
Tuesday, November 13, 2012

Primal Pattern® Movements
Wednesday, December 12, 2012

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Nov 7th
w/ CHEK Faculty Robert Yang

For Holistic Lifestyle Coaches
Dec 13th
w/ Paul Chek

These special Q&A Coaching calls with CHEK Faculty are only for C.H.E.K Institute-Trained Professionals with current status. CHEK ITPs will receive email instructions on how to register for each coaching call. If you have a particular question to be addressed by a faculty member, please send them to questions@chekinstitute.com.

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Holistic Living

CHEK Points on Processed Foods

- **If you can't pronounce a word on the label, don't eat it!** Chances are very good it is a chemical that your liver will have to work to detoxify.
- **If it's a non-food, don't eat it!** The more non-foods you eat, the more likely your body is to go bankrupt!
- **The longer it lasts on the shelf, the worse it is for you!** Unlike the natural foods that nature provides us with, many of the processed foods you eat today are so full of chemicals you can leave them sitting on the kitchen counter for days and the ants won't even touch them! The bugs are smarter than we are!
- **Never eat anything with "hydrogenated" or "partially hydrogenated oils/fats" in it!** These are cooked fats that have been altered in a way that make them very hard to digest, as well as being damaging to the body.
- **Never eat any food product that has been "enriched"!** The only reason food manufacturers "enrich" foods is because they have completely killed and stripped them in processing, leaving the foods so void of nutrition that they must add things back to them.
- **Currently, almost ALL processed foods contain genetically modified organisms!** Eating any genetically modified food is a risk that you may want to seriously consider if you value your health.

Taken from *You Are What You Eat*
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response we need, we can enhance this as a Big Bang exercise by:

- Using pull patterns on a cable cross machine set in the low pulley position
- Using an alternating arm action
- Using a single arm action (complete all reps on one side, then switch to the other arm)

Note that such modifications would increase the biomotor richness of the exercise, which would in turn activate more muscles to stabilize the body and move the load. More muscles equate to a greater caloric demand and so such modifications improve the fat-burning potential of an exercise!

Principle 5 – Isolate, Then Integrate

Based on Sally's history, it is likely that she will need both specific coordination and strengthening exercises, such as integrating the inner unit with Primal Pattern movements, as well as more general exercises. Here is where Principle #5 comes in. Orthopedic testing to identify a given muscle weakness directly, or indirectly related to our client's condition allows us to effectively apply the "Isolate, then Integrate" principle.

In Sally's case, core assessments (as described in my correspondence course Scientific Core Conditioning Ref. 3) will isolate any inner unit weaknesses. Let us assume that we find she needs improved sacroiliac joint stability. We may decide to use exercises such as the Belt Squat. In deciding where to place this exercise in the overall program, we must consider Sally's ability to perform the exercise. If she can do an exercise with greater complexity or greater load that also demands performance of the local and regional stabilizers of the pelvic/sacro-iliac joint complex, the Belt Squat will come after such exercises. If her back or pelvic girdle cannot take any load greater than offered by the Belt Squat, and we decided that this was the most important exercise for her at this time, the Belt Squat would be highest in the exercise order. As she heals and improves, we will progress as able from isolation-type exercises to more integrative exercises.

Principle 6 – Use Correct Application of Open vs. Closed Chain Loading

In her job as a nurse, Sally has to pick up and move patients, so applying force in an open chain with her upper body – she is overcoming the resistance and moving it. Her lower body applies force to the floor, which doesn't move therefore the chain is closed for the lower extremity. In our selection of exercises above, we have already complied with this principle i.e. the Bent Over Row is open chain for the upper body and closed chain for the lower body. However it would be easy to go astray here, by trying to make the exercise more "functional" or "fun" in some people's eyes. If Sally were to perform the Bent Over Row on any type of wobble or rocker board, she would now open the chain for the lower extremity during force development. Such a modification would make balance the primary biomotor ability to be trained – an ability that was not one of Sally's weaknesses. This would also limit the capacity for loading her body and so inhibit the development of strength – endurance.

