



It's summer time!

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Client of the month - Jean Swanson

Jean came to FIT as a last resort effort to avoid shoulder surgery. She had originally planned on staying with us for only 10 sessions... That was 3 years ago. Now she snatches, cleans and jerks, and does some serious strength training. She keeps notes in a journal after each session on what she needs to improve, and works diligently at it. Jean is a big supporter of the Olympic lifts and is constantly spreading the knowledge and helping to disprove their misconceptions so that more people understand the benefits.

Today, she is not only well beyond shoulder rehab but is stronger, faster, and more powerful than she ever imagined. Jean has a good attitude about every single thing in life, and takes on new training challenges with enthusiasm which is exactly why she is our "Client of the month".



[Click her for more info](#)

Upcoming Events

May 22 - FIT Extreme Picnic

Please join us and invite your family and friends for a day in the hills just following the extreme challenge. You, don't need to participate in the race to join us for the picnic. There will be plenty of food, activities for kids and more.

RSVP by replying to this email.

May 27 - FIT Lecture "Exercising through your 50's"

Please join us for an exciting discussion about exercise and aging. Gone are the days when physical limitations subjected you to a life of inactivity. More and more, research is showing that moving your body is good for your physical and mental health, even if you have a challenging health condition.

RSVP by replying to this email.

June 26 - 3rd Anniversary celebration and the 2004 Relay for Life

FIT's 3rd Anniversary Celebration will take place as a part of



the American Cancer Society's Relay for Life at Los Altos High School. There will be activities for kids, entertainment and refreshments. You do not need to participate in the Relay to attend the celebration, however, if you are interested in joining one of the FIT teams, please contact Betty Ann for information (650) 947-9831 x200 or "B@FocusedTrainers.com". Relay For Life is a 24 hour celebration of hope, progress and a cure.

[Click here for all upcoming events](#)

Trainer Highlight - Kevin English

Bachelor of Science, Physical Education
Certified Strength Conditioning Specialist

Kevin graduated from Western Illinois University with a degree in Physical Education with an emphasis in Fitness. He has been a Certified Strength and Conditioning Specialist(CSCS) through the National Strength and Conditioning Association(NSCA) since 1998. Prior to relocating to the area Kevin worked as a Speed, Agility, Quickness/Personal Trainer, working with collegiate and professional athletes to individuals from the age of 6 to 86. This varying background has allowed Kevin to develop a variety of training techniques to provide the individual with the best training program for their needs.

In his free time Kevin enjoys spending time with his wife locating new and interesting areas to visit, along with golfing and any other outdoor activities.



The Potential Benefits of Bovine Colostrum Supplementation in Athletes

Recently, there has been an increased interest in bovine (cow) colostrums (BC) because of the discovery of its unique nutritional profile. BC has a nutritional profile quite different from "mature" cow's milk. It contains the usual nutrients found in milk like protein, lactose, fat, vitamins and minerals, but it also contains a number of biologically active ingredients including [thinking caps on now, please] immunoglobulins, growth factors, antimicrobial compounds, and immuno-regulating constituents either not present in milk or present in significantly lower concentrations (Kelly, 2003). The protein content in BC is 3 to 4 times higher—up to 150 grams per liter compared to 30 to 40 grams per liter—than it is in regular cow's milk (PDR, 2004). The comprehensive nutritional, growth factor, and immune support provides passive immunity to protect the newborn calf from infections while the immune system is developing, as well as to facilitate the growth and immune maturation of the digestive tract and possibly other tissues (Kelly, 2003).

[Click here for full article](#)



Staying Active With Health Challenges

Has a health challenge such as arthritis, chronic back pain, or another disability caused you to give up on physical activity?

It shouldn't. With a doctor's okay and the right program, people with health challenges can enjoy the many health benefits that come with being active. For instance, physical activity can boost your energy, lift your spirits, reduce stress, strengthen your muscles and bones, help you sleep better, and improve your balance and flexibility. It also can help relieve the symptoms of some chronic conditions, including arthritis, diabetes, heart disease, and osteoporosis.



Gone are the days when physical limitations subjected you to a life of inactivity. More and more, research is showing that moving your body is good for your physical and mental health, even if you have a challenging health condition. Movement has replaced bed rest as the prescription for conditions such as back pain and recovery from heart and other surgeries. And people with special needs are enjoying such activities as walking, skiing, cycling and swimming events, and even marathons.

Movement Okay for Most

Studying and examining the effect of exercise on older people have taught health professionals that they've been over-conservative in their recommendations for physical activity, according to Cedric Bryant, chief exercise physiologist for the American Council on Exercise (ACE).

"Most people, unless they have some kind of silent, cardiovascular impairment, can safely begin an exercise program if they start out slowly and build up gradually once they see improvements."

Sometimes, people with health challenges worry that physical activity might cause pain or make their condition worse. Getting the green light from a doctor first can help ease those concerns. It's also important to make sure you do the right amount of the right activities.

"Exercise arguably is a form of medicine," says Bryant. "But it must be given in the proper dose."

[Click here for full article](#)

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

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