Top Mistakes Made In Strength Training: Part 2, Deadlifts

As we approach strength training, there are many different mistakes we make and many reasons why we make them. One primary issue is loading weight onto people with dysfunction in one area or another and being more concerned about quantity than quality of movement. Movement quality is crucial, as it affects our everyday lives. There is general consensus within the fitness training community that there are seven types of movement, as well as movement for activities of daily living. They are: Knee Extension, Hip Hinge, Horizontal Push/Pull, Vertical Push/Pull, Weighted Carries, Anti-rotational and Anti-extension.

Many common issues are related to our inability to breathe fully into our diaphragm and brace our core properly. The focus of this series is going to be on some major exercises and the correct techniques to use for each.

In the March, 2017 Be Well Bulletin, we reviewed the Goblet Squat. This issue will highlight the second of the three exercises chosen, the Deadlift.

Deadlifts: When doing a proper hip hinge, such as the deadlift, it is important to keep the weight close to the body, allowing the weight to ride up and down as if it was a part of you. This keeps tension off the lower back and allows proper hamstring activation to occur. As with squatting, we want to feel the whole foot on the floor. Notice the correct form outlined in green and the improper form in red below.
How Can Alcohol Fit into a Healthy Lifestyle?

Alcohol can be a part of a healthy and positive lifestyle, if consumed in moderation. Here are a few facts to help you make informed choices about your alcohol consumption and stay on track with your health and wellness goals.

What’s in a drink?
- When alcohol is metabolized in the body it provides 7kcal/g
  - Reference:
    - Carbohydrates/protein: 4kcal/g
    - Fats: 9kcal/g
- 1 standard drink = 15g alcohol
- 15g alcohol x 7kcal/g = 105 kcals
  - 12oz beer (~100-150 kcals)
  - 5oz wine (~125 kcals)
  - 1.5oz liquor (~98 kcals)

What about Cocktails?
- Long Island Iced Tea - ~4 standard drinks (up to ~400 kcals)
- Martini - ~2 standard drinks (124 kcals)
- Margarita - ~1.5 standard drinks (170 kcals)

What effect can alcohol have on my nutrition?
Alcohol is a gastrointestinal (GI) irritant, meaning that it causes inflammation in the gut. This inflammation can impair the absorption of nutrients. Frequent nutrient deficiencies associated with excessive alcohol consumption are B vitamins (especially thiamine, folate, and B12), fat-soluble vitamins (vitamins A, D, E, K), and calcium.

The mal-digestion associated with alcohol consumption can cause next-day bloating, discomfort and even nausea.

Is it true that having a drink or two before bed can help you fall asleep faster?
Although consuming alcohol before bed may help you to fall asleep more quickly, it lessens the overall quality of sleep. Alcohol is a nervous system depressant, meaning that it slows everything down. This process can ease you into slumber, but as your body metabolizes the alcohol, it will progressively lighten your sleep, causing you to awaken easily. These frequent disturbances can prevent you from attaining REM sleep, leaving you feeling groggy and tired the next day.

Are there any benefits to consuming alcohol?
Retrospective studies suggest that moderate consumption of alcohol (one drink per day for women of all ages and men over 65, or two drinks per day for men under age 65) can have some benefits such as:
- Lower risk of cardiovascular disease
- Lower risk of having and dying from a heart attack
- Lower incidence of gallstones
- Lower risk of type II diabetes and improved insulin resistance

References: