

Welcome to July edition of FIT NEWS!

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FIT Client of the Month! Miss Santa Clara!

In January of this year I was crowned Miss Santa Clara 2005, earning a spot in the Miss California competition which is the state final for Miss America. That's right, I'm a swimsuit-wearing, talent-performing, "world peace"-wanting pageant contestant.

To succeed at State, I knew I needed to work on every phase of competition, but none as much as swimsuit. What I didn't know was what the safest and most productive method would be. More than anything, I didn't want to be a crash dieter or exercise-aholic like some of my fellow titleholders. I needed someone to focus my energy, set guidelines, and kick my butt into shape (literally!). Lucky me, I got three "someones," in Joe Kelso, Ben White, and Scott Kolasinski. Poor guys, they had no idea what they were getting themselves in for!

I've always been a little heavy and never overly athletic. Running killed me and weight training was for my male friends. So when Joe put me on a treadmill for the first time and Ben handed me a kettlebell, I was, um . . . a little resistant. Despite some initial skepticism, I now train twice a week, do cardio intervals on my off days, and stick to a personalized nutrition plan Scott created for me.

My experience at FIT has been amazing! I'm still a work in progress (ask Ben about my lifting technique!) but for someone who never ran a full mile but can now jog 30 minutes straight, I think I'm doing pretty well. I've never been so challenged, but I've never been so supported and encouraged either. The best part is that everyone has taken the time to get to know me and my individual goals, what works for me and what doesn't. Even though I'm at my lowest competition weight ever, I'm prouder that I am the most physically fit and tone I have ever been, and that I have finally learned nutrition and exercise methodologies I can use for life. Before my time at FIT is done, I'd like to teach the guys a thing or two as well, perhaps the importance of Vaseline and "butt glue" in the swimsuit competition, but that will be a lesson for another day . . .

Despite being Miss Santa Clara for almost half a year and Miss San Jose for a year before that, I still don't consider myself a "beauty queen." But after four months at FIT, I finally consider myself an athlete. A HUGE THANKS to everyone here for taking an interest in an atypical competitor and finding the athlete in her!

[Click here to see past Outstanding Performers!](#)

Ask the FIT Experts!

Question: Is a "cool down" necessary after my work-outs?

Answer: Very much so, Read on to find out how and why.

To get the most out of the fitness training program, you must get the most out of recovery. Most people emphasize hard training, but many neglect restoration after and between the hard

training. In fact, this is the most forgotten part of many fitness training routines. Without restoration, your training routine is incomplete.

The first and most important recovery method is proper nutrition. Whether you are on a muscle-gain or a fat-loss program, all training sessions should end with a consumption of a carbohydrate and protein source – about a three-to-one ratio, respectively. This is to refuel the body and to maximize the anabolic effect, which allows you to maintain or gain some lean muscles. Remember, muscles help burn fat, for those of you on a fat-loss program. Ratios of nutrients (carbohydrates, protein and fats) for meals during the rest of the day are adjusted depending on what your goals are. Proper hydration levels are also important in restoration.

Other important procedures to maximize recovery are rest and quality sleep. During this time the body heals itself, where tissues damaged by the stress of exercise and daily activities are regenerated. During this time of rest and sleep other biological functions (such as the endocrine and nervous systems) are also recovering. This recovery is important to facilitate good health and fitness gains.

Other great recovery methods include massage, meditation, saunas, whirlpools, and music. Anything that brings on relaxation can be considered a form of restoration.

Optimal restoration allows you to work harder, think clearer, and be healthier and fitter. Is your routine complete?

[Click here to ask our experts a question of your own](#)

More Protein may be better for Mature Women

Higher protein better for elderly bone mass

10/06/2005 - Elderly women may need more protein than currently recommended to protect their bones from risk of fracture, suggests a new study.

The effect of protein intake on bone density is still uncertain but research increasingly suggests that it may be more important than previously thought.

Researchers from the University of Western Australia in Perth and other Australian institutions used data from a cross-sectional and longitudinal study of a population-based sample of 1077 women aged around 75 years old.

At baseline, protein consumption was measured with a food-frequency questionnaire, and bone mass and structure were measured by using quantitative ultrasound of the heel.

One year later, hip bone mineral density (BMD) was measured by using dual-energy X-ray absorptiometry.

The results show a positive correlation between protein intake and qualitative ultrasound of the heel, as well as hip bone mineral density, even after adjusting for age, body mass index, and other nutrients, write the researchers in this month's issue of the American Journal of Clinical Nutrition (vol 81, no 6, pp1423-1428).

For those women with the lowest intake, (less than 66g of protein per day), ultrasound of the heel was 1.3 per cent higher than women with the highest intake (more than 87g protein per day) and hip BMD was 2.6 per cent more.

"These data suggest that protein intakes for elderly women above current recommendations may be necessary to optimize bone mass," note the authors.

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Food for Your Brain!

Food for thought

You are what you eat, and that includes your brain. So what is the ultimate mastermind diet?

YOUR brain is the greediest organ in your body, with some quite specific dietary requirements. So it is hardly surprising that what you eat can affect how you think. If you believe the dietary supplement industry, you could become the next Einstein just by popping the right combination of pills. Look closer, however, and it isn't that simple. The savvy consumer should take talk of brain-boosting diets with a pinch of low-sodium salt. But if it is possible to eat your way to genius, it must surely be worth a try.

