

Ramblin's With Coach Rozy

# Improving Speed Without Sprinting

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If you do a sport or an activity that requires you to move faster than a jog, you want to be able to improve your speed. Problem is, most of us don't have the "wheels" like we use to. A lot of us never did! Many coaches say to "RUN FAST YOU NEED TO RUN FAST". They say in order to improve your sprint speed, you have to sprint.

That makes sense, right?  
It does—to an extent.  
Sprinting is a skill, and to improve the technical aspects of your sprint technique, you need to learn the skill, do it over and over and eventually practice, and do it, at high speeds (or what we might consider fast).

For those of us that might not have the time to hit the track every day after work, there are some things we can do to help move those feet a little faster. If you don't have the time, energy and ability to sprint until you are blue in the face every day, there is still a way to get you to move quicker. You might not make the next Olympics, but you can see some improvement in your movement. What we're talking about is adding strength and power training into your workouts. Sprinting is really about putting force into the ground when you move. With tons of technical work but no strength training, you might not see improvement either. That's because you are not improving your ability to put force into the ground, which is really how you get faster.

To do this, and add those boosters to move you faster add these three exercises into your routine. They might not be easy, but neither is running repeat 100's down the track, or look like you're running in mud.

## DEADLIFT

If there is one group of muscles that nearly all top-level sprinters have strengthened, it's the glutes (your booty). Your butt is the powerhouse. Think of it as your drive shaft and it plays a primary role in force production during a sprint.

To develop the glutes to their fullest, look no further than the Deadlift. Not only does it work the glutes, it also trains the entire posterior chain (back, glutes and hamstrings.)

It's tough to come up with a movement that works more muscles than the Deadlift, so its efficiency is incredible. (Want an example of the Deadlift - go to [www.coachrozy.com](http://www.coachrozy.com) and check out our video series) Improve your max strength and power with doing 3-5 sets in the 5-6 repetition range. Focus on getting the bar off the floor as quickly as you can.

## SINGLE-LEG EXERCISES

When we are walking and running we are technically on one leg at a time. But most of our programs are two legs or seated (ie - leg extensions, leg curls, squats). Therefore, to maximize sprint speed, we need to perform single-leg exercises during your training program. By getting strength in each single-leg, we also improve balance. We also find that doing single leg movements with dumbbells or other handheld weights are easier on the lower back than bilateral (two-legged) exercises.

I'm a big fan of heavy Rear-Foot-Elevated Split Squats. This is where you put one leg up on a bench, hold dumbbells in your hands and squat away - on one leg. When you hold the dumbbells down at your sides, your upper back has to work to maintain your posture throughout the movement. To ensure working your glutes and hamstrings to their fullest, sit down and back onto your front heel. Drive through that heel back to the top. As you are coming up, keep your abs braced so your low back doesn't take over. (Again, go to [www.coachrozy.com](http://www.coachrozy.com) and check out our video series to see how to do the Rear-Foot-Elevated Split Squat).

## EMPHASIZE THE ECCENTRIC WITH SLIDING

Athletes often overlook the eccentric, or lowering phase, of an exercise. But controlling the motion on the way down trains the glutes and hamstrings to perform at their best and resist injury to their fullest. One way to improve your eccentric lower-body strength is to use a slide board or gliding discs in your training.

We like to use the Reverse Lunges. (As seen in our video series). If you aren't familiar with this exercise, or a slide board, think of standing on a dry solid surface, putting a leg behind you on ice (or a slide board) and pushing the leg back behind you, until you are in a lurch position.

The key with this exercise is that when you transition out of the bottom - and PULL yourself back to the start position, you focus on "pulling" through with the glute and hamstring of your front or planted leg. If you go straight to your quads, the movement loses its effectiveness. Another key point is to make sure to keep upright and avoid swinging and using your lower back. It puts unnecessary strain there.

Some coaches say speed can't be taught, but I believe it can. With proper training in the weight room and a little fast running, anyone can get faster.



SUBMITTED PHOTO

(Standing left to right) are Vernon Arens and Eileen O'Connor, both of Yankton, SD; seated (left to right) are Lee Fedler Jr., Vermillion, SD; Roy Wilcox, Greg Stach and Muriel Stach, all of Yankton, SD.

## Donating Telephone Time To PBS

Several Toastmasters International members from "Avera Sacred Heart Hospital Club 6217" and "The Yankton Club 1294" donated their time to answer phones for the SD Public Television Station, Vermillion, SD, during their "Pledge Week". The members felt this was a worthwhile community project and welcome others to take part in the future.

These Toastmasters also understand that speaking off the cuff, as many radio and television personalities are required to do, takes

practice if the "ahs and ums" are to be eliminated in their announcements. These impromptu speaking skills are taught during Toastmasters meetings through table topics. Both clubs welcome visitors to their meetings, which are held Saturdays 7:30 AM at the Fryn' Pan for Club 1294 and held Thursdays at noon in Pavilion Room 2 for Club 6217. Interested parties may also check out the clubs online.

