

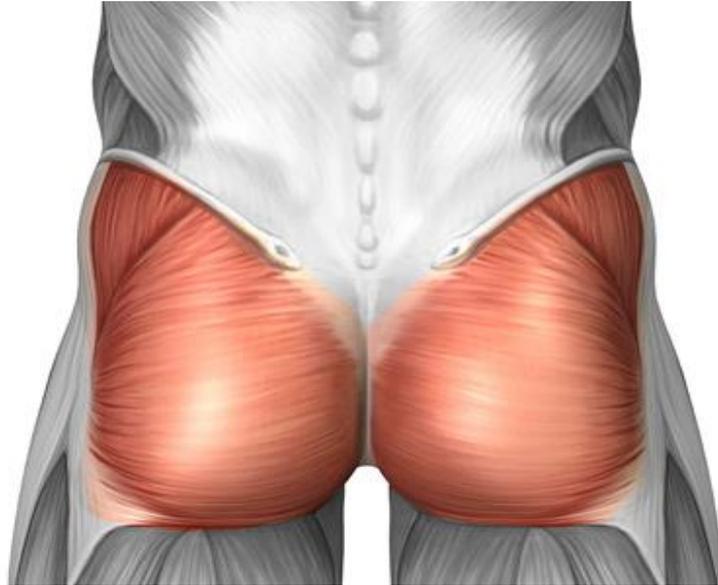
Vital Health Advice

By Killa From Sikh Unit



Please take 10 minutes out to read can really change the quality of your life

Unlocking and reintegrating the Glutes



Glute Muscles are vital to reset the body's biomechanics to an optimal level.

A revolution needs to start at every gym and training centre to teach people how to unlock their glutes. Locked up (glutes which are not working at optimal efficiency) are the cause for many back pains, postural pains and muscle imbalances. Our glutes are locked up due to compensation patterns which arise from the amount of sitting modern day society does and the way we sit. In olden days people used to sit in the lowered squat position, that may stretch your glutes out a little but a lot of glute power was needed to get back up from that position. Now we use mainly our quads to sit and stand, and the Glutes don't get recruited much in our day to day activities and compensation patterns arise altering the body's biomechanics.

The glutes are the most important muscles in the human body and are also the most neglected by gym goers and most athletes. We hardly ever use our glutes to their full potential, we sit a lot and drive everywhere. The neural input to the glutes is reduced and compensation takes place which will eventually cause pain or injury if you put your body under high demand. You need to make sure the neural input to the glutes is strong and that your glutes are worked in all dimensions that they were intended for. If you have strong glutes (your prime movers) your posture will be good and your chance of injury will be very slim. How do we train the glutes the idea is not to hit squats and lunges straight away? Because if you are carrying a dysfunctional movement pattern which most people will be you will just be adding to the problem. We must reset the neural drive to the glutes and start from the start and gradually train the glutes to integrated with the rest of the body. The opposing muscles to the Glutes are the hip flexors and the adductors. When we move or train muscles shorten, that's why stretching muscles is very important to maintain optimal length.

If muscles are not at the right (optimal) length they will inhibit another muscle (if muscles stay short for some time they can become permanently contracted). A good stretching routine is very important. The glutes get weak due to the pressure on them via sleeping this pressure tunes down the neural input to the glutes. Squeeze your glutes together via isometric contractions throughout the day (this will help to retrain the neuromuscular connection) to increase neural input.

Do a little five minutes warm up and stretch, the adductors, hamstrings, hip flexors, quads and calves. Before each integration session.

Phase one – Low load isolated drill (for 2 or 3 weeks)

Prone hip extension, side lying hip abduction, calm shell, reverse calm shell

Phase one will wake up the dormant nerves and activate the glute fibres without other muscle interfering too much. I would recommend one set of each exercise, if you do reps until failure allow a recovery day to give your body a chance to adapt and recover. For all exercises in each phase perform reps slowly and when you lose form stop the set.

Phase 2 – Low load Integration (For 2 or 3 weeks)

Quadricep hip extension and fire hydrants

This phase will reteach the glutes how to work in sync with other muscles. I recommend 2 to 3 sets of each exercise.

