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The Dynamics of Priority

by Johnny Nguyen

Exercise. Some people want nothing to do with it as though it's a proctologic session, while others seem to suck it down with the desperation of drowning rats fending for air. The rest fall sanely somewhere between. I would like to think of myself to be somewhere on this continuum closer to a drowning rat, but over the years I have learned to have a little moderation, only because I have more commitment, greater needs and a variety of joys in other areas of life. So, the priority for my own health and fitness naturally dips and crests, but I hope it will never slip so far as to be at the bottom of the list. But life has no guarantee.

As trainers at FIT we are lucky to work with people who have placed exercise on their priority list; it is why they are here in the first place. Where on this list you place exercise can vary from time to time, fluctuating with the circumstances of your life and your perception of what is important to you at the moment. This is natural and we can only hope that this fluctuation is minimal and health and fitness remain a top priority. But, again, life has no guarantee.

You can be sure, though, that when you walk through the doors at FIT, we will assume that exercise is always at the top of your priority list, and we'll train you as such. We owe that to you, because we know that you often make it to your workout sessions despite a busy day or feeling like you have no energy to lift a finger, much less a barbell. And – you probably already have experienced this – you always leave your session feeling better than when you walked in. Of course, other times you come in and are ready to give it 100%, and we love you for it.

But we also realize that, in addition to the level of support you receive inside the gym, the level that you receive outside of the gym can greatly affect your fitness endeavor. In a recent edition of FIT Monthly Analisa Naldi mentioned some ways to get the family to support – or even get involved with – your fitness effort. In this month's edition, we share some of our members' view on their support system and what it means to them.

Also Scott Kolasinski recently traveled to Las Vegas for a huge seminar to bring back some great information on the latest nutrition and training research. It's a lot of great information, and, as always, very useful. Jen Pleimann updates us on her wonderful program, FIT Buddies.

We hope you enjoy this month's edition of FIT Monthly. See you at the gym!

FROM THE OTHER SIDE

Analisa Naldi

While it is important to remember that what you're doing is for you and an active lifestyle is a healthier option, we all know that it does affect our families, who are our strongest support system. Here's what a few of our clients had to share when asked about the strength of their support system, how it affects their exercise adherence and how it contributes to their success.

Client 1

"I am probably not the best person to ask because, at the risk of sounding corny, I have the most wonderful supportive wife that any man could ask for. My wife is my

angel. Honestly I cannot think of a time she has not been supportive. She is actually the one that started me at FIT. She bought me four private sessions for my birthday 1 ½ years ago.

Almost every night one or two of the kids walks up to our bedroom to sleep. This means I go downstairs to the couch or one of the kids' rooms. There just is not enough room for all of us. Then my alarm goes off at 5:00 am and, even though my wife is not a morning person, she turns off the alarm, wakes me up, and goes back to bed. She never complains. When I come home from FIT she has 4 screaming kids in her face and still manages to turn around and say, "Good morning honey."

I know that if I was not getting support I would be depressed and fat. I would be a very grumpy person. I work hard every day because she loves me and it is worth working for."

Client 2

"I would bet that most of the folks that consistently exercise actually enjoy the activity they are doing, so it is not about adhering to an exercise program as much as making time for a hobby. Having your family support your hobby is good thing, and, for a modest exercise program, that support should be attainable. Spending too much time exercising appears to impair marital harmony in some situations. Folks who are still single can avoid this problem entirely by marrying someone who exercises more than they do. Alternatively, I have found that hours spent exercising when the rest of the family is asleep go mostly unnoticed. Family-oriented athletic activities (e.g., hikes) might work too.

"Among the non-hobbyists, there is probably a subset of folks that suffer through exercising, even though they dislike it. Maybe they are motivated by the results of their program or fearful of the consequences of not exercising. However, exercising on a consistent basis when you dislike it requires a lot of mental discipline.