Principle 7 – Use Correct Reflex Pathways

While the topic of reflexes can become very complex, I generally break exercises into two classes:

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1. Those that activate Righting Reflexes – any exercise performed on a stable surface
2. Those that activate the Tilting class of Equilibrium Reflexes – any exercise performed on a surface that moves out from underneath you.

In Sally's case, the choice of a Bent Over Row fits this principle because we are primarily concerned with her ability to lean over an operating table or bed. In this work scenario the floor is fixed and therefore the environment of the exercise application is righting reflex-dominant. Should we have Sally performing a Supine Lateral Ball Roll, we are still working with this principle because of the nature by which the force is applied during the exercise. In the Supine Lateral Ball Roll Sally applies force while holding a bracing position on top of the ball. While her balance and other biomotor abilities are challenged to some extent, the application of force is through the fixed floor with her feet (a righting reflex), and through one arm and shoulder complex into the more mobile ball (relatively open chain). If force were applied when the ball was moving, or if the application of force induced a significant challenge to her balance, the equilibrium class of reflexes would limit performance.

Conclusion

While there are a myriad of exercise options in an example such as this, the key thing to do is to prioritize our choices based first on the needs of the client and second on the wants of the client. To do otherwise would be to risk the safety of the client. In Sally's case, her desire for body fat reduction is high, but we need to address the more pressing concern of back pain and its accompanying weaknesses and imbalances. As she progresses, we can increase the number of exercises performed and thus her total volume per week. This will allow the achievement of her fat burning goals. By using the seven principles described here to select exercises for Sally, her personal trainer will help her to get optimal results and therefore achieve all her goals!

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CHEK Spotlight

NSW, Australia

Chris Jones
+61 406 763 150
info@glowfitness.com.au
www.glowfitness.com.au

ptEnhance

CHEK Qualifications

CHEK Practitioner - Level 2
CHEK Holistic Lifestyle Coach - Level 2

Specialties

- Back Care
- Core Conditioning
- Corrective Exercise
- Functional Fitness
- Holistic Lifestyle Coaching
- Metabolic Typing
- Nutrition
- Postural Correction
- Sports Performance - Surfing
- Sports Performance - Triathlon

Biography

Chris has found his true purpose in learning, living and teaching holistic health practices. As owner of Glow Fitness, Chris brings the C.H.E.K message to Sydney's Northern Beaches with a combination of holistic lifestyle and exercise coaching. Chris specializes in results through lifestyle changes and functional exercise prescription. As a triathlete, and trainer of professional surfers, Chris also offers CHEK-based sports specific training.

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Exercise is like a drug; given in the right quantities at the right time, it can help a person. In the wrong quantities at the wrong time it can hurt the same person. A key skill for any fitness professional is being able to design individualized exercise programs that will lead to optimal performance for all types of clients; this correspondence course is designed to teach you to do just that! You will learn how to combine and manipulate acute exercise variables; not just reps and sets, but also loads, tempo and rest periods. Periodization concepts are covered and case histories are used as illustrations, bringing real-life examples to help you understand these critical factors. Move far beyond the "one-program-fits-all" approach and develop an in-depth understanding of how to use the science of selecting acute exercise variables to create effective programs for all your clients.

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Winning the Foot Race

By Paul Chek

A good looking pair of feet not only enhances one's physical beauty, they are often an indication of good function, much like good posture. The inverse of course is unattractive feet. Poorly functioning feet are not only unpleasant to look at, they often smell and frequently hurt. More importantly, they are frequently associated with such problems as knee, hip, back and neck pain. Even headaches can come from feet that don't function well.

Foot trouble is nothing new. A course manual written back in 1932 by world-famous foot specialist Dr. Scholl indicated that seven out of every ten people had painful feet, citing shoes as a major source of the problem. A brief review of medical statistics from any branch of the military, in virtually any country, indicates that for as long as soldiers have been lacing their boots they have had foot troubles.

With so many people suffering from problems with their feet, you might wonder whether the foot was one of evolution's few architectural "boo boos." I don't think so. The foot is a complex, beautifully designed shock absorbing system. Any traveler to a third world country will tell you that bare feet are completely normal. Items such as foot pads, powders and insoles are completely foreign in third world countries.

