



FIT Health & Fitness Review!

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July 2007

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FIT Client of the month! Nancy Gray

Client Name: Nancy Gray

Age: 43

FIT member since: 1/1/2007

Goal: When I started at FIT, I was sold on the crossfit program for the overall benefit of not only endurance, but strength and conditioning. I had been training for a marathon for about six months and while I could do the 26 miles, I was not getting stronger as I was not doing any weight training. I also wanted to focus on losing weight as I was holding on to an extra 15 - 20 after the birth of my twins (15 months prior).

Results: Well, six months into (3 days consistently sometimes 4) of making it to the 5:30AM FIT class, I am not only significantly stronger, I am also 22 pounds lighter!!! All the trainers have been so motivating. The FIT classes also keep me interested and challenged since they are different everyday. I am getting better at pull ups but definitely my least favorite along with the clean and jerks but I assume these will move out of that category as I continue to improve.

Likes: One of the biggest contributors to reaching my goals, has really been the other clients at FIT. Each person inspires everyone else to reach their goals, increase their times, hang in there when the going gets tough all while adding some good humor to a tough workout. So, thank you to all of you in the early morning class that get me out of bed everyday to keep my promise of being there.



Dislikes: Pullups followed strongly by Burpees

PR Pull-ups: 10 - Assisted Plate #10

PR 500m Row: 1:59

"I remember the first day I came to fit and Ben was the trainer. I walked in to the clean and jerk and walked out ready to cry. I was determined to learn the moves and get up to speed as quick as possible. I don't think I could do more than one pull up or to get my bottom down to the ball on the squats!!! Thanks to FIT for bringing a great exercise program to Los Altos!"

Fitness and Moving Furniture

If there were times when general fitness protected me against a sprained back, twisted ankle, torn ligament or cardiac failure, then moving heavy furniture was inarguably one of them. I think that my wife Lori and I hold the record for the couple that moved the most since we arrived to the Bay Area. In seven years we moved 7 times, having lived in numerous rental places, bought and then sold a home, and recently settled into a new home with a lovely mortgage. All that moving and I'm still in one piece. (I can't say the same about our china.)

This last move I had hoped that I won't go through the furniture-moving process for at least another five to 10 years, but then I realized that I have friends – and friends help friends move. That is, for a burrito and a beer.

This past weekend I helped Gabe (FIT's very own trainer and General Manager) and his wife Michelle move into their new home (congratulations!). Gabe and I carried an impossibly heavy tabletop a good distance and up two flights of steps. While carrying the tabletop, which oddly weighed more than his Italian leather sofa, we joked that the task felt like "nothing for us" even though we grimaced like we ate bad fish, our forearms burned with searing lactate, and our hearts suffered tachycardia. The fact was that, even though we were relatively fit, great physical exertion still hurt like hell. But the benefit of being fit was that we were able to tolerate a high level of discomfort. We made the entire trip without setting down or dropping the tabletop.

Fitness and Water Sport

On a different occasion not too long ago, my wife and I



accompanied our friends to their cabin at Donner Lake, where we wakeboarded on a relatively breezy afternoon. White caps sprawled across the wind-swept lake – thousands of little white horses, snorting and rearing to take me down. This was my first time wakeboarding, and no matter what kind of confidence I gained from snowboarding on the slope in the winter, it would be drowned with wakeboarding on the lake in the summer.

The life jacket I wore was maybe eighteen sizes too big, but gearing up in the back of the Mastercraft we all agreed that I was at least wearing a life jacket, but no one thought about the effect an oversized jacket would have when I'm in the water with my feet strapped to the wakeboard. That effect, as I discovered quickly, was that the jacket did the Vulcan-ear thing over my head, so my body (with its 6 percent body fat) was dunked like a cinderblock under water while my feet were locked onto the wakeboard, the buoyancy of which kept my feet above my head. Essentially I was dunked upside-down, with only my feet above water and part of the life jacket visible but mostly empty.

