



FIT News - Happy New Year

In This Issue:

January 2004

- Client of the month - Jean Eagleston
- FIT Welcomes Agile Physical Therapy
- Youth Strength Program
- Group Strength and Conditioning Class
- The Quiet Truth About Trans Fatty Acids and Cholesterol

Client of the month - Jean Eagleston

Jean has made tremendous strength gains in the gym over the past 3 years. One of her biggest concerns when she originally came in was her 1997 diagnosis of osteoporosis. Research has proven (and Jean is a perfect example) that weight bearing activity such as weightlifting can significantly increase bone density as well as decrease the risks associated with osteoporosis. Taking this into account her program focuses on building strength and increasing her flexibility (which she loves). She has most recently fine tuned her diet to decrease her body fat and had great success.

Just take a look at her original goals and you'll see why Jean is FIT "Client of the Month"!!!!

[Click here for more info](#)



FIT Welcomes Agile Physical Therapy

Agile Physical Therapy addresses functional limitations through insight, challenging exercise and restoration of movement efficiency with the application of a scientific medical model.



Our mission is simply to improve the quality of life as it pertains to deficiencies in movement, pain, and obtaining physical goals through strongly evidenced based practice of physical therapy in a comfortable environment that exceeds the needs and expectations of each and every client and employee.

Please call (650) 565-8090 to schedule an appointment.

[Click here to visit Agile's website](#)

Youth Strength Program

Optimal sports preparation is a multi-dimension process that requires good physical training plans. While the athlete receives sport-specific skills and conditioning from practice and competition themselves, special strength must be enhanced through a regimented resistance-training program.

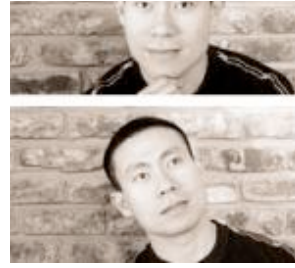
The Young Athlete Strength program develops the special strength necessary to meet the demands of sports and



athletics.

Contact: Johnny@focusedtrainers.com with any specific questions.

[Click here for more info](#)



Group Strength and Conditioning Class

Gabe Rinaldi is starting a new group strength and conditioning class next monday. The group classes will be held 5 nights per week from 6:30-7:30pm. The cost is 250 per month and the group is limited to the first 10 hard working people to sign up. This group is open to non FIT members as well.

If you're interested or would like more info please send an email to:

Gabe@FocusedTrainers.com



The Quiet Truth About Trans Fatty Acids and Cholesterol

Trans fatty acids are found naturally in both plant and animal foods and they have been a part of the human diet for millennia, although their impact has recently been called into question. They are also created when liquid vegetable oils are solidified by adding hydrogen atoms (hydrogenation), a beneficial process that allows for the replacement of animal fats in foods that require a solid fat. To help foods stay fresh on the shelf or to get a solid fat product, such as margarine, food manufacturers hydrogenate polyunsaturated oils. The main concern is that dietary trans fatty acids -- like saturated fatty acids -- tend to increase blood cholesterol levels and therefore may increase your risk of heart disease. A number of health and wellness magazines have further fueled public concern by suggesting trans fatty acids are toxic to humans and they create abnormal body chemistry. Some studies have investigated whether or not trans fats contribute to neurologic disorders such as dementia, however, thus far, no link has been discovered.

[Click here for full article](#)



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