



**Welcome to March/April edition of FIT NEWS!**

**In This Issue:**

**March/April 2005**

- FIT Client of the Month! Dan Feldman
- Relief for Headaches?
- Ask FIT: Why is Olympic Weightlifting good for ME ?
- Trainer Spotlight- Shaun Conness
- TEN Ways to Lose FAT!
- HAPPY 4th ANNIVERSARY TO US!

**FIT Client of the Month! Dan Feldman**

Dr. Dan Feldman

Dan Feldman is a research doctor who has always been active. He is 67 years old about 6'1" and weighs about 1650lbs. Dan bikes and runs almost every weekend. His goals when he began training with us were to increase his strength and help improve his posture. Through the course of working with him he has gone from 1x a week to 2x a week to now, 3x a week when he is in town on Saturdays. His workouts are a half hour long primarily following a strength program.

Around October of last year Dan expressed a desire to get a little bigger and stronger. At the onset of training for these new goals, Dan was deadlifting 70kgs, incline benching 90lbs and could do one body weight pull-up. Six months later, Dan is deadlifting 95kgs, incline benching 130lbs and performed sixbody weight pull-ups.

He is stronger and Dan is proud to report that his wife has said he is definitely stronger and looks great! Another nice side note, at a recent medical check up, he measured a half inch taller.

Dan is an ideal client. He is committed to his workouts in and outside of the gym. He is disciplined with his nutrition and lifestyle enabling him to enjoy his life to its fullest potential. Congratulations to Dan on being selected this month's Outstanding Performer!

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



## Ask FIT: Why is Olympic Weightlifting good for ME ?

Written by:

FIT Staff

Olympic Weightlifting has endured for over a century, and through this time period has been a focus of countless scientific studies. The research in this area is unequivocal.



Although Olympic Weightlifting is a sport in the Olympic Games, it is actually a wonderful way to train the body. We generally don't train the average client on the same intensity level of Olympians, but we use their training principles for our clients to:

- decrease body fat
- strengthen their muscles
- strengthen their connective tissues
- strengthen and increase their bone content
- increase their functional strength
- increase their functional power (the ability to move fast and "young")
- increase their functional flexibility
- improve movement economy
- stimulate their metabolic system
- increase their ability to utilize calories
- increase good hormones
- improve body composition
- improve health markers
- improve VO2 capacity

But don't other methods of resistance training affect the same results?

Yes. But because of the high-power nature of the Olympic-style weightlifting, far more energy is required, therefore stimulating the metabolic process much more than other types of resistance training. And, because of the high energy demand, caloric consumption is tremendous. This style of lifting also stimulates both strength and power at the same time, two distinct motor qualities very useful in life, sport, and work.

Based on extensive research into the Olympic-style weightlifting, we find that adding this method of training to our clients' fitness program gives them the most efficient workout in the least amount of time.

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

## TEN Ways to Lose FAT!

by Dr. Eric Serreno

### Top 10 Fat Loss Tips

1. Do not drink fruit Juices. A healthy glass of OJ each morning, is poison in my book. The glycemic index rating for oranges is moderate while orange juice is sky high partially due to added sugars put in juices. Remember the glycemic index determines blood sugar and insulin levels.
2. Do not use bars of any kind as meal replacements when trying to maximize fat loss. Bars have come a long way when it comes to taste, but they are nothing more than high protein candy bars. A great tool for gaining weight or every once in a while when you are in a pinch. I have yet to find a bar high enough in fiber and low in sweeteners to allow people to lose body fat when eaten regularly.
3. Do not replace solid food meals with shakes and never consume a shake as your first meal of the day. I understand people are very busy in the mornings, but a real food meal first in the day is vital. The body has been starving overnight and must have real food which provides a basis of nutrients and fiber. Without fiber your blood sugar will go haywire.
4. Always use fiber with meal replacements shakes. A couple scoops of fiber helps tremendously between meals, you will increase your protein utilization rates, slow digestion (good between meals) and supplement your fiber intake which is becoming dangerously low in this society.
5. Rotate foods to avoid food allergies- especially protein shakes. I am speaking of allergies you develop from constantly consuming the same foods. Some of my clients have eaten enough chicken to grow feathers before they came to me. Right after consumption of certain protein sources people feel sick and could not figure out why. Well here is your answer, rotate your foods or you will pay a price. Take items that you have consumed for months on end out of the diet for at least 4 weeks and you will see a huge difference. The most common culprits are eggs, chicken and turkey.
- 6 .Do not under eat or diet endlessly. Calories are not the only significant factor determining rates of fat loss. Starving to lose body fat is not the answer, you must fuel your human engine with quality food sources and combinations at the right time. Calories are secondary to food choices. Eat 2000 calories of lucky charms and 2000 calories of high quality protein, healthy fats and fibrous green vegetables. See what happens, not the same after all.  
Never diet for more than 12 weeks, by that time the body is



going to hold on to every bit of fat it can and chop away at muscle. You must rotate your emphasis and use phases to restore metabolism for future fat loss efforts by overfeeding to produce quality muscle which will burn more calories 24x7

7. Elevate green vegetable intake for the numerous health promoting and fat loss benefits. Green vegetables help to keep you full and increase absorption rates of protein. A lack of green vegetable fiber to replace other fiber sources during a low carbohydrate is a problem for many people. Notice I recommend green vegetables which does not include potatoes, tomatoes, corn or peas! Lastly green vegetables do not count as carbs in my book when it comes to low carb dieting calculations. They are mostly fiber and water and will not put you over carb allowances.

