



FIT Health & Fitness Review!

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FIT Client of the month! Kathleen Erdmann

Name: Kathleen Erdmann
Age: 59
FIT member since: 10/23/2006

Goals:

-Due to concern about balance and sedentary lifestyle, Kathleen decided that losing some weight and increasing activity levels on a regular basis would decrease her back pain and help her feel better overall!

Celebrations:

-Have lost 12+ lbs
-500m Row 2:24:40 (3:01:04 last November)
-Push-Ups: 13 in a row! Toes and all! *Couldn't manage one on her knees when she started!
-Walking Lunges: Can complete 3 sets of 20 with 10# DB now when 5 on each leg at body weight only used to be horrific!
-Pull-Ups: Asssit#11/1 rep (started at 19/3)
-Sit-Ups: 23 straight leg in 60"
*In the beginning, any more than 5 were a struggle!

Likes:

-Sit-Ups with the weighted bar
-The atmosphere at FIT!
-The way her arms now look and feel! "A woman at work said that I look toned and I knew it was true because I admired them myself!"

Dislikes:

-Box Jumps
-People that whine!



Keys to Kathleen's success:

"Kathleen has been a hard worker from the day she stepped into the gym. She started with big goals and has never looked back. She does her homework (workouts outside of her appointments at FIT) regularly, enters her food on www.fitday.com so that we can continually track her nutrition habits, and regardless of what else has gone on that day, checks it at the door and focuses on her workout. Kath enjoys hard work and new movements. She is open to any type of exercises and will always give 100% in the workout I've written for the day."

In the clients words:

"Keys to success are pretty simple... I like my workouts and I keep coming and I keep seeing results. The food journal is good too and when we share food info, that is helpful... like yogurts with too much sugar and how to dilute with plain etc. I am starting to have a little more confidence in working out on my own so that has given me a little more of a boost. I also find that I have a lot more energy on a regular basis!"

Olympic-style Weightlifting and FIT - by John Nyguen, FIT Exercise Director

In late 2001 Gabe and I lobbied for an Olympic-style weightlifting platform at FIT. We poured over the pages of gym equipment catalogs for weeks, discussing which platform architecture is most utilitarian for the facility. Some platforms included benches, racks, bars, and other wonderful metal contraptions. You can perform a gazillion exercises on them, and they would impress any serious strength coach in big college weight rooms. They would certainly blow the roof off of a home gym. On these elaborate platforms you can do the snatch, clean and jerk, and all their derivatives, as well as the muscle-head routines that include bench press, pull-up, pull-down and the almighty bicep curl. You can even tap-dance on them, if that is your thing.

But instead of a fancy platform with a jungle gym, we chose a simple platform made of plywood and a couple strips of rubber mats, fitted into a square space that used to be a raised plyometric floor for power exercises (that everyone used for static stretches instead).

So in early 2002 FIT finally took delivery of its first simple weightlifting platform, along with a specialized bar and rubber bumper plates. And here begun the era of Olympic-style weightlifting in a little training facility in Los Altos, California.



It turned out that the platform was used constantly (we even considered a sign-up sheet for its reservation), so several months later we accommodated its increasing popularity by bringing in two more platforms. Eventually, clients arrived to their training sessions on a Monday morning to find a total of 5 platforms. Still, there weren't enough platforms, and so we decided to trash all the wooden platforms and made the entire side of the facility one big platform by using fitted rubber mats so that anyone can perform Olympic-style weightlifting practically anywhere. And it has worked well as a fundamental component to the overall service at FIT.

Since the day FIT gave a home to its first platform, we hired several great coaches who specialize in Olympic-style weightlifting. One of these coaches is Rob Earwicker, who coaches right out of the facility a bona fide weightlifting team that boasts national-level competitors. The team is separate from the services at FIT, but has a direct relationship to what the rest of us believe in. At FIT weightlifting is the one component that is widely prescribed to and used by the most number of clients and trainers in order to achieve health and fitness.

There are some clients who currently don't participate in these lifts for one reason or other, and some might even question the utility of Olympic-style lifting in a general fitness program. That is, most people simply want to look, feel and function better, so why Olympic-style weightlifting?

Olympic-style Weightlifting and Function

Unless you are a para- or quadriplegic, or a bilateral lower-limb amputee, you use your legs for many activities of daily living. A partial component of weightlifting requires a triple extension of your lower body, in which your ankles, knees and hips extend against the ground. The speed at which you extend varies and depends on the situation. Standing from a chair requires moderate speed, but jumping over a puddle of water requires rapid extension of the legs. Dashing out of the way of danger requires explosive power of the legs and, therefore, in a survival situation can make a difference between a close call and a tragedy.

Olympic-style Weightlifting and Speed

I believe it was Bruce Lee who said, "If you want to be fast, then train fast." (Or maybe he said, "I will kick you in the head.") With this "train fast" statement, he was well ahead of most members of the physical culture of the 1970s. And while you might not throw kicks to your neighbor's head, you still need to move fast at one point or another, because life doesn't happen in one speed.

Olympic-style Weightlifting and Aging

As we age, one of the first motor qualities we lose is quickness. Literally, we slow down. Our fast-twitch muscle fibers – those that contract with high velocity – begin to diminish. And our nervous system becomes deconditioned to stimulating muscle velocity. This motor loss leaves us vulnerable to falling accidents because we lose the ability to move our feet quick enough to catch ourselves when we lose balance. Weightlifting, with its high-speed yet safe execution of whole-body movement, keeps us moving like we're young, allowing us to dance longer into our later years. But forget about dancing grace for a moment; weightlifting allows the elderly to rigorously survive the unforeseen and the sudden, those to which the slow becomes victims.

Olympic-style Weightlifting and Body Composition

If you want to lose weight, then your body should reach a calorie deficit. You can do this by either consuming fewer calories or burning more of them. At the end of the day, your body should have a negative balance of calories, if a loss of weight is to be realized.

Eating less to create a calorie deficit is an effective way to losing weight, but studies show that the diet-only method produces weight loss that comes from both fat and lean muscles. This results in a lower metabolic rate, making further weight loss challenging, or keeping lost weight off nearly impossible. Generally, weight loss by just calorie restriction produces only a thin version of a fat body. In other words, the body is devoid of tone and shows only flab, a disappointment for some when the time comes to slip into the bathing suit.

Other studies show that eating less while resistance training, however, can create a calorie deficit that results in weight loss from mostly fat while preserving lean muscles. This encourages the development of a toned body, because the state of being "toned" is possible only with muscles. But aside from the aesthetics (however defined by culture or peer), preserving or creating muscle mass offers function and health beyond preferred cosmetics. Articles in past newsletters have discussed the health and wellbeing achieved by increased muscle mass (insulin sensitivity, glucose uptake, VO₂, etc.), so for now just remember that low muscle mass is undesirable in more ways than just appearance.

But, you may ask, why Olympic-style weightlifting over those methods typically used in many modern health clubs? You know: the gym-rat staples of bench press, lat pull-

down, leg extensions, bicep curls, etc.

While those exercises seen typically at large commercial health clubs are useful in their own rights, the Olympic-style weightlifting exercises are among the most metabolically expensive exercises per unit time. Not only do the snatch, the clean and the jerk – and all their variations – use almost all the muscles in the body at once, their execution also requires a high mechanical power output. Mechanical power output requires metabolic power output, and this process is fueled essentially by calories. The greater the metabolic power, the greater the calorie consumption. If an appreciable level of mechanical and metabolic power output can be sustained for a period of time (measurable in average output), serious calories can be burned. And recall the importance of calorie deficit in the quest for improved body composition.

The Transfer of Power

The capacity to develop power through the use of weightlifting can transfer to other activities in the gym and in life, so that you can ultimately increase your capacity to achieve more work in less time, which is the essence of fitness and the crown achievement to increasing calorie consumption. This is one of the most predominant physical traits gained from the use of the Crossfit methodology (in which the Olympic-style lifts are fundamental).

Borrowing Our Health and Fitness from Sports

Almost all of the workout methods that you have ever seen in gyms or read about in magazines are mere offspring of various sports. It so happens the sport of bodybuilding, in which grown men and women in skimpy suits prance on a stage in front of judges to flex their muscles, gave birth to an endless litter of generic weight training exercises that rooted itself in gyms around the world and in the psyche of the average person. The barbell curl – a long-time favorite of bodybuilding champs like Arnold Swartzeneger for creating huge muscle mass in the arms – are revered by the average person as a generic exercise to tone the arms. The mentality is that the bodybuilder borrowed these exercises from the gym, when in fact it is the bodybuilder that gave these exercises to the gym.

Before the sport of bodybuilding there was the sport of strongman, reserved for mostly circus freaks and showmanship, but nevertheless a sport on a stage in front of a crowd, and they used cannon balls and kettlebells and other composed slabs of iron.

Olympic-style weightlifting is from the sport of weightlifting sanctioned at the Olympic Games. This sport has been

around since the 19th century. Athletes of numerous sports currently use Olympic-style weightlifting, as does a new crop of fitness buffs who want to get fit, burn fat, and become more athletic (several years ago Vogue even featured an article about the benefits of Olympic-style weightlifting).

Sports gave us the fitness programs that doctors now deem vital to our health, function and longevity. Taken to extreme these programs return to their status of competitive sports, but taken with commitment, dedication and hard work, they meet almost every fitness and health goal we set. So, to have reservation about the Olympic-style lifts because they are the tools of great Olympians is like being afraid of the lunges and the bicep curls because they are the tools of gigantic bodybuilders. These are all useful tools that benefit us in one way or another, for one purpose or another, at one time or another. Trainers at FIT know which tools to use when, for whom and for what purpose.

Probiotics - by Scott Kolasinski, MS, ISSN FIT Metabolic Director

For the past couple of months, I have received several questions concerning probiotics, what are they and why or if we should use them. Probiotics seem to be appearing more on the shelves of health food stores and, as such, the research is steadily increasing. When I went to the store to get an idea of how many there are, I was completely overwhelmed. No wonder there is so much confusion about probiotics! Those shelves are loaded with so many brands and names that who could keep them all straight? Is there any reason to have that many? Lets see...

What are probiotics?

Probiotics are a group of live microorganisms including Lactobacillus species, Bifidobacterium species and yeasts, that may beneficially affect the body upon ingestion by improving the balance of the body's microflora (i.e. bacteria that are naturally occurring in the small and large intestine, mouth and vagina). The scope of this article will be focused on the benefits of probiotics for our intestine. Thus far, scientists suggest that a healthy human digestive tract contains about fourteen various types of genus of microorganisms, making a grand total of approximately 400 types of bacteria that reduce the growth of harmful bacteria and promote a healthy digestive system.

The largest group of probiotic bacteria in the intestine is lactic acid bacteria, of which Lactobacillus acidophilus, found in yogurt, is the best known however, there are



other species of *Lactobacillus* that have been shown to be beneficial. The genus *Lactobacillus* is lactic-acid producing bacteria that thrive in the presence of lactose, a sugar found in dairy products such as cheese and yogurt.

Élie Metchnikoff, the father of modern immunology, believed the health benefits of the lactic acid-bacteria *Lactobacillus bulgaricus* and *Streptococcus thermophilus* could prolong life at the turn of the 20th century. He wrote in his book, *The Prolongation of Life: optimistic Studies*, that consumption of live bacteria, such as *L. bulgaricus* and *S. thermophilus*, in the form of yogurt was beneficial for gastrointestinal health, as well as for health in general, and for longevity. He "proved" his theory by drinking sour milk daily and dying at the ripe age of 71, well above the average life expectancy in 1916.

Mention of cultured dairy products is found in the Bible and the sacred books of Hinduism. Soured milks and cultured dairy products, such as kefir, koumiss, leben and dahi, were often used therapeutically before the existence of microorganisms was recognized.

The Function of Microbes in the GI Tract

The gastrointestinal tract of animals represents a complex ecosystem in which a delicate balance exists between the intestinal microflora and the host. The host and microflora live in a synergistic environment – the host providing a comfortable environment for the microbes to survive while the microbes thrive and produce beneficial metabolic byproducts that aid the host's GI tract and immune system.

This synergistic relationship begins developing while breastfeeding from our mother and receiving kisses from family and friends while we are babies. The inhabitation of microbes in a developing GI tract is proving to be important not only in the neonatal period and during infancy, but it is becoming increasingly evident that microbial colonization in early life may affect the individual's health throughout life.

The small intestine is lined with lymph nodes that support our immune system. The byproducts and metabolites of the intestinal microflora are important for maturation of the immune system, the development of normal intestinal form and structure and in order to maintain a chronic and immunologically balanced inflammatory response. The microflora reinforce the barrier function of the intestinal mucosa, helping in the prevention of the attachment of pathogenic microorganisms and the entry of allergens. Some members of the microflora may contribute to the body's requirements for certain vitamins, including biotin, pantothenic acid and vitamin B12. Alteration of the

microbial flora of the intestine, which may occur with antibiotic use, disease and aging, can negatively affect its beneficial role. This is where the potential benefits of supplementing with probiotics may enter in order to balance what the antibiotics destroyed.

Uses and Mechanisms of Probiotics

In most circumstances, people use probiotics to prevent diarrhea caused by antibiotics. Antibiotics kill "good" (beneficial) bacteria along with the bacteria that cause illness. An imbalanced ratio of "bad": "good" bacteria may lead to diarrhea. It has been hypothesized that taking probiotic supplements (as capsules, powder, or liquid extract) may help replace the lost beneficial bacteria and thus help prevent or treat diarrhea. Consumption of a probiotic drink containing *L. casei*, *L. bulgaricus*, and *S. thermophilus* has been shown to reduce the incidence of antibiotic associated diarrhea and *Clostridium difficile* associated diarrhea. Supplementation of infant formula milk with *B. bifidum* and *S. thermophilus* reduced diarrhea caused by a rotavirus in children.

The antimicrobial activity of probiotics is thought to be accounted for, in large part, by their ability to colonize the colon and reinforce the barrier function of the intestinal mucus membranes.

In infants infected with rotavirus, *L. casei*, *L. acidophilus* and *B. bifidum* have been shown to enhance the phagocytic activity of various circulating white blood cells, perhaps via an increase in the levels of circulating immunoglobulin A (IgA), an antibody that aids in the removal of a chemical or organism.

In healthy individuals, *L. salivarius* and *L. johnsonii* have also demonstrated to produce an increase in the phagocytic activity of circulating monocytes and granulocytes. This shows it is nice to know that you do not have to have an infection in order to receive any benefits of certain probiotics. With this in mind, this would place taking probiotics as more of a preventative measure.

L. casei and *L. rhamnosus*, have even shown anti-tumor activity by inhibiting the initiation and/or promotional events of the chemically-induced tumors in rats and by actually binding to some chemical carcinogens.

Other probiotics, such as *Saccharomyces boulardii*, are believed to have their protective effects by digesting the toxins that infectious bacteria create. *S. boulardii* has been found to secrete a protease which digests two protein exotoxins, toxin A and toxin B, which appear to mediate diarrhea and colitis caused by *C. difficile*. *S. boulardii* is

usually given to those who get antibiotic-induced diarrhea.

Probiotics that colonize the colon may be helpful in the management of some people with food allergies by maintaining optimal functioning of the mucosal layer. *L. rhamnosus* and *B. lactis* were found to produce significant improvement of atopic eczema in children with food allergies.

Finally, it appears that probiotics have anti-oxidant capabilities. Perhaps the beneficial effects of some of the probiotics mentioned in this article are because of their anti-oxidant abilities, which include chelation (i.e. binding a substance to a toxic metal, such as iron or copper), binding to reactive free-radicals and reducing free-radical activity.

When to Use Probiotics

If you believe that probiotics may be beneficial for you, but you do not know what to look for on a product's label to help with your condition, here is what the research has to say.

Diarrhea. Among the probiotics, only *S. boulardii*, *Enterococcus faecium* and *Lactobacillus* species have been useful in preventing antibiotic-related diarrhea. *S. boulardii* appears to be the most superior form of treatment when diarrhea is caused by *C. difficile*. The use of probiotics in the attempted prevention and treatment of traveler's diarrhea, most commonly caused by an *E. coli* toxin, has produced inconclusive results. The results of some early studies suggest that probiotics found in yogurt may help prevent diarrhea caused by antibiotics. However, more studies are needed to confirm that yogurt is effective. To offer benefit, the yogurt must contain active cultures. Most yogurt containers indicate whether active cultures are present.

Anti-Inflammatory for GI Conditions. Because of a reduced fecal concentration of various probiotics in individuals with active ulcerative colitis, Crohn's disease, active pouchitis, inflammatory bowel disease, and irritable bowel syndrome, researchers have noted that probiotics may be beneficial for individuals with these conditions. However, thus far, the results are inconclusive and more research is needed.

Allergies. Some lactic acid bacteria, including *L. plantarum*, *L. rhamnosus*, *L. casei* and *L. bulgaricus*, have demonstrated immuno-regulatory effects that might help protect against some allergic disorders. There is some evidence that some of these probiotic strains can reduce the intestinal inflammation associated with some food allergies, including cow's milk allergy among babies. Breastfed infants of nursing mothers given *Lactobacillus* had significantly improved atopic dermatitis or eczema,

compared with infants not exposed to this probiotic.

Anti-Carcinogenic. There are in vitro, animal and some preliminary human data suggesting that some probiotics can bind and inactivate some carcinogens, can directly inhibit the growth of some tumors and can inhibit bacteria that may convert pre-carcinogens into carcinogens. *L. acidophilus* and *L. casei* have exhibited the latter activity in human volunteers. There is some preliminary evidence that *L. casei* may have reduced the recurrence of bladder tumors in humans. Confirmatory trials are needed. Animal work has suggested that some lactic-acid bacteria might help protect against colon cancer. Again, more research is needed.

Lower Cholesterol. Dairy products containing *L. acidophilus* have been credited with lowering cholesterol levels in some animal experiments. It has been hypothesized that bacterial assimilation of cholesterol in the intestine might reduce cholesterol stores available for absorption into the blood. To date, there is no credible evidence showing that any of the probiotics can lower cholesterol levels in humans. More study may be warranted.

Summary

The effectiveness of probiotics is dependent upon their ability to survive in the acidic stomach environment and the alkaline conditions in the upper small intestine, as well as their ability to adhere to the intestinal mucosa of the colon and to colonize the colon. Some probiotics, such as *L. casei*, *L. rhamnosus*, and *L. plantarum*, are better able to colonize the colon than others.

A major problem is that there are many probiotic products available, and not all of them have been tested for every potential treatment listed above. These products contain various *Lactobacillus* strains, various *Bifidobacterium* strains, combinations of lactobacilli and bifidobacteria and combinations of probiotics and prebiotics. Typical doses of probiotics range from one to ten billion colony-forming units (CFU) a few times a week.

Because of the inconclusive data of probiotics, we still do not know what is the optimal number of CFU's that should be administered for a healthy GI tract. Unfortunately, trial-and-error may be needed, but there is very little risk involved as these are usually well-tolerated unless you have prior condition that may warrant caution. The animal and in vitro studies continually show promise that there may be more benefits of probiotics around the corner.

Probiotics need to be consumed at least a few times a week to maintain their effect on the intestinal microecology.

If you have any more questions about this article or reference, please email me at scott@focusedtrainers.com.
Until next time...

"What do Trainers want, what do they think you want?" by Gabe Rinaldi MA, FIT General Manager

What do trainers want and what do they think you want? This month I interview 9 trainers (5 males and 4 females) at FIT to find out about their performance and aesthetic goals, ideal unrealistic attributes, and to learn what they think most clients want out of training. The goal of this article is to get trainers to share their thoughts in an effort to draw conclusions on why we do what we do. I'll draw the conclusions at the end. For now let's simply get down to it.



What are your personal performance based goals right now (if any)?

Karen Kieffer

My current performance goals are to increase strength. I have embarked on a heavy lifting cycle of 4 sets for 8-10 reps at 85% of 1RM. 4 weeks into the cycle I am performing squats and deadlifts for 1RM of 157 lbs, shoulder press 1RM of 70lb, chest press 1 RM of 81lbs, and three strict pull ups. My immediate focus is to bring up my upper body strength and increase the range of motion in my squat at the current weight.

Shaun Conness

I got my road bike all fixed up, so I want to get back to being able to do hill repeats on Page Mill road. I also want to maintain the ability to run a sub 25min 5K and do a 97m tabata row. I want to do 5 BW OHS. I want to be able to do all of this without irritating my broken leg. Pain free is my main goal.

Scott Kolasinski

Get stronger in powerlifting lifts, as well as be in greater anaerobic & aerobic condition to run throughout pickup basketball games.

Danielle Durante

My personal based goal right now is to build my strength for Olympic weightlifting. Due to an injured wrist, I am limited to many exercises. Therefore, my goal is to be able to back squat double my body weight.

Kevin English

I have been training for some sprint distance triathlons and have completed two with one to go in September. Along

the way I have been trying to become somewhat of an adequate swimmer. I don't know if I have become any better, but I have become more confident and in doing so have decided to do a half ironman in March. So here's to the wet suit and cold water.

Michelle Watson

I do not really have any performance-based goals right now but I am hoping run a half marathon by the end of the year.

Jimmy Noreiga

My personal performance goals are first and foremost to get back on the basketball court and play at the same level of intensity as I did prior to my injury. But I would also like to clean and jerk 100kg, snatch 85kg, and be top 10 in all crossfit workouts on the web.

Analisa Naldi

- Clean and Jerk BW – 78kg
- Get over my 50kg Snatch "hump"
- 31 Consecutive Pull-Ups in less than 60"
- 10 Body Weight Dips
- 1 Muscle Up
- 50 Consecutive Double-Unders*
- *Closest to this one right now.....

I workout six days per week....even twice per day at anywhere from 3-5 times per week. Double days usually consist of a CrossFIT session or high intensity interval session and a strength and/or power based session. Without any specific performance goals (other than those listed above) I am training because I love to train. Do I need a specific goal or some event to train for? Yup. How do I come up with that? Divine inspiration....or a random challenge. Will I be able to focus and achieve whatever performance based goal that ends up evolving from these questions? You betcha!
Now....any suggestions?

Gabe Rinaldi

I am focusing on strength and power for the rest of the year. I want to bench 300 lbs, squat 400 lbs, deadlift 500 lbs, snatch 105 kg, and clean and jerk 130 kg before the end of the year.

What are your personal aesthetic based goals right now (if any)?

Karen Kieffer

Current cosmetic goals are to increase medial and rear deltoid size, increase quadriceps vastus lateralis and vastus medialis size, and reduce body fat while maintaining fat free mass.

Shaun Conness
Stay fairly cut (12% body fat or less)

Scott Kolasinski
Having 4-5% body fat and a six-pack is nice, but I'm not committed to it because of my strength goals. Apparently looking like David Beckham isn't bad, but I don't have the money to turn into that, so I'm stuck.

Danielle Durante
I do not have any personal cosmetic based goals.

Kevin English
I don't have any cosmetic based goals now as my focus is on training for the triathlons.

Michelle Watson
I would like to lose a couple pounds. Due to all the summer fun, I have gained a few pounds and am looking to lose them so I need to add in a few extra CF workouts per week.

Jimmy Noreiga
Aesthetically I would like to tone up which means I will have push myself away from the table.

Analisa Naldi
My insecurities have always been with my abs (hidden beneath the belly), my triceps (which are slowly starting to poke out and define their station on my arms), and my back. While being more performance focused and looser with my daily nutrition goals, my body fat percentage has barely budged, if at all in the last few months. I fit into my clothes, love my lulu's and feel pretty happy with how I look when I'm wakeboarding. Would I like to have a washboard? Yup. No doubt. Am I taking the most appropriate steps with my nutrition guru Scott to achieve that washboard? Nope. Why not? I don't know. Sounds like I'm narrowing down my next experiment and set of goals.....hmmmm.....will keep you all updated.

Gabe Rinaldi
I always want to look better; however, with my current strength goals I know I need to eat more, cut out any cardio related activities and focus on the heavy lifting so I will likely put on some fat during this training phase. It's okay though because it is part of the plan and I will be able to switch up my goals and cut the fat next year.

Describe your ideal performance and aesthetic attributes you would like to possess. This can be completely unrealistic.

Karen Kieffer

My ideal performance "fantasy" is to be a title holding female kickboxer. As far as cosmetic attributes, I've always wanted to be 5'4" with long legs instead of 5'1".

Shaun Conness

Dunk a basketball ball, run a 4.4 forty, shoot a sub 70 round of golf, and be 6'1", 200lbs and 8% body fat.

Scott Kolasinski

Vertically jump 11 feet off one foot. I'd like to be 4-5% body fat while eating pizza, ice cream, doughnuts, and pies and totally avoiding any sort of cardio.

Danielle Durante

My ideal performance attributes are to be able to build up my strength for Olympic weightlifting along with being in better CrossFit shape (increase cardiovascular / respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy). I would like to back squat double my body weight, snatch 60kg+, and clean and jerk 70+. My cosmetic attributes are to have a six pack again and be 5'10" :).

Kevin English

My ideal performance goal would be to win my age division in the half ironman, that's the unrealistic part, more realistic would be to finish in a respectable time 5:30 or 5:45. And to do so coming across the finish line looking like a freshly chiseled sculpture (that's the unrealistic cosmetic attribute).

Michelle Watson

I would love to look like the Crossfit girls...lean, ripped, and shredded (not to mention they can kick most guys' butts during workouts). Watching workout videos of them inspires me to train harder and push myself to the next level. Performance wise, I would like to be able to back squat twice my body weight.

Jimmy Noreiga

If they can be somewhat unrealistic I would like to have a vertical leap of 40 inches, run a 4.4 40yard dash, and be able to dunk a basketball. Aesthetically I would like to have 3% body fat.

Analisa Naldi

I'd love to be able to rock a CrossFIT workout with the speed of Annie Sakamoto, the grace and strength of Nicole Carroll and the power of Eva Twardokens. (see www.crossfitsantacruz.com)

Gabe Rinaldi

Well, since it can be unrealistic I would want to be very

quick (sub 4 second 40 yard sprint), fast (sub 9 second 100 meter sprint), powerful (50+” vertical jump), strong (1000 + lb squat), great endurance (able to win the Tour de France), and of course be great at a lot of sports. I would like to be good at everything. In real life if I were to be good at long cycling events like the Tour, then I would be 6’4” tall and weigh about 150 lbs. If I were able to squat 1000 + lbs, then I would weigh over 300 lbs. My ideal body would likely be 6’4” tall, 240 lbs, and about 5% bodyfat. I care too much about performance goals at the moment to do the type of training that could help me get to my ideal cosmetic goals. I’m not sure I could ever get there genetically, but maybe I’ll try one of these years. I like mixing up my goals, but overall I care much more about function and health than appearance.

What do you think most female clients want in terms of performance and aesthetic goals?

Karen Kieffer

Most female clients I have worked with want to increase their energy levels and sport performance, especially endurance. Although many women want to be stronger, they do not necessarily want to increase muscle mass and fear losing their femininity. Cosmetically, many women want flat stomachs, firm arms, and to lose weight, especially the infamous 10 pounds.

Shaun Conness

I think most females overall want to have the physical ability to do something that they may not have thought they can do. I believe most of the female clients at some point wanted to feel a little stronger as well. I think a far amount of females have had a goal of getting a little tighter. I mostly think females want to feel healthy, be pain free and have a good mental image of themselves when they look in the mirror.

Scott Kolasinski

A lean body that radiates confidence and beauty while having a sense of feeling strong. Just how strong, I’m not sure. For some, it may mean to be able to put a number on a certain exercise(s), such as back squat her goal body weight for 5 reps. For others, it may mean to not feel physically dependent on another to help with things around the house.

