



## Welcome to YOUR October edition of FIT NEWS!

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### Birth Announcement! Jacob Michael Downing 2:02pm 9/5/05

Jacob Michael Downing was welcomed into this world by his parents Thom and Tracey Downing at 2 minutes after 2pm on September 5th. Baby Jake surprised his mom and dad when he arrived two weeks early on Labor Day -- how fitting! It was a perfect fall day with the sun shining in welcome to Jake. He was 7 pounds, 1 ounce and 21 inches long. He has his dad's good looks with beautiful blue eyes, a sweet little nose, and not much hair to speak of!



Although Kodiak did not quite know what to make of our little addition at first, he has warmed up to him just fine. He sits at my feet while we nurse and is anxiously awaiting the day that Jake graduates to solid foods that he will most surely 'accidentally' drop for Kodiak to 'clean'.

Jake's already enjoyed spending time with family and friends from near and far. He is looking forward to meeting the rest of you sometime soon!

You can see more pictures of baby Jake at his website

<http://www.babiesonline.com/babies/j/jmd/> the password is "welcomejake"

Enjoy!

[Click here for more Jake!](#)

## **FIT Client of the Month Gloria Chen!**

Gloria, a newer client at FIT, began training with Jen about three months ago and has made huge improvements during her time here. After suffering a midterm pregnancy loss, Gloria was determined to lose the weight she had gained and to improve her overall strength. She started out training twice a week, and after a couple weeks increased to three times a week. In this short period of time, Gloria has reached her goal weight and has significantly increased upper and lower body strength. She went from struggling to perform one push up or sit up to easily handling multiple reps of push ups, sit ups, back lifts, as well as heavy back squats, dead lifts and more. On the weekends, she gets out on the trails at Rancho San Antonio with her husband, John, who is an avid runner.



"I have never been very athletic and rarely enjoyed exercising in the past," says Gloria. "But working with Jen at FIT has been very motivating, the variety keeps it interesting, and I feel great about accomplishing things I never thought I could do!"

Gloria's husband has recently started training at FIT, too, and is very impressed with his wife's accomplishments. She has worked incredibly hard and definitely has earned the client of the month. We are currently altering Gloria's program to maintain her strength gains as she begins to start a family. FIT wishes Gloria and John the best of luck in the months ahead.

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

## **Ask the FIT Experts! Johnny Nguyen**

Q: I play basketball on weekends and I want to make sure that I don't twist my ankles. Someone told me I should do exercises on wobble boards and unstable surfaces. I noticed that trainers at FIT don't often prescribe exercises on these wobble boards and unstable surfaces. Why?

A: Wobble boards and other "unstable" equipment have their places in a rehabilitation program, and may be useful for the extremely deconditioned. However, for the average, uninjured person, many other exercise techniques are more useful and efficient. But to explain, let's review the scientific literature so that we can gain the appreciation for the effectiveness of traditional strength exercises and to understand our reason for not over-emphasizing the trendy stability-ball and wobble board training commonly seen in the fitness and sport-training industries.



Foot strike and mobility are dependent on several factors that include the feedforward mechanism, muscle stiffness, body and joint positions, and magnitude of foot contact. In walking, running and landing from a jump, the muscles of the legs activate prior to contact. This causes muscle stiffness and allows the limbs (ankles) to act as springs -- this increases mechanical economy and contributes to continual movement.

When discussing ankle stability within a dynamic situation such as a basketball game, it is a useless conversation if we disregard the contribution of the other joints (knees, hips, back, arms, etc). These other joints help attenuate impact forces away from the ankles (or any one particular joint), but they must be aligned within the proper biomechanical parameters and they must act at a specific instant. This process is often a result of the "feedforward mechanism."

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

## **FIT Nutrition Update! Be Aware of Acrylamide**

### Cancer Alert: Be Aware of Acrylamide

There is an ongoing investigation going on out there in the "World of Research" that may be presenting some confusing information on acrylamide in our food. Here's what is happening:

#### The Dark Side of the Coin

In April 2002 the Swedish National Food Authority reported the presence of elevated levels of acrylamide in certain types of food processed at high temperatures. The study tested common foods like Folgers instant coffee, Cheerios, and even French fries. The results were so shocking that it sent a tidal wave of concern throughout the scientific community that engulfed the World Health Organization (WHO), consumer activists, food manufacturing plants, cancer specialists and nutritionists. Since then, acrylamide has been found in a range of cooked and heat-processed foods in other countries, including The Netherlands, Norway, Switzerland, the United Kingdom and the United States. An international effort of more than 200 research projects has been initiated around the world with their findings coordinated by national governments, the European Union and the United Nations.

