



In uniqueness there is no equal and no competition

## ICK Newsletter October 2010

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# The Concept of Core

CORE TRAINING - Jannie Claassen asks:

Is it time to debunk the main claims for the regime, saying there is little, if any, scientific basis for claims of its efficacy?

It puzzles Jannie that so many patients, clients or professionals are obsessed with the core muscles. It seems that every human being on planet earth “lack core stability”. Take note, that this “lack” was only identified by the late nineties. Did we have core stability before that? The questions remain: how does a professional establish that someone is lacking core? What evidence does the professional use to make such statements? However, after you have established the lack of core, how much percentage of core will you give a client to rectify this cause of so many of the problems in the body? Do certain classified core exercises “fix” the so-called “core issues”? Does core training improve performance or functionality? Yes, the core stability model gained popularity because it offered a simple answer to complex problems. Sometimes it is simply used to replace our old concept of “abdominal training” of fifteen years ago because it failed to give us that “six packs” or get rid of “tummy fat”. Where did this concept originate? Is the world reconsidering this phenomenon that created “stars” and businesses?

Jannie says: “Claims for the effectiveness used by Pilates, Core Specialist, and Vibration Training etc have been touted well beyond what research has shown. It is unclear if this all will stand the test of time. Core stability is such a rubbish term. I hear it from everyone, from my milkman and local butcher to the trainers at the gym, and nobody – including physiotherapists – really knows what they mean by it. I am not getting convinced of the benefits of this particular training mode, without going back and looking at the evidence or where it all started. I cannot just “listen” to what people say and then jump on the bandwagon”.

***Join Jannie, in the next few editions, on his journey to find more insight while consulting professors, physiotherapist, Bio’s, Pilates Teachers, Body Workers and many others.***

**READ THE FOLLOWING RESEARCH:**

[http://adamfloyd.com.au/docs/The\\_Myth\\_of\\_core\\_stability.pdf](http://adamfloyd.com.au/docs/The_Myth_of_core_stability.pdf)



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## My Story – a letter from a subscriber

*Dear Ed*, today exactly 1 year and two months ago my GP told me, V I have bad news, you are pre-diabetic and if you continue like this you will soon be diabetic. That was not the news I wanted but it was a reality. I am 45 years of age, I have been involved in the fitness industry for about 25 years now. Teaching many classes every day, doing Personal Training etc but I was also 30 kg overweight. How, I kept asking myself is it possible with all the exercising that I do!!! Desperate to change my situation I starting looking for a solution and I came across the work of a Dr Barnard (in the states nogal!). It was simple he explained, cut out meat, cheese and chocolate from your diet. He continued to explain about the effects the M, C and C has on the body and right there and then I decided to follow his ways of eating, only difference I decided, was to still eat fish and eggs simply because I liked it and needed to get protein in somehow.

Well today I am 25 kg lighter, my cholesterol has dropped from a reading of 7.9 to 4.1 without any medication, my blood pressure is now low whereas I used to drink tablets to bring it down and I was told today by the same GP that I am no longer pre-diabetic. I have never looked and felt better!! I now teach more classes, cycle at least 150km per week off road, do 5 Personal Training sessions a day. I get asked the same question every day, how do you do it and where do you get the energy. One of my clients even asked me the other day if I was Bio Plus!! What?! I replied, no way I get my energy from eating good food. Oh I know we all say that, but the truth is I really eat good food. Loads of greens, loads of vegetables cooked, uncooked whatever. I do not eat any dairy products and I mean no dairy and no meat, very little bread if any and I now have more energy than when I was 20 years younger.

I have decided to share this with you because I am proof that it is in each one of us to be lean, happy and full of energy. I always believed that I was genetically dispossessed because my whole family is overweight, all my brothers and sisters have some form of disease, my youngest sister died at the age of 40 simply because she was 45 kg overweight, diabetic and she loved KFC. We simply have to accept that the food that we put into our faces have an effect on how we perform and how our bodies age. I get asked every day how I did it but when I start to explain people stop listening. The answer is always the same, I cannot do that!! I must have meat. Sure I say have meat but make sure the meat is not from an abused animal or from a chicken that was injected with hormones and fed antibiotics to keep it alive. We all know the truth about animal in pens, cages, feed lots etc but we continue to support it. We continue to buy it and we feed it to our families but then we want to complain about the state of our health at the same time.

