



Welcome to YOUR FIT NEWS!

In This Issue:

March 2006

- Group Training at FIT! Gabe Rinaldi, General Manager
- Strength Training Program for Girls! Analisa Naldi
- Ask the FIT Experts! Johnny Nguyen, FIT Exercise Director
- FIT Nutrition Update! Scott Kolasinski, FIT Metabolic Science Director
- FIT Client of the Month! Karen Owen
- Meet Operational Manager, Serena Earlicker

Group Training at FIT! Gabe Rinaldi, General Manager

Introducing CrossFit Los Altos!

F.I.T. is proud to announce a new training service available in Los Altos. We have affiliated with CrossFit, Inc. of Santa Cruz. CrossFit is a unique training philosophy that has rapidly gained popularity throughout the world in the last few years. Currently there are over 70 CrossFit affiliates in the world and now there is one in Los Altos at F.I.T.

CrossFit is a program designed to elicit as broad an adaptational response as possible. It is not a specialized fitness program, but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains:

- Endurance - The ability of body systems to gather, process, and deliver oxygen (cardiovascular/respiratory endurance).
- Stamina - The ability of body systems to process, deliver, store, and utilize energy. (capacity to maintain repetitive muscular movements)
- Strength - The ability of a muscular unit, or combination of muscular units, to apply force.
- Flexibility - the ability to maximize the range of motion at a given joint.
- Power - The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.
- Speed - The ability to minimize the time cycle of a repeated movement.
- Coordination - The ability to combine several distinct movement patterns into a single distinct movement.
- Agility - The ability to minimize transition time from one movement pattern to another.
- Balance - The ability to control the placement of the body's center of gravity in relation to its support base.
- Accuracy - The ability to control movement in a given direction or at a given intensity.



The CrossFit Program was developed to enhance an individual's competency at all physical tasks. CrossFit participants are trained to perform successfully at multiple, diverse, and randomized physical challenges.

Aside from the breadth or totality of fitness the CrossFit Program seeks, our program is distinctive, if not unique, in its focus on maximizing neuroendocrine response, developing power, cross-training with multiple training modalities, and constant training and practice with functional movements.

We work exclusively with compound movements and shorter, high intensity cardiovascular sessions. We've replaced the lateral raise with push-press, the curl with pull-ups, and the leg extension with squats. For every long distance effort, our athletes (we call all clients athletes) will do five or six at short distance. Why? Because compound or functional movements and high intensity or anaerobic cardio is radically more effective at eliciting nearly any desired fitness result.

Neuroendocrine Adaptation

Neuroendocrine adaptation refers to either hormonal or neurological change in the body. Most important adaptations to exercise are in part or completely a result of a hormonal or neurological shift. Earlier we faulted isolation movements as being ineffectual; one of the reasons is that they invoke essentially no neuroendocrine response.

Among the hormonal responses vital to athletic development are substantial increases in testosterone, insulin-like growth factor, and human growth hormone. Exercising with protocols known to elevate these hormones eerily mimics the hormonal changes sought in exogenous hormonal therapy (steroid use) with none of the deleterious effects. Exercise regimens that induce a high neuroendocrine response produce champions! Increased muscle mass and bone density are just two of many responses to exercises capable of producing a significant neuroendocrine response.

It is impossible to overstate the importance of the neuroendocrine response to exercise protocols. This is why it is one of the four defining themes of the CrossFit Program. Heavy load weight training, short rest between sets, high heart rates, high intensity training, and short rest intervals, though not entirely distinct components, are all associated with a high neuroendocrine response.

Power

Power is defined as the "time rate of doing work." It has often been said that in sport, speed is king. According to CrossFit, "power" is the undisputed king of performance. Jumping, punching, throwing, and sprinting are all measures of power. Increasing your ability to produce power is necessary to elite athleticism. Additionally, power is the definition of intensity, which in turn has been linked to nearly every positive aspect of fitness. Increases in strength, performance, muscle mass, and bone density all arise in proportion to the intensity of exercise. And again, intensity is defined as power. For these reasons, power development is an ever-present aspect of the CrossFit training.