The world has responded with a huge accumulation of research investigating the presence of acrylamide in various foods, various research methods to investigate reliable results, and the mechanism to its formation.



Acrylamide has been produced since the 1950s and is used in a variety of chemical applications, including the production of plastics and dyes, and it is used in our public water filtration system.

Although the exact mechanism is unknown, we understand that it is created in food when the glucose or fructose found naturally in a carbohydrate reacts at a high temperature (greater than 120o C) with a naturally occurring amino acid called asparagine. This appears to be created when starchy foods are baked, roasted, fried or toasted.

Prolonged exposure to acrylamide has caused a range of tumors in animal tests (rats and mice), including in the adrenal glands and testes. In humans, studies of workers exposed to acrylamide through air and contact with their skin found no evidence of cancer. However, such human evidence is often difficult to obtain. The International Agency for Research on Cancer (IARC) under the WHO has classified acrylamide as "probably carcinogenic to humans" on the basis of the evidence from animal studies.

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

### **Research Study Being Conducted at FIT!**

FIT is excited to report that they will be the host of a research study conducted by personal trainer, Analisa Naldi, and colleagues, during the upcoming winter months! The study will be conducted as a partial requirement for Analisa's master's degree from San Jose State University.

With the amount of physical education offered in schools rapidly decreasing and childhood obesity levels increasing, coaches, teachers and parents are searching for methods of getting children habitually active. Participation in youth sports is increasing every year, but with limited space available in programs and on teams for child athletes, not every child will get a chance. So, what about those child athletes that don't make the squad? Or what about the one's that don't want to participate in team sports? Or what about the child athlete that did make the team, but wants to become an athlete at the next level? One answer to these questions is why not a strength training program?

Current research has shown that children benefit both physiologically and psychologically from a properly prescribed, supervised, well executed strength training program. However, the holes in the research lie in what the optimal training modalities, volume, and intensity levels are. In addition to the need to investigate specific training variables, the prepubescent female population has been



scarcely researched. It is for these reasons that the current study has been selected.

Approximately 40 young girls, between the ages of 7-11 will be matched and randomly assigned to one of two training groups. One group will train once per week for approximately 90-120 minutes per session. The second group will train twice per week for approximately 60 minutes per session. The duration of the training will be 12 weeks total, with one week of pre-testing and one week of post-testing. The strength training program will be progressive in design, focusing on functional, dynamic movement.

There will be stations set up in circuit format with one coach at each station. The equipment utilized will range from the PVC pipe and kid size barbells, to dumbbells, seated row machine, and lat pulldown machine. Each child will have workout partner that they travel to each station with. Participants will each have workout log-sheet that will they will take with them to each station. They will be responsible for marking off their completed reps, sets, weights, with the coach at designated station checking for completion. One child will also be randomly selected each session and video-taped for the duration of their workout to ensure proper execution of the strength training program. Individual strength levels will be measured prior to the entire program and 11 weeks later, following 10 successive weeks of training.

All training sessions, from the minute that the participants enter the facility until the minute they are picked up by their parents will be supervised. Each exercise will be taught to the children prior to the testing to ensure safe, proper execution of each movement. Coaches will be constantly available for questions and supervision throughout the duration of the study.

As the start date for the study gets closer, more details regarding the design of the program will be provided. If you have any questions and/or interest in having your child participate, please contact Analisa Naldi at (650)0947-9831 or via email at [analisa@focusedtrainers.com](mailto:analisa@focusedtrainers.com). If you would like further information on the study's that have already been conducted and used as support, please also contact Analisa.

## Trainer Spotlight! Ben White!

Ben White

Certified Personal Trainer  
USA Weightlifting Club Coach  
USA Cycling Club Coach

Ben has a BA in Politics from UC Santa Cruz. He has been training for over 4 years in the bay area. Ben has worked with a wide variety of clients ranging from competitive athletes to those recovering from back surgery. He was a water survival instructor for the Marine Corps and ran the physical training program for his reserve unit.

Ben spends much of his spare time training for triathlons. He was a competitive swimmer and played collegiate water polo.

Ben currently lives in Fremont with his girlfriend.

Ben will be bring us "Body By Ben" in next months newsletter. This will be a weekly workout program to achieve the fitness you want in the shortest time possible. WARNING: THIS IS NOT EASY.



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

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