



## Welcome to YOUR FIT NEWS!

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January 2006

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### Client of the month! Mike Moritz

Name: Mike Moritz

Age: 51

FIT Member since: Before the beginning

Goal: Get stronger, feel fitter and have a great year on the slopes.

Results: Mike is stronger than he has ever been; he had the best year ever on the slopes and is now more motivated and enthusiastic about working out than ever before.

Likes: Ending his work out

Dislikes: Beginning his work out

PR 500 meter row: I hate the rower!!

PR Chin-ups: 9 Bodyweight Pull-ups



Key to he success: Focus. Motivation.

One year ago Mike's presence on the weightlifting platform was non-existent. A couple of injuries (back & shoulder) kept him from lifting heavy and from performing many of the classic weightlifting exercises. Steadily progressing through variations of these exercises and strengthening the major muscle groups involved provided Mike with the technique and strength base needed to progress.

Mike eventually made his way over to the weightlifting platform where he learned to "focus" before lifting. This concentration and his motivation to get stronger eventually led to him perform a 200.2lb Dead-Lift. Pull-Ups have also become a favorite of Mikes; 8 months ago Mike started doing pull-ups with 76lbs of assistance, today he has a personal record of 9 bodyweight pull-ups, with the intention of increasing this in 2006. Both of these are outstanding achievements in his training history.

Mike lifts weights and gets in an average of 30 minutes of cardio three times a week. He is disciplined with his nutrition and lifestyle and enjoys life to its fullest.

Congratulations Mike, you're a Stud!

## Fat 2 FIT

Published on 2005/12/21  
Fat 2 Fit

Middle-aged woman embarks on journey to health

By Kaye Ross, Town Crier Staff Writer

I am fat. I am not an in-the-eye-of-the-beholder kind of fat; I am an empirical fact kind of fat.

I am in that place on the slim-to-corpulent continuum where I catch my reflection in a store window and say to myself, "Omigawd. Who is that fat person with my face?"

For most of my adult life, I was a slim person. I went up and down in weight, but a diet here or there could keep me a size 8 or, in really good times, a size 6. I never exercised more than walking, but even haphazardly, that seemed to do the trick.

Then I turned 50. For no reason having to do with age, that birthday ushered in a series of major life changes that shook my foundation. In rapid succession, I was transferred, I moved a household, lost a job, lost an arbitration, broke my foot, lost a parent and lost a cat. Of my two best friends, one moved to Japan for a year and the other moved to Chicago forever. I also lost my savings, and then some, looking for work for more than a year.

None of these things can make a person fat, but they can make for excellent excuses for moving in that direction. As the pounds piled



on, whatever vestige of fitness good genes had maintained for me fell away. Things pinged, and I was tired all the time.

That's where I was when Tracey and Thom Downing of FIT (Focused Individual Trainers) in Los Altos e-mailed me. I edit the special sections of the Town Crier, and the Downings wanted to write a column about fitness. I told them that I already have so many columnists in the Your Health section that I often cannot run them all each month. Would they like to take me on as a project?

I told them the truth: 50 pounds overweight, I am so out of shape that my body doesn't recall ever having been in shape. I eat whatever I want, whenever I want. I used to be addicted to coffee, now I'm addicted to diet sodas. The phrase "fun run" is the definition of an oxymoron to me.

The Downings agreed to help me. For a reduced fee, they have provided me with a trainer and help getting fit and losing weight. I will be writing about the process monthly. This is much more than a reclamation project; I see this as a chance to completely reorient my lifestyle to something healthy and sustainable. I have been surprised that aging, so far, has brought not only facial lines but also a little more wisdom and perspective that have made life more enjoyable. I want to be healthy and fit enough to get the benefit of that for a long time to come.

