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Diane Anderson - Client of The Month!

Diane is one of FIT's original clients. Since the day we opened she has been a consistent, committed client. According to Ben, Diane's trainer, "Diane Anderson is one of the hardest working people at FIT. She has to work especially hard because she's not all that coordinate. The best part about working with Diane is that she is always smiling and she never says 'can't'."



Diane began here with a body mass index that fell into the obese category. Having had a poor family health history, Diane was determined to turn it around and make changes that would help her live a long, healthy life. She has dropped over 10% body fat, has reduced her cholesterol by 5%, Triglycerides by 75%, and LDL by 61% leading to a reduction in medications from 80 mg to 20mg. On October 30th Diane will compete in her first Olympic Weightlifting competition.

"I see FIT as my place of firsts. At every session, at least once during the session, I do a move or strength exercise that I haven't done before and that I would have previously thought impossible for me to do." Diane believes, "FIT is {her} current addiction. Like all addictions, it costs money that is sometimes painful to spend but you have to have it. However, this addiction is actually approved by the Surgeon General and may actually prolong, versus decrease, {her} life span."

Diane sends a big thank you to Ben, who is teaching {her} to reach for more, even when she doesn't think she can. She has a nickname for Ben that she has chosen this opportunity to share . . .KBB -- Kick Butt Ben.

As Diane's first trainer, I congratulate her on this

accomplishment - she has worked very hard to achieve her goals. Congrats Diane, you have a lot to be proud of!
[Click here for more Client Achievements](#)

Cardiovascular Disease and Fish Oil by Scott Kolasinski

The leading cause of death today in both men and women in the United States is cardiovascular disease (CVD). CVD includes dysfunctional conditions of the heart, arteries, and veins that supply oxygen to vital organs and tissue. If oxygen doesn't arrive, the tissue or organ will die.



For many years, it was thought that in order to decrease your risk of CVD, you should go on a low fat diet. However, in the early 1970's, it was reported that the Greenland Eskimos have substantially reduced rates of heart attacks compared with Western controls despite their high fat consumption, which is primarily from fatty fish. From these epidemiological observations, the benefits of fatty fish consumption have been explored in cell culture and animal studies, as well as randomized controlled trials investigating the cardioprotective effects of omega-3 fatty acids.

Since then, certain seafood, fish oil or fish oil supplements have been recommended for preventing various forms of CVD. The Food and Drug Administration (FDA) announced on September 8, 2004 the availability of a qualified health claim for reduced risk of coronary heart disease (CHD) on conventional foods that contain eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) omega-3 fatty acids.

[Read the rest!](#)

Injury Management: When to Seek Expert Advice

Selecting the proper healthcare provider for your injury and deciding when to seek care are two critical factors in minimizing recovery time and optimizing the care you receive.



Categorizing an injury can be tricky, but in general the injury either comes on gradually as with an overuse injury or quickly as with an acute or traumatic injury. In its initial stages, an overuse injury may present itself only during a workout or stressful activity. As the injury progresses, you will likely begin to notice symptoms during previously pain free daily activities. In its worst stages, you may feel pain or other symptoms even at rest. Usually, recovery is optimized if you seek help before an overuse injury starts

to interfere with daily activities. Conversely, an acute or traumatic injury starts off very painful and limits function immediately. Symptoms should gradually improve, not worsen. It is appropriate to seek care with this type of injury right away, especially if you are unable to bear weight on the injury, if range of motion is compromised, or if swelling or any deformity appears.

There are many types of physicians that may be appropriate for you to consult with your injury. Options include your primary care physician, an orthopedic surgeon, a physiatrist, or, in more urgent cases, the emergency room or urgent care clinic. The decision on who to see can be complicated and dependent on many factors. One easy option is the free injury screening which is available to you with your FIT membership. The consultation will be with a physical therapist from Agile Physical Therapy who can offer advice on treating minor injuries or help you choose an appropriate healthcare provider. You may contact the FIT front desk or call Agile PT directly at (650) 565-8090 to set up the screening. [For more information on Agile Physical Therapy](#)

Choosing the Right Shoe for You

Know Thy Foot

Before you begin to shop for shoes, it is critical first to ask yourself: what type of foot do I have, or just how much do I pronate? Most reputable running shoe companies build shoes for specific foot or arch types: the excessively overpronated foot, a foot with "normal" pronation, the high rigid arch, for example.



A word about pronation: Pronation is not a bad thing. It is the natural inward rotation of the foot from heel strike to toe-off. It is a shock-absorbing motion. Excessive overpronation, though, can lead to some overuse injuries; typically this happens only when you are in the wrong type of shoes.

Types of feet

A starting point for knowing what type of foot you have is by taking a wet impression of your foot. Get your foot moist (not soaking wet) and step on a surface that shows your impression—a brown paper bag, a dark hand towel (nothing too thick). You will have a static impression of your arch. If you see no arch or all foot this means you are most likely an overpronator. If you see just the ball of your foot and your heel with a very thin line on the outside of your foot, you have a high arch meaning you may be an underpronator. Or you may be somewhere in between these; you will see a "normal" looking arch or see about half your arch. But, regardless of the impression you see, your foot is anything but static. It is best to have someone (a personal trainer, running store employee) look at

your foot under motion. Some higher arches will collapse or flatten when running or walking.

