

Current Newsletter

May 2007

Feature: BE in the Moment!!

Referral Program: FREE ASSESSMENTS & BREAKFAST

Delayed Onset Muscle Soreness: aka DOMS

Hello Friends of Train by Trina,

Feeling a little beat up after all your athletic endeavours? I hope not. After last month you should be making the transition to outdoor activities with ease. Mind you, there always is that little bit of muscle ache and stiffness when you really push the limits, and step out of your comfort zone. This month we are going to talk about ways to deal with muscle soreness, in addition to announcing a few give-aways and upcoming events.

First of all, I would like to say thank you to the readers that sent me their HR Directors' and Property Managers' contact information. I hope you are all enjoying your Kashi products



Referrals = FREE ASSESSMENTS & BREAKFAST!!



Train by Trina needs your help! We are looking for new clients. So, FOR THIS MONTH ONLY, when you refer a client you will receive a free fitness testing session, and Kashi cereal valued at over \$100.00.

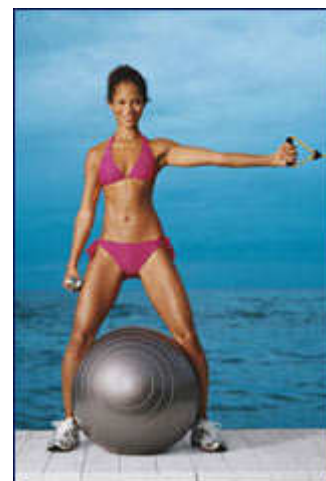
I look forward to meeting your referrals, and inspiring them to maintain a healthy lifestyle.

Delayed Onset Muscle Soreness DOMS

Now that the weather is nice and you are all out there kicking some asphalt! You are feeling great at time time of exercise BUT what do you do about the PAIN you feel on Monday and Tuesday morning?

This subject hits close to home for me this summer. Although I am an extremely active person, who exercises at a competitive level, I am now dealing with muscle soreness on a regular basis. Due to this year deciding to take on a new sport. I have made the switch to road cycling -- and I AM LOVING IT, despite the post exercise muscle soreness.

This pain is called Delayed Onset Muscle Soreness, aka DOMS. DOMS is a physiological phenomenon that occurs after intense training bouts. Symptoms of DOMS manifest as the stiffness and soreness that you



experience in your muscles, after you have engaged in vigorous exercise. Sadly, even the most well conditioned athletes experience DOMS. So what causes DOMS and how can we all rid ourselves of it quickly?

While you exercise, your muscles build up a metabolite called Lactic Acid. Lactic acid can linger in your muscles and cause DOMS days after your workout. The most recent research indicates that DOMS is also caused by micro tears in the muscle tissue (which occur as a result of intense exercise), and the inflammation that it causes.

OK, so we're all in pain, now WHAT?? Studies show that effective warm ups and cool downs, for a minimum of 10 minutes at a low intensity (60% HRM*), will help flush out the metabolites and warm up your muscles. There has been little research indicating that stretching helps, but I can attest from personal experience that stretching is crucial!! Also a light workout (and I stress the word LIGHT!) the next day will get the blood flowing, and move the lactic acid out of your system. Finally, you may want to consider an Epsom salt bath, which will provide a great deal of relief as well.

Now that you're armed with information on ways to decrease the symptoms of DOMS, stay active. And be sure to stay tuned for next month's feature article "The Portable Workout", which will discuss ways to workout without equipment.

Cheers,
Trina Lambe
Train by Trina



Photo by Walter Segers at Verity