"So, in answer to your question - how does it affect me when my family can't be supportive or doesn't understand - Sometimes it is a bummer and sometimes not. Exercising regularly does keep me in a better mood, though I know you find that hard to believe given the massively positive attitude and outlook that I consistently demonstrate at the gym. So, I do like to do some exercise regularly but regularly doesn't have to mean every day. If I am training seriously for an event and a specific workout is important, then it is painful to miss it. However, if there is no event or if the upcoming event is just for fun, then it is not a big deal to miss a workout or even bunch of workouts. I feel one solution to the exercise/family management challenge is better communication, compromise, understanding, empathy and patience."

Client 3

"I am pretty fortunate in that I have frictionless support of my exercise activities from family and friends. A lot of my friends are people that I run with, or play tennis with, so I am lucky in that I have not had to face not getting their support."

Ultimately you are given one body during one life. It is up to you to decide how you will take care of your physical, mental, and emotional health. At FIT we believe and support that there is a delicate balance between the three and that recognizing the importance for all of them is essential to a healthy life. We support you and encourage you to talk to your family, strive to educate each other and be active together. Physical activity in any form is healthy. Work to be healthy, believe in your efforts, and enjoy your life.

2008 ISSN Conference

by Scott Kolasinski

During June 9 and 10th of last month, I visited the 2008 International Society of Sports Nutrition (ISSN) Conference in Las Vegas. It was held at a spectacular hotel off the strip in Summerhill, NV called Red Rock Hotel (two thumbs up from this amateur critic). The ISSN is the only nutritional organization devoted solely to sports nutrition so I look forward to attending this every year.

This was a wonderful conference, but there is always one that bums me in some capacity. Unfortunately, I could not always attend a lecture that I wanted to hear because there were two happening at the same time, but from what I did hear, I will give you a quick summary. In case you might question any of the credentials of those mentioned, you can do an internet search of their names. All have outstanding resumes.

Nutritional Strategies to Optimize Performance and Prevent Overtraining with Richard Kreider, Ph.D.

This was a great lecture that gave athletes guidelines for achieving optimal performance, not weight loss or maintaining your current weight – performance only.

Here they are (FYI: 1 pound = 2.2 kg):

Endurance Athletes

Carbohydrates (50-60%)

- 5-8g/kg bodyweight/day (d)
- 8-10g/kg/d Heavy Training – such as two-a-days

Protein (15-20%)

- 1-1.5g/kg/d
- 1.5-2g/kg/d Heavy Training

Fat (25-30%)

- 0.5-1.5g/kg/d

Strength Athletes

Carbohydrates (40-55%)

- 3-5g/kg bodyweight/day (d)
- 8-10g/kg/d Heavy Training

Protein (15-30%)

- 1.5-2g/kg/d
- 2-2.5g/kg/d Heavy Training

Fat (25-30%)

- 1.0-1.5g/kg/d

For endurance and strength athletes, higher altitude training might require greater protein needs than recommended (by 0.5g/kg bodyweight), but further studies are needed to get a better handle for a recommendation.

The Effectiveness of Caffeine as an Ergogenic Aid

with John Ivy, Ph.D.

This was a very informative lecture giving a thorough outline of the history of how caffeine alone has been studied as an ergogenic aid (a substance that enhances physical performance) for endurance athletes. He also touched on the use of caffeine in conjunction with carbohydrates for improving performance. Dr. Ivy did not talk about any advantages of caffeine for enhancing strength athletes.

Conclusions:

- Caffeine alone increases endurance capacity and performance.
- Even with carbohydrates, there is an additive effect on aerobic endurance.
- Caffeine can be used with a pre-exercise meal. Dr. Ivy suggests ingesting caffeine 1-hour prior to exercise.

- Caffeine is effective at 3mg/kg bodyweight. As much as 9 mg/kg bodyweight has been studied, however, more caffeine has not been shown to be better for performance.