So with my arms I doggy-paddled backward to get my head above water, but Donner Lake kept lapping my face. Then I grabbed the rope handle and waited for the boat to idle around to the proper position to pull me out of the water. Meanwhile, I swore that I would drown. Finally (finally!) a burst of motor and I was instantly above water, fighting unskillfully with all my muscles to stay up but within six seconds I face-planted into the drink. Now I was tired, hurt, and hopelessly flailing my arms again, swallowing a good portion of Donner Lake. When the boat pulled around, I grabbed the handle for another attempt. Of course, this left me with only one arm available to perform this pathetic one-arm backward doggy-paddle in order to get random, panicky breaths of air, while remaining mostly under water and wishing I were back on the dock drinking a margarita in the sun.

Later that afternoon, over margarita, my wife said that she kept thinking I had drowned because she didn't see me for a really, really long time until the boat accelerated and then I would pop out of the lake for about 6 seconds. (You're welcome for the entertainment, honey.) I began to think that I really should have drowned because it felt as bad as the toughest Crossfit workout – you know, the intense burn, the breathlessness, the heart palpitation, and the near-blackouts. Suddenly I realized that the fitness I gained from Crossfit was probably the very thing that kept me going through countless bouts of face-plants into cold water, each of which was immediately followed by thrashing and splashing with every ounce of energy in an otherwise upside-down watery suspension, out in the south end of Donner Lake.

Fitness and Motorcycling

As some of you know, after more than a dozen years, I recently returned to motorcycling. Many of you have been polite to refrain from saying that I'll kill myself. Some of you have gently reminded me to ride carefully as I leave to get on the bike. No doubt motorcycling can be dangerous. And, as I am told by many people, "it's" never me but the other drivers. And this statement, universally uttered by all who commute in metropolitan traffic, is actually everyone's polite effort to not offend the rider's skill but to hint at the lunacy of riding a motorcycle on today's roads. Still I have gratitude for all those who remind me to be careful out there; I can never receive too many reminders.

I am more awake on a motorcycle than ever in my life, not in a philosophical sense but in a self-preservation sense. But how does fitness find its home on a motorcycle when the rider simply sits and steers?

Will my fitness on a motorcycle keep my spine intact if I crash head-on with an SUV? Will I break into a million pieces if I tumble down the freeway? I don't know because it depends on numerous variables. But, in the same crash situation, wearing the same protective gear, is my chance of survival better than that of an unfit rider? I hope so, and I think so. With skill being equal, will my fitness allow me to control the motorcycle better than an unfit rider in an extreme situation? Very likely.

Many people who "lay" their motorcycles down do so in parking lots while not in motion, mostly because their bikes inadvertently tilt too far to one side. Often the rider in this situation fails to control the weight of the bike and is forced to "lay" it down, resulting in costly damage to the body of the bike. And perhaps a twisted knee. I think strength, however, is an advantage in the prevention of such embarrassing scenario. My motorbike weighs nearly four hundred pounds. While balanced, the bike requires barely any strength to hold straight, but tip it over progressively and you'll feel the weight increase exponentially. I believe that, with a stronger body, the motorbike can be tilted farther before control is lost. This translates to a lower risk of the common "lay down" in parking lots, which occurs inevitably in front of a group of the Hell's Angels.

But the biggest benefit to being a fit rider is the mental part. During tough bouts of exercising, I have learned to stay focused, no matter how terrible the discomfort. Training under duress improves the preservation of mental sharpness in stressful situations. Although I consider motorcycling an enjoyable experience, I cannot say that it is devoid of stress while riding in Bay Area traffic. While riding

I find my focus to be razor-sharp, always scanning ahead and behind, evaluating every object (moving or not), orientating myself for predicted situations, posturing for responses. I ride with the same mental energy I put into my workouts, the kind that keeps me mentally sharp when the discomfort escalates to a level that often leaves the untrained disoriented and fuzzyheaded.

