



FIT Health & Fitness Review!

In This Issue:

March 2007

- FIT Client of the month! Dede Huffman
- "Exercise Delusion" by John Nguyen, FIT Exercise Director
- Studies Investigating Why We May Be Overeating
- "In the Life of....." by Gabe Rindaldi, FIT General Manager
- New Policy for CrossFIT Los Altos
- "Little Leage Elbow" - Chris Reed MPT, OCS, ATC

FIT Client of the month! Dede Huffman

Age: 47

FIT member since: May 8, 2001

Goal:

- Lose excess weight and improve health
- Increase overall strength and fitness level
- Wants to be able to do unassisted chin ups

Results:

- lost 60+ pounds over the last six months!
- can do toe push ups now

Likes:

- seeing the results of all that hard work
- group workouts with Kris (and clients Bonnie and Julia)
- throwing down the bar after performing a jerk

Dislikes:

- Burpees
- running on the treadmill

PR 500 meter row: 2:10

PR chin-ups: 8 reps at #11 on the Assisted Pull-Up machine

Key to success: "Added a third workout per week to my schedule plus cardio on the other days, getting weighed in once a week, keeping track of what I eat and being encouraged by everyone at FIT."

Dede has shown a tremendous amount of perseverance and progress these past 6 months (started in September of 2006). Not only has she been transforming her body and



coming into FIT more often, but she has also done these things while battling a deteriorating knee injury. She could have blamed her knee as a reason for being idle, or stopping working out all together, but she chose not to. In fact, she actually increased her sessions at FIT by joining some small group classes. Dede's maintained her focus on her weight loss goal through the holidays while maintaining her strength in her clean and jerk (42.5 kg), improving her pull-ups (from #19 on the assisted pull-up machine for 8 reps to #11 for 8 reps) and push-ups (now done on her toes, no more knees). Unfortunately, her knee injury has resulted in her having to get surgery. Even during her 8 week recovery, she is continuing to lose weight and she is now down 65 pounds...and counting! She looks forward to being able to continue her weight loss progress and enjoying her physique through this summer. Way to go, Dede!

"Exercise Delusion" by John Nguyen, FIT Exercise Director

Grab Bag: Exercise Delusion

I am embarrassed by the fitness catalogs sent to my home. One in particular is called Perform Better! The paper-thin, semi-glossy cover almost always depicts a couple of unknown, low-paid fitness models performing some kind of exercise with the equipment in the catalog. This makes advertising sense, but what doesn't make sense is how much these models seem to enjoy the exercise, their smiles and laughs radiating as they step onto the aerobic step-boxes while holding a medicine ball at their hips with such relaxed posture that they might as well have been posing for a Tommy Hilfiger back-yard photo shoot. Their attempt at conveying exercise action fails so miserably that a rock could have done a better job, if for no other reason than the fact that a rock doesn't look like it's having fun.



And that is the problem I have with these catalogs: Everyone seems to be having fun. I do not remember the last time I smiled while in the middle of an exercise. Although the usual grimacing can be mistaken for an ugly smile, I assure you a smile is the last thing I can muster if I'm anywhere near serious about my fitness program. And I'm serious about my fitness program. I'm not kamikaze-post-office-take-down serious, but serious enough that performing an exercise doesn't resemble watching a sitcom.

Many of my friends know that I'm a trainer, but they aren't familiar with what I do from day to day. Recently a couple of them were in my home and flipping through a Perform Better! catalog that was sitting on the kitchen counter. One of them made a comment that she wanted to take up some

personal training sessions with me. Referring to the models in the catalog, she said, "These people look like they're having fun!"

Her comment was a direct insult on you, the clients of FIT, and it was a direct insult on the hundreds and thousands of other people who know what it takes to gain benefits from their exercises: Exertion, sweat, and good old fashion, ball-busting hard work. Having fun isn't part of a serious exercise.

