

**Spring is here.
There's a different feeling
in the air.**

**Re-birth, growth, rejuvenation, new
possibilities all around us.
Time to cleanse your mind and body
and re-connect with nature.**

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BOB GAJDA ATTENDS NATIONAL SPORTS FITNESS HALL OF FAME CEREMONY HONORING ARNOLD SCHWARZENEGGER AS "FITNESS SPOKESPERSON OF THE CENTURY"

Bob Gajda attended the National Sports Fitness Hall of Fame Ceremony which coincided with "The Arnold" Classic which was held in Columbus, Ohio, March 3rd thru 6th. Bob, who was inducted into the National Sports Fitness Hall of Fame in 2008, is a regular attendee at the event. The event is usually held in Illinois. This year because of the special award for "Fitness Spokesperson of the Century" to Schwarzenegger, the induction was moved to the Arnold Sports Festival.

The Festival, which was started by Schwarzenegger in 1989 as a one-day professional men's body-building competition, has developed into the world's largest multi-sport weekend with 46 sports and events, including 13 Olympic sports presenting fitness and fun for all ages.

Bob is a Triple Crown Winner - Mr. America, Mr. USA and Mr. Universe. He has developed many innovative training and rehabilitation techniques used by top athletes. Arnold has used Gajda's techniques. They had an opportunity to visit at the Festival and Arnold said "I still use his training methods to this day - the PHA, where you don't stop, you keep going from exercise to exercise."

Bob's PHA (Peripheral Heart Action) paper is still available today. He describes it as a philosophy that entails a comprehensive physical approach to exercise program planning and training.



Bob Gajda and Arnold

**John Balik, Publisher Iron Man Magazine;
Dr. Robert Goldman, Chairman,
World Anti-Aging Academy; Bob Gajda**



Bob and Arnold - Arnold is explaining the PHA to a young bodybuilder



**Fred Schutz, Mr. Universe Over 70;
Lenda Murray, 8 Time Miss Olympia;
Winner; Bob Gajda**

For more photos and info on the event, click on [2011 National Fitness Hall of Fame Ceremony](#)

Words of Wisdom by Mary Lou Gajda

April Reading Recommendations:

"StrengthsFinder 2.0"

Based on Father of Strengths psychologist, Donald Clifton - strategies for applying your strengths. This book will help you change the way you look at yourself and the world around you forever.

by Tom Rath

"The Present"

From the author of "Who Moved My Cheese?" It is the one thing that doesn't change in changing times.

by Spencer Johnson

"The Intention Experiment"

If you want to explore the latest science behind The Secret, look no further. Science and wisdom collide.

by Lynne McTaggart



Spring is Here - Turn Your Fitness Program Up a Notch to Get Ready for Summer - by Susie Lawrence

1.) Start your day with your workout. You'll find it's easier to stay consistent in your workouts. You'll feel more energetic throughout the day, you'll be more conscious of your food choices and feel better about yourself. Besides, you've completed your workout first thing and you don't have to worry about squeezing it in later if your day gets crazy or if you get lazy.

2.) Try to develop a workout you can do at home. It's much simpler to roll out of bed and workout at home than get dressed and drive to the gym. And, it saves a lot of time.

3.) Go for a walk after dinner instead of sitting in front of the TV. Work off a bit of your dinner and have a more restful night's sleep.

The nice weather is coming - so go for a walk, a bike ride, a run or in-line skating. The fresh air will revitalize you and your spirit.



The Sports Doctor: Art to Sports Medicine by Robert Weil, Sports Podiatrist

In dealing with sports-related injuries, whether it's with a world champion, a high school or college player, a young child, athlete or a baby boomer, there is definitely an art to sports medicine. Dealing with never-ending decisions, outlooks and expectations is part of the art. How much time off? When can I return to play? How aggressive can I be?

Doctors, physical therapists, athletic trainers, coaches and parents are some of the people making these decisions, and it's far from an exact science.

There is often plenty of pressure, especially at the professional level of sports. We remember Tiger Woods making the decision against his doctor's wishes to play the 2008 U.S. Open on his soon-to-be surgically reconstructed knee. He gutted it out and even won the tournament, but there were plenty of opinions that questioned the decision.

Just two Wimbledon championships ago, defending champion and top-ranked Rafael Nadal had to withdraw because of his troublesome knee tendonitis. He played two exhibition matches just days before the start of Wimbledon to "test his knees." This is certainly not what I would have recommended. I would have said "don't push the practice and pounding."

But, when there are millions of dollars at stake, this puts tremendous pressure on the

athletes and their doctors and trainers to push the envelope - sometimes right, sometimes wrong. The "art" is very much involved when we're dealing with youngsters who are serious with their sports.

Well-meaning parents and coaches often try to rush injured kids back to their sports. Particularly with overuse injuries, decisions about returning to action are tricky.

Recreational athletes and motivated baby boomers aren't immune either. Time off, recommendations for alternative exercises, therapy and treatments also create challenges for sports medicine.

Being part sports psychologist is required because you're dealing with people whose fitness is important, and telling someone to stop running because of frequent running-related injuries will often result in that person changing doctors until they get the advice they're looking for.

Too often, at all levels, drugs enter the equation, trying to rush the healing or recovery process. We've seen where this can lead - whether it's performance-enhancing or performance surviving.



Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. You can hear him on his weekly radio show at 6:30pm Thursdays on 90.9FM. Contact him as drweilsportsdoctor@yahoo.com and visit his website at www.sportsdoctorradio.com.

Patient Testimonial by Linda Bredrup

It has been almost three and a half years since I first walked into Gajda Health Plus Network. I had received a massage gift certificate from a student at Christmas and everyone knows how we teachers need a good massage. The massage was great, but my body was so weak and misaligned that it was apparent I needed more than a massage. Following surgery that summer for a circulation problem, I returned to Bob for help.

Bob and John evaluated my situation and we set up a program that has improved not only my circulation, but my muscle strength, my balance, and my posture. I was grateful for their expertise and that we could communicate so freely as they told me it wasn't a quick fix, as most things in life are not. It would take dedication, consistency, proper diet, and constant re-evaluation.

When I hear friends, relatives, and colleagues complain about chronic body aches and pains, and who doesn't, I tell them my story. Eventually all of us encounter injury or pain, but we can become determined and pro-active. It's a choice and it's a

responsibility we have to ourselves. In addition to a new lease on life, I feel I have made lifelong friends with Bob, Mary Lou, John, and Susie, and the "regulars". When my busy schedule gets in the way, I always make time for my rigorous strengthening regime with John and my marvelous and relaxing deep tissue "G5" time with Bob!



Linda Bredrup

BASIC EMERGENCY SUPPLY KIT

In the event of an emergency, you may need to survive on your own. This means having food, water and other supplies in sufficient quantity to last for at least three days.

To learn how you can create an Emergency Supply Kit.

Click on:

[Emergency Supply Kit](#)

BE PREPARED!

***"The Metaphysician Within"
Transforming Weakness to Wellness***

***"Hide not your talents. They for use were made.
What good is a sundial in the shade?"
- Benajamin Franklin***



Please email your thoughts to gajdahpn@yahoo.com

for "The Metaphysician Within" article.
We will include them in next month's newsletter.

Eating Disorders for Middle Aged Women on the Rise

In a recent New York Times Health Update, experts say that more and more women are showing up at their clinics with eating disorders in midlife or even older.

For more information, click on: [Older Generation Falls Prey to Eating Disorders](#)



Happy Easter



Happy Passover



Wishing you a Happy Spring and a Happy Holiday!

- The Gajda Team