

Special Report: **Facility Upkeep**

# fitness

## MANAGEMENT

ISSUES & SOLUTIONS FOR FITNESS FACILITIES

SEPTEMBER 2008

### **EQUIPMENT MAINTENANCE**

How to Plan for Preventive Maintenance

### **AMENITIES**

Staying On Top of Locker Room Amenities

### **GREEN CLEANING**

Exploring Eco-Cleaning Options and Solutions

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Solutions for Keeping Your Facility in Shape

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- Meet the Expert: Group Programming
- Science Update: Pilates for Rehab
- Purchasing Guide: Interactive/Entertainment Products

## Do healthy weight individuals have a lower risk of dying?

Numerous studies have shown that being overweight (or obese) carries a higher risk of death from such conditions as heart disease, diabetes and different types of cancer. However, a study that appeared in the *Journal of the American Medical Association* had contradictory findings. This particular study reported that people who are overweight (BMI of 25 to less than 30) had a lower risk of mortality than people who are "normal" weight (BMI of 18.5 to less than 25). As you might imagine, the study — led by a researcher from the National Center for Health Statistics, Centers for Disease Control and Prevention — was met with heavy criticism. It was pointed out, for example, that the "normal" weight category included smokers and people with chronic illnesses. Naturally, these individuals have a higher risk of mortality — but not because they weighed less.

It's important to note that the study did show that people who are underweight (BMI of less than 18.5) and obese (BMI of more than 30) have a higher risk of mortality than

people who are "normal" weight. In any case, the vast majority of studies have shown that

being overweight is unhealthy and increases the risk of dying. **FM**



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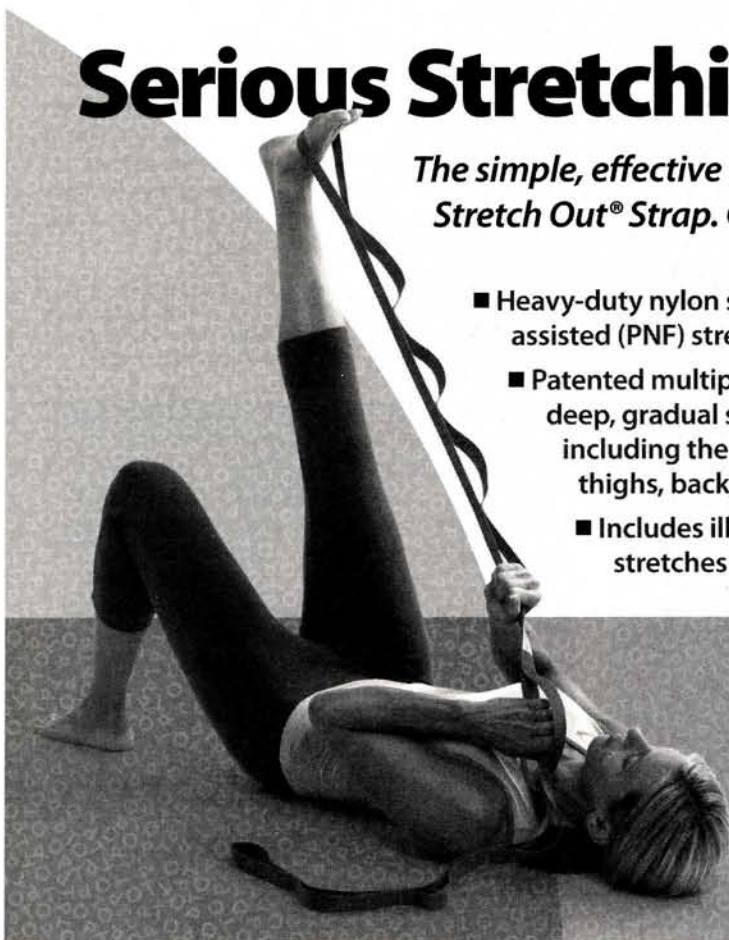
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## Do sports drinks provide “energy”?

Within the last few years, a countless number of beverages have been marketed as energy drinks. These beverages have fueled annual sales of more than \$3 billion in the United States alone. The implication, of course, is that energy drinks will give a person energy. But, it's important to realize that “energy” is derived from calories. The truth is that any drink (or food) that has calories gives a person energy. So, technically speaking, orange juice, iced tea, non-diet soda and wine are energy drinks.

Of course, what's being marketed to consumers as energy drinks is a different story altogether. Standard ingredients of these beverages usually include sugar, as well as various vitamins, amino acids (such as taurine) and herbs (such as ginseng). But the real buzz often comes from a hefty dose of caffeine. The exact amount of caffeine in a product is rarely listed on its label. One beverage, though, claims 170 milligrams of caffeine in a 1-ounce “shot,” and another beverage notes 350 milligrams in 2.5 ounces.

Concerns about the consumption of too much caffeine shouldn't be taken lightly. In a three-year

period, 265 cases of “caffeine abuse” were reported to the Illinois Poison Center (Chicago), of which 37 were from dietary supplements and 41 were from “caffeine-enhanced beverages.” In nearly 12 percent of the 265 cases, the patients were hospitalized for medical complications from caffeine. **FM**

## Can slow-twitch fibers be converted into fast-twitch fibers?

The notion that one type of muscle fiber can be converted into another type of fiber is the subject of considerable debate. On the one hand, proponents of performing fast-speed movements believe that lifting weights explosively will convert slow-twitch fibers into fast-twitch fibers. However, there's currently no scientific evidence that consistently supports the notion that slow-twitch fibers can be converted into fast-twitch fibers, or vice versa. It appears as if one type of muscle fiber may take on certain metabolic characteristics of another type of muscle fiber, but an actual conversion doesn't occur. In other words, you cannot convert

one fiber type into another any more than you can convert a pack mule into a racehorse. So, if you were to take a pack mule and train it like a racehorse, you might get a slightly faster pack mule, but you'll never get a racehorse. **FM**

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