



## FIT News - Back to School

### In This Issue:

September 2004

- Client of the month - Michael Nevins
- Nutrition Lecture - Review of Clyde Wilson's Lecture A-Z
- Coach's Corner- Jump Camp and Barbell Club
- Hot Off the Presses - Taming Your Inner Cookie Monster
- Run with the Bulls!!!
- Help One Child Walk-a-thon

### Client of the month - Michael Nevins

Michael Nevins is FIT's Client of the Month. Michael has been at FIT for almost a year, after retiring from a hectic travel schedule and limited workout time. When he first came to FIT, Micheal's goals were to decrease his weight, increase his strength and have an overall improvement in lifestyle and activity level. In the year since Michael started he has lost over 75 pounds, his strength has improved at every facet along with his ability to perform more complex exercises. He works out at FIT two times a week, walks almost daily, plays golf two to three times a week and is still able to do all of those household chores that were neglected while he was working. Michael's enthusiasm and willingness to work has gotten him where he is today and that will help him to continue to improve. Michael's dedication to exercise once again shows that with the proper mind set a person can achieve what they set out to do.



"In the last year, I've lost 75 pounds, gotten stronger and more flexible, lowered my cholesterol and feel years younger. I'm hitting the golf ball farther, just not straighter. I've also enjoyed the workouts with Kevin. He's kept it fun and interesting while pushing me to do more."  
— Mike Nevins

## Nutrition Lecture - Review of Clyde Wilson's Lecture A-Z

On September 2, Stanford professor and active powerlifter Clyde Wilson visited FIT and gave a lecture on Sports/Performance Nutrition. He defines sports nutrition as simply eating to decrease fatigue and improve recovery. As a powerlifter, he is somebody who had always enjoyed exercise, but he has not always taken his nutrition seriously. After diving into the research and applying what it said to his life, he saw outstanding results not only in his own performance, but more importantly, his health. He has applied what he has learned to the athletes and the individuals he counsels with great results.



Although every athlete is unique, and what works for one athlete may not work for another when it comes to nutrition, some guidelines can still be established.

- a) 1 L water for every 1000 calories consumed, independent of exercise
- b) Drink water first thing in the morning
- c) Eat at least 4-5 meals per day, with 3 meals and 1-2 snacks
- d) Try to limit calories during a meal to 600-700 calories
- e) Meals should consist of 50-60% carbohydrates, 30% unsaturated fats, 10-20% protein
- f) Carbohydrate sources should come from starch (potatoes, rice, yams, whole wheat bread, etc) and fruits and vegetables
- g) Unsaturated fat sources should come from nuts (all kinds), avocados, and fish
- h) Protein sources should come from fish, turkey, chicken, tofu, lean red meat (ostrich, venison, buffalo)
- i) Eat a snack 30-45 minutes before training consisting of primarily carbohydrates, some protein, but little fat.
- j) Eat a meal immediately post-training.
- k) Eat before you go to bed to fuel your liver glycogen stores, especially the night before competition
- l) The more natural food sources available, the better the selection.
- m-z) Variety is essential. Eat and be happy, don't limit yourself. Try many combinations of foods with the above guidelines and enjoy what you eat.

[Click here for more information on Clyde Wilson, his research and articles he has written](#)

## **Coach's Corner- Jump Camp and Barbell Club**

Several new young faces have joined "Jump Camp" here at FIT, a club formulated in the same essence of the already present Barbell Club. In all, 12 kids have started workouts as early as June of this summer and have all made tremendous progress. We work mostly coordination, agility, balance and explosion types of exercises, with lots of emphasis on plyometric drills that include a variety of jumps. We have witnessed these young athletes go from one or two skips on a jump rope to a camp record high of 164 skips in a row by Alex Stitt, a 10 year old fifth grader down the street at pinewood school.



Children at this age, ages 8-14, have the potential to make huge strides of progress and all are improving drastically. The intensity level has picked up significantly with the young athletes doing upwards of 180 sit ups in a workout, accompanied by 180 explosive jumps.