Phase 3 – Medium load (2 or 3 weeks)

The glute bridge and single leg bridge (if you can) 3 sets for each exercise

Phase 4 – Loaded integration (3 weeks)

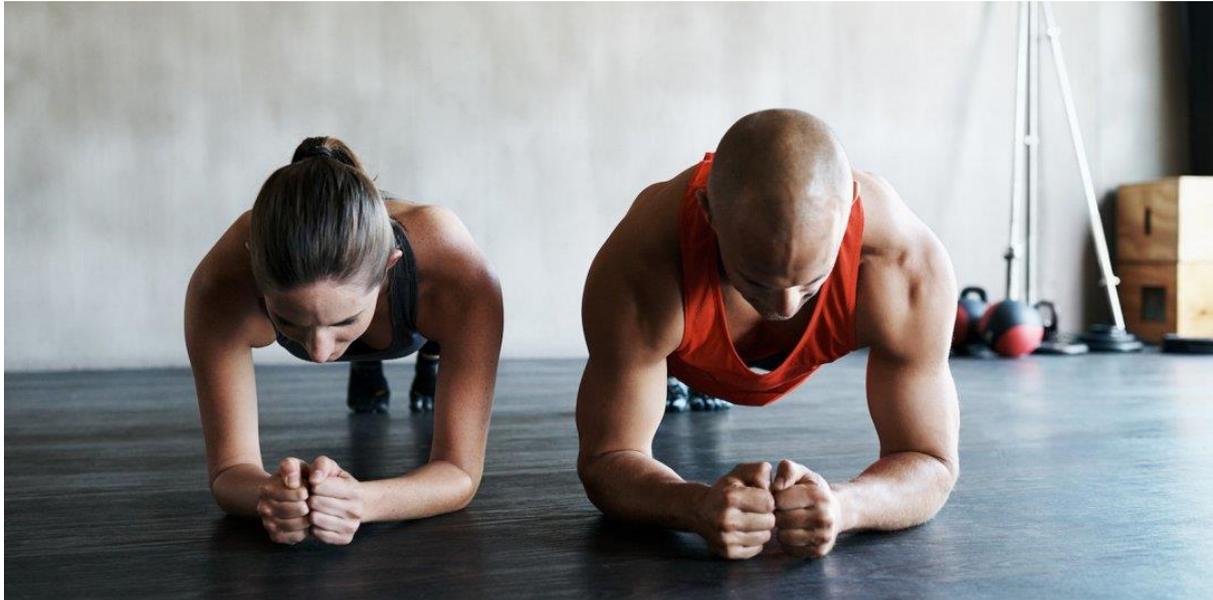
Body weight Lunge and squats. (it is a good idea to do one or two sets of low load exercises to activate glutes prior to squats and lunges)

This should finetune the glutes to integrate with other muscle at a much more efficient level. Inhibited glutes are a different issue and must be addressed with other stretching techniques prior to exercise most commonly adductors and hip flexors stop the glutes from working properly, these would have to be released before any glute exercises are commenced. Even after the integration programme I recommend doing activation exercises every other day to maintain the integration (Calm Shell, Side Lying Hip abduction, Donkey Kick and glute bridges).