After reading the above, I realize that I write this piece with the kind of blunt confidence about motorcycling that might ultimately beckon bad karma on the road. Well, with my effort in being a careful rider, I will have to assume that bad karma, bad luck, or whatever name it goes by, is always on the hunt for me on the roads, around the turns, at the intersections, in the shadows – and I believe it's healthy to assume nothing less. Karma or not, I feel that riding is not always about luck but about vigilance.

It so happens that health, quality of life and longevity are also not always about luck but about diligence. You've got to train for fitness and life. There is no way around it.

"Fat Loading" for Endurance Events by Scott Kolasinski

Fat Loading for Endurance Performance?

Most sport nutritionists would recommend a high-carbohydrate diet for those performing an endurance event. However, other scientists have challenged this central dogma suggesting that endurance performance may benefit from high-fat diets. Here are the proposed advantages of a high-fat diet:

- Fat has 9 calories per gram versus carbohydrate which has 4 calories per gram; that is more than twice as much energy per gram.
- Fat is utilized more during submaximal work, therefore, the more available, the better one should perform.
- Athletes can adapt to the high-fat, low-carbohydrate diet while maintaining their endurance capacity.
- There is an increase in triglycerides (fat) stores within muscle.
- There is an increase in fat utilization for energy and a decrease in carbohydrate use, thus saving carbohydrates (muscle glycogen) for intense activities.

Compared to a high carbohydrate diet (60-70% energy from carbohydrate), "fat loading" (60-70% energy from fat) increases the contribution of fat for fuel (i.e. called "oxidation") and spares muscle glycogen during submaximal exercise (<70% of VO₂max). While previous studies have used two to seven week periods of fat adaptation, it is not



practical for an athlete to maintain such a diet. Athletes on low-carbohydrate diets for this length of time will usually have a decrease in performance.

However, what about a change in diet only for a couple of days to try to optimize fat utilization for energy while still getting the benefits of sparing muscle glycogen that high-carbohydrate diets usually create? Could that create a benefit in performance?

Burke et al. investigated the effects of a five-day fat loading period followed by one day of carbohydrate restoration on fuel usage and performance. Eight well-trained cyclists and triathletes performed two hours of work at 70% of their VO_2max followed by a brief time trial (1). A five-day time frame represented a more manageable period for extreme dietary change, allow physiological adaptations and it would minimize the potential health and training disadvantages caused by longer periods of high fat diets.

In this study, the fat loading diet provided 4 g of fat/kg of bodyweight (BW) (65% of energy), 1.7 g of protein/kg BW (13% of energy) and 2.4 g of carbohydrate/ kg BW (19% of energy). The isoenergetic carbohydrate diet (the control group) supplied 0.7 g of fat/kg (13% of energy), 1.7 g of protein/kg BW (13% of energy) and 9.6 g of carbohydrate/kg BW (74% of energy).

All athletes consumed a high carbohydrate diet (10 g of carbohydrate/kg BW) for one day on day 6 following both diets and rested to normalize muscle glycogen stores independent of previous dietary treatment. After an overnight fast on day seven, the athletes performed the 2-hour work protocol and the 30-min time trial.

The results showed that during the two hours of cycling, the fat loading group burned significantly more fat than the control group and less carbohydrate, believed to be sparing muscle glycogen. The time trial performance was 8% faster for the fat loading group than for the control group, and the power output was higher than the carbohydrate group, but neither measurement was statistically significant. This study demonstrated a significant increase in fat metabolism during submaximal exercise following a brief period of fat loading – an adaptation that persisted even after one day on a high carbohydrate diet. However, these authors concluded there was no clear evidence that fat adaptation improved cycling time-trial performance.

It is possible that fat adaptation may be more applicable to ultraendurance athletes by sparing muscle glycogen, since these individuals compete at an intensity (>65% of VO_2max) and duration (>4 hours) that significantly reduce the body's carbohydrate stores. Furthermore, fat oxidation

(i.e. using fat for fuel) has the potential to meet a large proportion of the fuel requirements for ultraendurance events.