But don't hold my friend liable for such dubious remark. Rather, blame the fitness catalogs with their happy-people persona. And don't blame the fitness models in these fitness catalogs, who probably were either 1) just happy to be modeling or 2) stupidly stunned that they actually agreed to this ridiculous pageant. The tragedy of marketing's triumph over engineering has gotten everyone smiling when they should be grimacing.

Don't get me wrong. I don't think training should be purely torturous labor; hard work does not necessarily exclude fun. But the "fun" should be an element of personalities within the gym environment, the energy in the air, the relationship between trainer and client, or the conversation shared during resting – but not from the exercise itself. Unless someone makes a crude joke about Britney Spears, I don't smile or laugh during an exercise. Of course, smiling isn't a sin, nor is laughing, and jokes about Britney Spears are always welcome, but none of these have a place during a heavy set of back squats, Deadlifts, push-presses, kipping pull-ups or any serious exercise worth doing.

An exercise militant, I am not. But if your time is limited and you have only two or three hours a week for exercising, then those hours aren't for smelling roses, or smelling like roses. During those hours, you do battle.

Doing battle in the gym means exercising with ferocity, because there are enemies at the gate. And the enemies are otherwise known as: food industry, modern lifestyle, cultural habits, holiday gluttony, sedentary working conditions, overweight, obesity and a host of other conditions and situations that conspire a coup d'etat against our health and fitness. It is fight or die.

So, unless you work out everyday and therefore you can afford to "take it easy" on some of those days, you should strive to exercise with fierceness or – in terms used within the exercise field – with high intensity. Which most of you do, and I'm proud of that fact. But I'm also afraid that you might one day flip through a fitness catalog and get the idea that exercising is supposed to be "fun" and then start to ask why you aren't smiling or laughing with the exercises I

prescribe to you. Well, if that is ever the case, then I have a lot of offensive Britney Spears jokes to tell you in between your sets, but not during your exercises.

Studies Investigating Why We May Be Overeating

As a population, 67% of Americans are overweight. Some of the causes of this are technology (such as video games), the greater portion sizes at restaurants for low prices, parenting techniques (such as constantly being ordered to "finish your plate" when we were young) and the lack of physical education programs in our school system.

While surfing the Internet, I came across several studies that have investigated the causes of overeating. These are quite the eye-opener. The first "study" (which I believe was not published in a peer-reviewed journal, but it still is thought-provoking) investigates the effect of portion size on satiety in children, and there are suggestions for how to parent your children while eating.

The second study, which was published, shows how adults behave when given a larger portion size even when the food is bad.

Although neither study is the end all be all, both studies speak for themselves and they may offer some insight to those of us who are struggling with their fat loss, but do not really understand why.

Study #1: How do you avoid overeating?

Since the 1970s portion sizes have increased dramatically amongst children and adults. According to psychologists children rely on adults to show them how much to eat so we decided to see if, when doubling portion sizes, children know when their satiety signals are saying stop.

We are all born with an efficient system that tells us when we are hungry and when we are full. However, very early in life we are taught to override these signals. When children are presented with a large portion they will eat all of it in spite of feeling full. If children overeat consistently they are going to be overweight.

We took a class full of children and gave them an identical meal on two consecutive days. The difference was that on the first day we gave them the government recommended allowance and on the second day we doubled it.

Did the children know when to stop? Not quite. They ate 73% more on the second day than they did on the previous one. A 2000 study showed that three year olds still heard



their satiety signals and stopped eating when they were full. Five year olds, on the other hand, finished their plates no matter what the portion size.

Eating habits are cultivated early on in life – if we are not careful we may be the first generation to outlive our children because of obesity so don't overfeed your child.

Some takeaway facts to give your children a healthy start in life:

Don't give up on feeding them vegetables. Perhaps ask an older sibling to encourage trying new foods with your child. Do not encourage a reward with eating vegetables either, such as, "Eat two more bites of broccoli and you get ice cream." This teaches your child that they should not do something unless there is a reward. Instead, keep repeating exposure of the "forbidden vegetable(s)" little and often; it may take up to 10 times.

Don't ban anything, it will only reinforce the association with unhealthy foods and indulging when they finally get a chance away from you.

