



Fit For Sisters

Andrew Luscutoff
Columnist

What is functional training?

Exercise in the 21st century at times can be confusing, with over-complicated programs, expert gurus, and charts and graphs showing that the layman shouldn't even begin a program on her own.

These notions poison the water for beginners, giving the illusion that productive exercise is an unattainable moonshot.

Part of the job of a good exercise and health professional is to distill the textbooks, data, and journals down into actionable, easy-to-understand concepts. Poor professionals make it all seem harder than it should be, and closely guard their information as the "only solution."

This article seeks to prove a technique that people often make harder than it should be is actually quite the opposite. That technique is functional training. Functional training is a form

of exercise where the goal is to obtain skills, strength, and ability which one can transfer from the gym into everyday life.

Chandra Hess, a seasoned trainer with Sisters Athletic Club, explained functional training: "Functional fitness is about training movement patterns and strengthening our muscles through a full range of motion. It helps us prepare our bodies for everyday scenarios like kneeling down to pick something up or walking up a set of stairs."

Functional strength training should be composed of a set of movements that mimic how the muscles are actually used. Free weights, body weight, cables, medicine balls, and kettlebells are all employed to achieve this. Balancing the muscle groups used is essential, as over-building one group will negatively affect one's functionality.

Stretching the hips, the middle back, and the shoulders is important to good function. Mobility is a very individual undertaking, so advice from a professional will help someone get an understanding of where to start.

As with any dimension of endeavor, people will take an idea and run away with the concept with the "more is better" mentality. A common mistake people make, according to Hess, is "using weights that are too heavy for them and sacrificing form or range-of-motion in the process." Another common flaw is using balance

and instability improperly. A person might grab a set of weights, stand on a balance board, and twirl the weights haphazardly about in order to "work on balance." Using too heavy a weight, and using improper balance or instability techniques are dangerous, and will not promote the desired outcome.

Functional training should be worked into a program of sound weight training with a synergistic effect. The stabilizer muscles and core work with functional training will positively affect other exercises.

A basic start to functional training anyone can do:

Kneel to stand — take a kneeling position, with a tall posture, and stable core, push through the front leg and lift the body up. Getting up off the ground is a technique that many people neglect, until there's a scary realization that they can't.

Functional training isn't exclusive to veteran gym-users. In fact, it'll give the best benefit to the beginner. This is because they'll be learning coordination, full muscle contraction, and skills.

Hess said, "Including functional training can be as simple as walking or hiking more, or adding stair steps to your weight routine."

A great book to check out is "Core Performance," by Mark Verstegen. It highlights the concepts mentioned in this article and goes deeper into putting it into practice.

SCHEDULE: Different schools on different schedules

Continued from page 3

more continuity of courses.

"When we had a five-period day on the trimester schedule it was hard for students to take band all year," he said. "Now there is a higher probability of taking band all year."

Before school opened, Hosang addressed the change in a written memo to community members. He noted that a seventh period has caused confusion.

"We fully anticipate we will utilize the seventh period to provide additional opportunities for our students such as helping them create a résumé, SAT/ACT preparation, ASPIRE time, internships or helping students with college applications are just some of the ideas we are working on," he wrote. "I am confident that by the second week of school we will have our rhythm."

Sisters Middle School, which has fifth-graders through eighth-graders, is keeping its trimester schedule because that works better for students of that age, Scholl said.

For one thing, younger children have shorter attention spans, which is accommodated in the trimester

setup, he said. The difference in schedule reflects what Scholl said are different academic needs.

"It's all part of a puzzle," he said, meaning such things as lesson-preparation time for teachers and other non-class factors must be accounted for.

Sisters Middle School Principal Marshall Jackson said the semester system was considered for that school.

"We looked at various options," he said, "but the trimester schedule meets the needs of our kids."

One issue at the high school under the trimester setup was that some students finished their state-required courses by the end of their junior year, and didn't enroll for their senior year. That presented a financial problem, because school districts are funded by the state based on enrollment. The same issue isn't present at middle school because those students' promotion to a higher grade isn't based on required credits.

Trimester also offers the middle school students a chance to experiment with classes that sound interesting.

"Middle-schoolers are trying to find out who they are," Jackson said. "They want to sample different things."

Classes began this week throughout the district. Schools will be closed Monday, September 5, in observance of Labor Day.

BLACKSMITHING
Fireplace screens, andirons, and grates, Handforged hardware, hinges, lighting, gift items, more!
CCB# 87640
Ponderosa Forge
Sisters, Oregon
WELDING
Structural Steel • Welding Repair
CNC Cutting • Machining • Fabrication
PonderosaForge.com • Sisters Industrial Park 541-549-9280

The Garden Angel
541-549-2882
• Bed Care
• Irrigation
• Natural Lawncare
LCB#9352

When it comes to your to-do list, put your future first.
To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.
Darren Layne, CFP®
Financial Advisor
411 E Cascade Ave Ste 102
Sisters, OR 97759
541-549-8739
www.edwardjones.com
Member SIPC
Edward Jones
MAKING SENSE OF INVESTING

Art AT THE RANCH
SEPTEMBER 2-3, 2016
AUGUST 2-SEPTEMBER 5
BLACK BUTTE RANCH LODGE GALLERY
Invited Artists
FRIDAY, SEPTEMBER 2
ARTIST RECEPTION & SILENT AUCTION
5:30 pm - 7:30 pm
Live Music
SATURDAY, SEPTEMBER 3
ART FAIR
10 am - 5 pm
Live Music 11am-1pm
PLEIN AIR "PAINT OUT AT THE RANCH"
8 am - 5 pm
CHILDREN'S PAINTING WORKSHOP
2 pm - 4 pm
Lakeside Activity Center
Free
Schedule at BlackButteRanch.com/Art-at-the-Ranch

HOA & Condo Forum
Tools for Dealing with the Expected and Unexpected
September 10th at the Bend Riverhouse
9am-1pm - \$20 preregistration
Sign up at: vf-law.com
email: ajb@vf-law.com
or call 800.684.4111