In order to investigate this, Carey et al. evaluated the effects of a six-day fat adaptation period followed by one day of carbohydrate restoration on fuel usage and performance during four hours of submaximal cycling followed by a one hour time trial (2). The researchers also provided carbohydrate feedings before and during exercise to reproduce nutritional strategies commonly used during ultraendurance events and evaluate their influence on metabolism and performance.

The fat loading diet was 69% fat, 16% carbohydrate and 15% protein. The isoenergetic control, high-carbohydrate diet was 70% carbohydrate, 15% fat and 15% protein.

On day eight, all athletes consumed the control diet and rested. On day nine, the athletes consumed a breakfast (similar in size and composition to what they might consume before an ultraendurance event) that provided 3 g of carbohydrate/kg BW. One hour later, the athletes began four hours of cycling at 65% of VO₂max. The athletes consumed a sports drink every 30 minutes for an average intake of 100 g of carbohydrate per hour. Following the four-hour ride, the athletes underwent a one-hour time trial in which they rode as fast as possible.

The results of this study showed that during the four-hour ride, the fat loading group used more fat for energy than the control group, and spared muscle glycogen. There was a greater power output and distance covered for the fat loading group, but neither was significantly different.

Despite marked differences in fuel utilization favoring fat oxidation during four hours of submaximal exercise and maximizing carbohydrate availability before and during exercise, fat adaptation failed to enhance subsequent time trial performance compared to a high carbohydrate control diet. The researchers note, however, that the athletes were able to ride the time trial at a power output that was 11% higher after fat adaptation. Although this performance enhancement failed to reach statistical significance, it represented a 4% performance improvement, which would certainly be worthwhile and meaningful for an ultraendurance athlete.

Both of the above studies used small subject sizes. Perhaps this is why a statistical significance could not be detected.

Other follow-up studies have found: no significant effect of fat loading (1,3,4), benefits (5) or impairment (6,7),

although the percentage of dietary fat and the length of the protocol varied. However, again, these studies used trained athletes in small subject sizes. These researchers noted that any sort of nutritional strategy that brings about improvements in performance, especially in people who may have reached their genetic potential, should be a worthwhile strategy to try. Therefore, it may work in some but still not others, often labeled "responders" and "non-responders".

But why the varied results? A variety of explanations have been offered to explain the apparent lack of transfer between metabolic changes (i.e. greater fat utilization) and performance outcomes (8). Theoretically, if an athlete is using more fat for energy, and sparing muscle glycogen for intense activity, then an athlete's performance should improve.

Some proposed explanations include the failure of scientists to detect small changes in performance that might be worthwhile in real-life sports and the existence of "responders" and "nonresponders" to fat-adaptation strategies. In addition, adaptations to a fat-rich diet have been shown to increase plasma norepinephrine concentrations and heart rate during submaximal exercise, possibly leading to increased perceived effort of exercise training (8).

However, there is a recent paper that suggests what was initially viewed as "glycogen sparing" after adaptations to a fat-rich diet may actually be a downregulation of carbohydrate metabolism or "glycogen impairment."

One study (3) has reported that fat adaptation/carbohydrate restoration strategies are associated with a reduction in the activity of pyruvate dehydrogenase (PDH) throughout the duration of exercise (8). PDH is one of the primary enzymes responsible for efficient energy production. A reduction in PDH would impair rates of glycogen production from fatty acids (i.e. glycogenolysis) at a time when muscle carbohydrate requirements are high (8), such as during an intense sprint uphill. In this way, high-carbohydrate diets are still superior to high-fat diets.

