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Creating a Healthy Life

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Transitional Fitness: A New Fitness Model

What is this new model of fitness? It all began with our Transitional Fitness Model that originated from my work within a physical therapy environment and was originally created as a step progressing from physical therapy to traditional fitness training. It quickly evolved to a model that encompasses individuals who have not had or needed physical therapy; individuals who are not realizing the results that they are expecting from their fitness efforts; and those interested in starting exercise and reducing the risk of injury.

While this model is ideal for the body's biomechanics it was not designed to address all aspects of fitness and left the potential for too many hindrances. For this, I created the 5Keys Fitness Assessment. To understand the Assessment, I would ask that you take a moment and think about your ideal "fit-self". What type of thoughts, feelings or images does that conjure up? Now with that in mind, think about what behaviors that "fit-you" would have. How much exercise? What type of exercise? How much rest? What is the diet? These questions become the foundation for developing your program. Your program is based on your behaviors in each of the 5Keys of Fitness.

- Resistance
- Cardio
- Nutrition
- Flexibility
- Rest

The 5Keys Assessment is the natural progression from our Transitional Fitness Assessment as it incorporates those biomechanical components that have enabled us to successfully work with so many clients over the past 6 years and those key values that will enable our clients to continue to be successful.

The 5Keys Assessment is a carefully constructed method to look at the five key areas of your fitness. The assessment incorporates both written subjective responses and physical objective tools to identify those areas within the 5Keys that could be addressed. This assessment provides you with a focused plan to start in the direction of your goals. This intensive process requires about 2 hours of your time and includes a written analysis of your current health, your health history and goals for your health and fitness, physical characteristics, and postural and flexibility assessments. At the end of this assessment, you will confer with your 5Keys consultant to review all of the assessment information, put together the "big picture", and develop a plan.

The plan that is designed will be as unique as you are, because it has to fit for you and your lifestyle. That is one of the many things that make the 5Keys Assessment unique. The assessment is a learning tool for you to use to help guide you in the direction and attainment of your goals. Your goals are unique to you, and while they may be similar to other people's goals, the process of attaining them will be unique to you.

"If you are going to spend the time exercising, please ensure that you are doing the right things for you, your body and your goals."



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An easy example of this is fat loss – a common goal. For some, fat loss will require changes to the amount of resistance exercise performed. For others, diet will require the primary attention. And still for others, it may be the need to increase the amount of quality rest they give their bodies for it to respond by decreasing body fat. The importance of the 5Keys Fitness Assessment to design the program cannot be overstated.

Our model is different because it also accounts for the changes in our lives. Fitness is not an all or nothing endeavor, but a continuum that shifts

throughout life. One time the goal may be to complete a marathon, while at another time it is simply to play with your children (or grandchildren) without pain. Transitional Fitness, with the new 5Keys Fitness Assessment, accommodates the continuum and is the perfect tool to view fitness as a set of behaviors and not as a goal. It is the process that will enable you to be successful now. All bodies are not the same and the sooner you can learn about what is right for your body, the sooner you can create your ideal Fit-You.

Upcoming Events: Laissez le bon temps roulez! (Let the good times roll!)

February 20, 2007 is Mardis Gras and at EQUIVITA that means party! We celebrate this day as the first sign that spring is again on its way. All are welcome! Come celebrate with us and see if you find a baby in your slice of King Cake – if so, it is good for a free hour massage!

Valentine's Day is coming! There's no better way to say you care than by taking care of yourself as well as someone special. We have created partnerships with several local restaurants to receive a dining gift certificate after your massage. We call it our Rub-and-Grub program. Contact us for more details or check www.equivita.com for more information.