Use non-food rewards such as sticker charts, or a visit to the park.

Feed them foods containing fiber, such as an assortment of vegetables, fruits and fiber-rich grains. Even the phrase "whole-grain" is not enough. At least 30% of a serving of complex carbohydrates should come from fiber. Your child's lunch should contain 1/3 of their daily calories. In simple terms a 5/6 year old should be getting a plate with following proportions of food: 1/2 plate of fruit/vegetables, 1/4 of protein (for example, either meat or cheese) and 1/4 starchy food such as pasta.

Make sure breakfast contains some of the following: fruit, eggs, nuts, milk, and certain grains.

Parents play a direct role in children's eating patterns. Set the example by eating at the table with your children and save the TV until after dinner. TV eating leads to unconscious-eating, which is when you continuously eat without ever knowing the amount you eat (Have you ever finished a bag of chips and wonder how?).

Avoid supersize, king-size or 25% extra food.

Study#2:

People Eat More Stale Popcorn If Served In A Big Bucket
Large portions push people to overeat -- even to overeat foods they don't like.

According to a new Cornell University study, when moviegoers were served stale popcorn in big buckets, they ate 34 percent more than those given the same stale popcorn in medium-sized containers. Tasty food created even larger appetites: Fresh popcorn in large tubs resulted in people eating 45 percent more than those given fresh popcorn in medium-sized containers.

"We're finding that portion size can influence intake as much as taste," said Brian Wansink, the John S. Dyson Professor of Marketing and of Applied Economics at Cornell. "Large packages and containers can lead to overeating foods we do not even find appealing."

There is, however, a silver lining to the findings -- that portion sizes can be used to increase the consumption of less appetizing, but healthy foods, such as raw vegetables, said Wansink. "While a small bowl of raw carrots might make for a good afternoon snack, a large bowl might be even better." The study is published in the September/October issue of the *Journal of Nutrition Education and Behavior* (Vol. 37:5).

Wansink and Junong Kim, assistant professor of marketing at the University of Central Florida, gave 158 moviegoers either medium (4.2 oz) or large (8.4 oz) tubs of free popcorn that was either fresh or 14 days old. The researchers asked the moviegoers to describe the popcorn after the movie, and they weighed how much popcorn was left in the containers. As expected, the 14-day-old popcorn was described with such remarks as "stale" and "it was terrible."

When the moviegoers were asked if they thought they ate more because of the size of the container, 77 percent of those given the large tubs said they would have eaten the same amount if given a medium container. "This means that the moviegoers were unaware that the exceptional amount they ate was due to the size of the container," said Wansink, who also is the author of the new book, "Marketing Nutrition: Soy, Functional Foods, Biotechnology, and Obesity," and director of the Cornell Food and Brand Lab, made up of a group of interdisciplinary researchers who have conducted more than 200 studies on the psychology behind what people eat and how often they eat it.

Several of Wansink's previous studies show that larger portions prompt people to eat more not because of a clean-your-plate mentality, but because large packages and portions suggest larger consumption norms. "They implicitly suggest what might be construed as a 'normal' or 'appropriate' amount to consume," said Wansink, who tested this concept in 1996

with volunteers given different-sized bags of M&Ms that were too large to be finished while watching a videotape; those given larger bags ate twice as much as those with smaller bags.

In another similar 2001 study of popcorn and moviegoers, Wansink found that people not only significantly underestimate the calorie content of what they eat, but discount even more the calorie content of food they eat but don't like. "When asked how many ounces or calories they had eaten, both groups -- those given either medium or really large buckets of popcorn -- reported about the same amount," Wansink said.

Another factor is that while people tend to acknowledge that portion size and container size may influence other people, they often wrongly believe they themselves are unaffected, Wansink found in a 2004 study. "This suggests that portion and package size may insidiously influence people at a basic level of which they are not aware or do not monitor," Wansink warned.

Note: This story has been adapted from a news release issued by Cornell University.

