



FIT Health & Fitness Review!

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September 2007

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FIT Client of the month! Judy Boltz

Name: Judy Boltz

Age: 62

FIT Member since: 4/9/2007

Goals:

- 1) To climb stairs unassisted by cane
- 2) walk at a sustained, faster pace
- 3) to squat down and get up with grace while working in her rose garden.

Results:

- 1) Judy accomplished her first goal within a few weeks of training at FIT and is now able to move efficiently up and down stairs without the aid of cane or orthopedic shoes.
- 2) Judy was comfortable walking at slow speeds of 2.0 - 2.5 on the treadmill, however faster pace walking was a challenge. She is currently walking comfortable pace at 3.1 for 30 minutes at an incline of 1.5 with intervals of 3.4 - 3.5 for 10+ minutes.
- 3) Very recently Judy was able to squat down to work in her rose garden without falling over for increments of 5-minute, and she was able to stand up with only one hand on the ground for support. She repeated this sequence for the full hour she spent gardening.

New Goals:

- 1) increase strength.
- 2) increase confidence in movement ability after experiencing physical and psychological limitations following orthopedic surgery.

Likes: Judy enjoys her training sessions and looks forward to coming to FIT.



Dislikes: She does not have any dislikes.

Keys to success: Judy chooses to train and comes to her sessions ready to participate. She openly asks questions about how new movement patterns can be developed and what physiological responses are taking place. She is honest about her concerns and frustrations when faced with movement challenges, however her willingness to improve pushes her to understand the benefits of the movement and strive for success.

Quote from Judy: "After only a short time my trainer Karen Kieffer has helped me to move into areas that were beyond my idea of accomplishment!"

The God Father of Fitness - by John Nguyen, FIT Exercise Director

Jack Lalanne opened the country's first modern-day fitness club in 1936, a time when doctors claimed that weight training was unhealthy. On the third floor of an old office building in Oakland, California, his fitness studio opened its doors to a flood of ridicule, defamation and rumors that exercising with him would cause sleep disturbance, erectile dysfunction, and hemorrhoid, and that Jack himself would probably kill you.

As always, truth's biggest ally is time, and eventually people saw the benefits of exercising, and one by one they stepped foot into his gym and lifted a dumbbell, pulled on a cable, and learned to move their bodies against resistance. Meanwhile Jack continued against the conventional thinking of his time and preached that women should lift weight, the elderly build muscle, the disabled work around their disabilities, the world get up and move.

And so the world slowly left behind the unfounded warning that women would look like men and men would have heart attacks, and it began purchasing memberships to gyms and health clubs. Within two decades Jack Lanlanne became a household name, starring in his own televised fitness show, bringing the physical subculture into the living room of America.

Then another decade or two the health and fitness industry exploded and gave birth to a crop of fitness experts whose self-promotion, based on fancy campaigns and aggressive claims, eventually drowned out the very man that laid the foundation for the success it now enjoys. Jack Lalanne became forgotten in the shadow of endless infomercial, glossy magazines, and corporate exploitation.



While America purchased elusive dreams of easy fitness with checks, money orders and CODs, spending gobs of cash on empty promises, Jack continued his own quest to show the world that fitness is possible only with hard work:

1955: Although a number of Alcatraz prisoners had drowned during their escape attempts from the island, Jack at the age of 41 swam from Alcatraz to Fisherman's Wharf and survived the trip, while handcuffed.

1956: If you had ever thought you suffered at the hands of a Crossfit workout and a stopwatch, try doing 1,033 pushups in 23 minutes. Jack did this to set a world record on the Art Baker show "You Asked For It."

1957: The same stretch of water into which countless lives fell from the Golden Gate Bridge over the years is the same stretch across which Jack swam at the age of 43, fighting the treacherous ocean current and the numbing cold, towing behind him a 2,500-pound cabin cruiser.

1959: If you thought that the 1,033 pushups in 23 minutes done 3 years earlier is amazing, Jack trumped this with 1,000 pushups and 1,000 pull-ups in 22 minutes. That's an average of 90 pushups per minute, and then 90 pull-ups per minute. In comparison, our Crossfit workouts are merely blowing soap bubbles in the park.