My agreement with the Downings doesn't require me to write only positive things, but so far, that's all I have found at the gym in Rancho Shopping Center. It is as nonthreatening as a gym could be. The range of ages and abilities is vast - the FIT Web site

([www.focusedtrainers.com](http://www.focusedtrainers.com)) says children as young as 7 and people as old as 93 work out there. Everyone is working hard, not showing off, and you're not out of place if you arrive in a T-shirt and Target sweatpants. Rock plays at a level where you can easily have a conversation with your trainer. One TV is set to all-news, the other to all-sports; both play subtitles instead of sound.

Every new client undergoes tests so trainers can develop a personalized program. I edged into the "good" category on the VO2 max test, and my program has been a combination of walking outside and on a treadmill and strength training.

The first couple of sessions were eye-openers. Sitting at a desk for years had left me with the legs of an 80-year-old. My trainer, Analisa Naldi, started me out with lunges and modified squats, and I kept embarrassing myself by falling over. Naldi thought my balance was bad but later concluded that my legs had no strength. She added daily walking to my strength training to work the legs. For days, getting up out of a chair felt like someone was trying to tear the flesh off my thigh bones.

The toughest part of getting started for me was making a commitment. I missed appointments, and I was often late to those I did make. After a particularly bad couple of weeks, when I thought I had wasted so much of Naldi's time that I should quit, she sent me an e-mail that helped set me on the right road.

"One of the most difficult things that I have found with people is getting them to find some time in their lives for themselves," it

said. "This could mean starting an exercise program that enables them to relieve stress, improve their health and try something new. ...

"Once the process has started, sometimes it is a little rocky to start, but just like education, a positive, healthy lifestyle is always attainable, as long as you're willing. It is never too late to start. Just as it is never too late to start over.

"I am more than willing to find some slots on my schedule to get you into the gym and help you to change part of your life."

Naldi, who coaches girls' basketball at St. Francis High School, apologized for being in her coach mode when she wrote that, but it was just what I needed to hear. We've started meeting three times a week instead of two, and I've promised her that my next step will be to sign up at Weight Watchers.

Naldi is in her 20s and is an inspiration. She has a bachelor's degree in sports management and is writing her thesis to complete a master's program at San Jose State University. In her spare time, she trains clients and coaches. Unflaggingly upbeat but firm, Naldi has already made a difference in my attitude and will doubtless have a great deal to do with my eventual success. She's also a joy to know.

I'm naming this ongoing column Fat2Fit. I don't think I'm being overly optimistic. I just hope I won't be writing this three years from now, still aiming at the fit part.

## Ask the FIT Experts! Johnny Nguyen, FIT Exercise Director

Q: I used to work with a personal trainer who was extremely diligent with her instructions for every exercise I did. I believed this constant delivery of instructions was beneficial, but it often got so distracting that I would become paralyzed and feel insufficient. Is this normal or am I just screwy?



A: The average person, it has been said, can process only one or two cues while under physical stress, such as while exercising. Additional cues simply become noise that tugs and claws at the fragile mental focus and physical effort. This is especially true while learning a new exercise, but can still be down-right annoying while struggling through a familiar exercise. Some people can tune out excessive cues, like well-trained athletes, but most average people become discombobulated.

Trainers at a company I used to work for were all told to give their clients constant instructions and verbal cues. This, we were told, increases perceived value in the service we gave. I would imagine that this is a common practice in the personal training industry, passed on by "master" trainers and even by presenters at personal training seminars. In addition to the increased perceived value, many trainers may believe that constant instructions (most of which is merely verbiage or irrelevant information) make them appear smarter. They're afflicted with what I call the pedantry syndrome, or the need to appear intellectual.

Physical training isn't rocket science. It isn't engineering a skyscraper. It isn't brain

surgery. The image of a personal trainer feverishly pulling a measuring tape against a client in all sorts of directions, calculating the kinematics of every limb movement, and controlling every single motion is a comical one. Of course this is an exaggeration, but I have seen verbal instructions from many trainers that parallel such busy distractions! This practice suggests that the human body is completely stupid and that movement is an entirely novel concept. Us homo sapiens, haven't moved about and survived on earth for two-hundred thousand years, are motor morons!