Danielle Durante

For both male and female clients, performance and aesthetic goals are really to maintain overall health/fitness in general, or for a specific sport, or rehabilitation. Most of the male and female clients want to build strength and endurance, increase coordination and flexibility, and to lose weight to be in a healthier state.

Kevin English

I think most females unless they have specific goals of competing in something, want to be stronger yet at the same time be leaner.

Michelle Watson

I think that it varies greatly amongst all our clients but overall, I think most women want to be lean, toned, and maintain a healthy weight. I think that most women have the drive to push themselves to improve in the areas they are weak in and enjoy seeing their advancements over time. The main goal, which I think applies to both our male and female clients at FIT, is to improve their overall health and reap the health benefits that exercise offers.

Jimmy Noreiga

I think most female clients would like to possess more upper body strength but without gaining size. Their ultimate goal would be to get smaller or more toned (especially lower body) without looking muscular while gaining strength in the process. Some don't mind being ripped up, but most feel that is too masculine.

Analisa Naldi

I think FIT female and male clients, for the most part want the balance of both. They want to be motivated, functional, strong, and look capable of completing any workout thrown at them. For some clients, this means looking long, lean, and slightly muscular. This, in my experience has proven to be both females and males. However, I have yet to have a client tell me that they do not want any muscle definition. Or, on that same note, to have somebody tell me, that they have no interest in being able to complete a push-up or a pull-up, unassisted, through full range of motion. I think that deep down, everybody wants to feel capable, confident, and eye catching in their skin. Whether this means their goals are performance or visual based is their own prerogative.

Gabe Rinaldi

I think performance goals are all over the map depending on the specific female. For cosmetic goals I think many women want curves, but want to be lean enough that they don't have flabby arms or a flabby butt, but they just want a flat stomach as opposed to a ripped up 6 pack stomach (a small percentage of women want a ripped up 6 pack in my experience...usually the trainer types). I think the longer a female trains the more they want to get really lean, but for the most part I've never met a women who wanted to get huge. There are a select few who get in to bodybuilding, but that is not the type of female training at FIT. I think our female clients want to improve health and function and get leaner and "toned".

What do you think most male clients want in terms of performance and aesthetic goals?

Karen Kieffer

Most men either want to increase specific sport performance, or increase strength and muscle size; especially the upper body. As far as cosmetic goals, bigger chest, back and arms, unfortunately most men forget about their legs.

Shaun Conness

I think most male clients want to feel good, be stronger, have more endurance, be athletic and be able to play with their kids and not feel wiped out afterwards. I think most male clients want to have less bodyfat, and look good with their shirt off.

Scott Kolasinski

Look like a fitness model on most of the "Muscle Mags", be able to bench at least 300 lbs. (forget about doing Olympic weightlifting), and live like Hugh Hefner (now that's a pretty cool performance goal.).

Kevin English

I think most male clients want to be stronger and look stronger i.e., better muscle size and development.

Michelle Watson

I think that most males want to be lean and muscular but apply the most focus on overall strength. I think that males do have some cosmetic goals but their performance goals are more of a priority, as is the case with our female clients also. Our clients want to look toned, lean and muscular but at FIT I think that the overall goals of our clients are more performance based rather than cosmetic.

Jimmy Noreiga

Most male clients want strength and to be toned as well, but don't mind some size in their upper body.

Gabe Rinaldi

I think most males desire greater strength, power, speed, etc. I think most males want to be very lean with a 6-pack stomach and some degree of muscularity. Most men probably prefer the type of body seen in Men's Health as opposed to Muscle and Fitness with the huge bodybuilders. Like our female clients I think our male clients at FIT generally want to train for health and function and to get leaner and a bit more muscular.

Conclusion

To summarize the answers it seems that every trainer has

a performance goal of some sort. Some were more strength oriented and some were more endurance oriented, but all 9 had something they wanted to do. In terms of aesthetic goals every trainer wants to be leaner or more toned. Danielle and Kevin mentioned they don't have any aesthetic goals, but in a later question mentioned ideally being leaner. It seems to me that we all desire to be leaner, but many of the trainers know the training and food intake required to get that lean would take away from other goals or lifestyle factors that are more important. Well, more important at this current training phase anyway. Desired attributes ranged from endurance to strength to CrossFit performance, but nearly everyone mentioned really elite performance and lean bodies. It seems we tend to think both males and females want to improve performance, feel capable, look fit, get leaner, improve strength, and radiate confidence.

