



FIT News - It's back to school time

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Client of the month - Alex Mendez

Alex is a member of the 5:30am Club! Chances are, if you've ever been to the gym in the morning you probably heard him grunting and singing, not to mention yelling at his trainer Thom. Alex always shows up with a positive attitude that has undoubtedly contributed to his success in the gym. Recently he has lost 25lbs, reduced his body fat percentage by 10%, dramatically increased his squat and bench strength, and has begun doing bodyweight pull-ups.



The downside to all of this is I have to go out and buy a whole new wardrobe of clothes :-). I have to say that the last 6 months have been very rewarding to me personally since I am back to my college weight (23 years later). It would have been impossible for me to have the motivation of doing this on my own. Knowing I have a commitment and appointment to show up at FIT 3 times a week has made a huge difference. It's not easy to weasle out of a work out, if you know someone else is depending on you showing up (especially cancelling a 5:30am workout at the last minute). Anyhow, FIT is great, the team is great, and the results speak for themselves. I'm on a mission. Like Thom says: "Every day, in every way, we get a little bit better".

Congratulations Ironteam!

There are many words people associate with an Ironman. If you don't personally know one of these amazing athletes, you might be tempted to call them "CRAZY!" On August 24th, three of our own took to the shores of Lake Okanagon in Penticton, Canada as participants in this year's Ironman Canada. Tracey, Thom and Miles were among over 2000 other participants who began a 2.4 mile swim when the cannon went off at 7 a.m. Following the one hour plus swim, each rode a 112 mile scenic bike course through the hills and mountains of interior British Columbia. Having accomplished all that, the only thing left to do was run a marathon which is 26.2 miles. They look forward to sharing their experience in next month's newsletter.



Young Athlete Strength Program

The Young Athlete Strength Program begins Saturday, September 20th. The boys' class begins at 12 noon and the girls' class begins at 1PM, each running for about an hour.



The program is 12 weeks in duration and meets every Saturday. The cost per athlete is \$300 (\$25 per class), paid in full on the first day.

I am excited and looking forward to strengthening our young athletes for all sports and for life!

Thanks,
Johnny N. Nguyen
Johnny@focusedtrainers.com

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What Is That Protein Stuff??

By
Scott Kolasinski

These days, when you walk into your local nutrition store, you can see an assortment of protein shakes and protein powders. Looking at the ingredients, you'll see such names as milk protein concentrate, whey protein concentrate, casein, ion-exchange whey protein, egg albumin, whey protein isolate, soy protein, etc. Sometimes there is a combination of these, and you can also buy some these by themselves. At the same time, the numbers on the price tag vary from brand to brand. This makes your understanding much more clear as mud. The scope of this article will try to make sense of these types of proteins so that you'll be able to make more informed decisions when and if you were to purchase products containing these ingredients. This will be a step-by-step look at the benefits of the various types of milk protein and their microfractions that are commonly found in today's protein supplements or "meal replacement" shakes. In this 2-part article, part one will describe each of the types of protein, its uses and kinetics, and then part two will describe the data on comparing the various types of protein against one another. In this way, you will be able to conclude which, when and how these proteins should be added to your diet to enhance your personal fitness goals.



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