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Celebrity Fitness with  
San Diego Health

Owner Jeff Moorad  
and His Padres

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MAGAZINE

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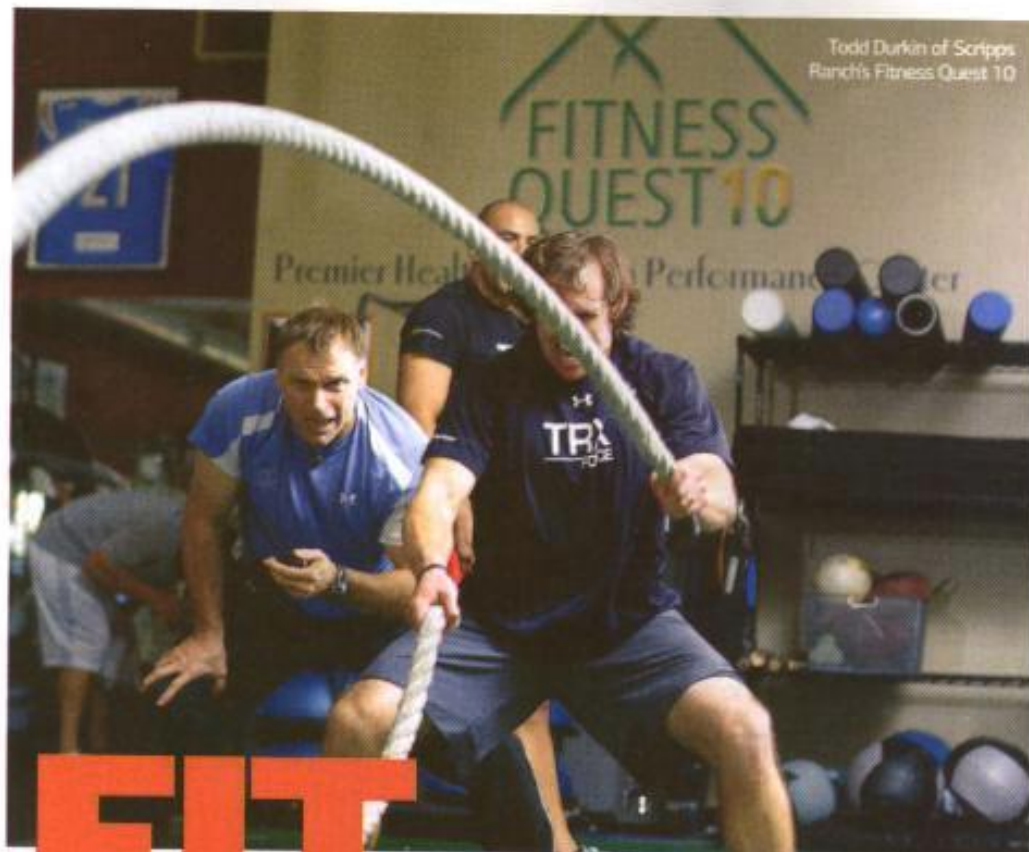
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# FIT like a Padre

Natural ability? Surely. But the San Diego Padres baseball players don't maintain their fitness and athleticism without a lot of help from the region's best trainers and physicians. The good news: Padres not only train in many of the same ways as the rest of us, many literally train alongside non-athletes.

Forget about the bubble gum and bubble guts you sometimes see on the field. These guys are in serious shape.

"What you don't see is that by the time they're at practice, they may have gone to a yoga class the night before, Pilates in the morning, then egoscue therapy," says Dr. Heinz Hoenecke, Padres head team physician at Scripps Clinic. "We have an ongoing assessment of their posture to maximize their balance and performance. These little core things can make a huge difference in performance or injuries."

Scripps' ongoing research with the Padres, which uses high-tech, wireless, 3-D and animated techniques, has yielded some important new discoveries in rehabilitation from which every weekend warrior can benefit.

As for conditioning, Chris Young, Tony

Gwynn Jr., Nick Hundley, Will Venable and Tim Stauffer train with Todd Durkin, of Scripps Ranch's Fitness Quest 10. Durkin has also worked with former Chargers LaDainian Tomlinson and Drew Brees for years.

"In a 90-minute workout you'll see between 50 and 60 different movements, so it's more intense than the usual eight to 10 different exercises, three sets of 15," says Durkin. "It's feet to fingertips, the entire body, but with special emphasis on the core and shoulders."

His world-class athletes join with regular folks during their workouts. "I don't distinguish between a normal person and an athlete," Durkin says. "We all try to be injury-free; we try to feel good and be pain-free and optimize everyone's potential. I believe all of us need to train like pro athletes. The intensity and volume may be a little different, but the movements and exercises are beneficial to everyone."

Indeed. Most of us may never hit a 90-mph fastball, but we can all benefit from the research and discoveries yielded by those who can.

—ADAM ELDER

## » LIVE STRONG

### Move It

Just 30 minutes of moderate exercise five days a week can reap major benefits to heart health. Gym membership not required. Yard work, a brisk walk or dancing qualify as light-to-moderate exercise, according to the American Heart Association and American College of Sports Medicine's guidelines on physical activity for healthy adults ages 18-65.

### Take Cover

Attention, sun-worshippers (we know there are legions of you in San Diego): Wearing sunscreen with an SPF of 15 or higher (with both UVA and UVB protection) minimizes the risk of sun-related skin damage and skin cancer. The good news, according to county health officials, is that nearly 24 percent of San Diego kids ages 12-18 now regularly slap on SPF 15. The hours between 10 a.m. and 4 p.m. (daylight savings time) are the most hazardous for UV exposure. Early summer is when UV rays are strongest, so cover up.

### Snack More — and Wiser

It sounds contradictory, but eating small, healthy snacks between meals can help you achieve a healthier body weight and prevent weight-related health problems like diabetes — which can lead to its own problems, including stroke and kidney disease. But skip the chips, cookies and candy; instead, reach for raw veggies, fruit, low-fat or nonfat yogurt or a handful of nuts, pumpkin seeds, or sunflower seeds. Opt for water over diet soda.

### Butt Out

It's worth repeating, over and over: Don't smoke. According to the Centers for Disease Control, tobacco use is the single most preventable cause of disease, disability and death in the nation. Each year, an estimated 443,000 people die prematurely from smoking or exposure to secondhand smoke, and another 8.6 million have a serious illness caused by smoking. Snuffing out now will lower your risk.

—JULIA BEESON POLLORENO