TAKE HOME MESSAGE:

Know the amount of calories you eat. Your calories need to complement your lifestyle. If your lifestyle becomes more leisurely, then your calories must accommodate accordingly. See how many out-of-shape retired professional athletes are out there now? Nutrisystem has certainly taken notice and now they are using those athletes in their TV ads. Athletes that did not have to watch what they ate learn that they cannot maintain that same eating lifestyle and still maintain their athletic physique. It can be an ego-killer for them.

If you are more active, then you can eat more. However, if your goal is to lose body fat, then you will have to be in a hypocaloric state in order for your body to resort to using its fat stores for energy.

Therefore, no matter how food is presented to you, whether it is at a friend's house or at a restaurant, watch your calories.

Until next time...

"In the Life of....." by Gabe Rindaldi, FIT General Manager

An afternoon in the life of a personal trainer

by Gabe Rindaldi, FIT General Manager

Last Wednesday I had a fairly open schedule in the afternoon. It's rare these days that I have a good chunk of time away during the day. I considered working out, but instead remembered reading in the previous day's newspaper about the Amgen Tour of California bicycle race. This was a multi-staged race that occurred February 18th-25th. As luck would have it, stage 3 was a 94.6-mile course from Stockton to San Jose and I would be able to get to the finish area in time to watch the racers sprint across the line. This newsletter article is going to share some of my thoughts from this experience.

After parking in some random parking garage I ran towards the finish area in hopes that I wouldn't miss the finish of the race. I was running while talking to my wife on the cell phone. I remember thinking to myself that I'm glad I'm in decent shape to be able to do something like this. I bet many people would be so out of breath that they couldn't talk. I wasn't really running that fast though. Anyway, luckily I got to the crowd of people and could see the racers on the big screen TV still riding. I met up with Thom downtown. There wasn't much action going on, just more and more people arriving to line the finish line street. It's pretty boring to watch cycling unless you are really into the sport and follow all the teams. It's even more boring to watch it on television. I remember looking at the crowd and many people did not look like cyclists to me. I began to wonder how all of these people were able to take time away from work to watch these elite athletes sprint on their bikes for the final 100 yards or so.

Thom ended up running into one of his friends. I immediately liked this guy after I heard he was an ex-pro motocross racer, multi-time winner of the baja 1000 in a buggy, and his son was one of the pro cyclists on the course. I used to race motocross growing up, I would love to do the baja one day (especially after watching the documentary "Dust to Glory"), and I think it would be cool to be a pro athlete. Anyway, this dude knew all the info about the race, race teams, strategy etc. It was fun listening to him. After about 30 min. of waiting the racers were finally getting near the finish line. We stood up on a cement wall to get a better vantage point. They sprinted in and it was over. The finish was sort of bland to watch. I would not recommend someone travel very far to watch the finish of a cycling event unless they really like the sport.

After the race we went over to see Thom's friend's son who had done the race. Apparently Thom coached this kid in ice



hockey when he was a little runt. The kids name is Taylor and he now races for Team Slipstream. His bio can be seen here:

<http://www.amgentourofcalifornia.com/Peloton/teams/team-slipstream/bio-tolleson.html>

When we got over to his team trailer he was being interviewed by a few people. He was also trying to scarf down some food like cookies and some smashed up jelly pastry thing. It would be somewhat annoying to have to do interviews immediately after finishing something like a 94.6-mile bike race before you even get a chance to change or eat something. Whatever, that's the life of a pro athlete. This kid was very skinny. In fact, all the pro racers are extremely skinny. I think I could be halfway decent at cycling, but I know I would have to drop a lot of my size and quite frankly, I would rather not be 6'3" and 150 lbs. I don't think that would be a good look for me. Anyway, apparently Taylor is big for a cyclist and his teammates call him "muscle beach". I guess all things are relative. I would be laughed out of a bodybuilding competition and he is big enough to be called "muscle beach" in the cycling community.

After we chatted with Taylor for a few minutes we decided to make our way to the Tied House to hear Floyd Landis speak. Floyd is the pro cyclist who won the Tour de France race last year, but then tested positive for steroids. He is going around the country telling his side of the story and trying to raise money for his legal team. Apparently he has over \$500,000 in legal fees. Thom and I got to the Tied House and met up with his friend Joel. We were at least 1 ½ hours early, but it wasn't worth going home and coming back, so we watched the Sharks game on TV, ate some fried food, and drank some beer.

