

Health Hints, Fun Facts and Quick Tips

The Monthly Newsletter Designed To Brighten Your Day,
Enhance Your Body and Enliven Your Spirit

What's New?

By Chris Vercelli MATcms. RTS. CPT

Greetings my friend! I hope you've had a great month and your year is off to an awesome start! Our month was primarily focused on the transition into our new home and we are slowly but surely getting ourselves acclimated to the new location and the new space. Since our new home is almost 50% bigger than our last one we've had to find some things to fill up the space. Since my wife loves the Do-It-Yourself stuff from IKEA, that's mostly what we got. After putting together a bed, two nightstands, an entertainment center, a dining table and a desk, we are starting to see the light at the end of the tunnel. Sadly, I had to miss a few NFL playoff games to get it all done, but I guess that's the price you pay to make a house a home. Since the traffic is very mild in our neighborhood, it's a good place to practice rollerblading, which I am finally learning how to do. As of this writing I have not fallen once. Hopefully it will stay that way. Early in the month I was asked to be the keynote speaker at a health and wellness event at Sarasota's Bath and Racquet Club, where I spoke about "5 Ways to Improve Your Muscle Function." It went over very well. I sold some books, made some great contacts, picked up a few clients and I got the best compliment from one of the attendees when she said, "Thank you so much, I feel so much smarter now." Gotta love it! Another cool piece of news is that I have just begun working with my very first professional athlete. Neil Walker is the starting second baseman for the Pittsburgh Pirates and he will be working with me for the duration of his spring training. There's already talk about it possibly turning into a bigger opportunity to work with more of the team. More on that as it develops. Check out page 4 for the other piece of work news, and to meet the newest member of the team. I hope you have a great "love" month of February! And remember, God loves you more than anyone!

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Delivering my seminar



Learning to rollerblade...finally



My newest client, Neil Walker

February Goofs



A Warm Welcome to My Newest Clients

Bonita Gillis (referred by Harriet Lane)	Paul Bruggeman
Paula Stevenson (referred by Lucy Black)	Tom Pearson
Jim Bush (referred by Diane Junker LMT)	Jim Paulus
Neil Walker (referred by Kika Mela)	Dr. Ernesto Fernandez
Duane Compton	Megan Craig

"I sincerely thank all of you who have put your trust in me. I am very grateful for the opportunity to make a positive difference in your life. It is an honor and a privilege. Thank you also to those who refer people to me, which is the highest compliment I can get. -Chris Vercelli

February Riddle

Be one of the first 5 to tell me the right answer and be entered to win a prize- Chris@NonFictionFitness.com

What number comes next in the following sequence? 2 4 8 10 20 _

Answer to last month's riddle- "the letter e"

Congratulations to Julie Phalen, Cindy Schlotterback, Carole McDermott for solving last month's riddle

FEBRUARY QUOTES

"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love."

Mother Theresa

"For God so loved the world that He gave His only begotten Son, so that all who trust in Him will not perish but have everlasting life"

John 3:16

FEBRUARY FUN FACTS

Nothing red can be worn or sold on Valentine's Day in Saudi Arabia

Male mice sing ultrasonic 'love ballads' as a means of trying to court female mice

Brain researchers have found that it only takes 1/5 of a second to fall in love

Researchers have also found that love's effect on the brain is a high similar to that of cocaine

Scientists estimate that most people will fall in love an average of 7 times before they get married

Former President Harry Truman fell in love with his future wife when he was only 6 years old

In Japan, Valentine's Day is usually the woman's responsibility and then men reciprocate on White Day, which is March 14th

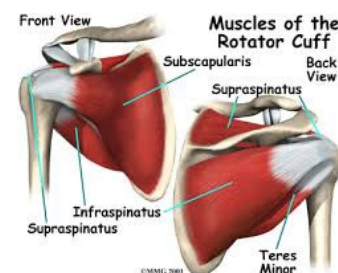
5 Ways to Improve Muscle Function So You Can Move Better, Feel Better and Perform Better

Every person, no matter what sport they play or what activities they do, relies heavily on their muscular system. In fact, did you know that your muscles are responsible for creating every movement you do? People who move better tend to perform better in nearly every physical activity, sport or task they do. This should come as no surprise as you've probably noticed how hard it is to do things on the days you are stiff, tight and restricted and how much easier it is when you seem to move freely and easily. Because this is such an important aspect of our health that we need to maintain, I want to share with you 5 ways to improve your muscle function so you can move better, feel better and perform better.