Cross-Training

Cross training is typically defined as participating in multiple sports. At CrossFit, we instead define cross training as exceeding the parameters of the regular demands of your sport or training. The CrossFit Program recognizes functional, metabolic, and modal cross training. That is, we regularly train past the normal motions, metabolic pathways, and modes common to the athlete's sport or exercise regimen.

The CrossFit coaching staff long ago noticed that athletes are weakest at the margins of their exposure for almost every measurable parameter. For instance, if you only cycle between five to seven miles at each training effort, you will test weak at less than five and greater than seven miles. This is true for range of motion, load, rest, intensity, and power, etc. CrossFit training is engineered to expand the margins of exposure to be as broad as function and capacity will allow.

Functional Movements

There are movements that mimic motor recruitment patterns that are found in everyday life. Others are somewhat unique to the gym. Squatting is standing from a seated position; deadlifting is picking any object off the ground. These are both functional movements.

The bulk of isolation movements are non-functional. Natural movement typically involves the movement of multiple joints for every activity. Leg extensions and leg curls, for example, do not have equivalents in nature.

The importance of functional movements is primarily two-fold. First, the functional movements are mechanically sound and therefore safe, and second, they are the movements that elicit a high neuroendocrine response.

CrossFit has managed a stable of elite athletes and dramatically enhanced their performance exclusively with functional movements. The superiority of training with functional movements is clearly apparent with any athlete within weeks of their incorporation.

CrossFit Los Altos Implementation

CrossFit training will be conducted in a group environment. CrossFit groups will be scheduled throughout the week. See the front desk for a copy of the current group schedule. As the groups grow we will eventually add additional group times. To participate in the groups you have 2 options:

Unlimited monthly training in any CrossFit group - \$250 per month
One session drop-in fee - \$30

You are not required to sign-up for the group – simply show up ready to work hard and get great results. Talk to a trainer for more details.

**This information is adapted from original information available on the main CrossFit website:

www.crossfit.com

A more specific link is:

www.crossfit.com/cf-info/what-crossfit.html

Check out the pdf files entitled:

"WHAT IS FITNESS?" and "CROSSFIT'S FOUNDATIONS"

Thanks to Greg Everett at CrossFit NorCal for providing this adapted article!

www.crossfitnorcal.com

Strength Training Program for Girls! Analisa Naldi

STRENGTH TRAINING PROGRAM FOR GIRLS!

Analisa F. Naldi strength coach at FIT, Los Altos, is asking for volunteers to help her complete a research study on the effects of training frequency in prepubescent girls. The study is in partial fulfillment of the requirements for her Masters Degree in Kinesiology from San Jose State University.

The participants in the study must currently be pre-pubescent girls (no younger than 7 years old please). Each participant must submit a consent form from their parent or legal guardian, a personal (child) consent form, a questionnaire regarding pre-pubertal status, and a physician clearance to participate in a ten week strength training program.

The total length of the program will be approximately 12 weeks, including pre-training testing procedures, 10 weeks of strength training (including interim testing procedures), and post-training testing procedures. Each student will be selected to train either once or twice per week, with training sessions lasting between 60-75 minutes in duration. Testing procedures will be a 1-repetition maximum (1RM) strength test in order to establish a basal, intermittent, and final measure of strength for each girl. All strength training will take place in Los Altos at FIT and will be supervised by certified strength and conditioning coaches.

By volunteering in the study, the participant will be asked to consistently attend all required strength training sessions for their required group. Since participation is completely voluntary, if the participant needs to withdraw at any time, it is permissible without consequence. However, it is asked by the researcher and her team that all participants complete the strength training program so as to obtain the most accurate results possible in direct contribution to current research.