First, go to the top of the class by eating breakfast. The brain is best fuelled by a steady supply of glucose, and many studies have shown that skipping breakfast reduces people's performance at school and at work.

But it isn't simply a matter of getting some calories down. According to research published in 2003, kids breakfasting on fizzy drinks and sugary snacks performed at the level of an average 70-year-old in tests of memory and attention. Beans on toast is a far better combination, as Barbara Stewart from the University of Ulster, UK, discovered. Toast alone boosted children's scores on a variety of cognitive tests, but when the tests got tougher, the breakfast with the high-protein beans worked best. Beans are also a good source of fibre, and other research has shown a link between a high-fibre diet and improved cognition. If you can't stomach beans before midday, wholemeal toast with Marmite makes a great alternative. The yeast extract is packed with B vitamins, whose brain-boosting powers have been demonstrated in many studies.

A smart choice for lunch is omelette and salad. Eggs are rich in choline, which your body uses to produce the neurotransmitter acetylcholine. Researchers at Boston University found that when healthy young adults were given the drug scopolamine, which blocks acetylcholine receptors in the brain, it significantly reduced their ability to remember word pairs. Low levels of acetylcholine are also associated with Alzheimer's disease, and some studies suggest that boosting dietary intake may slow age-related memory loss. A salad packed full of antioxidants, including beta-carotene and vitamins C and E, should also help keep an ageing brain in tip-top condition by helping to mop up damaging free radicals. Dwight Tapp and colleagues from the University of California at Irvine found that a diet high in antioxidants improved the cognitive skills of 39 ageing beagles -proving that you can teach an old dog new tricks.....

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FIT in the News!

By Tracey Downing for the Los Altos Town Crier

Activity in adults and children has declined over the past few decades while obesity rates have soared. Nearly two of every three Americans are overweight and obese - a 50 percent increase from just a decade ago. More disturbing: nearly 15 percent of our children and teenagers are overweight, about eight million kids. Studies show that overweight children will probably grow up to be overweight adults who may develop serious illnesses as a result. Type 2 diabetes is one weight-related illness; its prevalence increased almost 50 percent from 1990 to 2000. As a result, parents are on the lookout for fun activities at which they and their children can succeed. Physical education in school has been a big part of children's exposure to sport, but it's been limited by budget cuts and shifting priorities. Organized sports, another traditional choice, have their downside: Someone is always going to sit on the bench, and someone is always going to be a bit more talented. Olympic weightlifting is an excellent exercise option for parents and

children. It is a form of resistance training, which improves balance, coordination and strength - all of which help improve confidence in one's physical abilities.

Olympic-style weightlifting refers to the collection of exercises called the snatch and the clean and jerk. Their fundamental purpose is to build power throughout a full range of motion, using every major muscle group of the body to perform each lift. In the snatch lift, the barbell is lifted from the platform to arm's length overhead in a single continuous movement. In the clean and jerk, the barbell is lifted from the platform to the shoulders and then to the overhead position. If performed with poor technique, the lifter, in most cases, will fail to accomplish the lift. The enormous amount of technical skill required to perform these lifts makes them among the safest activities for adults and children, if closely supervised by qualified professionals. Such programs as Focused Individual Training (FIT) Jump Camp allow children and teenagers to hone their athletic skills by helping them become quicker and more powerful, to increase their muscle and connective tissue strength, to enhance coordination and kinesthetic awareness and to build strength and flexibility. For adults, Olympic-style weightlifting is among the most efficient ways to train every muscle of the body as long as qualified people are there to provide training and supervision. The Olympic lifts and their derivatives are incorporated into FIT's personal training programs for all the benefits listed above, as well as some of the other physiological benefits they elicit. These include a metabolic shift - effective for weight loss; building strength throughout the individual's range of motion; improving flexibility; offsetting age associated loss in bone mineral density; and increasing functional strength and power.

Tracey Downing is co-founder and co-owner with her husband of Focused Individual Training in Los Altos. She holds a degree in kinesiology from the University of Michigan. For more information, log on to www.focusedtrainers.com.

[Click here for more information](#)

Trainer Spotlight! Michael Greeves

Michael Greeves

Bachelor of Science, Exercise Science
Certified Strength and Conditioning Specialist

Michael is a Certified Strength and Conditioning Specialist with over ten years experience motivating, educating and directing his clients to their personal best. Michael graduated from Bowling Green State University with a Bachelors Degree in Sports Management/Exercise Science. From 1997-1999 he served as a strength and conditioning consultant to Team Ohio Hockey. To date Michael has provided more than 10,000 personal training sessions for general and special population clients ranging in age from 13 to 82 years. Michael has a particular interest in helping clients who have "worked out before with little success." "It makes me happy when a client transforms their body through the right combination of proper nutrition, resistance training and aerobic exercise." MG

Outside the gym Michael enjoys reading, listening to his wife "spin" records, and taking Sunday drives along the California coast.

[To schedule a personalized session please contact: admin@focusedtrainers.com](mailto:admin@focusedtrainers.com)

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