Furthermore, the Barbell Club, where some of our patrons visit the weightroom 5 days a week, has also seen a surge in attendance. Some of our veterans such as Danae Le and Amy Buck have seen a distinct transition in the attendees, and have taken it in stride continuing to make progress. Just recently, Danae won a pull up contest against one of our esteemed male trainers by completing 19 fully enforced, strict pull-ups, edging out the heavily favored Ben White who posted an admirable 18. Amy has recently invested in a pair of weightlifting shoes and improved all of her lifts with personal records in nearly every exercise in the past 3 months. Our main focus has been to develop a full range of motion in the classical lifts, and thereby gain strength with flexibility.

With this recent success, we have been encouraged to start up a competitive team of lifters, The FIT Barbell Club, who will compete in a variety of competitions throughout the year.

[For more information](#)

## **Hot Off the Presses - Taming Your Inner Cookie Monster**

SUGAR "ADDICTION" A SIGN OF HUNGER, NOT USUALLY LACK OF CONTROL  
Plan Ahead to Avoid Over-Indulging Later

ORLANDO – Consistent cravings or indulging in sweets is usually a sign that a person has gotten too hungry rather than a sugar addiction, said sports nutritionist Nancy Clark, M.S., R.D. today at the American College of Sports Medicine Health & Fitness Summit & Exposition. With millions of people trying to lose weight, strategies to control food intake are extremely important. Clark says active people who are weight conscious can tame their own "cookie monster" by following a few simple tips to fend

off temptation.

"People who get too hungry tend to crave sweets," said Clark. "To prevent these cravings, eat enough wholesome foods at breakfast and lunch, along with a healthy afternoon snack, and voila, you will no longer crave sweets, nor miss them."

"People eat food, not carbohydrates, protein or fat," said Clark. She recommends getting the right balance of carbs, protein and fat by eating three kinds of food with a meal. Breakfast, for instance, could be cereal + milk + banana. A balanced lunch or afternoon snack: bread + peanut butter + yogurt.

Finally, Clark offers tips for coming to peace with sugary treats. "If a food has power over you, you need to eat it more often. Why do apples not have power over most people? Because they can eat an apple any time. But why do cookies have power? Because they are 'bad foods,' and we feel we must deny and deprive ourselves. If it were three days of cookies for breakfast, lunch, and dinner, the desire for cookies would diminish and apples would become more enticing."

On diets, Clark said they do not work. "What we need is to learn how to eat healthfully and manage the abundant supply of food in America. If diets worked, everyone in America would now be thin."

[Click here for the complete press release](#)

## **Run with the Bulls!!!**

The Running of the Bulls comes to the Bay Area. The bulls are teams of three runners tethered together like a mini-centipede. The fastest bulls are from the Farm Team, which has 5 Olympians on its roster. Can't hold those runners off, don't despair. There are 5 bulls, varying in time from 25-55 minutes. Each bull is associated with a prize package. You will be given a 3-minute head-start on the bulls. Beat them to the finish line, you will win the prize package associated with beating that bull.



For the kids there's the Running of the Calves. The entry fee is the child's age. Each race will be lead by one of the Farm Team's athletes.

This was one of the most popular features of last year's race. We moved back the event to October (from August) so that more kids would be in town to participate. Depending on their age, the kids will race distances between 50m and 900m.

The newest development of the "Running of the Bulls" race series is "The Run to the Nuthouse Beer Run". After the kids go home, the "Run to Nuthouse Adult Beer Run" offers a free beer and a beer glass to its finishers. This race will be 906 meters (which happens to be the distance in Pamplona). The conclusion of the beer run marks the start

of the post race party at Antonio's Nuthouse.

[For info and registration](#)

### **Help One Child Walk-a-thon**

Help One Child Walk-a-thon  
October 2, 2004 - 10:00a.m- 12:00 p.m.  
Los Altos, California  
Walk/Run through quaint Los Altos Neighborhood.  
Raising money & awareness of the need for the placement  
of children in good homes.  
[For Info and Registration](#)



---

For more information regarding FIT:  
Visit - [www.focusedtrainers.com](http://www.focusedtrainers.com)  
Call - 650-947-9831