Later, in the question and answer session, Dr. Ivy suggested that there is some research out there that says as little as 1-2mg/kg of caffeine will be beneficial for using performance. The main objective of this type of research is to discover what amount of caffeine will improve performance without giving any side-effects. We may be close to an answer.

The Multiple Roles of Carnosine in Muscle – Fact or Fiction

with Roger Harris, Ph.D.

This was a deep biochemical discussion concerning carnosine, a protein made from beta-alanine and histidine. The theory behind studying carnosine is because carnosine is the main buffering compound in mammalian muscle. Therefore, the theory says, the more carnosine should mean greater resistance to acid build-up during exercise, which would delay muscle fatigue. However, if we would supplement with carnosine by itself, carnosine would be rapidly broken down in the blood. It needs to be in the muscle in order to be effective. In order to increase carnosine in the muscle, supplements on the market contain beta-alanine because it is more stable for muscle absorption.

In terms of sports performance, thus far, the evidence suggests supplementing with beta-alanine:

- will not increase strength when ingested by itself, but it may be synergistic when ingested with creatine monohydrate
- may react with toxic aldehydes
- is an effective buffer
- may cause symptoms of parathesia, prickling of the skin, at dosages greater than 10mg/kg bodyweight.
- safest form is as a sustained release
- needs more exercise-related studies

The most alarming info came during the question-and-answer session when Dr. Harris said ingesting a bolus of 3g of carnosine may affect a portion of our nerves called the basal root ganglia. Is this the cause of the parathesia? More studies are needed.

Nitric Oxide Stimulating Supplements: Hype or Effect?

with Richard Bloomer, Ph.D.

Among other things, nitric oxide is a vasodilator. Greater blood flow to muscles could mean an increase in performance with a decrease in recovery time.

This is an easy summary: Nitric oxide (NO) stimulating supplements are all hype. There is no evidence that suggests any benefits to ingesting L-arginine, the amino acid that is converted to nitric oxide, will increase nitric oxide concentration.

However, Dr. Bloomer's personal research on something called glycine propionyl-L-carnitine (GPLC), published in the JISSN, suggests that GPLC increases nitric oxide. This research may be beneficial for those with peripheral vascular disease and ischemic heart disease as increased NO may allow for enhanced blood flow. The effects of GPLC needs further study in athletes and people with various forms of pathology.

Protease Supplementation and Muscle Damage

with Darryn S. Willoughby, Ph.D.

Proteases are a group of enzymes that break up proteins. Certain proteases are

believed to have an anti-inflammatory effect. Dr. Willoughby gave a detailed review of the immune system and how at any point of one chemical attracting another, that is theoretically a site to prevent overstimulated-inflammation.

The research is in its infancy. We still do not know the proper dosage(s) of which proteases to use. Some examples of anti-inflammatory proteases are bromelain, pancreatin, pepsin, trypsin, etc.

Open Q&A with Physicians and Sports Scientists in Sports Nutrition – No Question is Off Limits!

with Hector Lopez, M.D., Jose Antonio, Ph.D., Dan Gwartney, M.D., Darryn S. Willoughby, Ph.D., Tim Ziegenfuss, Ph.D.

Best osmolality (i.e. concentration of electrolytes to water per ounce) for a sports drink?

Depends on: what works best for you and the environment. In the heat, sodium is most important! Try a bunch of products.

Ingest essential amino acids pre- and post-workout for optimal protein synthesis

A "Pre-Hab" strategy to recover from surgery:

- 3g of DHA and EPA – need 3-4 wks of supplementation before surgery for anti-inflammatory effect
- Proteases – anti-inflammatory effect
- Whey protein or essential amino acids before and after surgery to minimize skeletal muscle loss

Is L-carnitine supplementation beneficial?

Dunno, research is controversial.

Is growth hormone anabolic?

In skeletal muscle, No. For connective tissue, Yes.

Wheying the Evidence on Dairy in Sports

with Stu Phillips, Ph.D.