1974: Nearly twenty years after he first swam from Alcatraz to Fisherman's Wharf in handcuffs, he pulled the same stunt. Except this time, he was handcuffed, shackled and towing a 1,000-pound boat. He was 60. Who ever said that you couldn't improve with age?

1976: You can argue that Jack has run out of ideas when he, once again, swam the length of the Golden Gate Bridge. The thing is, this time he swam it under water, handcuffed, shackled, and towing a 1,000-pound boat. The idea this time, so it seems, was to take the original idea and make it utterly convoluted with all things that would separately kill an average man.

To ultimately prove the point that physical training can help you overcome the impossible, Jack went on to swim various distances in unimaginable conditions while towing objects of ridiculous weight. And for his endless advocacy in health, fitness and living well, he received numerous lifetime achievement awards. Now, on any given quiet morning, before the first ray of sun falls on his swimming pool at his home in Morro Bay, California, Jack straps his feet to one end of the swimming pool and swims for an hour. He continues to lift weight and preach the life of health and fitness everywhere he goes. The Godfather of Fitness at the age of 92 still has an image to maintain, after all.

While the fitness industry has built an empire on chrome, bright light, and mega-power brands, it owes Jack Lalanne a great, big thank-you and much respect. According to his biography, below are some things that Jack gave to the industry:

- Opened the first modern health spa.
- The first to have a nationally syndicated exercise show on television.
- The first to have athletes working out with weights.
- The first to have women working out with weights.
- The first to have the elderly working out with weights.
- The first to have a combination Health Food Bar and Gym.
- The first to have a weight loss Instant Breakfast meal replacement drink.
- The first to have a Coed health club.
- The first to combine weight training with nutrition.
- The first to have an edible snack nutrition bar.
- The first to sell vitamins and exercise equipment on television.
- The first to teach scientific bodybuilding by changing the program every 2 to 3 weeks.
- The first to encourage the physically challenged to exercise, to work around their disabilities.
- The first to do feats of strength and endurance to emphasize what exercise and nutrition can do for you.

Also, Jack developed the first:

- Leg Extension Machine.
- Weight selector machine.
- Cable/Pulley machines.
- Calf machines.

Jack also has famous one-liners that are known as "Lalanneisms." Below are some:

- Anything in life is possible and you can make it happen.
- Your waistline is your lifeline.
- Exercise is King, nutrition is Queen, put them together and you've got a kingdom.
- Don't exceed the feed limit.
- The food you eat today is walking and talking tomorrow.
- Ten seconds on the lips and a lifetime on the hips.
- Better to wear out than rust out.
- Do - don't stew.
- People don't die of old age; they die of inactivity.
- First we inspire them, and then we perspire them.
- You eat everyday, you sleep everyday, and your body was made to exercise everyday.
- Work at living and you don't have to die tomorrow.
- I can't die – it would ruin my image.
- If man makes it, don't eat it.
- If it tastes good, spit it out.
- What's it doing for me?
- Your health account is like your bank account: The more you put in, the more you can take out.
- If one apple were good, you wouldn't eat 100.
- It's not what you do some of the time that counts; it's what you do all of the time that counts.
- Make haste slowly.
- Eat right and you can't go wrong.

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Raw Milk Debate - by Scott Kolasinski, MS, ISSN FIT Metabolic Director

Twenty years ago, the Food and Drug Administration banned interstate sales of unpasteurized milk, but individual states determine how raw milk is bought and sold within their borders. The sale of raw milk for human consumption is illegal in 15 states, whereas 26 allow it with restrictions. Only a handful of states, including Washington and California, allow it to be sold in stores.

There is now a debate between raw-milk advocates and pasteurized milk advocates on whether or not the entire country should be able to have access to raw milk. An article appeared in the New York Times and Washington Post last month explaining the debate.

The demand for raw, unpasteurized milk has increased. Advocates believe that raw milk has more nutritional value than pasteurized milk, with a higher concentration of vitamins, minerals and a healthy fat called conjugated linoleic acid.

Critics of raw milk, including the US Food and Drug Administration (FDA) and the group Public Citizen, cite the dangers of pathogens and dispute the health claims. Despite the restrictions and conditions imposed on producers of raw milk, the FDA states "raw milk, no matter how carefully produced, may be unsafe." In contrast, supporters of raw milk believe that the lack of "friendly bacteria" in pasteurized milk may provide a better environment for health harming microorganisms to flourish.

Nobody seems to know what has ignited the demand for raw milk, but, despite the government's warnings, more and more people are willing to take the risk and drink it.

One raw-milk website has blamed the following on pasteurized cow's milk:

- Diarrhea
- Cramps
- Bloating
- Gas
- Gastrointestinal bleeding
- Iron-deficiency anemia
- Skin rashes
- Allergies
- Colic in infants
- Osteoporosis
- Increased tooth decay
- Arthritis
- Increased tooth decay
- Growth problems in children
- Heart disease
- Cancer
- Atherosclerosis
- Acne



- Recurrent ear infections in children
- Type 1 diabetes
- Rheumatoid arthritis
- Infertility
- Leukemia
- Autism

"Raw milk, on the other hand, is not associated with any of these problems, and even people who have been allergic to pasteurized milk for many years can typically tolerate and even thrive on raw milk." – www.mercola.com – Raw-Milk Advocate.

Advocates believe that raw milk should come to you untainted if the dairy farm is clean and adheres to strict sanitary standards. Raw-milk proponents also contend that pasteurization changes the Vitamin C, B vitamins and calcium concentration of raw-milk. "You aren't going to change the amount of calcium in a glass of milk by not heating it!" says Stuart Patton, professor emeritus of dairy science at Pennsylvania State University. Patton notes that pasteurization may destroy a small percentage of B vitamins, particularly thiamin, and about 20 percent of the vitamin C in milk. But he also points out that milk is not a major source of either nutrient.

Is there any recent evidence of the benefits of raw milk? This past April, a published study suggested that regular consumption of raw milk may offer protection from a range of allergies, but the researchers cautioned against drinking raw milk until more research is carried out.

The researchers stress that they do not know what components of the raw milk may be responsible for such effects, but they could be linked to the pathogenic and non-pathogenic microbe levels in the milk.

If it is the "friendly bacteria," the research appears to agree with previous studies that have reported that probiotic bacteria [read last month's newsletter article for an explanation] found in raw milk may reduce the risk of certain allergies like eczema and asthma in infants.

Many studies, both epidemiological and animal, have reported that bacterial disorder of the intestinal microflora is closely related to food allergy development, suggesting that the non-pathogenic content of raw milk could offer an interesting avenue of future study.

However, others contend that drinking raw milk or eating raw milk products is "like playing Russian roulette with your health," says John Sheehan, director of the Food and Drug Administration's Division of Dairy and Egg Safety. "We see a number of cases of food-borne illness every year related to the consumption of raw milk."

The U.S. Department of Agriculture tested raw milk from 861 farms in 21 states in July 2007. Their report came back claiming nearly a quarter of the samples contained illness-causing bacteria, including five percent with *Listeria monocytogenes*, three percent with salmonella, and four percent with less dangerous types of *E. coli*.

In 1984, in an article published in JAMA said: "Meaningful differences in nutritional value between pasteurized and unpasteurized milk have not been demonstrated, and other purported benefits of raw milk consumption have not been substantiated. Conversely, the role of unpasteurized dairy products in the transmission of infectious diseases has been established repeatedly. To effectively counsel patients attracted by the health claims made for raw milk, practicing physicians must understand both the rationale used by proponents of raw milk and the magnitude of the risk involved in drinking raw milk."

Since then, the medical community does not seem to have changed their point-of-view. There are a plethora of case studies describing a bacterial infection attributed to raw milk, some symptoms lasting for 5 months. Raw-milk advocates may say that it was negligence of the cow and/or milk that caused the infection, not the milk in and of itself.

My Take

From my experience, I enjoyed drinking raw milk. I got it at Whole Foods, and it certainly does cost more compared to pasteurized milk. It is delicious and my four-year-old daughter enjoyed it and she never got sick.

Raw milk does not seem to last very long. You need to drink in about one week after it was placed in the bottle.

However, at the time I was drinking it, I was writing my article on probiotics, and I had learned how the "founding father of modern immunology," Élie Metchnikoff, would regularly drink sour milk. So, when the milk had gone a little bit sour, I drank it. No problems. I never got sick while drinking it.

Also, we did not drink it long enough to make a significant difference in the health of our lives. I have no problem at all with introducing it into my family's life. The only reason why I do not continue drinking it is because Whole Foods is out of the way from my house and we rarely drink milk regularly in my family, so it is not necessarily a priority (Where does my family get their calcium? 1 cup of broccoli or almonds has just as much calcium as one glass of milk).

If you want to try raw milk, go for it. America's public gets food poisoning so often from other sources other than raw milk, such as seafood, restaurants, spinach, meat, pasteurized milk, etc., that the risks might outweigh the

benefits – to each, their own. I do not believe that raw milk is the panacea that many may want us to believe, however, how well it affects each of us may be more beneficial for some versus others. Give it a try, but know the producer, and understand the risks involved. It is probably better to purchase your raw milk from a large corporation, such as Whole Foods, versus a private cow-lending program as so many people outside of California and Washington do. Many of the infectious case studies I discovered came from cows of cow-lending programs. The farmer should have no problems wanting to show you the quality control he uses for his raw product.

My advice: Try it, but proceed with caution.

If you have any questions or would like a list of references, please contact me at scott@focusedtrainers.com.
Until next time...

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Guess the Trainer! - by Gabe Rinaldi MA, FIT General Manager

My newsletter article this month involves playing a game. Read on because this game has a prize for the winner. How well do you think you know the trainers at FIT? Some of you have been training with us for many years while others are just starting your relationship here. Over time everyone develops a bond and quite often learns interesting random facts about each other. See if you can match the random facts below with the trainers at FIT. Email your answers to Analisa at:

analisa@focusedtrainers.com

The first person to get all the answers correct will win. If nobody gets them all correct, then the person who is closest by 9/21/07 becomes our winner. The winning prize is a selection from the Oakley box that contains various sunglasses, visor, beanie, etc.

1. I ate books, full on, pages and all, as a child.
2. I spent one year in Australia surfing.
3. I had perfect attendance all four years of high school.
4. I won a poetry contest on www.poetry.com dedicated to my girlfriend.
5. I lived in a tree house in Hawaii.
6. I have fake front teeth because of a skiing accident.



7. I have an extensive Stephen King book collection.
8. My grandfather was Henry Ford.
9. I have over 50 first cousins.
10. I drove a Dodge Omni in high school.
11. I jumped a BMX over two cars between two home-made ramps. They were a Pinto and a TR7, one of which belonged to a neighbor who wasn't home at the time.
12. I played Handball in College (Club Handball).
13. Roy Orbison is my all time favorite vocalist.
14. I can flip my eyelids inside out.
15. On a trip to Israel my group were offered 20 camels in exchange for me.
16. I rowed crew in college.
17. Woke up at 10am under a freeway overpass in New Orleans after a night of partying.
18. I was born in Weed, CA.

Here are your choices of trainers;

Thom Downing
John Nguyen
Gabe Rindaldi
Shaun Conness
Kris Kallstrom
Analisa Naldi
Manny Moreno
Karen Kieffer
Jen Pleimann
Kevin English
Jimmy Noreiga
Scott Kolasinski
Tracey Downing
Sual Jimenez
Joe Kelso
Rob Earwicker
Frank Knapp
Danille Durante

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FIT in the Field - by Analisa Naldi

In the rays of the central valley sunshine, there are usually only two types of "awake." The first "awake" is that of the Foster Farms chickens, at home in Livingston, California. The second "awake" is those farmers up at dawn to tend to these Foster Farm chickens along with the rest of their crops. However, on the final Friday before the start of the new school year, 21 Livingston High School female athletes joined our "awake" at 6:00am for the start of a two-a-day weightlifting seminar and athletic experience.