While physical training isn't quantum physics, it also isn't merely a spit in the bucket. Most people, if left to their own accord, will eventually learn to perform various exercises correctly, for sooner or later the body always discovers the most efficient way to accomplish a task. The body is an efficient machine, a brilliant result of evolution and its own will to survive. But one of the benefits of receiving good instructions from a personal trainer or a coach is that an exercise can be learned much faster than relying on the body's natural motor instinct to learn. Not only does a trainer or coach save time, but he or she can minimize injury risks that naturally come with increased physical activities. In the context of sports and athletics, instructions help with faster skill acquisition in more complex motor tasks, as well as prevent bad motor habits from occurring.

During an exercise, good trainers or coaches can differentiate between universal technique and individual differences. Therefore, just the right instructions should be given, with just enough cues offered to address the most important points during the exercise.

Complicating the motor learning process with a barrage of instructions and cues is like feeding a child his lunch with a spoon, a fork, a pair of chopsticks and a shovel.

## **FIT Nutrition Update! Scott Kolasinski, FIT Metabolic Science Director**

### Fats for Health and Performance

Typically, athletes are advised to keep their fat intake low for optimal athletic performance. Unfortunately, some athletes interpret this as a total avoidance of fat intake. This is not only detrimental to performance, but also to overall health.

Just like carbohydrates and protein, not all fats are equal in the way they affect your body. The “healthy” fats are the types required for health, energy production, regulation of cell functions and healing. Many of these are the essential fatty acids (EFAs) or the fats we need from our environment that the body does not produce, such as linoleic acid, alpha-linoleic acid and fish oils. The “bad” fats interfere with health and slow down athletic performance (1).

### Fats Regulating Energy Production

Stored or free fat in the body cannot produce energy anaerobically (i.e. literally, without



oxygen, such as during sprints or high-intensity exercise), but they can contribute significant energy production during endurance activities. Various factors, such as limited transport of fatty acids into the muscle cell and limited lipase (enzymes that help metabolize fat) activity, may limit fat as a source of energy during these activities (2).

When a fat is used or metabolized, there are two factors that affect how a fat affects energy production: 1) its chain length, or the number of carbon atoms it consists of, and 2) how many double bonds they have (1).

#### Chain length

Chain length primarily concerns saturated fats. The term "saturated fat" refers to the chemical structure of the fat. Saturated fats consist of fatty acids in which carbons are joined by single bonds. Carbon, by nature, can form four bonds. In these fats, it is usually bonded to another carbon atom or a hydrogen atom, unless it is the last carbon on the molecule. These fats do not contain any double bonds.

The shorter the saturated fatty acid, the less it inhibits energy production. The body easily metabolizes short-chain fatty acids to produce energy. These are four to 12 carbon

atoms in length and consist of a class of saturated fats called medium-chain triglycerides (MCTs), which are six to 12 carbon lengths.

MCTs do not exist in nature. They are man-made and can be bought in a health food store (1). These are absorbed rapidly from the intestines, enter muscle cells easier than other fats, and are metabolized at a rate comparable to carbohydrates (2). Because of their shorter length and dense source of energy, athletes like to use these as a source of energy, ingesting approximately one tablespoon prior to competition or workouts (1). Today, more supplement companies are including these in products such as Muscle Milk by Cytosport. Be aware when reading the label that it will have a certain amount of saturated fat because MCTs are saturated fats. Having more MCTs can create an irritating scratching sensation in your throat and stomach discomfort (1,3,4). These are not essential nutrients that the body needs, nor are they a part of a natural diet.

Several studies investigating the potential benefits of MCTs as ergogenic aids have been conducted in endurance trained athletes, however, thus far, MCT supplementation offers no benefit (2,3,4). This could be

related to the small amounts of MCTs that can be ingested before gastrointestinal discomfort occurs (3). Therefore, MCT supplementation cannot be advised thus far.