This lecture described the many benefits of whey and milk protein for athletes. One of the most common/controversial questions in sport is: Do athletes NEED more protein?

- RDA = 0.8g/kg/d – needed to offset deficiency, for healthy people. This was never the intended target set for athletes.
- Endurance Athletes = 1.2g/kg/d
- Strength and Bodybuilders = 1.6-1.7g/kg/d
- We should eat 10-35% of food from protein.
- Milk protein is better at creating a favorable environment for protein synthesis than soy protein.

Conclusions -

Whey protein:

- High quality
- High leucine content
- Increases lean mass when ingested pre-, during and post-resistance training
- At least 20g of whey protein is needed to stimulate optimal protein synthesis post-workout
- Aids in fat loss, but we do not know how

Physiology of Fatigue

with Joseph Weir, Ph.D.

This lecture investigated several proposed mechanisms for fatigue, but questioned each, therefore I could not draw a definitive conclusion. We do not have an answer.

He presented evidence for the most common: lactic acid or lactate production.

When interpreting the data, we must be mindful of the following:

- muscle versus blood
- capillary vs. venous blood
- whole blood versus plasma
- fully lysed red blood cells?

Potential other mechanisms of fatigue are:

- Inorganic Phosphate (Pi)
- Extracellular K⁺ accumulation
- Myofibrillar Fatigue –independent of muscle activation and metabolite accumulation
- Free Radicals

In the end, the answer is probably multifold.

Weight Management for Athletes: Appetite Suppression

with Dan Gwartney, M.D.

Dr. Gwartney knew he could not add or take away from the knowledge that “calories in versus calories out” is still the central dogma. And so, he did a detailed description of some of the brain centers that are involved with appetite. There were a lot of big words. There was a general review of:

- the low-carb versus high-carb dieting strategies.
- low glycemic diet.
- a review of how not all fats are created equal.
- how protein and fat trigger satiety signals, not carbohydrates.

He finished with some interesting research currently happening with a portion of the brain called CBI-receptors which cause the “munchies” in marijuana smokers. Researchers reasoned that the antagonist to these should decrease appetite. This drug, called “Rimonabant” exists in Europe, and appears to work but there is a higher suicide rate in these people – as such, it will probably not get approved in this country. Dr. Gwartney also asked, if this is supposed to be an intelligent way to attack appetite suppression, then where are all of the fat stoners?

Making the Weight in Competitive Sports

with Jorge Garzafox

This brings me to my final lecture....

Jorge likes to have his athletes 1% above their weight class one week prior to the competition. The one percent gauge should be used to see how an athlete should gauge whether or not his/her weight is getting “out of control”. If the athlete wants to put on weight, then that is fine, as long as the athlete is near the competitive weight. Same thing for weight loss.

Jorge discourages calorie restriction and would rather see an increase in activity, however this must be closely monitored as long as recovery methods (such as a massage, sauna, naps, etc.) are also used while the athlete’s performance does not decrease.

My take:

As I had mentioned earlier, it was a very interesting conference and a lot of fun mingling with all of the "Sports Nutrition Brainiacs". I am already looking forward to next year.

If you have any questions concerning the summaries I have given, please let me know. I have spoken with a number of these researchers. If I do not know the answer, I will do my best to contact the researcher to get you an answer.

Until next time...

FIT Buddies: "Let's See How Far We've Come"

by Jen Pleimann

This month as we welcomed our newest member, Joshua, to FIT Buddies, the rest of the group has taken a "step back." I felt this step back or "rest" period was essential not only for them but also for me to "check in" and make sure we all see their progress and how far they have really come.

When I first started FIT Buddies, my hopes were high but my expectations and goals were small. As there were few similar programs out there and the research on this population was and still is sparse, it was somewhat trial and error in the beginning. The one thing I made sure of was that they were set up for success. I quickly started seeing one small goal accomplished after another. Quickly, my expectations were higher and our goals were getting bigger.

