



Athletic Development

Fitness Consulting

Health & Wellness  
Education



[www.2goodhealthllc.com](http://www.2goodhealthllc.com)

May 2008 Issue

## Greetings from 2GH

Greetings from Charles and Sheril Burrage, owners of 2 Good Health.

Ahh! Spring is in the air and Summer is near. If you are an educator, like Charles, you may have the summer off from teaching. Hopefully, with the warmer weather, vacations scheduled for the near future, and the opportunity at some well-deserved rest, Summer will also bring some time to reflect or meditate about things that have gone by and things to come.

As we reflect on our past nine months in the health/fitness industry as a formal business entity and our upcoming anniversary, we are mindful of the kindness of our clients, the many wonderful opportunities we have been given, and the endless stream of kind souls we have met along the way.

So, we take this time to say "Thank you." As we like to teach our children, "Thank you" can never be said too much. So...

## Feature Article – To Stretch or Not to Stretch?

By Charles W. Burrage, Jr., Ed.D, CSCS

As of late, there has been some controversy over the benefits of stretching, and over the role of flexibility in an exercise or sports training program. I'd like to chime in on this issue, and hopefully shed some light on this area so that you can understand and apply sound techniques and principles to your routine to improve its safety and effectiveness.

The first thing I'd like to say is that there is a difference between stretching and flexibility. Stretching refers to the activity you might do prior to beginning your exercise routine. Most often, this would include the

### INSIDE THIS ISSUE

Greetings from 2GH	1
Feature Article – To Stretch or Not to Stretch?	1
Summer Camps	2
The Doctor Speaks	2
Friends of 2 Good Health	3
To Stretch or Not to Stretch? (cont.)	3
2GH Client Referral Program	3

**THANK YOU, THANK YOU, THANK YOU** to those who helped us to organize 2 Good Health and our website; to those who gave (and continue to give) wise counsel; for the numerous networking and appointment opportunities; to the many health or fitness organizations who have partnered with us; and last, but not least, to the loyal clients who have entrusted us with their fitness endeavors and/or their health education.

We have been doing some more reflecting. Take a look at the feature article below and see what else Charles has been pondering. Maybe you have been pondering this subject too...

performance of certain stretches for the major muscles that you would work during exercise – such as the arms, legs, shoulders, etc... Your stretching routine might last a few minutes or so, and each stretch would be held for a pre-determined period of time, such as 10–15 seconds.

Flexibility is referred to as "the range of motion around a joint", and is more of a result of stretching, but not the actual stretching itself. It is what you might observe when one actually stretches. A good example of the difference between stretching and flexibility is when one

Please see *To Stretch* on page 3



## Summer Camps

### Baseball & Softball Summer Camps

IT'S NOT TOO LATE TO REGISTER for Baseball & Softball Summer Camp at the Winder Dugout, featuring Speed & Agility training by **2 Good Health**.

Five (5) four-day sessions are available between June 2 and July 24. Any baseball or fast pitch athlete, aged 8 - 14 is welcome. Exact dates and other details of the camps can be viewed on our website [www.2goodhealthllc.com](http://www.2goodhealthllc.com) or The Winder Dugout website at [www.thewinderdugout.com](http://www.thewinderdugout.com). **REGISTER TODAY!**



### All Sports Speed & Agility Camps

**REGISTER NOW** for **2 Good Health's** Summer Speed & Agility Camps for all athletes ages 15 - 18. These camps are designed to prepare the athlete for your next big try-out or major competition. We will **maximize** your sprint technique and **improve** your agility through **proven** and highly effective drills, instruction, and physical training. Two four (4) week camps are being offered between June 2 and July 24. Location: The Winder Dugout on Atlanta Highway in Winder. More details at [www.2goodhealthllc.com](http://www.2goodhealthllc.com). **REGISTER TODAY!**

## The Doctor Speaks

**2 Good Health** is pleased to be a partner with the Winder Branch of the Piedmont Regional Library System to provide health/wellness programs throughout this year. The next scheduled session is:

**Tuesday, June 17 at 2:00 pm.** - "Growing up Healthy and Strong." The library's summer youth program theme is Metamorphosis. Middle school-aged students will learn about healthy lifestyles, simple ways to stay healthy, and will sample easy-to-make healthy treats.

Also, stay tuned to the **2 Good Health** e-Newsletter or website and Winder Library for detailed information about other programs to come this year.





## To Stretch or Not to Stretch?

Continued from Page 1

attempts a standing toe touch stretch. Many people find that they can't touch their toes, and some don't even come close (you know who you are). ☺ What can then, appropriately, be said is that as a result of performing a standing toe touch stretch, it was determined that this individual has poor flexibility (or range of motion) at the hip and knee joints.

So, to sum things up, stretching is the actual physical act, while flexibility is what you observe as a result of the act of stretching. Stretching exercises can improve range of motion around your joints (i.e., flexibility).

Enough for the background, let's move on to the good stuff.

Now, let's imagine a scenario where you might be preparing to go to the gym for a workout, and you want to know whether you should stretch or not because you've heard that stretching might be a waste of your time. Let me say, without question, that you absolutely should!

## 2GH Client Referral Program

Don't forget, **2 Good Health** has a **CLIENT REFERRAL PROGRAM**. This is an ongoing program that has no end date to it; so send those referrals and take advantage of this great program. Here's how it works:

1. You, our valued client, refer 3 friends, family members, co-workers, etc. to 2 Good Health<sup>1</sup>
2. Those 3 people purchase services or products from 2 Good Health
3. You, our valued client, receive 10% off of a new service or product OR 10% off of your next monthly service invoice.<sup>2</sup>

<sup>1</sup> Must be a new client/customer

<sup>2</sup> Discounted item not to exceed \$200 per qualification

*"There is a difference between stretching and flexibility."*

That is a non-negotiable! Don't even give it a second thought from this moment forward. Was that emphatic enough? An overwhelming amount of research has been conducted on the effects of stretching exercises on improving flexibility that at this point, it can be said with much certainty that stretching exercises, when performed at the right time, performed correctly, and utilizing sound principles will improve flexibility, regardless of your fitness goals, genetic makeup, and physical limitations.

In next month's newsletter, I will provide detailed guidelines for stretching, and for improving flexibility which should always be a part of your fitness or sports training program, and which when implemented will help make you the best that you can be.

## Friends of 2 Good Health



Here are some friends of **2GH** that we would like to introduce to you. When the opportunity arises, we hope that you will consider patronizing/supporting their business/organization. We like them; we hope you do too.

Matthew Ryan, D.C. (Stewart Clinic of Winder) 770-867-2225, 206 E. May Street, Winder

Dr. Ryan is a local chiropractor who cares deeply for his patients. Don't worry; he's not a "crack 'em up" doc. Dr. Ryan uses a special instrument that gently and precisely adjusts the spine. Give him a call.

Rick Almand 404-312-9206, [rick@ultimatebest.net](mailto:rick@ultimatebest.net)

Rick is the Director of Personal Training for the new Anytime Fitness in Auburn to open in mid-June. Rick is a great fellow trainer. Check out his new place.