Details of the strength training testing procedures, strength training program design, and all equipment utilized will be provided to each participant and their parents upon submission of their medical clearance and consent forms. Consent forms are available upon contacting Analisa Naldi.

As soon as we have 26 participants cleared, we'll get started, so please act quickly. We look forward to hearing from you soon!

Thank you for your interest and support.

Analisa and the staff of FIT

Any questions may be directed to Analisa via email at Analisa@focusedtrainers.com or via phone at 650-947-9831 xt.133



Ask the FIT Experts! Johnny Nguyen, FIT Exercise Director

Q: I walked by your gym the other day and noticed through the window that you guys had people do exercises that I've never seen before. They were jumping, skipping, hurling barbells over their heads and swinging what looked like cowbells. So at my own gym tried skipping and even swinging a dumbbell similar to what I saw people do at FIT, but I can't feel exactly what muscles I'm working. Can you tell me exactly where I'm supposed to feel the burn?

A: You most likely won't feel a burn anywhere, other than when your aesthetician pours hot wax on your legs. Then you'd feel it on your legs.

But the "burn" during exercise is theoretically caused by lactic acid buildup, which decreases the pH level within that particular muscle group toward the acidic level. (Lactic acid is a by-product of glycogen breakdown during muscular work.) This high concentration of lactic acid in the muscle causes the burn sensation.

This burn sensation is normal and occurs commonly in isolated or smaller muscle groups, such as those emphasized during bodybuilding-style training, but can be felt in bigger muscle groups with other types of exercises, too, such as sprinting, multiple jumping or even skiing. The build up of lactic acid is not a bad thing, and may actually condition the body to improve its efficiency at buffering and removing it.

Since our training goal for almost everyone is "function over form," we don't use the bodybuilding method extensively at our facility. We include primarily athletic movements that take the body into many joint directions and complete joint range of motions. These optimize the functions that your body is designed for, but might have lost some of them over the years. When you concentrate on function, then form will follow – and, for the vanity in all of us, "form" refers to aesthetics.

Our focus is in primarily training the body as a whole, rather than as parts. Generally we have a few simple rules:

- 1) When appropriate, we progress people steadily toward harder physical work, in order to affect positive hormonal and physiological changes. This harder work can mean doing more pushups within one minute for a CEO, squatting more weight for a teacher or standing up from a deeper box for a grandfather.
- 2) Exercises you'll see are often ground-base and multi-directional. Many exercises are just body weight done in modified gymnastic-like maneuvers, while others are weight bearing and are done at varying speeds. Sometimes many of the exercises are timed. But they are all modifiable to fit everyone's fitness level and starting point.

So, at FIT, you won't find too many exercises that we do which cause a "burning" sensation in any one particular group of muscles. You'll find that we use the whole body in many different and athletic ways, so that the metabolic cost is optimized, function is improved and, as a result of hard work, form will follow. Our exercise programs are designed to target and improve all the metabolic systems that you live, work and play by.



FIT Nutrition Update! Scott Kolasinski, FIT Metabolic Science Director

What to Do at Your Next Spa Visit

"Between the stresses of everyday life (deadlines, relationship struggles, traffic) and the impurities found in processed foods, the body is full of toxins and the mind, tension."

The above is a quote from one of the many multi-million dollar spa treatment centers that offers "cleansing the body, mind, and soul with an all-liquid diet program, coupled with colon therapy, yoga, meditation, lymphatic massages and other purposeful healing body treatments and activities, and personal instruction to teach guests nutrition, breath work,...designed to promote overall wellness."

Really?!?! You don't say? Here's a question, then: How much toxin? How much toxin do all of these things produce and how much does your treatment remove?

Another website describes the detoxification process in a similar way: "It involves minimizing the total toxic load on our bodies, opening the portals of elimination (bowels, kidneys, lymph, skin, lungs) all the while providing nourishment for the body to use wisely..."

Say what? What kind of portals are you planning on opening in somebody's bowels? Is that safe for him/her...or you?

