



Here's To Your Health!

A Phoenix Fire Department Health Center Publication

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October
2006

Plyometrics for Performance

If you want better balance, increased speed and more agility, try integrating these fun and challenging plyometric drills into your weekly workouts.

Diane Vives, a contributor to the plyometrics book *Training for Speed, Agility, and Quickness* (Human Kinetics, 2005) and president of the Vives Training System (vives-ctl.com), describes 12 plyometric drills geared specifically towards runners. You'll want to gradually introduce these into your training, no more than twice a week, and take a two-week break from all plyometric work every eight weeks.

To warm up for a plyometrics workout, jog for at least five minutes, and follow that with five minutes of light skipping, gentle jumping jacks, and high knee prancing. It's best to perform the jumping drills on grass so you have some cushioning. A football field is ideal so you can use the yard lines, but any stable, cushioned surface like a track will provide the "give" you need. After the drills, do an easy run or reduced-volume speed session to round out your workout. *Con't on page 2*

Try these stretches and exercises to minimize sprains and strains to your ankles



stretches

exercises



Hold each position for 10 seconds and repeat 10 times.



Did you know...

Severe calorie restriction creates a biological billboard that says, "We're starving here!" Your body responds by slowing your metabolism in order to hold on to existing energy stores. What's more, if the food shortage continues, you'll begin burning fat and muscle tissue, which will further lower your metabolic rate. If you must look leaner in no time, temporarily reduce your daily carbohydrate intake to below 50 grams, but without eating less than 2,000 calories total.

Plyometrics continued

Launch into each drill with your feet shoulder-width apart and knees slightly bent. Perform two to four sets of each drill.

Balance Drills

The Payoff: Improves balance; strengthens ankle, knee, and hip joints.

1. **Jump and Sticks** : Jump from and land on the balls of both feet. Jump high, not far. Land with knees bent and hold two to three seconds before jumping again. Alternate jumping 10 yards forward and sideways.

2. **Two-Way Hops**: Start balanced on your right leg. Hop two to three feet forward onto your left leg. Hold for two seconds to regain balance. Stay facing forward and hop back to the start position onto your right leg. Now hop onto your left again, but move sideways, then back. That's one set. Do three more, then repeat the drill starting on your left leg.

Elasticity Drills

The Payoff: Strengthens all lower-body muscles; improves the spring-like ability of the muscles and tendons around the joints.

3. **Skip Ups**: This is an exaggerated skipping motion. Drive your leading knee high, until the thigh is parallel to the ground, while popping off the ground, with your toes pointed.

4. **Standing Long Jumps**: Swing your arms back, then forward as you leap, and jump as far as possible, landing on both feet.

Power Drills

The Payoff: Improves stride power, or the force of each push-off.

5. **Jump and Sprint**: Do a standing long jump (see Drill 4), but at the moment you land, sprint for about 10 yards.

6. **Triple Jumps**: Start with a standing long jump (see Drill 4), but land on your right foot, quickly hop forward onto your left, then hop and land on both feet. Aim for maximal distance the whole way.

Provided by Runner's World

1 cup apricot preserves
1 lemon
4 teaspoons reduced-sodium soy sauce
2 cloves garlic, minced
2 teaspoons grated fresh ginger
1 teaspoon ground black pepper
2 pounds large shrimp, peeled and deveined

Apricot Shrimp on the BBQ



Place the preserves in a large microwave-safe bowl. Microwave on high power for 30 seconds, or until melted.

Grate 2 teaspoons of rind from the lemon and add to the bowl. Cut the lemon in half and squeeze 2 tablespoons of juice into the bowl. Stir in the soy sauce, garlic, ginger, and pepper. Add the shrimp and toss to coat. Cover and refrigerate for 30 minutes.

Coat a grill rack or broiler pan with nonstick spray. Preheat the grill or broiler. Remove the shrimp from the marinade and divide into eight portions; reserve the marinade. Thread the shrimp onto eight metal skewers, leaving 1/4" between the pieces. Cook 4" from the heat, basting often with the marinade, for 2 to 3 minutes per side, or until the shrimp are opaque.

Transfer the remaining marinade to a saucepan. Bring to a boil over medium-high heat. Cook for 2 minutes. Serve with the shrimp.

Calories: 170 calories, Carbs: 27 g, Sodium: 260 mg, Fat: 1 g, Protein: 15 g, Fiber: 1 mg, Cholesterol: 135 g. Serves 8 people.
Source: MensHealth.com

Fit Tips

Cardio first or strength?

If you're trying to squeeze both aerobic exercise and resistance training into one workout, start with cardio, suggests a new study from Brigham Young University. This way, you'll burn more calories post-workout. Plus, cardio feels harder after a weight workout, which can compromise performance, make you burn fewer calories and cause you to give up earlier than planned. Time not a factor? Do cardio and weights on separate days. Researchers at the University of Victoria in British Columbia found that people who strength-trained 24 hours after a vigorous aerobic sweat session could do more reps than those who waited just four or eight hours.



One set or three?

When you're strapped for time, it's tempting to do just one set of each move. But while novice weight lifters may be able to see results with a single-set training program, a study published last year in the *Journal of Strength and Conditioning Research* found that experienced exercisers who did multiple sets gained significantly more strength than people who did just one. Give yourself at least three minutes to recover between sets to improve performance. A recent University of Kansas study found that less recovery time may make it difficult for you to work hard and thus achieve the best outcome.

Source: *Fitness and Health: 3 tips that guarantee a better body*, Fitness Magazine. 8/9/2005.

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