



FIT News - February 2003

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Client of the month - Janet Thompson

Janet Thompson, mother of 2, has always led an active lifestyle. Most recently, she was an avid ultimate Frisbee player and runner. For years she battled a shoulder injury and the associated discomfort. When her husband signed her up as client nearly 2 years ago, Janet had never done any resistance training and was skeptical. Since then, she has become one of the most fit women, pound-for-pound, at FIT! Even after going through shoulder surgery a year ago, Janet is able to squat her own body weight, run under a 7 min mile for 1 mile and can push 75lbs on the bench press. Last month she won the treadwall contest. Janet is an avid client and although she feels that she never could have accomplished any of this on her own, her hard work and persistence has earned her our vote for Client of the Month.



Humility for Charity

Special thanks to Shaun Conness for wearing a women's SMALL v-neck to work for an entire day! His efforts raised money for the Leukemia Society and is proof that everyone has their price. Unfortunately, Shuan's price is lower than the rest.



FIT Equipment Feature

Zuma from Precor

Finally, an affordable, space conscious single stack strength system for home use. Capable of over 25 different exercises, the Zuma's features include a freedom chest and fly press arm. It also comes with an adjustable seat and back pad, 158lb or 208lb single weight stack, an optional multi-hip and leg press. This piece is smooth and quiet. It is built with free-floating guide rods and sound-absorbing rubber ends which eliminate metal to metal contact and provides consistent weight stack travel. The Zuma is attractive with a low profile, yet sturdy and easy to use.



Standard color is a white powder coated frame and turquoise upholstery.

The downside is Precors limited warranty of one year. However, I would recommend this piece to anyone with limited space (4ftx5ft) looking for a multi-station strength system at a good price (retails at \$1099 with out options).

If you are interested in a gym for your home or advice on buying equipment, let us know.

Update: The Road to Penticton. . .

The Road To Penticton . . .

As most of you are aware, some FIT trainers have some pretty crazy plans. Topping the list currently is IRONMAN CANADA which Tracey, Thom and newcomer, Miles are deligently preparing for. The current training regimen is 6 days a week with an optional second workout per day. With 6 months until the event, they are averaging about 100 miles per week on the bike, 15 to 20 miles running and 6 to 8 miles in the pool PER WEEK. Throw in a few strength workouts per week, eating, sleeping and let's not forget fundraising and it's safe to say it is keeping them all pretty busy but still pretty happy.

All three are training with the Leukemia Society's Team in Training and are hoping to raise a combined total of \$30,000 between now and August!!! The Leukemia & Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. The Society's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families. Since its founding in 1949, the Society has provided more than \$280 million for research specifically targeting blood-related cancers. If you would like to donate funds, please speak to Tracey, Thom or Miles for more information the next time you are in.



FIT to Carmel Century Ride

When: March 15th, 2003
Where: FIT to Carmel Beach

Come join us for a little 100 mile bike ride over to the beach. More Details coming soon.

Strength Training for the Young: Is it a Good Idea?

Written by: Johnny Nguyen

More and more adolescents are participating in sports. To augment their performance in sports they also engage in weight training. Already training and competing in their sports, is it beneficial for young kids to add strength training to their program?

Several studies show that children and adolescents do in fact benefit from strength training. Adolescents can gain neuromuscular strength, possibly due to increases in neuromuscular coordination and activation (1, 2, 3, 6). Muscular size increase, however, it was not significant because at these ages the status of endogenous androgen



(the body's own hormones) isn't optimal for muscular growth (2).

The main benefits of increasing strength is that it can improve motor qualities for various sports and it also may reduce the risk of injuries in contact and non-contact sports. This increases the child's athleticism and confidence.

Adolescents not directly involved in sports may also benefit from strength training as well. Increased strength may improve motor qualities in activities of daily living. Also, just as it reduces the risk of athletic injuries, strength can reduce the general risk of injuries for the non-athlete. Further, strength training can set a physical and psychological foundation for habitual physical activities as these kids mature into adults. One study also reveals positive effects of strength training on the emotional well-being and the body image of females (all test variables improved significantly after strength training twice per week for 15 weeks) (4).

Many adults are concerned about the effect resistance training may have on the growing adolescent. Some fear that, among other injuries, the growth plates at the ends of long bones may close prematurely which results in stunted growth. However, given proper supervision and appropriate program design, adolescents participating in resistance training do not appear to be at any greater risk of injuries than those who don't participate in such training (2, 3). Other research showed that a supervised resistance program does not adversely affect bone, muscle, or growth plates -- nor does it adversely affect growth, development, flexibility, or motor performance (5, 9).

Adolescent athletes, however, may be at risk for delayed physical maturation when intense training (of any type) is combined with insufficient nutrient and caloric intake. Once training intensity decreases and caloric intake increases, catch-up growth commonly occurs and adult stature may not be compromised (9). A perceptible and skillful coach or trainer should be able to see in the adolescent, signs that may indicate too much training intensity and not enough caloric intake and then modify the program.

The force created as the body moves against the ground (such as running and jumping) is called ground reaction force, or GRF. GRF is measured on a mechanical device commonly called a force plate. This force is transmitted through the body. Measured ground reaction forces are often found to be higher in sports involving jumping and landing than in resistance training. Furthermore, sports that don't involve jumping activities have been found to also produce forces that exceed those of resistance training (8). So playground activities may also produce ground reaction forces higher than resistance training.

With the collective, scientific information on the benefits and safety of resistance training for the adolescent, it is a good idea to involve the child in a weight training program that may increase his/her motor skills, injury prevention, self-esteem and athleticism.

It is also a good idea to seek a skillful strength and conditioning coach or personal trainer to develop a strengthening program for the child because proper instructions on bio-mechanics to teach movement skills have been found to improve benefits and safety (7). Your trainers at FIT are skillful and qualify in the training of adolescents.

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