Floyd's PR lady came up to the three of us at the bar and explained that her staff wasn't going to make it for this event, she had to do everything herself, and if we would help her out, then she would give us free admission, drinks, merchandise, and we could meet Floyd. Since we're all extremely nice guys we decided to help out. About 30 minutes later she told me I was going to be Floyd's bodyguard for the night. I thought she was joking, but I guess that's what happens when you're 6'3", 215 lbs and you shave your head. She handed me the agenda for the night, broken down to the exact minute, and told me I was going to be the only person right next to Floyd the entire night. She explained that some fans and some people who aren't supporters get pretty weird around the superstar cyclist. I have to admit I thought it was pretty cool to be given this job. Then I thought about it a bit more and realized I could get hurt or I'm basically saying my life or

health is worth less than his. Luckily it was a very tame crowd.

Here's a not so attractive photo of me right behind Floyd as we made our entrance into the courtyard:

<http://trustbut.blogspot.com/2007/02/fff-in-sj-piles-on-lidd-arbs-in-action.html>

It was interesting to hear the Powerpoint presentation from his media people, but I have to admit that I'm a skeptical person. This comes from going to graduate school for a science related degree. I want to see some evidence to support claims and I don't believe things are as black and white as many people believe. I was very impressed by how well the young professional speaker for Floyd communicated. I did not think the evidence they presented fully made a case for his innocence. In fact, I thought some of their information avoided the issues. Nevertheless the entire crowd was in support of Floyd. It was pretty obvious that my only job would be to keep fans out of his face when he didn't have time to talk.

Rather than discuss any specific points of this case, let me refer you to a blog called "Trust But Verify". This blog presents a huge amount of information relating to the Floyd Landis case. The contributors try to be as objective as possible, but openly admit they are biased towards Floyd. They are however looking for writers who are biased against Floyd, but who would try to be as objective as possible. Anyway, here's the link:

<http://trustbut.blogspot.com/>

Additional resources for this case can be found here:

<http://www.archive.org>

Search for Floyd Landis to get access to presentations by his team (doctors, PR people etc.), official documents etc. related to the case.

While Floyd was signing autographs I was standing right behind him so I got to hear all the conversations between him and his fans. I witnessed a lady come up four separate times for different reasons. She cried because she was so excited to meet him. She made him read a section in her diary. She asked him cheesy questions as she looked longingly in his eyes. It was pretty whacky. I heard one lady say, "I have a stupid question. Why would an endurance athlete take testosterone anyway? I can understand that EPO stuff, but I don't understand how testosterone would help." To which Floyd responded, "it doesn't".

For a few minutes I got to sit down with Floyd and drink a beer. This was interrupted by a request for an interview from someone at ESPN. Anyway, during my brief time with Floyd he asked what I did for a living. I then asked him if he did any strength training for cycling. He said the only thing he did to prepare for the Tour de France was ride his bike.

Oh yeah, I guess I should mention that Thom and Joel were put to work selling Floyd merchandise. They were in charge of collecting all the money for the Floyd Fairness Fund. That's a scary thought! I was also in charge of collecting the money during the autograph session. It was a random, but interesting night.

There were more bizarre events that occurred, but this is getting long winded. I'll conclude by saying Floyd was one of the absolute nicest men I've ever met. He didn't say a single bad thing about anyone, even when people were asking him somewhat loaded questions and he had to work very hard to not say anything negative. I personally think the majority of pro athletes in all sports take illegal ergogenic aids. I am also able to separate his nice personality with the thought that he did in fact use drugs. I personally hope that he did not use drugs and the upcoming hearing will find in his favor, but like always I'm skeptical. Nevertheless, it will be interesting to see what happens with this case.

