



FIT News - Happy Holidays

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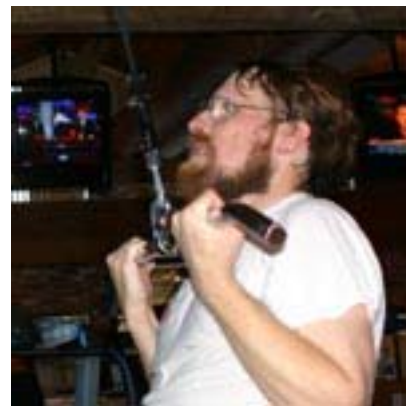
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Client of the Month - Ron Ullman

Ron came to us approximately a year-and-a-half ago because his wife said "it would be good for him" (she already trains with us.). He started with us training 2 days per week. Shortly after starting, he had a check-up with his doctor and his doctor sent him to a specialist to see if he had a rare liver disorder called Wilson's disease, which is a rare autosomal recessive disorder of copper transport, resulting in copper accumulation and toxicity to the liver and brain. However, his lab results also suggested that he should simply lose weight, and his lab results may normalize as well. So, being the man on a mission, he has lost over 40 lbs., he shows up 30-50 min before his workout to exercise on the horizontal bike, his lab results are now normal, and when his schedule allows, he will bike to and from work. His strength has almost doubled on his 1 RM bench press and his aerobic capacity has greatly improved.

[To see past Client Achievers](#)



Surviving Cold and Flu Season without a Flu Shot!

Why you don't need THE FLU SHOT to survive cold and flu season:
A Q & A with Ted Ray, Licensed Acupuncturist.

How can I prevent myself from getting sick this season if I can't get or don't want to get a flu shot?

Limit stress, increase exercise, and keep a consistent sleep schedule. Stress is the number one cause of a depleted immune system. Do your best to remove or limit the major sources of stress in your life. Additionally, you must continue (or start!) to exercise even if you don't feel like getting out there. Exercise can be one of the best ways to restore balance to your life. Finally, keep a consistent sleep schedule. Did you know that it takes your body seven days to recover from one late night out? Sleeping regularly gives your body the best chance to maintain its immune system.

What should I include in my diet to maximize my health in the fall and winter?

Eat Warm Foods. This is especially true for women around and during menstruation. Women's bodies are especially vulnerable to colds and flus during this time—avoid ice, ice cream, salads and raw vegetables. To build strength, both men and women should eat warm foods like oatmeal, soups and stews. Vegetables should be cooked as well. Pears and apples can strengthen the lungs. Eat plenty of orange vegetables like squash, sweet potatoes, and carrots. Use any or all of these vegetables as the base for a soup. You can also use a large chunk of ginger (leave the skin on) and cut it up and boil it in four cups of water for 15 minutes. This will make a spicy tea to which you can add milk and honey.

How Does Chinese Medicine view colds and flus?

Chinese Medicine looks at a combination of factors in relation to colds and flus. First, environmental factors namely wind and cold, are considered for their influence on health. Extreme temperature changes as well as normal seasonal changes in temperature can have an impact on the immune system. This is why so many people get sick at the first temperature change of the season and why people get sick when traveling to new climates. Second, a person's zheng qi (immune system) is considered. It is a person's immune system that plays a major role in whether or not he or she gets sick. Any excess in environmental changes or weakness in a person's zheng qi can lead to a cold or flu.

How do acupuncture and herbs help treat a cold or flu?

Acupuncture works by stimulating the immune system, putting your organs back in balance, and relieving stress. If you are already sick, acupuncture can hasten the course of the cold or flu and prevent it from going deeper into your body. Herbs work in a



slightly different way. If you are not sick a formula like Yu Ping Feng San (Jade Screen Powder) can strengthen your immune system. If you get sick, formulas like Yin Chiao (fever w/ sore throat) or Gan Mao Ling (cold or flu due to viruses) can get you back on your feet quickly. Chinese herbs work on many levels but the easiest way to look at is in using the metaphor of the tree. The branches represent your symptoms and the roots represent the cause of your illness. Herbal formulas are often designed to treat both the root and the branch and then are modified for the person taking them.

Ted Ray is a Licensed Acupuncturist and herbalist practicing in Mountain View next to El Camino Hospital. He specializes in acupuncture orthopedics and women's health. He has a background in long distance running and has a common sense approach to treating sports injuries. Ted's goal is to unveil the mysteries of Chinese Medicine by translating its ideas and theories into plain English. He can be reached at 650-654-9002 or penacu@sbcglobal.net. Peninsula Acupuncture 2500 Hospital Drive, Building 3, Mountain View, CA 94040.