Do these methods really work? Will liquid diets detoxify you of your 40 year old toxic build-ups and help you lose weight? Will colon cleansing help rid your body of toxins? This article presents a summary of various writings by Stephen Barrett, M.D. who has investigated some of these alternative methods and their claims.

Understanding "Alternative"

There are three ways to classify alternative methods.

- Genuine alternative – comparable methods that have met science-based criteria for safety and effectiveness.
- Experimental alternative – unproven but have a plausible rationale and are undergoing responsible investigation (for example, a 10% fat diet for treating coronary heart disease).
- Questionable alternative – groundless because they lack a scientifically plausible rationale or have been disproved.

Some methods fit into more than one category, depending on the claims made for them. Blurring these distinctions enables promoters of quackery to argue that because some practices labeled "alternative" have merit, the rest deserve equal consideration and respect. Enough is known, however, to conclude that most questionable "alternatives" are worthless.

Here are four questions to investigate if any alternative methods have any merit or science behind them:

- 1) Has the method shown potential for benefit that clearly exceeds the potential for harm?
- 2) Have safety and efficacy been demonstrated by objective studies using adequate control?
- 3) Have the methodology and results been published in peer-reviewed scientific journals?
- 4) Have the results been replicated by others?

Under the rules of science (and federal law), proponents to any methods who make health claims bear the burden of proof. It is their responsibility to provide scientific data that supports their claims as evaluated by others.



Nutrition and Toxin Production

Many alternative approaches will involve nutrition. These proponents make such claims as:

- 1) Certain foods or nutrients have special ability to cure specific diseases
- 2) Certain foods are harmful and should be eliminated from the diet
- 3) "Natural foods" are best

Naturopaths, for example, claim that illness is caused by a disturbance of the body's natural healing force, which can be augmented by "detoxification." This approach is rooted in something called vitalism, the concept that bodily functions depend on a "vital force" that cannot be explained by the laws of physics and chemistry. Some vitalists assert that food can be "dead" or "living" and that "live" foods contain a dormant or primitive "life force" that humans can assimilate. None of these "energies" can be measured by scientific methods, no better than "optimal health" or "supporting" of the body.

Some other debunked assertions commonly claimed as these naturopathic-like spas are:

- Whether infectious disease occurs depends on the degree of exposure to an infectious organism, the virulence of the organism, and the body's ability to resist. A person does not need to be "toxic" or "imbalanced" in order to catch a cold.
- Some diseases are an inevitable result of genetic make-up. Others have little to do with hereditary factors.
- The general concept of treating disease by "strengthening the immune system" clashes with the fact that in some conditions, such as allergies or autoimmune diseases, the immune system is overreactive.
- With respect to cancer, the notion that cancer reflects weakness of the immune system is false. If it were true, people given immunosuppressant drugs to treat arthritis or prevent rejection of transplanted organs, or who are immunodeficient because of hereditary disease or AIDS, would be prone to develop the common cancers. Rather, they tend to develop unusual ones -- such as Kaposi's sarcoma in AIDS (Kaposi's sarcoma is a cancer that develops in connective tissues such as cartilage, bone, fat, muscle, blood vessels, or fibrous tissues (related to tendons or ligaments). Naturopathy's claim that "natural methods" can treat cancer by strengthening the immune system is also unsubstantiated.
- Naturopaths pretend that precise medical treatment is less important than "maintaining body balance."

Herbs and Herbalism

Herbs, herbalists and witch doctors have been around for longer than Barry Bonds knew the difference between "The Clear" and flax oil. People use herbs for an assortment of reasons such as maintaining health, age prevention, disease prevention, and disease or ailment treatment.

Herbalists like to suggest that about half of today's medicines were derived from plants. (Digitalis, for example, was originally derived from leaves of the foxglove plant.) This statement is true but misleading. Drug products contain specified amounts of active ingredients. Herbs in their natural state can vary greatly from batch to batch and often contain chemicals that cause side effects but provide no benefit.

