



It's our 2 Year Anniversary - THANK YOU!

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Two Years ago...

April 30th 2001, FIT opened its doors with 4 trainers (Jason, Thom, Tracey, and Gabe). As of today, we have 16 trainers, 2 massage therapists, and of course MILES. Soon we will be launching a new website, several new services, clinical testing, and more.

We Couldn't have done it without YOU!

Thank you for your support.
-The Team at FIT-



Client of the month - Ken Orvick

Ken has made tremendous progress in just 5 weeks. During his first training session with Jimmy he had a tough time completing 3 sets of step-ups. As of today, he is performing Olympic lifts with substantial weight, sprinting, and has lost 20 pounds. Outside of the gym, Ken works in the real estate industry and coaches his son's little league teams. You can see Ken training at FIT 3 days per week, but I'd stay on his good side since he was also an offensive lineman for Stanford University.



Extreme Challenge 2003 - May 10th

Last years champion TOM GILLIS is confident he can bring home the jersey this year as well. He claims to be training every day to ensure victory. There are a few rumors floating around that he biked up Page Mill with his wife and kids on his back. As if that's not enough, an inside source told FIT News that T.Gillis was seen participating in the Junior Olympics for training.

Even if your not racing it may be worth coming to the event to see if this GILLIS guy is worth all the hype.

Don't be scared! Sign up today!

[More Race Info](#)



Katy's Corner

Okay, so I'm now into the second trimester, 18 weeks pregnant to be exact. There haven't been many physical changes since last month, other than my ever expanding abdomen. I have been feeling a little better these days, and the excitement is getting to me. Choosing names, picking out baby items, etc. Next week we will have our first ultrasound. If possible, we will find out the sex. Bets are being taken at FIT, it looks to be about 90/10 in favor of a girl.



My appetite has improved, I must say. Instead of eating bland crackers every two hours, I am able to have a little cheese, too. And I can usually wait at least 3 hours in between snacks now. I do not recommend spreading small meals/snacks any further apart than that. Now that food does actually sound good again, I am trying to be conscious of my diet along with maintaining a moderate intensity exercise routine. My training regimen has become more regular, seeing how I'm not spending all my time sleeping. I have decreased the intensity of my workouts a little, based on research guidelines, but I would have taken the advice of the late-night infomercial guy if it meant I didn't have to workout as long or hard right now. I have come to the conclusion that gaining weight, even while pregnant, is a very cruel joke. I must remember I am gaining weight for a very good reason, but seeing the scale increase by a pound a week is sometimes an extremely hard concept to grasp. My body is no longer of my control, and that is tough to accept, but it is all for the good of the baby, and that makes it all okay.

Tips for the second trimester:

1. Decrease the intensity of your workouts: instead of doing (10reps x 3sets) try (5reps x 6sets) of the same weight. This will allow for more recovery, since breathing seems twice as hard now, but you are maintaining the same volume.
2. Take a day off when you feel like it: listen to your body, you are growing a baby, so if you are tired, take a nap instead.
3. Forget about 140bpm: be conscious of how you feel during and after your workouts. If you can still talk while you are working out, if you don't feel nauseas or out of breath, you should be fine. It should not take you more than 15 minutes to recover from your workout. If still feel exhausted, other than normal pregnancy exhaustion, 2 hours after a workout, you should probably decrease the intensity a little more.
4. Eat every 2-3 hours: your body will thank you. As sick of food as you may be, make sure you have a healthy snack at least every 3 hours. We will all gain the weight anyway, let's just face it, and go with it.
5. Carry a drink with you: stay hydrated. Just want to make sure you don't get used to not going to the bathroom every hour. Apparently the third trimester mimicks the first trimester, the bathroom will once again get several appearances from you each day.

For more information regarding FIT:
Visit - www.focusedtrainers.com
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