Conclusion

Therefore, the idea of fat adapting or "fat loading" for improved endurance performance may appear worthwhile for activities considered to be continuously submaximal, but few sports are continuously performed at the same pace. The strategic activities that occur in such sports, the breakaway, the surge during an uphill stage, or the sprint to the finish line, are all dependent on the athlete's ability to work at high intensities. With growing evidence that this critical ability is impaired by fat loading strategies, some

scientists believe there appears to be little scientific evidence to support recommending fat loading as an effect strategy for improving endurance performance (8).

However, the research is still young. From what we have, the subject sizes have been small, and some studies suggest trends that may find a statistical difference if the sample size were larger.

Would fat loading be beneficial for you? Maybe. Hopefully this article shows what you are dealing with. It may or may not help you. It is clear that a high-carbohydrate diet will offer benefits at some level, but you do not know if you are a "responder" or "non-responder". I have written out a couple of the nutritional strategies used in two studies, but other fat adaptation strategies may work better for you. Just like a lot in sports nutrition, there is always a bunch of trial-and-error. Good luck if you try any fat adaptation strategy, and please let me know how it works for you.

If you have any questions concerning this article, you can email me at scott@focusedtrainers.com.

Until next time...

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"The Under-Dog" by Gabe Rinaldi MA, FIT General Manager

What makes you tick?

What will it take to get in the best shape of your life? What is required to be the healthiest possible you? The first step many of you have taken is to hire a trainer at FIT to assist in this process. This is the best place to start in my not so humble opinion.

The trainers at FIT have the knowledge and background necessary to help you with your goals. In addition to knowledge we all need motivation and inspiration. Recall from my April 2007 newsletter article on the topic of motivation that motivation is from an external stimulus provided by someone like a personal trainer. Inspiration is something that happens internally from a conscious decision to positively change.

Many people have fear that prevents them from improving or achieving health and fitness goals. This may be fear of failure if they don't reach a goal such as losing 20 lbs of fat in 4 months or fear of attending a CrossFit workout because it might be too hard. The only way to get past this fear is to develop a burning desire that is greater than the fear. Developing that burning desire is related to inspiration and motivation.

You have to want to reach your goals and you have to believe you are capable of doing so. The point of this article is to suggest each one of you do a little soul searching on what makes you tick. I believe we are all motivated and inspired differently. What works for me might not be the best approach for you. If you have an idea on what might work for you, then communicate with your trainer and give it a shot. Like any other relationship there is a lot of trial



and error, but with time you and your trainer should figure out what makes you tick. Combining this with the tools to get the job done should lead to astonishment from you, the trainer, and all your friends and family as you shatter the ceiling of your goals.

It is important to write out your goals so I will lead by example. My next training related goals are to bench 300 lbs, squat 400 lbs, deadlift 500 lbs, snatch 105 kg, and clean and jerk 135 kg all before the end of 2007. These are very lofty goals and quite a bit higher than my all time best numbers. In fact, I've shared these goals with some of the trainers here at FIT and they have doubted that I can reach these goals. I did a bit of soul searching and I have come to realize that I am most motivated by someone else doubting me. This creates a burning desire inside of me (inspiration) to prove them wrong. I love being in the underdog role. As an aside, I also love underdog movies. Anyway, I purposely picked very lofty numbers and quite long-term goals because I knew this would lead to more doubt and build up that desire inside of me. That's my personal story for now.

Think about you and talk with your trainer. If it helps you to get more people involved with your journey, then post up your goals on the FIT forum. Ask your trainer for help if you need any direction with the forum. Here's to shattering your goals.

"Heat Related Illness" - Chris Reed MPT, OCS, ATC

Heat Related Illnesses by Chris Reed MPT, OCS, ATC

I thought this month we would cover a topic that is not really Physical Therapy related, but is very important to consider during the summer months. With the temperatures rising, it is important to monitor your tolerance of the heat. The three types of heat related illnesses will be discussed along with the signs and symptoms, treatment, and ways to avoid each of them.