As much as the shorter chain fatty acids speed up metabolism, the opposite can be said of long chain fatty acids. These inhibit energy production. The longer they are, the more they slow down energy production because the body takes more energy to metabolize them. These are fats found in tropical oils (coconut, palm and palm kernel oils), land animals, butter, margarine and certain vegetable oils (1).

#### Degree of Unsaturation

The more double bonds in a fatty acid, the more it speeds up metabolism and stimulates energy production. So a saturated fatty acid of a particular chain length is "slower" than an unsaturated fatty acid of the same carbon chain length.

Also, the greater the double bonds present in a fatty acid, the more it increases oxidation rate, metabolic rate, and energy production (1). This may be partially responsible for why men can induce a small but significant loss of body weight and fat mass without a significant change in total energy or fat intake

by changing the from saturated fat to monounsaturated fat consumption (5).

#### Fat for Energy

Keeping your fat intake to less than 15% may have a harmful effect by inhibiting absorption of fat-soluble vitamins (i.e. vitamins A, D, E and K) – those vitamins that dissolve in fat (2,10). Having such a low fat intake has no effect on improving your body fat percentage (10) and may be more of a detriment on athletic performance because of a greater reliability on carbohydrates for energy (2). Once carbohydrate stores are emptied, you will hit the wall quicker. Dietary fat intake is necessary.

The fats in an athlete's diet should consist of short-chain fatty acids, like MCTs, monounsaturated fat and omega-3 fats such as alpha-linoleic acid, linoleic acid (found in flax seeds and flax oil) and fish oils.

Avoid long-chain saturated fats that promote poor health and performance. These are found in foods that are processed, altered, fried, deep-fried, hydrogenated, and rotten. These interfere with cellular functions and some inhibit cell oxidation and energy levels. Some injure cell membranes, tissues and arteries. Others interfere with digestive

processes, resulting in poorer absorption of nutrients, bowel irritation, and allergic reactions that require more energy to process, leaving less for performance (1).

Athletes who start taking omega-3's report increased endurance, better performance (1) and faster recovery (6). Although this phenomenon is not totally understood, this may be because of the omega-3's role in oxygen transfer (oxidation) in the lungs (1). However, reports of improved performance are certainly not "batting one thousand" (7).

Because of the increase of oxidation and metabolic rate, omega-3's and other highly unsaturated fatty acids such as stearidonic, gamma-linolenic acid (an omega-6 fatty abbreviated, GLA), eicosapentanoic acid (EPA), and docosahexanoic acid (DHA) prevent fat deposition. These help with the loss of excess body fat and water (1,9).

#### Fat for Healing

Another area of athletic performance that healthy fats are getting some attention is their role in healing. We know that omega-3's have an anti-inflammatory role in our bodies (2,6,8), but whether it is strong enough to produce a significant improvement in recovery time may still be debatable.

However, this is still a relatively new area requiring more research to confirm whether or not healthy fatty acids like omega-3's could speed recovery from exercise.

Athletes with bruises and sprains heal faster when omega-3's are included in their diets. Some studies suggest minor injuries take only one quarter to one third of the healing time previously required (1). Recently, it has been demonstrated that fish oil supplementation may be a possible treatment aid or adjunct therapy in asthma and exercise-induced asthma – a condition many athletes suffer from (8). Because of the number of unknown factors involved in determining how effective omega-3's are, rely on more dependable measures of recovering from injuries, such as ice, rest and anti-inflammatory drugs, but perhaps omega-3's may help at some level.

#### Recommendations

Because of the multiple uses of omega-3's and essential fatty acids (EFAs) in our diet, we should certainly be supplementing with them. How much? The recommendations vary. It is largely dependent on your overall diet. One "fat expert" said the body requires enough EFAs to make your skin feel velvety. This could range from one to five tablespoons

of flax seed oil per day. If you can scratch a letter on your hand, then it is too dry (1).