When potent natural substances are discovered, drug companies try to isolate and synthesize the active chemical in order to provide a reliable supply. They also attempt to make derivatives that are more potent, more predictable, and have fewer side effects. In the case of digitalis, derivatives provide a spectrum of speed and duration of action. Digitalis leaf is almost never used today because its effects are less predictable. Many herbs contain hundreds or even thousands of chemicals that have not been completely cataloged. Some of these chemicals may turn out to be useful as therapeutic agents, but others could well prove toxic.

To make a rational decision about an herbal product, it would be necessary to know what it contains, whether it is safe, how it interacts with drugs or other herbs, and compare its effectiveness to similar pharmaceuticals. This data is lacking or incomplete.

Even when a botanical has some effectiveness, it may not be practical to use. Garlic, for example, has been demonstrated to lower cholesterol. However, there are prescription drugs that are more potent for this purpose.

On the other side, an herbalist may argue that garlic will not have the severe side-effects that some of the prescription drugs have. This is may be true in some individuals and instances. However, it is better to have a reliable solution available to a population with a known concentration of an active ingredient, rather than having a potentially effective treatment without its known concentration of active ingredient.

Cell Salts

These are claimed to be effective against a wide variety of diseases, including appendicitis (ruptured or not), baldness, deafness, insomnia, and worms. Their use is based on the notion that mineral deficiency is the basic cause of disease. However, many are so diluted that they could not correct a mineral deficiency even if one were present.

Colonic Irrigation or Colon Cleansing

And finally, we reach the epitome of your spa treatment: the colonic irrigation. Does the pamphlet or website describe this process? After reading this, you may understand why you pay upfront.

In this procedure, a 20 – 30 inch rubber tube is passed through the rectum. Warm water – often 20 gallons or more – is pumped in and out through the tube, a few pints at a time, to wash out the contents of the large intestine. (An ordinary enema uses about a quart of fluid.) During this time, the practitioner may say, "Wow! That looks like it's 10 years old!" How'd did you figure that one out? Count the rings within it?

Some practitioners add herbs, coffee, enzymes, wheat or grass extract, or other substances to the enema solution. This is supposed to "detoxify" the body. Proponents claim that as a result of intestinal stasis, intestinal contents putrefy, and toxins are formed and absorbed, which causes chronic poisoning of the body.

Around 1900 many physicians accepted the concept of autointoxication, but it was abandoned after scientific observations proved it wrong. In 1919 and 1922, it was clearly demonstrated that symptoms of headache, fatigue, and loss of appetite that accompanied constipation were caused by bloating of the colon rather than by production or absorption of toxins. Moreover, direct observation of the colon during surgical procedures or autopsies found no evidence that hardened feces accumulate on the intestinal walls. Too bad, maybe we wouldn't have barium enemas then.

Careful observations have shown that the bowel habits of healthy individuals can vary greatly. "Toxic build up" has nothing to do with it.

This process can be very uncomfortable, since the presence of the tube can induce severe cramps and pain. If the equipment is not adequately sterilized between treatments, disease germs from one person's large intestine can be transmitted to others. Several outbreaks of serious infections have been reported, including one in which contaminated equipment caused amebiasis in 36 people, 6 of whom died following bowel perforation. Cases of heart failure (from excessive fluid absorption into the bloodstream) and electrolyte imbalance have also been reported. Yet no license or training is required to operate a colonic-irrigation device. In 1985, a California judge ruled that colonic irrigation is an invasive medical procedure that may not be performed by chiropractors and the California Health Department's Infectious

Disease Branch stated: "The practice of colonic irrigation by chiropractors, physical therapists, or physicians should cease. Colonic irrigation can do no good, only harm." The National Council Against Health Fraud agrees.

Liquid-Diet and Weight Loss

By now, I should not need to rationalize the quackery of "cleansing" via a liquid diet and fasting. It will not do it any better than adding more fiber and taking a laxative with a rich diet in fruits, veggies and whole-grains. If a proponent claims it does, the science is not available or supported.

