



Welcome to February's edition of FIT NEWS!

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February 2005

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Client of the Month - Satomi Kasuya

When Satomi came to FIT, she was walking in her neighborhood with friends, she did not do any resistance training and she felt she was putting on more weight just because she was middle-aged. During her first visit, she did not have the coordination to perform a bodyweight squat, she required several breaks to jog a mile, and she admitted her first several months took some internal motivation to get in here just because exercise was not fun for her. Her heart rate would have difficulty recovering between high-intensity exercises, the sessions were exhausting, her weight was not changing as fast as she would like and she was also coming in just 2 times per week.

During these days she squats 120 lbs., comes in 3 times per week, performs Olympic Weightlifting, she runs a mile before every workout and (her personal favorite statistic) she can outperform her 19 year-old daughter (who joins her here during the Summer) on any lift, and she can run farther and faster than her. Also, according to a recent physical exam, her good cholesterol has improved and she has admitted to enjoying her workouts more now than ever. She has made small changes in her lifestyle and eating patterns and the changes in her body are appearing. She only tells me that she's losing some scale weight, however, she now wears a smaller size pair of jeans than her daughter. Her personal trainer receives many positive comments about her from other clients about her apparent weight-loss, how petite she appears, yet how hard she works and how strong she is. When it comes to her weight and age, she won't tell her trainer much, but she clearly looks better and I know she's over 40. She might not be happy that I brought up her age with her picture now available on the world-wide web, but that's another saga...



Orthopedic Therapy, is it right for YOU?

What is the Hendrickson Method of Orthopedic Manual Therapy?

By Angelo DelaCruz

Developed by Dr. Tom Hendrickson, D.C., this method of orthopedic manual therapy is an integrated system of massage, mobilizations, and manual resistive techniques aimed to restore function, manage or eliminate pain, and enhance athletic performance. It is an advanced form of manual therapy designed to resolve the issues of soft tissue dysfunction of which the medical community acknowledges as the most frequent cause of pain and disability. As more people seek alternatives to drugs and surgery, Orthopedic Manual Therapy helps to fulfill the growing demand for a natural, non-invasive, and viable option to improve and maintain health and well-being.



What are the clinical benefits of Orthopedic Manual Therapy?

- Promotes repair and healing of injured or compromised tissue by stimulating cell synthesis
- Increases exchange of fluids (blood, lymph, synovial, and interstitial fluids) to boost cell nutrition, oxygenation, and elimination of metabolic waste products
- Helps realign and strengthen connective tissue fibers
- Normalizes neurologic and muscular function
- Normalizes positional dysfunction of soft tissues
- Increases sensory-motor awareness (mind-body intelligence)
- Mobilizes joints to address arthrokinetic reflexes and maintain healthy cartilage
- Creates healing piezoelectric and magnetic field effects
- Decreases pain caused by mechanical and chemical irritation

The Hendrickson Method of Orthopedic Manual Therapy aims to speed recovery and improve the function of myofascia, tendons, ligaments, nerves and deeper tissues, such as joint capsules, periosteal tissue, cartilage, and discs. The work is intentionally comfortable and nurturing in order to engage the parasympathetic nervous system for increased healing and rejuvenation. Orthopedic Manual Therapy also works with the neuromuscular system to effectively eliminate "trigger points" and adhesions and reduce unconscious holding patterns for long lasting or permanent results.

What conditions can be alleviated?

Orthopedic Manual Therapy is effective in treating acute conditions, such as a recent injury or surgery, by helping to reduce swelling and increasing pain-free movement needed

for proper rehabilitation. Other common conditions that can be improved are poor posture, low back pain, sprains and strains, tendinitis, whiplash syndrome, TMJ disorder, osteoarthritis (degenerative joint disease), and nerve entrapments. In addition, the therapist can offer preventative care for greater long term health by addressing functional deficiencies in muscles and joints that aren't presently painful, such as reducing stiffness and immobility and helping to more efficiently strengthen weak areas. The therapist is also trained to recognize conditions, such as disc lesions, that would require referral to a doctor or other trained professional.

