



Shore Heart Group

Shore Heart Group is proud to welcome two new associates

"bringing world-class cardiology to our communities"

Riple J. Hanzlita, MD Specializing in electrophysiology
 Training includes: John Hopkins University, The University of Maryland Hospital, The Mount Sinai Medical Center

Rayson C. Yang, MD Specializing in interventional cardiology
 Training includes: SUNY at Syracuse College of Medicine, North Shore University Hospital, Dartmouth-Hitchcock Medical Center

Our Doctors and Staff wish you and your family a Happy, Healthy New Year!

Sincerely,

Michael Aaron, DO, FACC, FASNC Maurice Weiss, MD, FACC, FSCAI
 Ihab Gergis, MD, FACC, FACP Tony Chu, MD, FACC, FSACI
 Leonard Sandler, MD, FACC James Orlando, MD, FACC, FSCAI
 David Pinnelas, MD, FACC Renato Apollito, MD, FACC, FSCAI

Offices in Neptune, Brick, Toms River, Manalawick, Freehold
732-776-8500
 New Freehold address: 901 Main St., Suite 102 • 732-625-0711
www.shoreheartgroup.com

Health & Fitness



Move of the month

Name of exercise: seated medicine ball trunk rotations

Primary muscles: rectus abdominus (abs), transverse abdominus

Secondary muscles: (synergists/stabilizers), erector spinae

Equipment needed: medicine ball

Level: beginner

Starting position: Sit on a mat/floor with your knees bent, feet together, heels on the floor while holding a medicine ball in your lap close to your body. Start with a light ball (2 lb.) and increase the weight of the ball as your fitness level improves. Sit upright with your chest raised toward the ceiling and back erect so that your torso is perpendicular to the floor. Stiffen your torso by contracting your core and abdominal muscles ("bracing").

Rotation: Without leaning backward, exhale and slowly rotate your torso and the ball to one side, keeping the ball close to your body and aligned with the middle of your torso. The ball should not drop toward the floor. Pause briefly at the end range of motion, inhale and then gently exhale while rotating completely to the opposite side. Repeat the movement back and forth.

Exercise progression 1: As your conditioning improves, you can modify your starting position by leaning back halfway to the floor while keeping your knees bent and heels on the floor. With each rotation bring the elbow close to, but not to rest on the floor. Keep your core and abdominal muscles stiff to prevent any arching in your low back during the exercise. This exercise variation increases the demands placed upon your abdominal muscles.

Exercise progression 2: As your conditioning levels continue to improve, you can modify your starting position once again by leaning back halfway to the floor and lifting your legs off the floor. Keep your knees bent and feet together during the exercise. With each rotation bring the elbow close to, but not to rest on the floor. Keep your core and abdominal muscles stiff to prevent any arching in your low back and avoid any shrugging in your shoulders during the exercise. This exercise variation further increases the demands placed upon your abdominal muscles.

Wayne's tip: Intermediate and advanced rotational exercises should only be attempted after completing beginner exercises.

Wayne Matus is the owner of Fitness Together, Freehold, 3585 Route 9 north, Freehold. For more information, call 732-431-5555 or visit www.ftfreehold.com.



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Children Welcome!

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Snow Can Mean A "Heap Of Trouble" For A Shoveler's Back

Snow causes both heart stress and dangerous spinal disc stress to the shoveler. When you consider that a shovel of snow weighs 6 to 7 pounds, you realize the tremendous cumulative weight one has to lift to clear an area. The storage delivery or walk will hold hundreds of pounds of snow.

Doctors of chiropractic recommend the following rules to guard against spinal health problems.

- Drive appropriately and curve the neck.
- Shovel when snow is lightest - typically when fresh.
- Push snow as much as possible instead of lifting.
- Avoid sudden twists of the torso. Use the entire body.
- Take smaller scoops and bend with the knees, not at the waist.
- Work slowly
- Pause occasionally, stand up straight, and take a rest if fatigued.

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PLAZA CHIROPRACTIC CENTER

Dr. Ira A. Shapiro, D.C., D.A.C.C.S.P. Board Certified Diplomate, American Chiropractic Board of Sports Physicians
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