However, this recommendation does not explain what is the best amount for athletic performance. Unfortunately, this is also unknown. In the studies that show the many benefits, usually subjects were taking 1.5 grams of EPA and one gram of DHA from fish oil.

Do not take only one type of oil, such as only flax or GLA, etc. When you ingest just one type, you may become dominant in just one type of fatty acid. Flax is rich in only alpha-linoleic acid. GLA is an omega-6 fatty. You must also consider the amount you are getting from your food.

It has been suggested to consume optimal ratios of omega-3 fats to omega-6 fats. Omega-6 fats are found in abundance in our Western diet due to excessive heating and processing of food. Healthy omega-3's can be broken down into mostly unhealthy omega-6's (1).

There is a product on the market called Udo's Perfected Blend in which he has what is believed to be the optimal amount of omega-3:omega-6 ratio, as well as some MCTs. This oil has a pleasant nutty taste that can be

easily mixed into yogurt, protein shakes and salads (1).

Fish oil is another alternative. People previously worried that eating fish might increase exposure to mercury, pesticides, heavy metals, or an assortment of toxic substances. But today there is more public pressure to create purified oils without these contaminants in them. There are currently a number of brands that have fish oils independently lab-tested for contaminants and toxins. Many brands now advertise this.

#### Choosing an Oil

Just like fresh produce, highly unsaturated fats are sensitive to light, oxygen, heat, processing and time, and they can produce toxic substances when exposed to any of these. These substances will inhibit energy production and performance.

Choose oils bottled in a dark glass and refrigerated. Make sure to keep it refrigerated at home and finish the bottle within three to six weeks.

#### Conclusion

Do the following:

- As an athlete, your overall fat

consumption should be 20 to 25 percent fat (2), 40-100 g per day, depending on your activity.

- Choose healthy fat sources from nuts, avocados and cold-water fish.
- One-third of your overall fat intake should be EFA's.
- Supplement with omega-3 fatty acids if you do not eat cold-water fish twice per week.
- Experiment with MCTs. First try prior to practice events before a major competition.

Until next time...

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## 2006 FIT CALENDARS ARE IN!

Ever wonder what FIT trainers do for athletic fun when they're not training you? Get your copy of the 2006 FIT Calendar – our first ever – available NOW.

This beautiful full color calendar features incredible action photos of FIT trainers playing sports, body building, coaching, weight lifting and more! The calendar covers the 12 months of 2006 plus January and February 2007 and includes training tips from each of the trainers. All images are courtesy of professional photographer, two-time cancer survivor and FIT client Sheryl L. Ross, whose images can be seen in the FIT gallery. The cost is just \$35.00 and all profits will go to the Tower Cancer Research Foundation.

Buy two -- one for the athlete in you and another for the athlete in someone you love.  
[click here for details!](#)



## Trainer Spotlight! Joe Ko Kelso

Joe Kelso

Bachelor of Science, Physical Education  
Certified Strength Conditioning Specialist

Joe earned his B.S. degree at California State University Hayward in Physical Education with an option in Athletic Training. Joe also ran three seasons for the Hayward Pioneers Cross Country Team, while assistant coaching one season. Joe has spent the last seven years in the fitness industry with positions as an Assistant Strength Coach at an Athletic Therapy Clinic, a Personal Trainer / Fitness Director at a Health Club to currently being the Strength and Conditioning Coordinator for the Stanford University Men's and Women's Taekwondo Teams.

Joe is certified through the National Strength and Conditioning Association as a Strength and Conditional Specialist (CSCS).

Joe believes his sports background in football, wrestling and distance running (Favorite Race: Honolulu Marathon - 1997) has molded his enduring passion to inspire others to set goals and then meet or exceed them. Goal setting makes goal getting one step closer to reality. "Conceive, Believe and Achieve!"

[To schedule a session with Joe please contact: \[admin@focusedtrainers.com\]\(mailto:admin@focusedtrainers.com\)](#)



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