Once you have an idea of what type of foot you have, start trying some shoes. In general, if your foot is:

- Overpronated—look for a motion-control or high support shoe
- Normal or normally pronated—look for a stability or moderate support shoe
- Neutral or rigid —look for a cushioned or neutral shoe (these shoes have no specific support for controlling pronation)

And once you know what type of shoe you need, select what “style” suits your training program best. You may choose a trail shoe, a lightweight trainer, a maximum cushioned stability shoe. The key to buying good shoes is starting with the right type of shoe.

Some things to remember:

- All cushioning system work well. There is no “one best” cushioning
- Be open-minded. Try a few different shoes on from some different companies. Select the best feeling shoe that has the correct support for your foot type.
- Give them a run. Make sure before you buy to run in the shoe, whether outside on the pavement or in the store on a treadmill. After all, it is a running shoe.
- Make sure to buy your shoes big enough. There should be close to a thumb’s width between your longest toe (not always your big toe) and the end of the shoe. And remember, not all companies fit the same; you may be a 9 in a Brooks shoe and a 9.5 in Nike.

Selecting the right type of shoe will reduce your risk of injury, but most of all it will make running more fun. And that’s what it’s all about.

The Runner's High in Downtown Los Altos and Menlo Park is happy to assess your needs and help you find a shoe that works for you. Plus they give a discount to all FIT clients!

[For more information](#)

The Farm Team comes to FIT

Many amazing things come from the neighborhood referred to as Silicon Valley and often technological successes receive the majority of our attention. A little known fact is that in our backyard there is a group of extremely talented and highly motivated individuals looking to make a name for themselves in a different arena.



The Farm Team is a non-profit organization that seeks to nurture, inspire, and support the development of middle- and long-distance runners to achieve their Olympic potential. FIT has been given the opportunity to help them achieve this goal by prescribing and overseeing the

strength training component of their training program. We are excited to welcome these athletes into our midst and will keep you posted on their accomplishments.

[For more information](#)

Trainer Spotlight: Scott Kolasinski

Masters in Science, Exercise Science
Certified Strength Conditioning Specialist
International Sport Sciences Association United States of America Weightlifting Coach

Scott is originally from bright, sunny and polluted beach-laden Toledo, Ohio. His undergraduate degree is from Miami University (in Ohio) with a B.A. in Microbiology. By divine intervention and being bored out of his mind, he saw The Light, and received his Masters degree in Exercise Science from the University of Toledo while working in the Biotech industry here in the Bay area.

While in graduate school, Scott had a graduate assistantship as a Strength and Conditioning coach at the high school level, and he was an Exercise Specialist in a clinical exercising facility. He has had extensive experience with developing exercise programs for individuals of all age groups and various pathologies. While in Grad School, he met his wife on the internet and decided to move to California to be with her. After moving to California, Scott worked in the Biotech industry (utilizing his Microbiology degree) while writing his thesis on ischemic preconditioning and skeletal muscle injury. While trying to get experience in the strength and conditioning field, Scott was the Strength and Conditioning coach of St. Lawrence Academy in Santa Clara and he volunteered as an Assistant Strength Coach at San Jose State University. As Scott was gaining experience in the fitness industry, receiving questions about nutrition from young athletes and having to write a thesis, he became more interested in writing articles on nutrition. So he started reading more about nutrition and the surge of '90's-literature on supplements. Because of Scott's science background, he did not believe in any of the manufacturing claims many ads had unless they were supported by good research. During this time, he had never really experienced the trials and temptations that an individual experiences while dieting, so he decided to put his knowledge of nutrition and supplements to work and do an eight week body transformation challenge with 26 other men in which they had to lose 10% of their body weight. He succeeded, and he discovered how the experience was a wonderful learning tool for him to realize just how many sacrifices need to be made and the mental focus that one needs to have to achieve low bodyfat levels (FYI: he



achieved 7% bodyfat, starting from 19%). From this he continues to learn the challenges of maintaining a low bodyfat percentage. However, he admits, he has not succeeded at that.

Scott continues his interest in nutrition and he leisurely reads nutritional research articles and the "latest fad diet." He has written several articles on protein, trans fat, fish oils and he has written an anecdotal report on a cyclical low carb diet (see F.I.T. Archives). He continues to advise individuals at F.I.T. and around the world on nutrition and developing their training.

For most of his life, Scott has participated in a wide array of sports either competitively or recreationally. In high school, he competed in basketball his freshman year, but a torn ankle injury ruined most of his future high school athletic endeavors. Today his favorite sports are golf, weightlifting, basketball, football. His hobbies include playing the drums, watching football (especially the Cleveland Browns and Ohio State), cooking, hanging out with his wife and daughter and writing drum music. For Scott, as long as the Browns and Ohio State win, life is good...so this year, he's kinda down.

[For more about Scott](#)

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