



FOLLOW US ON INSTAGRAM!



@nefftraining

# TRAIN OR TREAT

Join us on Halloween day, Tuesday Oct. 31, for "Train or Treat"! Come dressed in costume and bring your family, friends, and kids! We will be giving out candy for all, but you might have to work for it a little bit...

Think you got the best costume? Come and show it off or send a picture to [neff@nefffitness.com](mailto:neff@nefffitness.com). We'll feature it in our next newsletter and on our social media!

## MONTHLY TRIVIA

### LAST MONTH'S ANSWER:

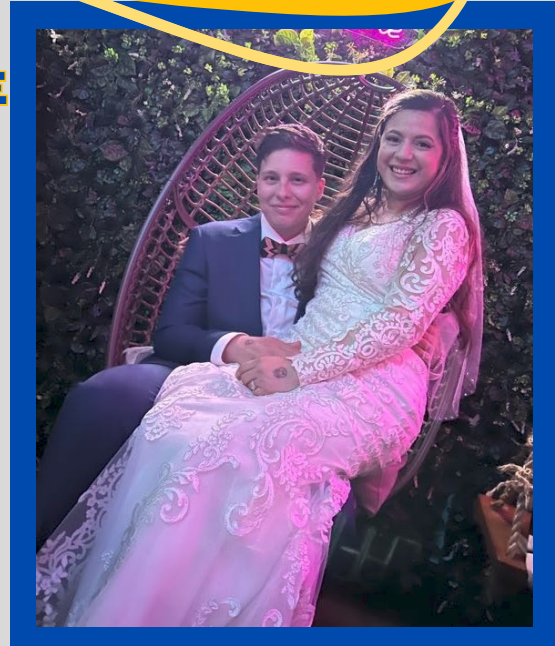
BMI estimates "healthy weight" via height and weight, though it does not take body composition into account.

### THIS MONTH'S QUESTION:

Blood flow restriction (BFR) signals the brain to send out more of what kind of hormones?

## INTRODUCING: MRS. COACH JULIE QUINTERO!

Coach Julie and her partner, Claudia, tied the knot in September! They had perfect weather and were surrounded by their beautiful friends and family. NEFF coaches were present and we took a picture together, but the photographer is still putting the final touches on that one!



# MAKE IT A JOINT EFFORT

How to keep your joints happy with exercise

By Julie Quintero (!)

After covering bones last week, let's move the dialogue further by talking about what happens when two very nice bones meet each other: they form a joint! Joints are pivotal in our movement, and without them we would be super awkward, and some of us don't need any more help with that. But over time through excessive stress, poor movement mechanics, or pathological conditions, our joints can become injured, inflamed, or both, with chronic or acute problems. So how can we help them stay healthy and in good shape?



## Motion is Lotion

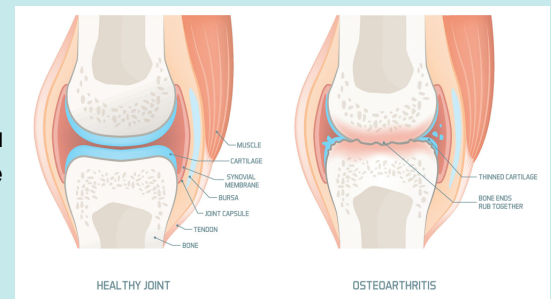
In addition to being a catchy phrase, it's darn good advice for keeping your joints happy. Since a lot of joint tissues don't have a blood supply, they rely on movement to help absorb nutrients and clear away waste. Instead of blood, your joints utilize synovial fluid that helps minimize friction and provide nutrients.



So how does that fluid get into the tissue? Think of your cartilage like a sponge - when you bend your knee, for example, the bones compress the cartilage, squeezing out waste products that have built up. When that compression is released, fresh and nutrient-filled fluid gets absorbed by the cartilage. This action helps the cartilage stay nourished and healthy and is best achieved through low-impact exercise like cycling or swimming, but resistance training is also still beneficial. If you've been sedentary for a while, or are currently experiencing chronic joint pain, be sure to talk to your doctor before beginning any exercise program, and please find an exercise professional once you start to ensure you start and progress an appropriate program.

So if motion is lotion, then rest is rust, and being sedentary will result in your joint tissues not getting adequate nutrients. If tissue is starved, it will become weak and could start to degrade (like if you starve anything, right?) and will likely increase risk of injury. Pathologies like osteoarthritis, when cartilage is degraded and bones start to rub against each other, become much more likely to develop.

Low-impact exercises are always a great place to start if you are unsure. Resistance training can be light and low-impact as well. Selector machines at any corporate-style gym are wonderful starting points as you can make the resistance very light and reduce the amount of stress on the joint. The benefits of resistance training can also not be overlooked as strengthening the muscles surrounding the joint makes the structure stronger and more stable as a whole and reduces risk of injury.



## Mobility vs. stability

Strengthening becomes more important when you consider joints have a stability/mobility spectrum. This means that the more mobile a joint is (like the shoulder), the less stable it is, so it's very important to keep the muscles around it strong. On the inverse, the less mobile a joint is, the more stable it is, like your intervertebral joints. In this case, it's important not only to keep the muscles strong, but to keep them **loose**. All joints should be regularly stretched to ensure proper functioning range of motion, but it is very easy to lose spinal mobility as we age, so keeping those muscles loose becomes more important. Talk to your coach if you are not sure what stretches/exercises you should do!

And now, in Halloween spirit, enjoy this AI-generated image of bodybuilding dracula.