# Eating To Beat The Blues

BY MICHAEL ROIZEN, M.D.  
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King Features Syndicate, Inc.

Our kids always liked passages like this when they weren't feeling well, and there's a lesson in it for you, too! In Winnie the Pooh, gloomy Eeyore tries to push aside depression: "It's snowing still," he says gloomily. "So it is." (Answers Pooh.) "And freezing." "Is it?" (Pooh again.)

"Yes," says Eeyore. "However ... we haven't had an earthquake lately."

If that doesn't bring a smile to your face, head to the kitchen for some comfort food, but choose wisely! If you're feeling blue, go for great-tasting fresh food, and here's why: A new study in the American Journal of Clinical Nutrition reveals that eating inflammation-producing refined carbs and sugary foods can make you flat-out depressed.

Looking at data about added and total sugars consumed by around 70,000 women, researchers discovered that those who ate high-glycemic index diets increased their risk of depression by 22 percent. The GI ranks foods by how fast it is converted to sugar in your blood stream from 1 (lowest/slowest) to 100 (highest/fastest). Foods with the highest GI include white bread, instant oatmeal, short-grain white rice, you get the idea. In general, processing and cooking style ups the GI. Juice is way higher than fresh fruit; mashed potatoes higher than baked; and soft cooked pasta higher than al dente.

Study participants who ate the most fiber, non-juice fruits and vegetables had a much lower risk of depression. So dig into 100 percent whole-grain cereal topped with fresh berries and walnut halves and a dollop of nonfat Greek yogurt. That's happy food!

## BLOWING UP EAR INFECTIONS

The European Union stepped squarely into the party-poopier zone a few years ago by issuing a Toy Safety Directive declaring that it was off-limits for kids 8 and younger to blow up a balloon on their own.

Now it's been found that kids with persistent ear infections (otitis media with effusion or OME) who used a device to blow up a balloon using one nostril eased their own discomfort and resolved ear infections without having to resort to antibiotics or surgery.

According to the Agency for Healthcare Research and Quality, 90 percent of kids have at least one ear infection before age 10; many have long-term infections that cause sticky fluid buildup, risking hearing damage. Avoiding deafness with antibiotic treatment may be necessary in the case of chronic ear infections, but often kids are given antibiotics unnecessarily - 80 percent of the time, the infections would clear up on their own. Overprescribing contributes to antibiotic resistance and damages the gut biome, making kids vulnerable to health problems later in life.

A journal report on the balloon contraption, called Otovent, shows that it provides significant improvement in kids' OME: 47 percent of children 4 to 11 using balloon therapy achieved normal inner-ear pressure in a month.



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

If your child has a temperature above 100 F, discharge of pus or blood from the ear, lingering or worsening symptoms, or if your child is younger than 3 months old and has a fever, get her to a doctor pronto, but see if your child's ear problems can be deflated without using antibiotics or surgery.

## A NEW WAY TO REVERSE FATTY LIVER DISEASE

Morgan Spurlock made his documentary "Super-Size Me" by eating nothing but food from McDonald's for a month. The consequences? His weight and LDL cholesterol zoomed up, he felt lethargic and depressed and, said one of his doctors, his liver turned into pate. Now, that might not be the standard definition of non-alcoholic fatty liver disease, but it sure paints a vivid and accurate picture of a condition that afflicts around 30 percent of Americans.

NAFLD is the infusion of liver cells with fat, caused by insulin resistance, obesity, diabetes, elevated triglycerides and poor nutrition. You see, as you put on weight, your body becomes insulin-INSENSITIVE. Then you can't use insulin efficiently to shuttle sugar into your cells for energy. Instead, sugar gets stored in the liver as fat - and you've got NAFLD. Although most folks with fatty liver don't develop cirrhosis or liver cancer, the risk is there.

Making lifestyle changes, such as avoiding fast food (remember Morgan!), losing weight and becoming less insulin-resistant often can reverse fatty liver. Now researchers at the University of Haifa found that there's another way to restore liver health: Doing several sets of resistance exercises using your arms, chest and legs for 40 minutes, three times a week. It measurably reduces the fat content of the liver by reducing inflammation and lowering blood sugar levels. So get some stretch bands and hand weights, and let your liver live.

## GREEN PACKING

When the roadies strike the stage and load the trucks for Billy Joe Armstrong's pop-punk band, some might say that's Green Day Packing. In 1919, when Frank Peck gave Curly Lambeau \$500 for team uniforms, well, that was the start of the Green Bay Packers. And when you go and pack big greens into your diet, you'll have "The Time of Your Life," teaming up with these defenders of really good health.

## Organizations To Provide Family Caregiver Training

As Americans continue to live longer and in greater numbers, there are more and more people filling the role of caregiver for others in the home.

Recognizing this growing need and the important role family caregivers play, Avera Education & Staffing Solutions, Yankton Rural Area Health Education Center (AHEC) and Southeast Job Link have joined together in offering a community education program designed to assist family caregivers in properly caring for adult family members.