As for weight loss, that is very possible with a liquid diet. Many of these facilities will do it with wheatgrass. Hope you like it. However, it is not a healthy form of weight loss. Usually, most of the weight lost will be muscle and water, and when the individual returns from their spa visit, eating regular food again, the individual will regain the weight, perhaps gain more weight; depending on how well the body adapted to the liquid diet. These are big weight loss "no-no's" and impractical.

Summary

This article has touched on a number of different options that can be found at any New Age health spa. If we revisit the first quote, we'd notice that there are still plenty of other safe alternative therapies we can participate in while having a good time (such as the massages, yoga, activities, etc.), so they are not a total waste of time and money. However, if you are going there for "healing" of any kind, then don't get your hopes up too high. Even prayer has more science behind it than some of these other methods.

If we look at the second quote describing the detoxifying process ("It involves minimizing the total toxic load on our bodies, opening the portals of elimination (bowels, kidneys, lymph, skin, lungs)..."), why not open up the most common "portals of elimination" - our blood vessels? They could do us all a favor and rid us of high cholesterol in our society and maybe help decrease heart disease. Why can they massage lymph vessels and not blood vessels? Perhaps I am being too critical, but with all of the claims that some of these places make and they amount they charge, am I or am I not just a concerned consumer?

Probably the best thing these facilities offer is the opportunity to relax, massages, yoga, sleep and get away from the everyday chaos our lives encompass. This can certainly be enough of a reason to visit one of these facilities for some of us. However, understand what it is that these places are offering. Try to make wise choices as you spend your time there and save your money for more relaxing activities rather than "All-Purpose Rectal Ajax."

Until next time....

FIT Client of the Month! Karen Owen

Name: Karen Owen

Age: 67

FIT Member since: 2003

Goal: Karen has had two aortic valve replacements. She joined FIT to get physically stronger so that she could keep her heart rate down during physical activity and continue to enjoy hiking and biking without getting chest pains.

Results: Karen has had great success with her training. Her strength and endurance have increased considerably. She has taken hiking trips to England and Egypt and will plan more for the future. Karen is currently training to do a century bike ride at the end of March 2006. She has been able accomplish all of this with no chest pain. Her increased leg strength and endurance have allowed her to ride up hills and longer distances than she could have previously imagined.

Likes: Karen enjoys working with her trainer, Josie. She feels that she is pushed to certain levels that she would not do on her own. It's tough but encouraging!

Dislikes: Sprinting on the rower and lunges!

PR 500 meter row: 2:35

PR Chin-ups: 8 (assisted!)

Keys to success: Always showing up on time. Not missing workouts. Taking on every challenge presented to her and a motivation to live a healthy life with many more hikes and bike rides ahead.

Karen was recommended to FIT by her daughter, Valerie Stitt. Valerie, her husband Gordon and their two children Alex and Maddie also workout at FIT. There are now three generations of the family exercising and living healthier lifestyles.

Karen can deadlift 95lbs, back squat 75lbs, bench press 50lbs – easily! She has also lost 10lbs.

In addition to working out twice a week at FIT, Karen does Pilates twice weekly and hops her Nordic track at home quite regularly also. All of this while training for her centry bike ride. Keep up the great work Karen!



Meet Operational Manager, Serena Earlicker

Serena Earwicker

Serena was born and raised in Santa Cruz. She is extremely detail oriented and highly organized. Prior to joining the team at FIT, she had worked in a variety of settings in administrative roles. Serena enjoys being a part of our team and interacting with all of FIT's clients. She is constantly looking to improve FIT's organization and to help out however she can.

Serena is currently pursuing her degree in Radiology. With the time left after work and studying, she enjoys running on the beach, playing in the snow and sunny summers on the lake.

To Contact Serena please email her at:
admin@focusedtrainers.com



For more information regarding FIT:
Visit - www.focusedtrainers.com
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