Training tips to keep you injury free

1. It is important to stay healthy, but we must have the right approach otherwise we can do more damage to ourselves than good.
2. I would recommend bodyweight exercises over weight training as weight training can overstress the joints and cause unnecessary wear and tear. Handling one's own bodyweight is safer and more practical. Also, people lift way too heavy weights, your body is not designed for that much punishment and somewhere down the line it will catch up.
3. Cardio is good for the heart, again you don't need to jog for hours on end etc, a 20-min cardio session is all that is needed to get the heart active. Excess cardio again causes wear and tear.
4. Always have a rest day between training sessions, this gives the body time to adapt and heal.
5. Even if you walk a lot at a fast pace you can get healthy, you will be surprised. A simple 30 mins brisk walk followed by total body flexibility will keep you in pretty good shape. (you will not overdo it or strain your body causing injuries)
6. There are extreme training regimes out there, like interval training, sprinting circuits, but these can cause injury as they take a lot of toll on your body. Sprinting is the body's natural survival mode to help us when we are in danger, it demands a lot from your body, to do it regularly will cause injury (just use it when you are in danger) Olympic sprinters are always getting injured.
7. Muscles work in opposites, so if you do push ups for the chest, do a pull up to work the back muscles to keep the balance.
8. Muscles get short due to many reasons, so every muscle in the body should be stretched to maintain its flexibility and suppleness, I recommended a good stretching session after every workout. Buy a stretch book and learn one to two stretches for each muscle a good book is stretching by Brad Walker. Muscles prone to tightness are, hamstrings, adductors (both short and long), quads, hip flexors, calves, pecs and biceps. These muscles tend to be short and tight due to sitting. Foam rolling followed by stretching is an excellent way to relax muscles and maintain optimum length. Also muscles work in opposing pairs so one will contract and the other will relax to allow movement to take place. For that to happen efficiently the strength and length balance must be kept, if not you will get reciprocal inhibition where a short and over contracted muscle weakens the opposite, the answer is not to strengthen the weak as it will make matters worse, it is to stretch and release the tight muscle. The weak muscle should regain its strength when the opposing muscle is released. After the tight muscle is released, isometrics can be done on the weak muscle and gradually other exercises can be included, progress slowly.
9. Include Glute activation exercises in all workouts. Activate them in all directions, via, prone hip extension, side lying hip abduction, clam shell, donkey kicks and glute bridges.

A Balanced and effective Workout regime.



Sample workout to keep body balanced and healthy (Before you start I really advise Unlocking and integrating your glutes before starting any training regime)

Do a five to ten minute warm up to increase blood flow and body temperature. (jogging on spot, step ups, star jumps etc)

Do one set to failure for each exercise every other day. Make sure to take that rest day to allow the body to adapt and recover.

Upper Body: Push Ups, Chin Ups and pull ups (Inverted chin ups and pulls ups are easier versions for those that can't do normal chin ups and pull ups yet).

Core: Leg raises, crunches (keep back on floor to recruit the abs and not hip flexors), superman's and planks.

Glutes: Calm shell. Side lying hip abduction, reverse calm, quadricep hip extension, fire hydrants and Glute bridges.

Legs: All exercises should be done with body weight: Squats (go low as you can), lunges, dead lifts, calve raises (double and single leg)

Stretch every muscle after the workout, to aid it to recover and re lengthen. Hold stretch for 30 secs minimum to see results.

Do a 20-minute Cardio session at least once a week, via jogging or swimming. Again, stretch out after.

Helping someone with mental health issues

There may be many booklets or so-called professionals that think they understand mental health, but as with anything experience is the best teacher. Nobody will understand it more than someone who has been through it. I am going through it now, I wanted to write this to help people understand how someone suffering from any type of mental illness feels.

Let's get one thing straight nobody wants to be mentally ill, so if it was in our control we wouldn't be. So, when people say snap out of it or be strong and overcome it, they are making no sense, if we could we would. Comments like that just end up hurting you more, because you feel isolated and feel like no one understands. In your mind, you think you don't know what I'm going through so it's easy for you to talk. Mental illnesses are not something you can snap out of, if it was a muscle you could make it stronger. How do you train your mentality when your already in a situation of chemical imbalance, you can't it has to be overcome by solving what caused it, or in some cases a person has been through too much trauma it remains permanent and eventually turns to insanity. Mental illnesses are generally caused by stress and anxieties caused by some sort of Trauma, this could be one incident or a build-up of many over the years. It is hard for a sufferer to be happy, as we are not producing the right chemicals and hormones. We envy people and wish we was normal again and be like how they are. We don't wish bad for people or wish they suffer like us, we just wish we was like them.

If you want to help a sufferer, just listen to them, gain their trust so they find it easy to speak to you and open up whenever they feel down or suicidal or have a panic attack etc. this is the only way you as a general person can help them. Reassure them that you are there for them whenever they need, the sufferer should not be made to feel guilty when they need your help, you must show them compassion of a high level to make them feel comfortable. Helping people with macho bravado talk is going to backfire and make the person distance themselves from you. Remember no one is ill by choice, and no one wants to remain that way, once you understand that you will automatically be able to support them in the right way. I hope this helps others to help suffers in the right way.