



FIT News - March 2003

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Client of the Month - Rob Ligeti

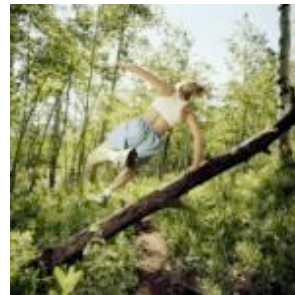
Rob was in a serious motorcycle accident in 1995 that left him unable to do much physical activity. The accident also left him with metal plates in his arms. After joining FIT Rob's workouts became very productive and intense. Then he suffered a setback when he had to have one of the metal plates removed. He put the effort into rehabilitating his arm and is now better than ever. Rob is a member of the FIT Barbell Club and pushes himself to the limits with every workout. He is currently snatching 55kg, clean and jerking 70kg, and he is always very focused, serious about his workouts, and fun. His weight has dropped from 248 lbs to his current weight of 216 lbs (but he's not stopping yet). On top of his accomplishments in the gym he is also a father of 3 boys, with one more on the way. Rumor is that he and his wife are trying to start their own little league team.



FIT Lecture Series - April 10th 6:30pm

Womens issues in Health and Fitness

FIT has put together a dynamic series of lectures focused on your life outside of the gym. The next lecture, "Womens issues in Health and Fitness", will be on Thursday April 10th at 6:30pm at FIT. This is a lecture you wont want to miss.



Road to Penticton - UPDATE

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 Equipment Feature

Golf Gazebo by Gary Gray

There are six stations in the Golf Gazebo, each having 4 stretches that will loosen and prepare the golfer's muscles for the range of motion required by the golf swing. Two stretches from each station are pictured below. The other two stretches per station are mirror images of the two pictured, stretching and preparing the opposite side of the body.



Every major joint - 70 joints; every major muscle - 400 muscles; and countless nerves - millions of nerves, with body movement through three planes of motion, need to be awakened and properly prepared in order to successfully hit a golf ball.

Since the dawn of golf, our quest to hit and chase a little ball around the fields has been one of life's greatest joys. Unfortunately, because of the inability to properly and consistently prepare, it can turn into an unpredictable time of shanking and frustration.

Golfers know the importance of preparation, but because of a number of factors: not knowing exactly what to warm-up; not knowing exactly how to warm-up; not having a safe and effective place to warm-up; and not having enough time to warm-up, golfers don't properly warm-up. They just don't properly prepare.

The results of being unprepared are stiffness and tightness, lack of distance and control, soreness and injury, and the inability to consistently improve.

Tell your golf pro to get one for your club! Or maybe your back yard is big enough.

[For more details](#)

FIT to Carmel century ride

Join us for a fun bike ride from FIT to Carmel Beach. It's not a race, but if anyone can beat Karen Parker up HWY 9, we would be real suprised. The course has plenty of food and rest stops along the way to make this 100 mile journey FUN.



Contact: thom@focusedtrainers.com for more details

Seaburgs video review

On Video...

"One Hour Photo" two and a half stars
Robin Williams at his creepy best.

"Knockaround Guys" two stars
Good cast but not enough John Malkovich.

"Igby Goes Down" one star
A little dysfunction goes a long way.



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

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