I recently picked up a book, *The Next Trillion by Prof Pilzer* and I was flabbergasted. Everything he writes about is what I changed and with the results that is predicted. I was further amazed because this teaching is exactly the same as what our own Jannie Claassen has been teaching for at least 10 years now. It is simple, if it is not natural then do not eat it, all the tablets can throw away if we only look at what we eat.

You can change your destiny, you can be happy, satisfied with yourself but you will have to have a relook at what you consume. Sorry that is the only truth and that is all I am going to tell my clients. **No more**, “Okay sweetie you can have that steak three times a week and have a chocolate twice a week as a treat. **It is not a treat it is a curse!**

**Check out the workshop on Page 3,  
book early,  
NUMBERS WILL BE LIMITED**



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**WORKSHOP!!! wOrkShop!!! WORKSHOP!!!**

**EARN YOUR CREDITS! – Prepare for RPL-assessment –  
Upgrade your current qualifications**

## THERAPEUTIC EXERCISE FOR TRAINERS

Techniques for Intervention

Presented by: JANNIE CLAASSEN

The International College of Kinesis presents the First “How To” therapeutic exercise guide specifically for Trainers. This two day training course will give you knowledge and skills to effectively implement client treatment plans, using therapeutic exercise techniques.

Detailed descriptions are provided for the gamut of therapeutic exercise; including:

- Foundations of Therapeutic Exercise
- Mobility: ROM; Stretching Activities for Increasing Muscle Flexibility
- Strength and Power: Principles, OCR and CKC, PNF, Plyometrics
- Balance Training and Reactive Neuromuscular Training
- Functional Progression for the Spine and for the Extremities

DETAILS: Saturday 6 of November 09:00 – 16:00, Sunday 7 of November 08:00 – 14:00

VENUE: Movement Therapy Centre, 6 Pongola Avenue, Sandown Estate , SANDTON

STUDENT RECEIVES:

- ✓ Attendance Certificate
- ✓ Digital Manual ( Please note: this will be posted to student before the start of the course) so please book early
- ✓ Training DVD

COSTS: R999 – if you register before 22 October 2010

or R1199 – if you register after 22 October 2010

LAST DAY FOR REGISTRATION: 29 October 2010

Application forms on page 4 or available online at [www.collegeofkinesis.com](http://www.collegeofkinesis.com), click on short courses and workshops or request an application by email me at, [info@collegofkinesis.com](mailto:info@collegofkinesis.com).



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## Low carbs, low fat, and low cholesterol

From the U.S. Department of Health and Human Services, I'm Ira Dreyfuss with HHS HealthBeat.

There's more to diets than losing weight, because how you eat can affect your cholesterol levels. At Temple University, researcher Gary Foster looked at two years of data that compared low carbs and low fat diets.

Foster says people lost about as much weight on either. But he found a difference in HDL cholesterol – what's called "good" cholesterol, because it seems to protect against heart attack:

"Patients on the low-carbohydrate diet experienced a 23 percent increase in their HDL cholesterol, compared to about a 10 to 12 percent increase for those on the low-fat diet."  
(10 seconds)

Foster says it's something for people who need to raise their HDL to keep in mind.

The study in Annals of Internal Medicine was supported by the National Institutes of Health.

## HAVE YOUR SAY!!

Email your comments on any of the articles in this newsletter or any previous newsletters to [info@collegeofkinesis.com](mailto:info@collegeofkinesis.com) and we might just **publish it**

## Want to know how our Electronic courses work?

Email me, at [admin@collegeofkinesis.com](mailto:admin@collegeofkinesis.com) for your **free copy** of the DEMO DVD which will show you how easy it is to study in the privacy of your own home. Please provide your postal details as the DVD will be posted to you free of charge. The information provided on this DVD will also show how easy it is to do the short courses i.e. the Indoor cycling course

**Job Opportunities - An opportunity exists for 2 x Fitness trainers (Female) in the Bryanston Sandton area. Please contact Cheryl Whelan at [cheryl@itransform.co.za](mailto:cheryl@itransform.co.za) for more detail.**

If you are the owner of a gym or fitness studio and require the services of fitness personnel then let us know by email, [admin@collegeofkinesis.com](mailto:admin@collegeofkinesis.com) and we will place your ad in the June 2010 issue free of any charge. The International College of Kinesis accepts no responsibility for the accuracy of the advertisements placed. Advertisements are placed solely as a free service to the fitness and related industries, thank you, The ICK team.