



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## The Limitations of Exercise

Lake Hiawatha, NJ, June 2015—If someone were to ask if you thought you'd be better off eating junk food for the rest of



your life, but exercising vigorously everyday **OR** eating the perfect whole food diet everyday, but never exercising, which do you think would be more beneficial? Fortunately, we don't have to decide...but the truth is—the fitness industry has never been stronger: Health clubs in the US have doubled their revenue in the last 15 years and health and fitness apps are the fastest growing downloads from Google's app store last year. But still, obesity has continued to surge, not just in the US, but around the world. Nearly 1 in 3 people alive today are overweight and no country has lowered its obesity rate since 1980. Exercise alone—no matter how many gym memberships you buy or how often you wear your Fitbit—won't help you lose weight.

Physical activity has a multitude of benefits—reducing the risk of heart disease, type 2 diabetes, high blood pressure and possibly even cancer, but weight loss is not one of them. In fact, when people exercise they stimulate their appetites and assume that expending more energy necessitates a higher calorie intake, but they often overestimate how much. In reality, if you exercise for the purpose of burning calories, you get a very low return on investment. You would have to walk for more than 45 minutes to burn off the 300 calories from eating just three cookies. **The bottom line? You can't outrun a bad diet.** None of this means you should turn in your gym membership card. Working out will make you healthier and less susceptible to disease, but if weight loss is your goal, what you really need to reassess, is your diet.

## News About Your Shoes....



Figure 1. Extra shoelace hole

Have you ever wondered why there is an extra shoelace hole at the top of your shoe? Many running and hiking shoes have the extra hole and most people don't ever use it. Instead, they skip threading the lace through the last top hole and tie them as usual.

However, you can and should use these holes to your advantage—as they can be used to prevent blisters on your heels and stop your feet from cramming forward into the front of the shoe. When you tie laces using the “heel lock”



Figure 2. Inserting laces through loops

or “lace lock” technique it creates more friction between the laces at the top of the shoe which are closest to your ankle. This serves to make and keep the heel/ankle area tight and snug in place without having to re-tighten your whole shoe. Even if you do not have the extra shoelace hole you can still use this method on the top hole instead. Here is how it works:

1. Begin by inserting the lace in backwards through the top hole (See **Figure 1**) so that you create a small loop on each side of the shoe.
2. Cross your laces and insert them each into the loop on the opposite side then cinch them down (See **Figure 2**) (Be sure to pull downward and not up because cinching upwards will leave the loop hanging out).
3. Finish by tying your shoe as you normally would and you're good to go!

**For video instruction of this method check out the video here: [https://www.youtube.com/watch?v=IijQyX\\_YCKA](https://www.youtube.com/watch?v=IijQyX_YCKA) or ask Dr. Santiago or Dr. Scarano for a demonstration during your next visit.**



## FICS Secretary-General, Dr. Santiago, Serves Internationally

**Lake Hiawatha, NJ, June 2015**—As Secretary-General for the International Federation of Sports Chiropractic (FICS) ([www.fics-sport.org](http://www.fics-sport.org)), Dr. Santiago racked up frequent flyer miles throughout the Spring of 2015.

The week of April 19-25, Dr. Santiago traveled to Sochi, Russia where the World of Sport held its 13th annual SportAccord Convention—an event dedicated to engaging rights holders, organizing committees, cities, businesses and other organizations in the development of sport and focused on driving positive change internationally. During his time in Russia, Dr. Santiago was able to sign agreements which will provide chiropractic services at international events such as the World Beach, Combat, Urban and Mind Games. For more information on this event or SportAccord in general, please visit: [www.sportaccordconvention.com](http://www.sportaccordconvention.com) or [www.sportaccord.com](http://www.sportaccord.com).

After a short reprieve back at the office, Dr. Santiago returned to the skies, this time headed to the annual FICS Symposium and General Assembly held in conjunction with the World Federation of Chiropractic's Congress in Athens, Greece in May. Here, he gave presentations to both groups over the course of the week on the development of sports chiropractic internationally over the past year as well as the plans of FICS's Executive Council for the year ahead.



*Dr. Phil Santiago pictured with President of the World Games Ron Froehlich (2nd from right) and Richard Bell (3rd from left), Mayor of Birmingham, AL—Host city for the 2021 Olympic Games—at the recent SportAccord Convention in Sochi, Russia, a 6-day annual gathering of leading representatives from international sport.*



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