



In This Issue:

August 2004

- Client of the month - Karen Parker
- Nutrition Lecture with Clyde Wilson, Ph.D. - September 2nd, 6:30pm
- Dammit Run and Tri for Fun - August 14th
- Relay for Life - \$301,000 and still growing
- Trainer Highlight - Kris Kallstrom

Client of the month - Karen Parker

Last weekend I completed my first ironman triathlon in Lake Placid, New York. It was a wonderful feeling to be part of such a large and festive event with almost 2,000 triathletes, and 10s of thousands of spectators. The highlights of my 16:41 journey included swimming in a school of almost 2,000 swimmers while waving at scuba divers, seeing the smiling faces of my friends, family and teammates along the way and running the last 3 miles with my son. It was truly an event that I will savor for many years to come.

I am grateful to my friends at FIT for encouraging me to take on the challenge and for providing me with the coaching I needed to succeed. I learned how to eat right and exercise right. Weight training provided me with a solid base. Good nutritional guidance allowed me to lose weight and to build strength and endurance. Since beginning my journey with FIT, I have lost over 100 hundred pounds and had to overcome a serious knee injury in order to train for Ironman . I really appreciate the skill, dedication and enthusiasm of the people at FIT and thank them for not only guiding me to reach my goal but also for being upbeat and supportive along the way. I never thought it would be this much fun.

Looking forward to the next adventure,
Karen Parker

[Click here for more info](#)



Nutrition Lecture with Clyde Wilson, Ph.D. - September 2nd, 6:30pm

Dr. Clyde Wilson holds a Ph.D. in Chemistry from Stanford and is currently researching muscle fatigue at the single-fiber level in the Department of Biophysics and Biochemistry at UCSF. Based on the fundamental causes of muscle fatigue and the mechanisms of muscle damage and recovery, Clyde has devised a simple 8-step sports nutrition plan to help people find their own personal optimum nutrition.



Clyde gives lectures in sports nutrition and muscle physiology at Stanford and UCSF and works with several Bay Area sports teams. His success in improving endurance, exercise recovery, energy levels, and sleep quality for both athletes and non-athletes alike through sports nutrition education is documented and impressive.

Before studying biochemistry and its applications to vitality and health, Clyde served for six years in the U.S. Navy on-board an aircraft carrier, earning a Naval Achievement Metal as well as becoming Supervisor of the Year for Reactor Department. Clyde is an avid recreational power lifter.

Topics will include:

- Nutrition to delay neuromuscular fatigue and speed exercise recovery.
- Physiology of body fat gain and loss
- Strategies to maximize fat loss and exercise gains simultaneously
- Negative aspects of fad diets; what the clinical research says.
- A simple approach to diet analysis you can do on your own to take your health and your training to the next level.

[Click here for more info](#)

Dammit Run and Tri for Fun - August 14th

Join us on Saturday August 14th in Los Gatos for a 5 mile trail run along the Los Gatos Creek Trail.



This race is for runners of all abilities so don't hesitate to sign up today.

[Click here to register](#)

Relay for Life - \$301,000 and still growing

We'd like to thank everyone for their contributions and support to this years Relay For Life. The donations are still coming in but so far the total is over \$300k making the "Los Altos Relay" the largest first time relay in the area.

"Words can never adequately describe Relay For Life®. You just have to experience it. It's a combination of sights, sounds, and activities and an outpouring of emotions — fun, hope, community, victory, celebration, triumph, and tender memories of those we have lost to cancer."



Trainer Highlight - Kris Kallstrom

Kris Kallstrom

Bachelor of Arts, PE/Movement Studies
USA Weightlifting Club Coach

Kris has been an athlete his whole life. He has played Basketball, Baseball and Soccer for as long as he can remember and went on to play Basketball in College. After receiving his BA in Physical Education/Movement Studies at California State University Chico, Kris moved to the bay area and began working as an Intern at Stanford University. Kris is a certified USA Weightlifting Club Coach with considerable experience in collegiate athletics. While at Stanford he worked with just about every team, however most of his time was spent training the football athletes.

In his free time Kris enjoys Wakeboarding, Snowboarding, Basketball and playing golf.



For more information regarding FIT:
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