"Know that as a caregiver you are not alone. Each caregiver situation is unique, yet all share universal experiences that encompass physical, emotional and spiritual - as well as economic and legal - concerns," said Gwen Maag, Education Manager for Avera Education & Staffing Solutions.

The Family Caregiver Training offers five clinical sessions and a series of informational sessions beginning in September and running through November. The clinical sessions delivered by a trained medical professional are open to 12 participants, who enroll for all five sessions at a total cost of \$75. Those satisfactorily completing the clinical portion will receive a certificate. Any individual may sign up for one, some or all of

the informational sessions at \$15 per session. Learn more by visiting the Yankton Rural AHEC website at [www.yrahec.org](http://www.yrahec.org) or call the office at 605-655-1400. The website also will have registration links. Registration is necessary to secure your place in each session. All sessions will be held at Southeast JobLink, 1200 West 21st Street, in Yankton.

Topics covered during the Family Caregiver Training include: The Basics of Family Caregiving, Caregiving Tips, Caring for the Caregiver, and legal and financial issues to consider and where to turn for help. Clinical sessions are on Saturday mornings beginning Sept. 12 and continuing on Sept. 26, Oct. 10, Oct. 24 and Nov. 14. The Saturday morning sessions will run 9 a.m. until noon. Informational sessions are scheduled for alternating Tuesday and Thursday evenings on Sept. 17, Sept. 29, Oct. 8, Oct. 20 and Nov. 5. The informational sessions run 7 p.m. until 8:30 p.m.

Health conditions that commonly lead to the need for a caregiver in the home include: chronic brain disorders, such as dementia, Alzheimer's disease, Parkinson's disease, and traumatic brain or spinal cord injury. Other conditions include: multiple sclerosis, HIV/AIDS, cancer, cardiovascular diseases such as stroke or

heart attack, chronic diseases associated with ongoing disability, mental health and psychiatric disorders and developmental disability.

"The process of educating and preparing the caregiver may help them to reduce stress and better cope with the many challenges of caregiving. It is a myth that most of our nation's elderly are cared for in nursing homes or health care institutions," Maag said adding that family members and friends primarily provide 80 percent of the long-term care at home in the U.S.

Nearly 30 percent of the U.S. adult population is providing care to someone who is ill, disabled or aged, according to the National Alliance for Caregiving & Family Caregiver Alliance. Approximately 52 million caregivers provide care to adults, 18 years and older with a disability or illness.

The number of people aged 65 and older will grow by nearly 30 million between 2012 and 2030, reaching an estimated 72 million people by US Census Bureau projections.

A new study, published in the Journal of the American College of Nutrition says that spinach is packed with thylakoids (little packets of goodness found in a plant's green-making chlorophyll) that actually make you feel fuller, block fat digestion and boost weight loss and reduction of lousy LDL cholesterol.

The researchers used spinach extract. They fed overweight and obese women 5 grams of it before breakfast for 12 weeks. But we say the smartest move is to make every day a Green Day.

Spinach, kale, collards, beet greens, watercress, Swiss chard and arugula pack the powers of thylakoids, plus much more. They're huge sources of fiber, vitamins C, K and anti-aging A (it makes skin smooth and soft), along with folic acid (it guards your heart and memory, and fights birth defects), lutein (a vision protector) and essential minerals such as calcium, magnesium, iron and potassium. Go for two servings a day (1 cup cooked, or 2 cups raw). Or spin some leaves up in a blender in a tasty green drink with berries for sweetness; make it 3 parts greens to 1 part fruit.

## BEING UNDERNOURISHED CAN PACK ON POUNDS

Actor Jack O'Connell went on a 700-calorie-a-day diet to portray the emaciated prisoner of war Olympian Louis Zamperini in Angelina Jolie's movie "Unbroken." In the short term, he could get away with it, but it's no surprise that in the long term, robbing the body of essential nutrients can trigger metabolic problems, hormone disruptions and immune system challenges.

What might surprise you is that even if you eat a lot more than 700 calories, you can still be undernourished or malnourished, and it may be what's causing you to pack on pounds and raise your levels of lousy LDL cholesterol, blood glucose and blood pressure.

That's the conclusion of researchers who looked at how eating two fruit-based micronutrient- and fiber-dense supplement bars (the researchers' own recipe) every day affected normal-weight, overweight and obese folks. Their findings: Eating essential (and previously missing) nutrients, triggered weight loss in overweight and obese folks. And in everyone it improved important health indicators such as inflammation, insulin resistance, LDL cholesterol, blood pressure and glucose levels.

So, for your personal best, fill up on nine servings of produce daily (37 percent of U.S. adults eat vegetables less than once a day), along with lean protein and 100 percent whole grains. Dodge added sugars and syrups, trans and most sat fats. Take a daily multivitamin (half in the morning, half at night), along with 900 mg of algal oil. Ask your doc for a blood test to check your vitamin D levels and to see what else you need to protect yourself from undernutrition.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit [www.sharecare.com](http://www.sharecare.com).

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