- 1. Drink more water.** Nearly every person I have ever worked with has been living a great deal of their life chronically dehydrated. Dehydration is detrimental to proper muscle function and even mild cases can cause dramatic negative effects. To ensure proper hydration, be sure to take in roughly ½ ounce of water per day for every pound you weigh, evenly distributed throughout the day. (ex 75 oz for a 150 pound person)
- 2. Load up on minerals.** Minerals are critical for muscles to function. Taking in adequate amounts of minerals will ensure that your muscles always have what they need to work properly. Be sure to consistently take in optimal amounts of magnesium, potassium, calcium and sodium, along with other trace minerals. Taking a good liquid multivitamin/multimineral supplement will help keep your levels high.
- 3. Make sleep a priority.** When our bodies are deficient in sleep, our ability to recover is reduced and inflammation can go up. If this is repeated over a long enough period, it can cause issues within our neurological system that can drastically affect muscle function. Because of this, try to go to bed early enough to ensure 7-8 hours of sleep each night.
- 4. Exercise.** Although we often think about our heart, our weight and our bones as being the things most improved by exercise, our muscles get even more out of it. Exercise is nothing more than the repetitive use of our muscles for the improvement of health. The consistent performance of the right type of exercise can yield tremendous gains in strength, flexibility and movement quality as well as positively affect all the other aspects of our health as well.
- 5. Correct neuromuscular impairments.** The neurological or "electrical" system of your body sends messages to your muscles telling them what to do. Sometimes, it can tell muscles to work too hard, making them feel tight, and it can tell others to not work hard enough, making them weak and not able to move you as well. This is very common in people over the age of 40 and it is not difficult to correct using the MAT process. To find out more about this, go to my website NonFictionFitness.com and download my free e-book *"Improve Muscles-Improve Life."*

Muscle of the Month: Rotator Cuff

If you've been playing sports for more than a few years, more than likely, you or someone you know has had a shoulder injury. When someone has a shoulder injury, they are usually told to do exercises to strengthen the muscles of the rotator cuff. The rotator cuff is comprised of 4 separate muscles whose attachments form a "cuff" around the head and upper shaft of the humerus bone. These muscles are so diverse in their functions that they can help rotate the shoulder in every position you can move it into. The downside of most rehab exercises for the rotator cuff is that they usually only involve rotating the arm in and out while the elbow is locked onto the side. This only strengthens the rotator cuff muscles in one position and does nothing to build the necessary strength in the dozens of other positions your shoulder can get into, such as the positions we get into during sports. Because of this, I've put together a very comprehensive rotator cuff exercise video on my website NonFictionFitness.com. If you are doing exercises to build strength in your rotator cuff, or are concerned about the overall strength of your shoulder, make sure go to the site and click on **"Free Fitness Videos"** so you can watch the video. It will save you from wasting a lot of time doing exercises that will not give you the results you want. *(Taken from the February 2014 issue of Totally Tennis Magazine)*



Meet My Newest Team Member- Olivia Hull, Administrative Assistant

My name is Olivia Hull. I was born in Sarasota, Florida and I have resided here throughout my life. I am now 19 years old, and attend the State College of Florida as a member of the Phi Theta Kappa Honors Society. I intend to earn my Associates in Arts degree, transfer to a university where I will double-major in English & Psychology to pursue a Master's Degree. I have two younger brothers (ages 17 & 6), and I am close with my mother and my grandparents who live in Sarasota as well. I currently live in Parrish, Florida.



I am a vegetarian, which means in-part that I am an animal rights activist, eco-friendly, and incredibly interested in an alternative, healthy lifestyle that is conducive not only to the planet, but to it's inhabitants in a co-existing environment. In my spare time I read many books, novels, plays and essays, write creatively in many different formats, write and record music, visit pet shops, bookstores and second-hand stores, illustrate and craft, learn about the socio-economical environment and actively support the arts & scientific communities. I would like to become a professor after I complete my schooling, and pass on knowledge, as it is the most valuable commodity in the communicable world.

I enjoy assisting Chris in the appraisal and care of the muscles, because it is fundamental to living a full-life undeterred by constant aches, inexplicable pains and other physical limitations. His practice is widely gaining favor in many communities because it has thus far been incredibly successful; it is a practice that I sincerely believe can be revolutionary in the lives of people who struggle with not only overcoming pain and other physical limitations, but resolving the true causes which so often act as a weight on the body and mind.

MAT Highlights

This month, instead of having my clients speak about their experiences with MAT I'd like to speak about my own. In January, I made the commitment that I was not going to continue to only receive MAT sporadically but rather I would have it done on a regularly scheduled and consistent basis. I'm so glad that I am! When I tell people that I am having it done they often ask me "what problem do you have?" or "why do you need that?" My response to that is "I'm getting older and I want my body to be in the best condition as it can be so I can continue to do all the things I do now for the rest of my life." I know that I know that I know that MAT is an absolutely critical part of that. Whenever I get my muscles working better, I know I am making a valuable investment into my body that will pay off tremendously as I get older. Since beginning the regular sessions my body is getting much more strong and stable and my joint mobility is getting better and better. Every time I finish a session I know I'm getting one step closer to being invincible and that I'm doing what is necessary to keep all my parts working well, moving well, feeling well and performing well.

I love this stuff!!

Chris Vercelli