



# SANTIAGO CHIROPRACTIC ASSOCIATES

75 NORTH BEVERWYCK ROAD, LAKE HIAWATHA, NJ 07034  
(p) 973.335.5666, (f) 973.335.6187  
www.SantiagoChiropractic.com

## 5 Keys to Success with your Fitness Program in the New Year

Lake Hiawatha, NJ, January 2014 — This is the time of year a lot of people like to set their New Year's resolutions.



Even though there are countless types of resolutions to be made it seems that improving your health and fitness are always on the top of the list. Here are some key points you should follow to be successful with your new health and fitness program:

- 1. Tell a friend or family member:** Sharing your plan to improve your health with someone you trust takes your intentions out of your head and makes them real and holds you accountable.
- 2. Get a fitness buddy:** It has been shown over and over again that success rates go up when you work out with a partner. This person can challenge you, distract you and make you think twice about skipping a workout.

**3. Don't over do it:** People often feel they have to jump into a workout program 5 or 6 days a week for an hour each session, and before you know it, your body is sore and tired. Give yourself a rest day in between your workouts, vary your workouts and shorten up the sessions. You can achieve great benefits from a properly designed 20 to 30 minute workout.

**4. Consistency is the key:** The key is to create good habits that can be maintained for life.

**5. Track your health and fitness program:** Measuring your base fitness level and tracking your progress when you begin an exercise program is a key step to your success. This step allows you to accurately focus on areas of improvement. Tracking your progress will enable you to see where you have made great strides as well as areas that may need adjusting—getting you closer to your goals.

### MEET DAREN CLANCY —



Daren Clancy, owner of Fit2Go ([www.fit2go.co](http://www.fit2go.co)), has partnered with Santiago Chiropractic Associates to offer another level of fitness and wellness to our patients. Daren has been working as a Certified Personal Trainer since 2001. His experience includes working with special populations such as older adults and adults with Alzheimer's, corporate fitness at Hackensack University Hospital and as a fitness aide in a Physical Therapy setting.

"Daren has dedicated his career to helping individuals achieve their fitness goals by enabling them to make sound health and fitness life choices," says Dr. Santiago. "With recent changes in the healthcare industry, it is difficult to say where things may be headed next. However—what we do know is that it is more important now than ever to take your health into your own hands today to protect your future. We are proud to welcome Daren to our office so we can offer his expertise in fitness assessment and training on-site to help our patients reach their health and fitness goals in 2014."

# FIT2GO

Where fitness comes to you

There is no better time than January to create a you that is ready to face whatever 2014 and the years to come will throw your way.



See Pg. 2 to learn how to get started...



## The MicroFit Fitness & Wellness Assessment Program



Santiago Chiropractic and Fit2Go have made it easier than ever to measure your current fitness level, identify areas in need of improvement, and track your ongoing progress using the Microfit System. Here is how it works: First stop

by or call the office to schedule an appointment. The first assessment typically takes about 60 minutes and is appropriate for just about anyone. The Microfit System will give you a complete profile showing body composition, weight, heart rate, blood pressure, flexibility, strength, cardiovascular fitness and more. See the Figure below for a more detailed description.

At the end of your assessment you will receive a personalized report that shows your results and discusses their significance as it pertains to your health. With this information we can help guide you on your way to achieving your fitness goals. The final step would be to schedule a follow up evaluation in 8-12 weeks so we can track your progress and make any necessary changes to your fitness program.

Let us help you make 2014 your best year yet! With questions or to schedule an assessment with Daren please contact our office today.

1. Before your assessment, you will be asked to fill out a short questionnaire to determine your health status and readiness for exercise. If there is a problem, you will need your doctor's approval before we can proceed.



2. Body weight is a standard tracking measure, but body composition (Step 4) will reveal whether your weight is healthy. To track weight fluctuations, it is best to use the fit of your clothing instead of a scale.



3. Blood pressure is taken with a highly accurate automated cuff. If your BP is 135/85 or greater, you will need to see your doctor before we can proceed with the assessment. As you know, hypertension is one of several factors associated with cardiovascular disease and kidney failure.



4. Body composition, determined with seven-site skin-fold measurements, is an excellent way to track your health and fitness levels. It is more productive than tracking your body weight, a better indicator of your risk for certain diseases, and an ideal tool to use for goal-setting.



### Fitness Assessment in Seven Steps Using the Microfit Interactive System



5. Biceps strength is determined isometrically, i.e - pulling against a bar that is static. It also measures your ability to stabilize your shoulders and back muscles. It is a safer version of a one-rep max test.



6. Back flexibility is measured by a sit-and-reach test. Flexibility is important for everyday living and preventing injury. All in all, flexibility is both protective and functional.



7. Aerobic fitness is determined by a short (usually less than 12 minutes) ride on a bicycle ergometer. The output from the ergometer and the heart-rate monitor you will be wearing are analyzed using a computer-based protocol that estimates your VO2 Max—a measure of your ability to utilize oxygen when you exercise. Below is the screen you will be watching as you do your ride.



**“If you don't know where you're going, you'll end up somewhere else.”**

**- Yogi Berra**



For more health tips and ways to eat well, move well and think well:

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