



GET YOUR Health In Gear

TEAMSTERS LOCAL 399 MEMBER NORMAN COMPTON AND HIS WIFE DEBBIE COMPTON

Local 399 Member Norman Compton approached Secretary-Treasurer Steve Dayan with an idea for a new segment to include in our Quarterly Publication that focuses on Local 399 Members health, specifically helping Members recover from the physical demands of what can be an unforgiving Industry. Teamsters Local 399 believes it would be extremely helpful to provide our Members, who have a diverse list of job descriptions, with some tips that can prevent, control or even repair damage that working as a 399 Teamster can bring.

For the next year in our Teamster Newsreel we will be sharing Norm and his Wife's knowledge that they have accumulated through their years of education and hands-on experience as certified medical exercise specialists.

"By using the technique of "Stacking" you will see why posture is a very powerful and effective pain manager and natural healer. Then, we will give simple exercise suggestions that, if applied, will make a difference to all Members.

In addition, Steve Dayan says a room can be made available for us the month after the Newsreel is released. Deb and I would love to offer interactive classes for those of you wanting to develop or fine tune a program based on your personal assessment. We will teach you to do the self-assessments of your posture and identify the culprit not allowing you to develop efficient body mechanics or movements. This leads to weak and tight spots, as well as, chronic inflammation and pain. These assessments allow us the ability to devise a plan to get your bones back in their correct pockets where they belong." - Local 399 Member Norman Compton.

LOCAL TEAMSTER OFFERS HELP RECOVERING FROM THE PHYSICAL DEMANDS OF AN UNFORGIVING INDUSTRY

INTRODUCING CERTIFIED MEDICAL EXERCISE SPECIALISTS DEBBIE AND NORMAN COMPTON

THIS IS OUR STORY

My wife of forty years, Debbie, and I are certified Medical Exercise Specialists. Deb has been working with people with special needs and workers like us, for twenty-eight years. Clients with such serious needs as spina-bifida, Parkinson's Disease, and joint replacements have all shown remarkable improvements in their quality of life using her techniques and guidance.

I've been in the movie industry for thirty-five years and a 399 Teamster for 25 of those years. I understand the issues that plague our bodies as Drivers from the long hours and short turn-arounds to the going up and down truck steps just to sit on a seat that has lost its spring years before. Then of course, the hard bouncing our



insides endure while driving that truck on the freeway!

When Deb and I first met in Hawaii in 1976 we had no idea that our first date, a jog around Kapiolani Park, would lead to a combined 80 years we now share in the health and fitness world. We've lived through every fitness trend from Jack LaLanne to Joe Weider to the over the top "Biggest Loser" TV series.

Deb got her first certification as a personal trainer with ACE-American Council of Exercise when we first moved here from Hawaii in 1990. She is now a certified Medical Exercise Specialist and an ACE certified Health Coach.

I began my career as a stuntman on "Magnum PI" in the early eighties, then in 2001, at the age of forty-seven became Dwayne "The Rock" Johnson's first stunt double on his breakout movie "The Scorpion King." Every project as a stuntman was almost always followed by some kind of rehab, as a matter of fact, this happened so many times Deb started calling me her science project.

I got certified as a personal trainer in 2000, and now, I am also a certified Functional Exercise specialist. We are authors of a book entitled "Stacking- Your Skeletal Blueprint for Posture." (available on Amazon) We've also been published and quoted as the "go-to" experts in our field as "posture mechanics" for publications such as Woman's World, ACE Magazine, to The Beach Reporter, covering the South Bay.

We aspire to help our Teamster family to begin communicating with their bodies to help prevent imbalances and injuries caused from repetitive work movements and positions, then give you the tools needed to reverse the damage they have caused.

Let's start here for our first challenge: WHERE THE RUBBER MEETS THE ROAD... The FEET

Deb and I often talk about the importance of the feet and how no one ever gives them their

due. Yet, if you think about it, in almost every physical endeavor, in every competitive sport, which body part touches the ground most often? The Feet. Everything else is a distant second!

The foot has 26 bones and around 100 muscles, tendons and ligaments that are the stabilizers against gravity, the foundation that gives guidance and support to the whole muscular system above it. So, when the condition of the feet is left to chance, the knees will suffer because they

are not capable of being the stabilizing joint that the body above it, is counting on.

Because of the importance of their job, the feet cannot be ignored. Have you ever gone to a gym and seen anyone doing just feet exercises? Never. The feet must be strong and flexible, for as long as you plan to use them, period. If a house was damaged by an earthquake and the foundation was compromised, you wouldn't start repairs on the roof without fixing the foundation first, would you?

FINDING THE TRIANGLE

Having an imagination is a must in this step. You can do this seated or standing, whichever is easier to feel the bottoms of your feet. Take your shoes off, place your feet about six inches apart, flat on the floor and toes pointing forward. For this to work your feet must match. They cannot be pointed in different directions. Envision a triangle on the bottom of each foot.

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