8. Do not abuse alcohol. Let me break it to you, drinking is probably one of the worse things you can do, it will set you back for weeks depending how much you consume. As certain fat deposit sites were developed directly from alcohol side effects and take three times as long to burn off.

I link drinking binges to junk food binges. A fat storing environment is cultivated when drinking, and I have found clients make bad food choices when they are drunk for lack of a better term.

9. Drink .6 x your body weight in pounds to determine the number of ounces you need per day. I consider water to be an essential nutrient. You must drink water with and between meals to optimize health especially during times of increases physical activity and heat. This is perhaps the easiest thing people can do to improve their well being.

Lastly when I say water I mean water, not diet pop or other drinks. I hate to break it to you, but diet soda is not so great. Excessive intake will negatively impact blood sugar levels due to the sweeteners. Coffee is fine, but use regular milk or real cream instead of sugar and the like. Remember that coffee will dehydrate you to a degree so you must drink ample water to replace what is lost.

10. Never use breakfast as a cheat meal. I do advocate periodic cheat meals, but never for the first meal of the day. Research proves that breakfast is the most important meal of the day when it comes to setting the pace for blood sugar levels. I want my clients to satisfy cravings, but at the same time I want to minimize the damage and prevent body fat accumulation.

Help yourself with these easy tips for rapid fat loss. Remember knowledge is only powerful if properly applied. Make a commitment to applying new things every day and as time passes you will be thankful for these productive habits.

[Click here for a more detailed explanation of these great tips](#)

## **Relief for Headaches?**

Relief for Headache sufferers.

By Dr. Nicole Hamilton DDC

Located in the Rancho Shopping Center

Good spinal alignment in the neck can relieve headaches, sinus congestion, increase cervical mobility and improve overall posture. Between each vertebrae lie the spinal nerves. They course their way to different locations in the body, bringing with them a rich nerve supply. For example, the upper cervical spinal nerves lead to the head and scalp, mid cervical spinal nerves travel to the diaphragm and shoulder, and lower cervical spinal nerves terminate in the arms. One can clearly see that headaches, shoulder pain, arm numbness and tingling may be the result of a poorly aligned cervical spine.



Often patients who suffer from spinal joint restrictions or misalignments experience muscle spasms, cold extremities, and associated tender spots "trigger points" in the muscles. Trigger points are an accumulation of metabolic waste products and a centralized locus of electrical impulses within the belly of the muscle. Trigger points are highly sensitive to tactile pressure. They are able to be felt as small nodules of muscle tension and have specific pain referral patterns throughout the body. Pain patterns can mimic many ailments and leave one hostage to fighting the symptoms of trigger points, with no relief until the cause of the pain is found and corrected. These trigger points restrict range of motion in the area of the body where they are located.

For example, headaches due to spinal misalignments affect the muscles of neck and head by causing muscle contractions. This in turn affects the blood vessels in the scalp by causing them to constrict. Couple this with sensitive tender soft tissue spots and the result equals head pain. Some other common causes for headaches are history of whiplash, postural imbalances, trauma, allergies, sinus problems, food intolerance and reaction to toxic substances.

Chiropractic care can offer relief from chronic headaches by gently restoring lost range of motion, relieving nerve interference, reducing muscle spasms without the use of drugs. Drug therapy perpetuates the cycle and eventually the body builds resistance to its daily intake. Patients have reported addictions to prescription medications and a severe

decrease in physical well being.

Current clinical studies have shown that chiropractic care decreases the intensity and number of occurrences of headaches, ultimately resulting in their absence.

Dr. Nicole Hamilton D.C.

[Initial Examination, call Dr. Hamilton at 650-948-2238](tel:650-948-2238)

### **Trainer Spotlight- Shaun Conness**

Bachelor of Science,  
Recreational Resources  
Certified Personal Trainer



Graduated from the University of Wisconsin-Madison with a B.S. in recreational Resources. Shaun is a Certified Personal Trainer with the National Academy of Sports Medicine. He is a C.H.E.K practioner Level 1 and a C.H.E.K certified Golf Biomechanic. Shaun is also a Certified Medical Exercise Specialist with the American Academy of Health, Fitness, and Rehabilitation. Shaun has trained athletes ranging from senior Olympic sprinters to PGA and LPGA golfers in his 8 years of training. He developed a reputation of being very knowledgeable and creative with his training techniques.

Shaun enjoys mountain biking, weight lifting, golf and rock-climbing. He competes in running races as well as Adventure races.

[To schedule a personalized session please contact:](#)

[shaun@focusedtrainers.com](mailto:shaun@focusedtrainers.com)

### **HAPPY 4th ANNIVERSARY TO US!**

FIT Celebrates it's 4th anniversary April 1st, 2005. Please take advantage of the free 2 on 1 training session as a thank you for all of your support over the years. We look forward to many more years of 'Training the Athlete in Everyone'.

[Please click here to take advantage of our special offer.](#)



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