



Biography



Todd M. Cambio, CSCS is the owner of Precision Fitness, LLC in Pawcatuck, CT where he specializes in FAST Workouts for FAST Results.

He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association as well as a Sports Nutritionist.

Todd holds a BS in Dietetics from the University of Rhode Island as well as a BA in Secondary Education and Biology from Rhode Island College.

For over 10 years Todd has been educating athletes on fueling tactics and training modes for optimal performance. He was a high school biology teacher from 1999-2007, a high school football coach from 2000 – 2004 and a high school Strength and Conditioning Coach from 2005 – 2008 before opening Precision Fitness.

Todd is a former college football player and nationally ranked BMX racer. His passion for athletics and sports nutrition led him in the direction of sports performance training. Athletes train hard and tend to have lots of pain and inflammation. So Todd searched for methods that would help his clients heal faster, feel better and perform better. He now teaches these strategies to adults, as well as athletes, who want to look and feel better all the time.

After years of training clients of all abilities, there seems to be one common trend, we all get sore and have some pain along the way. There now seems to be a shift towards longer bouts of pain and inflammation with ALL people.

Maybe I just pay better attention to what people are saying or maybe there is a shift in our society towards a sedentary lifestyle that is wreaking havoc on our bodies? I do believe we sit too much. We sit at work, in front of a computer, in our cars commuting to and from work, in front of the TV and while playing video games. We sit much more often than in the past. Keep in mind, our society is larger (over weight and obese) than it has ever been. The food supply has more chemicals and less nutrients than ever before and I haven't even mentioned the portion sizes that are out there today. I can't say I have all the answers, but I will offer some solutions.

How to Reduce Everyday Pain and Inflammation in the Body is a manual that will help you can take control of your body and help it heal, recover and rejuvenate.

Enjoy,

Todd M. Cambio, CSCS

1. Why is this Important?

- a. You will feel better.
- b. You will have less tightness and soreness.
- c. You will recover faster from life's activities
- d. You will have less down time due to illness.
- e. You will reduce your chance of injury
- f. You will reduce pain & inflammation in the body

2. Causes of these risk factors:

a. Limited Range of Motion

i. Muscle Imbalances

1. In simple terms, a muscle imbalance occurs when you have overdeveloped and tight muscles in one area of your body while the opposing muscles are weak and stretched out of their normal position.

These imbalances can happen anywhere on the body and often develop as the result of the routine things you do while on the job, playing sports, or engaging in other activities you enjoy.

2. Here are just a few conditions that can develop as a result of muscle imbalances: IT band syndrome, SI joint syndrome, sciatica, frozen shoulder, knee pain, hip pain, fibromyalgia and all forms of back pain.

ii. Posture

1. As your muscles get more and more out of balance, you end up pulling yourself out of proper alignment. Once a postural dysfunction has developed, your body cannot go on for long this way before you will begin to experience problems.

b. ***Inflammation*** – Natural healing process in response to illness or injury which results in heat, swelling and pain.

1. **Environmental** – hot or cold weather, noisy or visually stimulating surroundings, tobacco smoke, excessive alcohol consumption, infectious agents, reactions to drugs, allergens, altitude, and foods including produce, meats, grains, and ingredients used to make various products grown without the use of potentially harmful pesticides, chemical fertilizers, antibiotics, or growth hormones.

2. **Emotional** - work, kids, finances, practice, academic, performance, personality types (Type A), disrupted sleep patterns, etc.
3. **High Sugar Diets** – highly oxidative in nature in the body, causes free radicals.
4. **High Fat Diets** - oxidative in nature in the body, causes free radicals
5. **Processed Foods** – high in both fat and sugar and possible chemical dyes. Lack anti-oxidants, fiber, and anti-inflammatories.
6. **Being Overweight** – accumulation of adipose tissue. Causes stress and inflammation on all the body's major systems (circulatory, lymphatic, skeletal, muscular, hormonal, etc.).

c. ***Stress*** – Response to emotional or physical threats, whether real or imagined.

1. Accumulation of all these stressors can, at times, be too much for your immune system to handle.
2. First sign of the body's inability to cope with stress and inflammation is upper respiratory problems.
3. More advanced manifestations of unchecked stress have been linked to eating disorders and depression.

d. ***Disease*** – Unchecked inflammation and stress that persists over time could lead to:

1. Chronic fatigue, pain, heart disease, hypertension, diabetes, cancer, and a host of auto-immune diseases.

How to Deal with These Risk Factors?

1. *Foam Rolling (self myofascial release)*

a. What is it?

- i. Self-massage or myofascial release using your own body's weight and a cylindrical foam roller. Do it every day, multiple times a day if you can!

b. How it works:

- i. The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue. It breaks up trigger points, and soothes tight fascia while increasing blood flow and circulation to the soft tissues. (see appendix for pictures and descriptions.)

<http://www.toddambio.com/p/products.html>



2. ***Dynamic Flexibility*** - Moving stretches in a controlled range of motion. Since these are moving stretches, check them out in

action: <http://www.youtube.com/watch?v=oqcJl4YeITc>

- a. Movements include: jumping jacks, pogo jumps, seal jacks, squats, sumo walk, lateral lunges, lunges with a twist, skips, carioca, toy soldier, cross over toe-touch and Spiderman

3. ***Static Stretching*** – stretching beyond range of motion. Stretching not only helps you become more flexible, but it allows your muscles to reset to their proper length, it reduces soreness and it helps them recover faster after strenuous bouts of exercise. Proper stretching should take at least 20 seconds of a continuous hold per muscle group. Make sure you are breathing deeply in and out to get the most out of it. Stretching has an accumulative effect over time to help heal the body and reduce pain. Stretching can be done on a daily basis. (see appendix for pictures and descriptions.)

Other Options:

- a. **PNF stretching** – Proprioceptive Neuromuscular Facilitation (PNF) is used to supplement daily stretching and is employed to make quick gains in range of motion to help athletes improve performance. Good range of motion makes better biomechanics, reduces fatigue and helps prevent overuse injuries
- b. **Yoga** – postures designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques to quiet, clarify, and discipline the mind.
- c. **Sports Massage** – a type of Swedish massage that stimulates circulation of blood and lymph fluids, breaks down adhesions in muscles (knots in the muscle) and increases range of motion.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

