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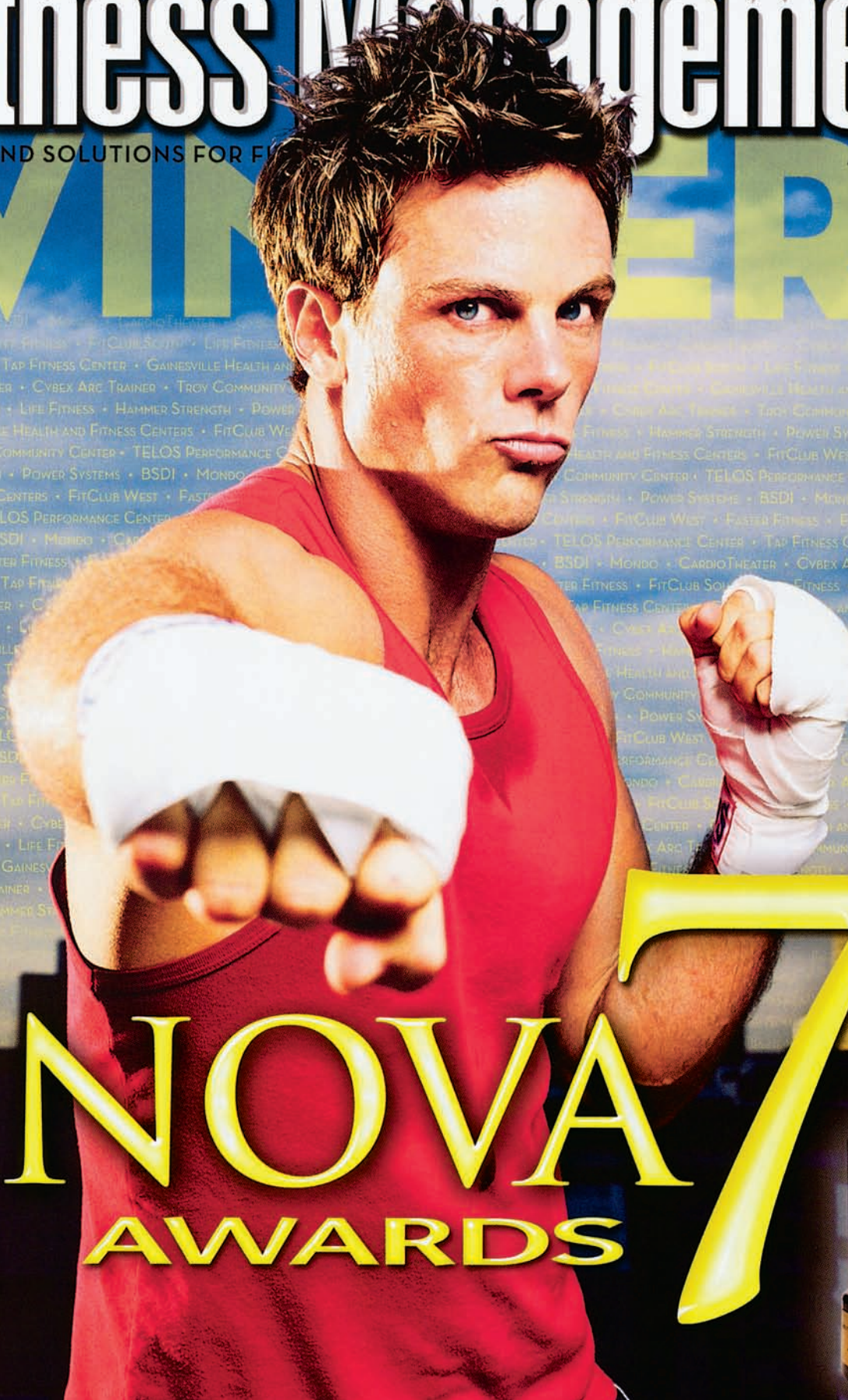
# Fitness Management™

ISSUES AND SOLUTIONS FOR FITNESS OWNERS

APRIL 2004

# WINNERS

# NOVA AWARDS



2004  
BY NATION IN WELLNESS & HEALTH CARE  
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# university Q&A

By Matt Brzycki

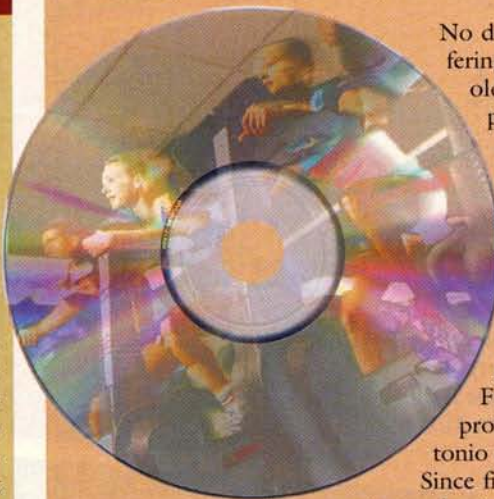
## What is the difference between running on a road, and running on a treadmill?

Assuming that running outdoors on a road is done in a relatively calm environment (meaning the wind doesn't offer any substantial amount of air resistance), there isn't much difference in energy expenditure between treadmill and road running. In one study, eight subjects (who were runners) ran on a track and a treadmill at three different speeds: 6.7, 7.8 and 9.7 miles per hour. The researchers found that, statistically, there were no significant differences in the energy requirements between running on a track and running on a treadmill.

So if inclement weather doesn't make it feasible to run outside on a road, your members can still simulate their outdoor efforts — and obtain other health and fitness benefits — with a run inside on a treadmill.



## How should it be decided what music gets played in the fitness center?



No doubt, your members have differing tastes in music. Many of your older members and staff might prefer classic rock or "oldies"; many of your younger students might prefer Top 40, heavy metal or rap. And, of course, you'll even have members who prefer no music at all. Besides the ages of your members, some music preferences are based heavily on regional and cultural dynamics. For example, country music is probably more popular in San Antonio than San Diego.

Since fitness centers usually only have one sound system, only one type of music can be played at a time. Ultimately, the person who is in charge of the fitness center at a given time is going to be the disc jockey. In general, the choice of music should be left to the discretion of this person. Obviously, members should be permitted to make requests for a particular type of music, but they must understand that their opinion is one of many. For this reason, it's a good idea for the "DJ" to play a mix of music. One way to do this is to switch the type of music every hour or so. For instance, you might schedule jazz from 7 a.m. to 8 a.m., hip hop from 8 a.m. to 9 a.m., and so on. Another way is to play CDs with medleys of different tunes.

Finally, members can always bring in personal stereos to enjoy their favorite songs. Just remember, you're not going to please everyone — at least not at the same time.

## If a bench-press machine offers a narrow and a wide grip, which is the best to use?

For the sake of variety, several equipment manufacturers have made some bench-press machines — and others, as well, such as seated-row machines — with two or more options for hand positioning/gripping. In a vertical (or upright) machine, for example, a narrow grip usually allows exercisers to position their hands directly beneath the shoulders with their palms facing each other (a parallel grip); a wide grip usually allows them to position their hands a bit farther away from the shoulders with their palms facing down (or, in the case of some seated-row machines, up).

Generally, different hand positions/grips don't let lifters target different muscles. So, regardless of which grip they use on a bench-press machine, they'll still target their chest, shoulders and triceps. That said, there are at least three advantages to using a narrow grip (with palms facing each other). By using a

narrow grip (and keeping their elbows close to their bodies), lifters will 1) exhibit greater leverage in the exercise; 2) experience less orthopedic stress in shoulder joints; and 3) exercise their joints through a greater range of motion, thereby stimulating a greater amount of muscle tissue.



Matt Brzycki is coordinator of recreational fitness and wellness programs at Princeton University, Princeton, N.J. He has more than 20 years of experience at the collegiate level and has authored, co-authored or edited 11 books.

Do you have questions that you need answered? Email them to [edit@fitnessmgmt.com](mailto:edit@fitnessmgmt.com).