

fitness

MANAGEMENT

ISSUES & SOLUTIONS FOR FITNESS FACILITIES

JUNE 2007

GROUP FITNESS
2007 Group Trends
to Make It Fun!

AQUATICS
Making Waves for
Fun and Fitness

**SPORTS-SPECIFIC
TRAINING**
Training Members
to be Fit for Sport

Group Excitement

**Solutions to Inspire Your
Members to Work Out**

PLUS:

- Adding a Climbing Wall
- Assessing for Cardio Programs
- Purchasing Guide: Strength Training



If restaurants provided caloric and nutritional information, would it help reduce the prevalence of obesity?

Proposed legislation at the local, state and federal levels would require many restaurants to declare nutritional information for foods on their menus. Would such an initiative cause consumers to change their eating habits?

Most consumers are unable to estimate caloric and nutritional content on their own with any degree of accuracy. In one study, for example, people were given limited information on nine restaurant entrees (the serving size and a brief description). The researchers found that, with this information — which was similar to what would appear on a menu — people grossly underestimated the amount of calories, fat, saturated fat and sodium of “less-healthy” foods (such as a hamburger and fries).

In another study, participants were

given detailed information about the food, including the amount of calories, fat, saturated/trans fats and sodium. This had a significant and positive influence on attitudes, intentions and choices. However, another study showed that as little as 44

percent of the people who were surveyed would use nutritional information if it were available in restaurants. And, even if nutritional information is provided and used, there’s no guarantee that this will curtail the obesity epidemic. **FM**



Does the position of the feet affect which part of the quadriceps is used during a leg extension?

It has been thought that changing the position of the limbs during the performance of an exercise can target different parts of a muscle. In the leg extension, for example, some individuals change the position of their feet, thinking that this will influence different parts of their quadriceps.

One study that examined the effect of foot position in the leg extension involved 24 sub-

jects who had been strength training at least twice per week for at least six months. Electromyographic data were collected for three positions: toes neutral, toes rotated medially (in) and toes rotated laterally (out). The subjects performed eight repetitions in each position with 70 percent of their one-repetition maximum. According to the data, the toes-in position targeted the vastus lateralis and vastus medialis, while the toes-out position targeted the rectus femoris. But, the study also showed that “the fatigue patterns were similar, regardless of foot position.”

A caveat with this study is that the amount of rotation was left up to the subjects. Also, many individuals may find it uncomfortable to perform the leg extension with their feet rotated excessively in one direction or another. **FM**

Does cherry juice prevent or reduce muscle damage?

Strange as it may sound, researchers have investigated the anti-inflammatory effects of cherry juice. In one study, 14 men (average age 22) consumed a 12-ounce blend of cherry juice and apple juice or a placebo (a black cherry soft drink that was sweetened with sugar) twice a

day for eight days. On day four, the subjects performed a bout of exercise in which one arm was exposed to eccentric contractions. Two weeks later, the subjects switched to the other beverage and repeated the same protocol with their contralateral (opposite) arm.

In comparison to the placebo, the cherry juice produced significantly less loss of isometric strength and lower peak values for pain. However, there was no difference between the cherry juice and the placebo in loss of range of motion and muscle tenderness.

But don’t make a mad dash to the local supermarket just yet. The design of the study had a major flaw: The amount of eccentric torque (force) that was administered to the subjects wasn’t quantified; the researchers forced the subject’s elbows into full extension by pulling down on a lever. As well, it’s important to note that the study was funded by a company with vested interests in the sale of cherry juice. In addition, the authors of the study disclosed that they each have 2.5 percent equity in the company. **FM**

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