



- Client of the Month - Sheryl Ross
- FREE INJURY CHECK by BaySport Physical Therapy
- IT'S A GIRL!!!
- Katy's Corner

Client of the Month - Sheryl Ross

In July of 2002, Sheryl Ross received devastating news about herself, the kind that abruptly changes a person's life. She was diagnosed with colon cancer, and it has metastasized into her lymphatic system. In August, 2002, Sheryl went into surgery to remove the cancerous portion of her colon. Then in September she began aggressive chemo therapy treatment, which lasted for a long 6 months. She endured long multiple periods of nausea and other uncomfortable symptoms that were the side-effects of chemo therapy. She also began to lose her hair.



Yet, throughout much of this period Sheryl found the strength to continue her training with her trainer at FIT. Adorned in a baseball cap, she trained with weight in order to maintain her strength and lean muscles through the six months of chemo therapy. She said that working out helped her through the tough times.

She completed her treatment, and her blood work came back clean! She is as strong as she's ever been, a result of her hard work and dedication at the gym. Two months after completing her cancer treatment Sheryl entered her first Dressage competition (an equine sport) and amazingly won the two classes she competed in! She had been a champion equestrian jumper 25 years ago, but "that was a whole different sport." She looks forward to future competition in Dressage.

Sheryl Ross is our client of the month, but with her hard work and dedication to beating cancer, doing well in her sport, and starting a new business ("Peripheral Vision Photography") she truly is our lady of the year.

Please join us on Thursday April 10th for a fun and informative lecture about "Women's Fitness". The lecture is free and open to the public so tell your friends. Refreshments will be provided.

Topics:

- 1) Nutritional needs/weight loss concerns for women throughout the phases of life and how they differ from men and children.
- 2) Pre/post pregnancy myths & facts.
- 3) How exercise and nutrition help prevent osteoporosis and other diseases.



Katy's Corner

As a trainer, I've worked with at least a dozen pregnant women. I thought I understood what these women were going through. So they felt tired, a little nauseas, they didn't want to push too hard, etc....I'd read the reasearch, though. These women should have been able to maintain the same level of training they were doing prenatal, with some guidelines. For instance, pregnant women should not let their heartrates elevate over 140 BPM. But as long as the woman is experiencing a healthy, uncomplicated pregnancy, the exercise routine does not have to change. I became pregnant in January. To all those women, I now say, "I finally understand!" The articles, books, and other forms of research must have been written by a man. I don't feel a little tired, I think I could sleep for an entire decade. Getting up out of a chair is now exercise, I cannot imagine a 3 sets of 10 squats. "When can I take a nap" is now the thought that most frequently enters my mind, not "When can I workout today." There just aren't enough hours in the day anymore, now that it takes me 2 hours to recover from a 20 minute workout. And the whole heart rate theory is absurd! My heart rate jumps to 140 if I walk up one flight of stairs, I can no longer imagine a cardio routine other than a slow pace walk.



Don't get me wrong, I am not discouraging exercise during pregnancy, I do actually promote it. Let's just say, this 1st trimester has changed my attitude on exercise during pregnancy.

My tips for exercise during the 1st trimester:

1. A nice walk outside: it is actually amazing how fresh air can make you feel. The hardest part is getting out the door, but 5 minutes into the walk you will appreciate it.
2. Decrease the number of repetitions per set: you do not have to lose strength, but you may find your endurance lacking. Use the same weights as before, just don't do as many. This will help you follow heart rate guidelines, and keep you feeling strong.
3. If you feel nauseas, stop the exercise: you may feel sick enough throughout the day, exercise should make you feel better. Take a breather and try again, if nausea still occurs, try another exercise.
4. Drink lots of water: you spend half your day in the bathroom regardless, make sure you are well hydrated.
5. Listen to your body: you know it better than anyone.

FREE INJURY CHECK by BaySport Physical Therapy

If you feel a twinge, ache, or pain, our onsite physical therapists, will provide a complimentary individual evaluation of you injury. Although no treatment will be provided, you will come away with clear guidelines to help you accomplish the fastest possible recovery and return to activity. These guidelines may include specific exercise recommendations, or if necessary, a referral to a physician.

Please call (408) 738-3200 to schedule your complimentary injury check.



IT'S A GIRL!!!

Congratulations to Scott and Mary Jane on their new baby girl.

Baby "Keala" was born on March 23rd. She weighed 6 pounds, 3 ounces, and was 19 inches.



For more information regarding FIT:
Visit - www.focusedtrainers.com
Call - 650-947-9831

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