Rob Earwicker, Scott Kolasinski and I, Analisa Naldi, had one simple goal: Teach any of the athletes of Livingston High how to properly execute the Olympic-style lifts (i.e. snatch, clean and jerk) and motivate them to work harder than they have ever worked before. Here is the catch: Not one of the eight sessions in two days was mandatory. These athletes had to arrive by their own motivation because they wanted to get better, stronger, and learn!

Friday's four sessions included detailed descriptions and active progressions of the Olympic-style Weightlifting while touching on several auxiliary lifts. Rob led the explanations and active examples of progressions during the lifting sessions all weekend.

Friday morning's attendance included 21 girls (at 6 am) and 31 boys (10:30 am) closely listening to every word of Rob's directions...almost too closely. They moved their hands on their bars when he moved his...even while Rob's hands were uneven, distracted by his own instructions. They were focused and worked with each repetition to execute even the simplest movements down to the finest detail.

As we walked up to the weight room on the latter half of the first day, we were excited to see that we had only lost 5 athletes to prior obligations from the morning's original 52. The afternoon's session had the athletes continue to practice and improve their technique. We challenged them to go beyond their physical and mental limits, and many rose to the challenge (for example, anybody do 55 burpees and overhead squats for their warm up lately?). In particular, one female and one male athlete clean and jerked their body weight. How impressive was this? "It was pretty amazing to watch this 16 year girl with very little weightlifting experience clean and jerk her body weight with very little effort and very good technique," Rob said. "Taking into account her current body weight, if she was competing, she would have been right in the mix for a medal at this year's school age nationals. I wish I had this talented young lady training at my club!"

The kids also had a nutrition segment of their second



session, in which everyone could ask Scott, a certified Sports Nutritionist, to describe what they should eat before and during games, post-practice, and on their off days. He provided a basic handout that covered all of their questions and additional information about portion sizes, optimal sources for protein, carbohydrates, fat, and what to avoid.

On Saturday, the kids continued and reviewed both Olympic lifts during their first workout session, along with jerks from the rack, back squats, front squats, and push presses.

Saturday afternoon, however, the coaches created a CrossFIT (http://www.focusedtrainers.com/ee_test/index.php/services/crossfit) team workout that included the Olympic lifts, which enabled the kids to practice the lifts they had learned in a strength-endurance format. This workout was written for those "die hard athletes" that had lasted the entire weekend. Even in the central valley heat, these kids continued pushing their limits. By the end of the second day, many of the kids said they had worked harder than they had ever worked before. For us, our coaching goals were accomplished.

What was the best part of the weekend? Was it the fact that the second day of sessions we had the same amount of athletes in the wee hours of the morning as the day before? Was it that we had two sisters on platforms side-by-side trying to move quicker and more explosive than the other? Was it watching most of the boys change their perspective from trying to put maximal loads on the bar all of the time to caring about movement, technique, explosiveness and flexibility? Or, was it the fact that the kids asked us to move our 3rd Saturday session up by two hours so that they could attend their sessions instead of missing it to go to work? It was a combination of all of the elements above glued together by a coaching staff that enjoyed seeing the fruits of their aspiring goals manifest in these young athletes.

What happens from here? Four of the athletes from Livingston High School are now training to compete in the Golden West meet, hosted by FIT Barbell Club on Sunday, November 4, 2007. Come out and support our club, coaches, and kids!

If you would like further information on weightlifting seminars at your high school or high school strength and conditioning sessions, please contact me at any time via email at Analisa@focusedtrainers.com or via phone at 650-947-9831 Ext133.

FIT Kid Spotlight, September 2007: Nathaniel Wipfler

Name: Nathaniel Wipfler
Age: 9

Date started working out at FIT TEENS/KIDS: August, 2005

FIT Q: Why did you start working out at FIT?

NW: My parents worked out at FIT and thought it would be fun for me.



FIT Q: What is your proudest moment at FIT?

NW: Jumping on to the tallest box.

FIT Q: What is your favorite exercise or movement?

NW: Sprints!

FIT Q: What is one thing you've learned from working out at FIT?

NW: While the workouts can be hard, they can just be fun.

FIT Q: What advice would you pass along to new kids at FIT?

NW: Working out with Analisa and Rob is fun!

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