Ski Season Cometh!

SKI CONDITIONING: FACTS v. MYTH

Below is a lay article about ski conditioning typically found in magazines or on the internet. Because of such articles, many people may question why trainers at FIT don't prescribe these exercises, and it may even seem that we fail to keep up with the latest trends. Below is the lay article followed by FIT's response.

MYTH: SKI CONDITIONING ARTICLE FOUND ONLINE

For the past three seasons, 24-year-old freeskier Evan Raps has used a self-designed training regimen that would impress even the likes of Hermann Maier. In addition to lifting Hulk-size loads doing squats, leg presses, and hamstring curls, he tortured himself with sprints on the bike and the treadmill. And, if he was lucky, he squeezed in a few surfing sessions between stints of summertime on-snow training in British Columbia. This fairly standard skiing training regimen helped Raps become a two-time X Games medalist. While shooting for a hat trick in the 2003 X Games Slopestyle finals, however, Raps' fitness didn't save him from tearing his ACL when he overshot the landing on a 1080.

No training techniques can guarantee an injury-free season, of course, but workouts that equally emphasize strength and balance are the best insurance available. Since Raps' X Games fumble, he has traded a few hours on his surfboard for more Swiss ball time doing what physical therapists call "prehabilitation." "The exercises incorporate different angles and



challenge my muscles in new ways,” says Raps. It not only protects his muscles and joints, but also makes Raps more fearless. “Being strong makes me much more confident during the season. I’m willing to take more risks, and my muscles last longer—which is important on heli-runs in Alaska.”

In the following pages, Raps runs you through a prehab circuit designed by Laura Keller, a physical therapist at San Francisco’s Stone Clinic. The moves incorporate all three planes of motion (side to side, front to back, and rotational). They build strength in your abdominal, lower back, and glute muscles—the anchors that keep you stable and strong while your legs suck up bumps and fight gravity on cruisers. The moves also enhance your sense of proprioception—body awareness in space, or coordination—and muscular endurance. “It’s like building a home on rock instead of sand,” describes Keller. “One disintegrates quickly, while the other is there to support you through all kinds of weather.”

Be prepared for some serious huffing and puffing—this is no cushy series of glorified stretches. “We do a variation of this circuit at the elite-level camps,” says Keller, “and it kicks the athletes’ butts. They’re crawling by the end.” Run through this series religiously a few times a week, throughout the year, and you’ll feel stronger and more

FACT: FIT'S RESPONSE

In skiing, as in many sports, the most important factors to good performance and injury prevention are:

- Variable force output
- Force output endurance
- Structural strength
- Skill

On the slope, you will encounter different situations that will require your body to develop varying force output. Optimally, the body needs to develop just the right force at the right time. Additionally, depending on the sport, force-output endurance is critical; in skiing, after multiple runs it is important that the body can develop the required amount of forces, low or high. Structural strength is another important factor because it allows proper force transmission between segments of the body into the ground (skis and snow) to accomplish skiing maneuvers. Structural strength also increases protection to the body in the case of a fall. Finally, skiing skill, like many sporting skills, is specific. To become better, you must ski. There is absolutely nothing you can possibly do in an indoor facility that can train the exact force magnitude, force impulse, force direction, angular velocity, changes in center-of-gravity, changes in center-of-pressure, surface contact area, and various other dynamics that you naturally encounter on the actual skiing slope. Standing on a Dyna disk, a foam pad, or kneeling on a stability ball provide an unpredictable labile surface far too different from that of the ski-slope surface, thus activating different neuromuscular patterns and different force output. These labile surfaces also offer no anticipatory reaction, a critical element in

motor control which exists in all skiing situation. Studies have shown that balance skill is mostly non-transferable in healthy subjects, and especially in physically active people. What has been shown to transfer strongly, however, is force output, in the phenomenon called “dynamic correspondence.” This dynamic correspondence includes neuro-muscular qualities such as:

- Maximum strength
- Strength-speed
- Strength-endurance
- Speed
- Speed-strength
- Speed-endurance
- Starting-strength
- Endurance