Many conditions that are commonly thought of as "being part of aging" or "nothing can be done for it" have a high probability of being alleviated through this method. For a consultation, please use the contact information below.

Who can benefit from the Hendrickson Method of Orthopedic Manual Therapy?

This work is very adaptable and has proven helpful to many people ranging from infants to elderly, sedentary to active people. It is a cooperation of the therapist and client who work together to progress to a happier and healthier state of being. Orthopedic Manual Therapy is especially effective for those wanting to take charge of their health and wellness and willing to elevate their human potential.

A session provides orthopedic assessment, therapeutic manual therapy, and gentle exercises and stretches to take home for increased benefit.

To schedule a personalized session please contact:

Angelo dela Cruz
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[To schedule a personalized session please contact:
angelo@focusedtrainers.com](mailto:angelo@focusedtrainers.com)

Response to Headlines:

by Tracey Downing, A.T.,C.

On January 3, the Monday immediately following the resolution season, USA Today, one of the most widely circulated newspapers in the country, ran an article entitled "Dieters Face Largest Leap" on the front page of the Life section. This article was wrought with misinterpretations of data which is a problem that plagues the fitness industry..

The beauty of the information is that it showed that there is no proof that diets work. An article truly intended to inform the desperate new year's resolutioners would have been:

"No Scientific Proof that Diets Work, but here is what Does!"

Rely on your good sense first. Keep a food log and look for areas that you can make adjustments. Increase your caloric burn through cardiovascular activity and strength training. If you are not seeing the hoped for results, do not despair. The next phase would be to have your food record analyzed to find out your balance of macro-nutrients (percentage of your daily calories that comes from protein, from carbohydrates and from fat) to see where your diet is excessive and deficient. If you hit a plateau and have been exercising throughout, you may need to increase your caloric intake rather than decrease due to the greater metabolic demands of your new, more fit body. The rest is up to you to develop a plan/lifestyle that is totally sustainable for you to live your live the way you most want it to be!

[Click here for the full text article](#)



Strength Training for Cycling

Written by:

Edmund R. Burke, Ph.D. and summarized by Ben White,
USA Cycling Coach

Successful performance in cycling demands a combination of muscular endurance, strength and power. While a sport like road or mountain bike racing requires mostly muscular endurance, strength is needed to climb short steep hills, power your way through streams and sprint at the end of the race. Because of these requirements weight training should be considered to be a part of your yearly training program.

Recently the topic of strength training has gained increasing interest among aerobically trained athletes in many sports. Simply stated: "Is there compatibility of strength training and aerobic conditioning during the same conditioning periods?" Will strength training provide the strength, power, suppleness, stamina, and potential for speed that other athletes will not develop unless they work equally hard?

It has only been within the last few years that researchers and coaches have begun to investigate these issues. Several recently published studies and books have shown that strength training can increase leg strength and time to exhaustion without seeing an increase in maximal oxygen consumption. There is also evidence that increased strength will reduce the incidence of injury in endurance athletes.

[Click here for the full text article](#)



Trainer Spotlight-Manny Moreno

Manuel Moreno

Bachelor of Science, Kinesiology

Manuel earned his Bachelors of Science degree in Kinesiology from San Jose State University. He has been working in commercial, corporate and private fitness facilities for 6 years.

Manuel has worked with a wide range of individuals varying from weekend warriors to elderly individuals looking to improve their overall health and fitness level. He has extensive experience working in the health and wellness fitness sector. His diverse knowledge ranges from ergonomics, nutrition counseling, group and sport specific



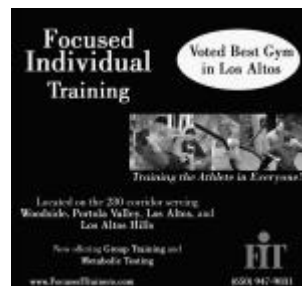
training.

On his spare time Manuel likes to workout, mountain bike and spend time with his family and friends. Manuel encourages everyone to participate in activities that will have a positive impact on your health and mental well being.

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

Upcoming Events!

FIT Barbell Club Junior Weightlifting Championships Jan 30th
Relay for Life Kick off party February 5th
St. Judes Children's Hospital/FIT Fundraiser March 25th



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