Now, how does this relate to what we do at FIT? This forms the foundation of everything we do. We are smart enough to know many people come in the door with aesthetic goals first, but we realize as a company that most people eventually want to improve performance, feel capable, look fit, get leaner, improve strength, and radiate confidence. Interestingly enough, these are the same goals that these 9 trainers mentioned for themselves, albeit with different language. I would say we tend to train our clients the way we train ourselves, not because we don't know any other way to train, but because we tend to have many of the same goals. It is important to realize that each training goal can be measured on a continuum and we don't all desire the exact same result. The bottom line is we walk the talk as a company. Our training philosophy is governed by what people want. We use the most advanced techniques to achieve these results. Check out Johnny's article on Olympic weightlifting in this month's newsletter to read about one method we use to train many clients. Best of luck with your training goals and remember to always communicate with your trainer so everyone is on the same page with what you really want.

Gabe Rinaldi
FIT General Manager

"FIT in the News" - by Pam Walatka – Special to the Town Crier

From the Los Altos Town Crier – July 18, 2007
Section 2 – Your Health

Bodywork as art brings new healing to old pain
by Pam Walatka – Special to the Town Crier

Angelo dela Cruz has created a novel form of sports massage that may convert even the skeptical. I am no stranger to bodywork. You name it, I've tried it. In one case, I even named a technique. After my friend Ida Rolf had been calling her work Structural Integration for 40 years, I suggested she call it Rolfing. I approach new bodywork methods with skepticism – I'm not inclined to willy-nilly enthusiasm. But dela Cruz amazed me. My right hip has been a source of discomfort and low-level nagging pain for several years now. Yoga, massage and physical therapy have not helped much. With just one session, dela Cruz relieved my pain, not permanently, but significantly. I walked in with pain and walked out pain-free. Now, six days later, I am again feeling some discomfort in my hip, but less. Dela Cruz, who graduated from Cal Poly with a degree in anatomy and physiology, studied massage therapy at the Body Therapy Center in Palo Alto. His technique stems from the Hendrickson Method of Orthopedic Massage and Manual Therapy and Primal Reflex Release Technique. From these methods and from his study of Eastern and Western philosophies, he has created an amalgam of bodywork techniques. Dela Cruz considers bodywork an art form. "Because of my expertise in anatomy and physiology, I can work with the body more as a finely crafted art piece," he said. "What I do goes way beyond massage. I bring the body the body into its most natural balance state," he said. "That helps people out of pain and improves the performance of the body." Some local athletes view dela Cruz as their secret weapon. Dela Cruz believes in using the natural technologies of the body to bring relief from sports injuries, especially lower back and knee problems. Dela Cruz gives his clients self-care instructions to minimize dependency on his treatments. He works to eliminate mechanical and neuromuscular distortions of the body. Rather than working directly on the sore section of my hip, he worked on the muscles that attach to the hip. He eliminated tension almost magically. He taps on tension points, triggering release. Other techniques in his repertoire include limb movement similar to Feldenkrais Method, transverse-friction massage and muscle-reflex techniques. His hands are sensitive to what is going on in the body, triggering relaxation. During and after the session, I was

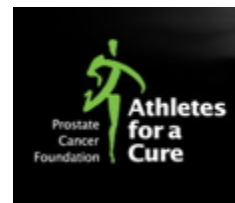


noodleized, that is, as relaxed as a pile of cooked spaghetti.

Dela Cruz performs his bodywork at Focused Individual Training (FIT) at 600 Rancho Shopping Center in Los Altos. Sessions are \$80 for 25 minutes, \$150 for 50 minutes, or \$190 for 80 minutes. For more information, call (408) 504-1617 or visit www.kineticbodywork.com.

Athletes for a Cure: 2007 CrossFIT

Athletes for a Cure is proud to present the 2007 CrossFit Fight Gone Bad. In 2006, hundreds of athletes in 30 centers nationally raised nearly \$110,000 to benefit the Prostate Cancer Foundation (PCF) by competing individually and as part of teams on one day in "Fight Gone Bad," one of the most demanding workout routines in the popular CrossFit exercise regimen. Check out some of the videos from last year's event.



"Fight Gone Bad," originally designed for a professional fighter, is a combination of five different exercises done in three rounds of one minute each. CrossFit takes basic fitness exercises — squats, push-ups, pull-ups, dips, dead-lifts, medicine ball throws and more — to emphasize a full range of motion and adds short bursts of cardiovascular elements. The mix is different day-to-day and engages every muscle in your body while providing adequate recovery time for growth.

On September 29, 2007, affiliate centers across the country will have their registered participants complete Fight Gone Bad. Fundraising dollars and affiliate scores will be collected and prizes will be distributed to the highest individual fundraiser and the CrossFit Affiliate center that scores the highest number of collective points.

This year our goal is to raise \$250,000 in one day, making "Fight Gone Bad" a very important milestone for each man whose fight truly has gone bad.

Donate or sign-up for our very own CrossFIT Los Altos Team.

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