Different sports require varying percentages of each of the above qualities; some require almost entirely one quality over all others, while a few require almost an equal percentage of all. Skiing requires a mixture of the above qualities, for both performance and injury-prevention. First and foremost, skiing requires skill, and this skill comes from specificity of training... meaning you should train the skill by actually getting out there on the slope, not by “mimicking” in the gym. Time spent training in a gym should be devoted to optimizing the neuromuscular qualities outlined above, as well as the metabolic demands. Mimicking skiing motions and utilizing “fun” balancing exercises may help a completely sedentary individual or may help a completely new skier, but for someone with at least moderate skiing experiences, these so-called skiing-specific exercises offer only sub-optimal transfer value. Unless the individual is a professional skier who is paid to train for several hours everyday, any time spent in the gym for the average weekend warrior should be prioritized with exercises that have a strong dynamic correspondence, and not be wasted on trendy exercises found in lay publications or websites that have under-lying commercial interest. Professional athletes who have the luxury of time and finances may choose to add these balance exercises to their conditioning program, but it should be secondary to a program that addresses the neuromuscular qualities outlined above first. And if any additional balancing exercises are added, over-training or under-recovery should be a strong consideration.

With that said, always keep in mind that nothing is black and white. Every now and then we witness a top athlete who performs exceptionally well at his/her sport, yet doesn't train in the gym optimally, or doesn't train in the gym at all. Almost always, genetics play a strong factor in this individual. For the average person participating in professional, amateur, or weekend sports, strength training must be optimized.

Exercises that show the most dynamic correspondence include:

- Squats
- Dead-lifts
- Presses
- Olympic Lifts and their many variants
- Metabolic conditioning such as Rowing, treadmill, or especially Olympic-lifting complexes.

These are the exercises that your trainer at FIT is more likely to prescribe, knowing that they offer the biggest return for the investment.

Johnny Nguyen

Coach's Corner - Kids Holiday Jump Camp

As the year comes to an end, the young members of Jump Camp are excitedly preparing for their upcoming weightlifting meet, the "FIT Barbell Club Junior Nor Cal Open," taking place on Sunday January 30th. FIT will host this event and prepare to invite young athletes from all over California to compete. As a coach of young athletes, nothing excites me more than seeing the phenomenal development of these athletes. Six months into Jump Camp, we have seen 8 yr. old Camille Zellinger Clean and Jerk 20 kilos, and eighth grader Kate Corbin back squat an impressive 80 kilos after just a few short months of training. Their progress as a group has surpassed expectation as they all continue to make strides towards growing into functional, coordinated, athletic bodies.



For young athletes, aged 8-14, "the mere practice of the Olympic lifts teaches an athlete how to explode (to activate a maximum number of muscle units rapidly and simultaneously). Part of the extraordinary abilities of Olympic lifters arises out of their having learned how to effectively activate more of their muscle fibers more rapidly than others who are not so trained (in addition to having developed stronger muscles)." [The Unique Value Of Olympic Lifts For Athletes (Excerpted from Appendix 3 - Training on the Snatch and Clean and Jerk: A Key to Athletic Excellence)]

Fit is also running a "HOLIDAY CAMP" during the weeks surrounding winter break for kids in the area interested in being involved with Jump Camp. The camp is meant to introduce new campers to all of the activities that current kids are doing. There are two sessions: the first runs from 2-4pm on the Monday-Thursday before Christmas, (Dec. 20-23) and session 2 runs from 2-4pm on the Monday-Thursday after Christmas, (Dec 27-30).

Information on Jump Camp, Holiday Camp, and the "FIT BBC Nor Cal Jr. Open" can be attained at the front desk of FIT.

[For more info](#)

Celiac Disease

Celiac Disease

Wheat made me sick.

Michael Greeves B.S., CSCS
FIT Trainer

During my childhood I recall fighting off intense abdominal cramping, and experiencing difficulty concentrating, especially while in the classroom. As I got older, my symptoms shifted from physical discomfort to irritability and changes in my mood. I would experience fluctuations in my attitude from very "high" to very "low", poor concentration skills and just a general lack of control. Looking back, I now recognize these are typical symptoms children and adolescents with Celiac Disease (CD) experience. Patients with (CD) are frequently misdiagnosed as having 'irritable bowel syndrome', 'spastic colon/bowel', or Crohn's disease'. I wonder how many children with (CD) are misdiagnosed as having Attention Deficit Disorder or (ADD)?