Physiology:

To dissipate heat and maintain a stable core temperature the body uses one of four mechanisms: conduction, convection, radiation, and evaporation. Conduction is when the body comes in direct contact with a cooler object, such as the water in a swimming pool. Convection occurs when cooler air passes over the body, such as the wind blowing by you while you ride a bicycle. Radiation occurs when the body releases heat into its surrounding environment. The most effective method however is evaporation and occurs when one perspires while exercising or performing strenuous activities. If the body is unable to utilize one of these systems to cool itself, such as the inability to utilize evaporative cooling in hot, humid weather, then the ability to control core temperature is hampered and the risk of suffering from a heat related illness increases.

Heat Cramps:

Heat cramps are the least serious of heat related illnesses. They are typically painful, intense muscle spasm that last for a prolonged period of time. Typically the calves, arms, back, and abdomen are affected. The main cause is inadequate fluid intake during strenuous activity in the heat. Treatment for heat cramps consists of rest, drinking clear fluids or sports drinks, gentle stretching, and gentle massage to the affected muscles. If the cramps do not resolve within an hour, it is recommended you see your doctor.

Heat Exhaustion:

The most common form of heat related illness is heat exhaustion. This is characterized by an increase in core temperature to between 98.6 oF and 104oF. Common symptoms include dizziness, thirst, weakness, headache, malaise, nausea, heavy sweating, ashen appearance, rapid and/or weak heartbeat, low blood pressure, cool and/or moist skin, and a low-grade fever. Excessive sweating can cause one to lose too much salt and become severely dehydrated. The most important thing to do if heat exhaustion is suspected is to continuously monitor their status. Move them into a cooler environment (ie. Shade or air conditioning), elevate their feet, loosen or remove clothing, and have them drink a cool sports drink to replace fluids and electrolytes. Someone who has suffered from heat exhaustion should remain in a cool environment and avoid strenuous activity for several days.

Heat Stroke:

Heat stroke is the most severe form of heat related illnesses. It develops when the body's ability to sweat and control core temperature is lost completely. Those at risk include someone performing strenuous activities in the heat with inadequate fluid intake, the elderly, the obese, those under the influence of alcohol, and those with cardiovascular disease. Common symptoms include disorientation or unconsciousness; flushed, hot, dry skin; dizziness; hyperventilation; rapid heartbeat; and a core temperature above 105oF. Heat stroke should be considered a medical emergency and 911 should be contacted immediately. While awaiting medical personnel you should move the person into a cooler environment (ie. Shade or air conditioning), spray cool water onto the person while fanning them, or providing cool liquids if tolerated. Following medical treatment, one should follow the doctors recommendations for avoiding strenuous activity in the heat.

Prevention:

To prevent the occurrence of a heat related illness, the following pieces of advice should be followed. Acclimatize yourself to the heat and humidity over a 2-3 day period prior to partaking in strenuous activities in the heat. Be sure to drink plenty of fluids with electrolytes while working or exercising in the heat. Avoid exercising or working during the hottest hours of the day. Be sure to take a break in a shaded or air conditioned area at least every hour.

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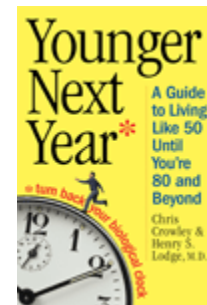
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"Younger Next Year" Book review

Turn Back Your Biological Clock

YOUNGER NEXT YEAR

Turn back your biological clock. A breakthrough book for men--as much fun to read as it is persuasive--Younger Next Year draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties. To enjoy life and be stronger, healthier, and more alert. To stave off 70% of the normal decay associated with aging (weakness, sore joints, apathy), and to eliminate over 50% of all illness and potential injuries. This is the real thing, a program that will work for anyone who decides to apply himself to "Harry's Rules."



YOUNGER NEXT YEAR FOR WOMEN

Now, a women's edition. A New York Times bestseller with 115,000 copies in print in hardcover, Younger Next Year is the breakthrough program for women to turn back their biological clocks and live healthier, more active lives into their 80s and beyond.

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