New Policy for CrossFIT Los Altos

NEW POLICY FOR ALL CFLA MEMBERS

In an effort to provide the highest quality training for everyone in a safe and effective manner we are instituting a new policy for CrossFit Los Altos. We will require every new client to complete a scheduled fitness evaluation to determine eligibility for CF or any other training service we offer. This means that current clients can no longer bring a friend to the actual CF group for a "drop-in" workout to check out the program. We value referrals highly and suggest current clients tell their friends about our new fitness evaluation. The only exceptions to this are CrossFit clients from visiting CrossFit affiliates or CrossFit certified trainers who wish to train with us. This should be a win-win change for everyone involved - the new client, the existing clients, the trainer, and the business.

Thanks everyone and please continue to refer people to FIT. We'll get them setup with a fitness assessment and the



best training option for them.

"Little League Elbow" - Chris Reed MPT, OCS, ATC

With the major league teams beginning to play their first spring games here in March and little league teams all over the country being assembled, I thought this month we would cover a topic that is often kept quiet: Little League Elbow.



So what is Little League Elbow (LLE)? It is an injury to the growth plate at the distal end of the humerus, called the medial epicondylar apophysis. This is the area that the wrist flexor muscles and the forearm pronator muscles attach. The growth plate is stressed in sports that require throwing motions.

During the throwing motion, the elbow undergoes a valgus stress along the medial side resulting in traction being applied to the structures along the medial aspect of the elbow. When this motion is repeated over time, microtrauma to the medial elbow structures results. If not enough rest is allowed, then the microtrauma can result in medial epicondylar apophysitis, medial epicondylar fragmentation, or medial epicondylitis.

Wells and Bell review the four phases of the pitching motion and how breakdowns in certain phases can lead to the development of LLE. Young pitchers rush during the windup phase and decrease the efficiency of their lower extremities to generate force. The cocking phase has not been linked to the development of LLE. The acceleration phase is where most little leaguers breakdown. During this phase, there are high levels of valgus stress across the elbow. Often the little leaguer will "open up" too soon allowing the body to move ahead of the arm increasing the stress across the shoulder and the elbow. In the final phase, follow-through, the little leaguer often strides short of midline. This results in decreased pelvic rotation and the loss of momentum resulting in the pitcher throwing mainly with his arm.

Other factors that can lead to the development of LLE include the angle of the arm and the types of pitches thrown. It has been shown that there is increased stress across the elbow when a pitcher throws with a side-arm delivery as opposed to pitching with a three-quarter or vertical arm position. Throwing curve balls and other "breaking" pitches have been shown to place increased valgus stress across the medial elbow that increases the risk of developing LLE.

This condition is often found in boys between the ages of 10-15 years. It is most commonly associated with baseball pitchers, but may also be found in golfers, swimmers, and less commonly in tennis and other racquet sport players. Often the little leaguer will complain of pain around the medial part of the elbow, especially with the overhead throwing motion. Swelling along the medial part of the elbow is often associated with this injury as well. Pain with gripping or holding heavy objects may also be experienced.

Prevention is the best treatment for LLE. This is best accomplished during the preseason with a stretching and strengthening program of the elbow and forearm muscles. It is also beneficial to educate parents, coaches, and little leaguers themselves about the condition, proper pitching techniques, and the importance of keeping pitch counts.

There are several different pitching guidelines that are available:

1. Little League International has established optional pitching guidelines in 2006 that can be found at: http://www.littleleague.org/media/Pitch_Count_Regulation_06.pdf
2. Dr. James Andrews has established pitching guidelines in 1996 that can be found at: <http://www.toc.md/pitch.pdf>
3. Finally, the American Sports Medicine Institute established pitching guidelines that can be found at: fpbaseball.org/PitchingGuidelines.doc

Once a little leaguer has developed LLE, the best initial treatment is rest and ice. The little leaguer should not be allowed to return to throwing (including during practice) until symptoms have resolved completely. Once the acute phase has resolved, a program of stretching and light strengthening for the forearm flexors and extensors should be initiated. Consultation with a Physical Therapist or Athletic Trainer can help to develop a program tailored to the child's needs.

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