The problem arises when this carefully crafted foot is strapped into a shoe! Shoes crowd the toes, disrupting joint function and alignment. This commonly results in overlapping toes and bunions. Shoes are seldom wide enough to allow the necessary freedom of movement to the tarsal bones and metatarsal bones to allow the foot to function as both a shock absorber and platform from which the legs generate the force needed to walk, run and jump. When shoes are narrow or laced too tightly the metatarsal bones are jammed together, often pinching the nerves that run between the bones; the result is frequently a neuroma, which is painful to say the least.

Fashion aside, shoes crowd the toes, disrupting joint function and alignment.

How to Make Your Feet Happy!

The best thing you can do for your feet is to wear shoes as little as you can. Whenever you can wear sandals or get your toes in the dirt, don't pass it up. The little bones of your feet love the chance to move, which helps keep the joints properly lubricated. When you use your feet to run and play your toes

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grasp the grass and move independently through the sand, keeping the small intrinsic muscles strong. This prevents Hammer Toe, a condition resulting from imbalance in the foot muscles and being boxed into tight shoes.

Whenever you are sitting down, at the dinner table for example, practice spreading your toes as wide as you can and holding them open for five seconds at a time. This will keep the toes from overlapping each other due to intrinsic muscle weakness. Place a bowl of marbles by the toilet. Each time you sit on the toilet, dump the marbles on the floor and fill the bowl one time with each foot. You may be shocked to find that your feet are so stiff and uncoordinated from wearing shoes that you can hardly pick up a single marble. I assure you, your feet were smart as a child. You need only go to Fiji and see grown women weaving baskets with their feet and hands at the same time to realize picking up marbles is "child's play" in comparison to what the foot can really do. In fact, there are people that have painted masterpieces and written books with just their feet!

If you have to wear shoes or sandals, make sure they fit properly, allowing adequate space for your feet to move. When you lace your shoes, never pull the laces tight over the top of your foot, only snug the top laces. If you over-tighten your laces you immobilize the foot and joints, making a lazy and stupid foot.

The company Vibram makes an excellent line of shoes called Fivefingers that closely mimics barefoot walking, yet provides your feet with the added protection of a shoe. Many of our C.H.E.K Institute-Trained Professionals and their clients have had excellent results wearing these shoes. Their website is www.vibramfivefingers.com. Another good option are Birkenstocks, especially for people who are unable to wear Fivefingers for a prolonged length of time, such as those with Morton's foot or who require more structural support as they work on strengthening their feet.

In summary, minimize the use of shoes to only when you must wear them. Don't lace them too tightly and buy shoes that have room for your feet to move. Spread your toes repeatedly every night at dinner and keep marbles by the toilet so you can keep your feet smart and beautiful. Finally, don't wait till your feet are ugly, painful and expensive to do something that can improve beauty, function and leave you with more energy at the end of the day!

Here is me working out in my vibrams!

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**These are the names of recently-graduated CITPs who have successfully completed their Advanced Training Program and passed their examination. Due to the constraints of newsletter publishing deadlines, we cannot guarantee that everyone will be included in the most recent issue, but don't worry; we'll get you in the next one.*

Upcoming Birthdays!

Got a birthday coming up?
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Download Your November Desktop Wallpaper

Here's a **FREE** downloadable gift for you this month. I've put together a desktop wallpaper calendar for you that's themed with one of Paul Chek's foundation principles.

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CHEK Photo Album

EC STUDENTS, SAN DIEGO, CA WITH JANET ALEXANDER

CP1 STUDENTS, SAN DIEGO, CA WITH JANET ALEXANDER & ROBERT YANG

HAPPY HALLOWEEN!

Got some interesting photos to share? Send them over to **editor@chekinstitute.com**

PUBLISHER
C.H.E.K Institute, LLC.
Phone: +1-760-477-2620
Fax: +1-760-477-2630
2105 Industrial Court,
Vista, CA. 92081, USA
www.chekinstitute.com

EDITOR
Tristan J. Loo
Email: editor@chekinstitute.com
Phone: 760-477-2620

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