As a teen, I became interested in learning how to add muscle and weight to my skinny frame. I started reading muscle magazines and books on strength training and nutrition. Most of the popular exercise literature at this time recommended a diet high in complex carbohydrates and protein. I began weight training four to five times per week and consumed large amounts of pasta and eggs. At the time I didn't realize that the gluten contained in the pasta in my diet was actually destroying my small intestines ability to absorb the nutrients I was eating and making me sick. I soon discovered that when a person with (CD) ingests wheat protein gluten it triggers an inflammatory reaction in the small bowel which results in a decrease in the amount of surface area available for nutrients, fluid and electrolyte absorption. Needless to say that my attempts to add muscle was unsuccessful.

A few years ago a family member was hospitalized after becoming very ill. While hospitalized a doctor suggested CD



as a possible cause. After a lifetime of unexplainable symptoms, this doctor finally got it right. Since I had suffered from many similar complaints, my family suggested I start to pay closer attention to the presence of wheat and other grains such as rye, barley and oats in my diet. After following a strict wheat/gluten free diet for only 3 weeks I felt a dramatic change in my energy levels, and my stomach cramping stopped. I finally started feeling "really good" for the first time in my life. Today, I remain dedicated to the gluten free lifestyle and remain relatively symptom free. Occasionally, even after closely examining food labels, I will consume something that has been "cross-contaminated" and feel sick all over again. Cross contamination occurs when food that contains gluten is prepared on the same surfaces, or with utensils that are not properly cleaned.

If you or your physician suspects CD there is a blood test for antibodies. If the results of the antibody test(s) are positive or he/she has a strong suspicion of CD a gastroenterologist will take a small intestine tissue biopsy. A biopsy showing damaged villi in the small intestine is the first half of the 'Gold Standard' to diagnosing CD. The second half of the 'Gold Standard' is improvement of health with the patient following a gluten-free diet. Furthermore, it is important to note that it is possible to have a normal blood test and still have celiac disease. Therefore, getting properly diagnosed is extremely important in order to help future generations be aware of the risk of CD within the family.

Celiac Facts:

Celiac Disease, also referred to as gluten intolerance, may affect 1 in 133 people in the U.S., or approximately 3 million people. To develop celiac disease three things must be present: 1) you must inherit the gene, 2) consume gluten, and 3) have the gene triggered. Common triggers may include stress, trauma (surgeries, pregnancy, etc.), and viral infections.

Currently there is no cure, avoidance of gluten and wheat for

life is the only treatment available.

For more information please visit:

<http://www.celiac.org>

<http://www.csaceliacs.org>

<http://www.gluten.net>

For information on raising kids with celiac please visit:

http://www.celiac.com/cgi-bin/webc.cgi/st_main.html?p_catid=8

For online shopping please visit:

<http://www.glutenfreemall.com>

<http://www.glutino.com/english/index.cfm>

<http://www.nuworldfoods.com/glutenfreeandmore/default.asp>

<http://www.gluten-free.net>

A gift from FIT to You!

We are so grateful to all of you for helping to make FIT what it is today. We wish you and your loved ones the happiest of holidays and healthiest of new years. As our way of giving back this year was to make a donation on behalf of all of FIT's clients to the Ronald McDonald House at Stanford.

The mission of Ronald McDonald House at Stanford in Palo Alto is to provide a home-away-from-home and support for all families of children with life-threatening illnesses receiving treatment at local hospitals. The most important goal is to never turn another family away.

Built in 1979, Ronald McDonald House at Stanford was the fifth such House in the country. Since then, the House has grown from 13 to 47 bedrooms, 10 full-time employees, and more than 100 volunteers.



Over the years the House has welcomed many families — about a thousand a year, and expected to grow to 2,000 in the new facility — who have come to the area to provide their seriously ill child with the exceptional care offered at Lucile Packard Children's Hospital or Stanford Hospital and Clinics. As pediatric medicine and surgery have evolved and advanced, so too have the services available at the House.

To continue to meet this ever-increasing demand, Ronald McDonald House at Stanford broke ground in June 2002 to expand from 24 to 47 rooms. During that time the House was able to maintain a room fee of just \$10 per night. To keep the costs to families so low, Bay Area McDonald's owner-operators contribute approximately 4 percent of the operating budget, while over 80 percent is contributed by generous community members, businesses and foundations.

The House continues to welcome all families in need into its warm, supportive atmosphere, and never refuse to accommodate any family due to inability to pay.

[Learn more about The Ronald McDonald House](#)

For more information regarding FIT:
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