



Every Body Needs a Tune-up

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Your ability to move is dictated by your flexibility, alignment, mobility, and strength (FAMS), along with your ability to control and coordinate these factors. Deficits in any one of the FAMS categories will limit what your body can achieve. When your body doesn't move properly, you are dooming yourself to: RETAIN FAT, POOR PERFORMANCE and INJURY.

Retain fat (Metabolic catastrophe): Muscle is the biggest contributor to your resting metabolic rate (RMR). The higher your RMR, the higher your metabolism. The higher your metabolism, the more fat you burn. FAMS deficiency hinders your ability to use your muscles to their full potential. When you cannot use your muscles to their full potential, you're restricting how high your RMR can be. Restricted RMR = limited fat burn.

Deficits in FAMS put the brakes on normal movement, leading to poor form and an inability to properly execute the task. When we can't properly execute the task, we:

1. Compensate – Leading to body breakdown (see injury section).
2. Waste energy – Instead of harnessing all of our power and energy to perform well (i.e. lift a heavier weight; move quickly), we waste it on fighting our FAMS deficits. It's like driving your vehicle with the parking brake on. If we're lucky enough to make it to our destination, it will take us a lot longer to get there, and we'll have consumed a lot more gas. Our tires will be shredded, and we'll need new brakes. Our cars will be un-drivable.
3. Injury: If you drive your car with just one flat tire, your alignment will be thrown off, and your whole car will suffer the effects. When we don't control all of our FAMS properties, we will compensate and wear out our muscles, tendons, joints, and nerves. This leads to pain and injury. When you are injured, you cannot move to the best of your ability. When you cannot move to the best of your ability, your performance and weight loss goals suffer. What a slippery slope!

What can be done?

The Fit1 Team is determined to tear down the roadblocks of FAMS. Training with Fit1 will take the parking brakes off of your body, raise your metabolism, enhance your performance and keep you injury free.