



FIT News - Happy New Year

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Client of the month - Langanh Pham

Langanh Pham truly deserves client of the month. When she first started out, her workouts were a very long, enduring and exhausting 30 mins. One year later, she has increased her training sessions to one hour. After her training, she still has enough energy to get in some cardio. In fact she comes in at least two additional times per week for cardio including: rowing, running and walking.

In addition, she has met all of her goals this last year:

She has lost a total of 15lbs
She can run a 12.5 minute mile (after her workout)
She benches a 30lb barbell (up from 3lb wts)
Latpulls 55lbs

As if this isn't enough, she is always, smiling, happy and friendly to everyone. YEAH!!! Give it up for Langanh.



BaySport now open in FIT

Onsite in January 2003, BaySport will provide physical therapy services for the clients at FIT and the community. The BaySport physical therapy program specializes in the areas of sports orthopedic and occupational medicine.

Services include:
FREE Injury Check
Individualized Treatment
Onsite Education Programs



For more information, please call 650-559-0100

Inside the gym

Almost two years ago we opened the doors with 4 trainers. With the addition of Ben, Claire, Jimmy, Kevin, and Miles, we are now starting 2003 with a team of 18 strong! With this growth comes great skill and incredible knowledge, making FIT undoubtedly the best training facility in the Bay Area. If that's not enough, FIT is adding 4 pieces of equipment to give our clients the absolute best training environment possible. Stop by the gym today to see what's new.



Equipment Review

This month's featured piece is the "9600 Incline Trainer" from Nordic Trac (www.freemotionfitness.com). In my opinion, this is the smartest treadmill available. Although at the high end in cost (7500\$ with-out LCD monitor, 8500\$ with LCD monitor), this little machine gives you tons of return on your dollar.

Highlights of this machine include a -5% decline to 50% incline to simulate hiking. This range is unparalleled to traditional treadmills which offer a maximum of 12% grade!

This treadmill may be short, but it's fast with a 0-8 mph speed range and a relatively small belt at 22"x50" (traditional treadmills belts can be twice this size). And to make it even better, the 9600 comes with an optional Workout TV Console which allows you to surf the web, play cds or watch TV!



Check out the "9600 Incline Trainer", FIT's featured piece of equipment of the month.

Thom Downing MA,ATC

Trainer Talk - What goes on behind the scenes among FIT trainers

TOPIC: Is Cardiovascular Exercise all it's cracked up to be?

My point here is not to argue against doing cardio, as I mentioned that it offers some benefits. My position is that weight-resistance training and high-intensity, interval-type of training (sprints, fartlik training, etc) will increase the markers of good health, without having to perform steady-state endurance training.

Weight resistance exercises have been shown to improve all of the above markers. Although VO₂ is not significantly affected by heavy weight resistance, but Vo₂ and cardiac output are significantly increased by circuit training (Peterson, 1989) and most likely by sprint and fartlik training as well. A transient increase in VO₂ has been observed in women immediately after weight training, which increases fatty acid oxidation. Losing fat has been shown to reduce risks of Symptom X. Coronary risk factors have been shown to be reduced with weight training (Hurley, 1988).

It has been found that sarcopenia (the loss of muscle mass, especially fast-twitch type 2b) is prevalent among older adults (Iannuzzi-Sucich, 2002). The reduction of muscle mass is correlated to functional impairment (Janssen, 2002). Weight training reduces the loss of muscles, especially fast-twitch fibers which is important in providing adequate reaction time and injury prevention. Strength training has been found to reduce resting blood pressure (Martel, 1999).

Bone density is increased or maintained with weight resistance training (Layne, 1999). Weight training has a positive impact on hormonal profiles in older and younger men (Kraemer, 1999). Weight training conditions the body to handle transient releases of the stress hormone cortisol.

For a more in-depth look at this discussion please click on the link provided below.

[For full discussion click here](#)

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