A couple weeks ago, as I started working with Joshua, I realized that as a trainer, I had recently overlooked some of the smaller, but just as important, goals. I had just set Joshua up on the rower as I was talking to his Dad about his goals for his son. He looked down at him and said, "Independence. I want him to be able to do everything you just did for him." Immediately, I had flash backs of what it was like in the beginning with Spencer, Xenia, Jeremy and recently Kristen. A year ago, I was running all over the place strapping each one into the rower, handing them the handle, and going over technique (Spencer's favorite song "legs then arms, arms then legs"). Six months ago, I was still telling them when they were finished as they had trouble deciphering the meters from the time. Today, as the four of them now do all these things independently, I recently found myself getting frustrated that a few of them still stop half way thru and stare into space or just do not seem to want to progress to a faster pace. After talking with Joshua's Father, I quickly realized that as my expectations were now higher, that I had missed some of these smaller, but just as important, steps along the way. I decided it was time to take a step back and celebrate how far we've come.

The idea is simple and is similar to the basic training concept of Periodization. Periodization is used in many areas of training and is a technique where your training is broken down into specific time periods and cycles in order to reach your ultimate fitness goal (i.e running a marathon or competing in an Olympic Lifting event). The cycles are generally broken down into macrocycle, mesocycle, and microcycle (Baechle, 404). Within these training cycles, there are usually "rest" periods (i.e. increase running mileage for three weeks, reduce one week). The idea is that during this time you allow the muscles to recover and "check in" to see how the body is doing. After this "rest" period it is then time to increase again. The concept of setting one big goal (macrocycle) and then setting up the steps to achieve this goal (broken down into mesocycles and microcycles) can be used whether your goal is to compete in an event, get stronger, or lose weight. It is important to take notice of each step or smaller goal you achieve along the way which will continue to give you motivation and confidence of achieving your ultimate goal.

For the last couple of months, FIT Buddies has continuously progressed further and further and it is now time for us to "rest" and take notice of some of the smaller goals we have recently achieved. During this time, we will take a step back and do

everything that Spencer says “is so easy now, or is “no problem” to Jeremy, and is “a piece of cake” for Xenia. They will take these now “easy” skills and teach them to the newer members. During this “rest” period, the goal is to increase their confidence, work on social skills, and of course, celebrate their accomplishments, big and little, in the last few months.

This “rest” is also for me. As my expectations and goals are now bigger than ever, I realized that as their trainer, I needed to take a step back as well. Last session, I watched all five of them pile in and set themselves up on the rower; I watched Kristen hold Joshua’s hand as she ran him thru a running drill; I saw more high fives shared between the five of them than ever before; I listened to Spencer cheer everyone on thru every set; I watched Jeremy show “perfect” form as he demonstrated several exercises; I saw hugs exchanged as each one walked away with a smile on their face. It only took me one “rest” day to reassess “how far we’ve come.”

Ref:

Thomas R. Baechle, ed. Essentials of Strength Training and Conditioning. Creighton University, Omaha, Nebraska, 1994.

Client of the Month, July 2008: Lisa Marie Ladd

Age: 49 years young

FIT Member since: 8/22/07

Goal: Ski with children, hoping to be on the slopes by winter of 2009

Results: Increased strength, specifically muscles surrounding knees. Increased muscular endurance and cardiovascular conditioning. Lost a total of 10 inches around body since starting at FIT.

Likes: Her trainer (Karen); the best and the friendly, encouraging nature of FIT

Dislikes: Stepping up onto the small box, a challenge, and sweating

Elliptical Strides: 20 min PR – 3203

Push-Ups #7: 14

Keys to Success: Dedication and determination

Major Accomplishments: (straight from Lisa herself)

There are so many for me:

1) I made the commitment to come to work out with Karen three days a week. I believe I have only missed a handful of times-under 10, since then.

2) Since I had a tibial osteotomy in 1993, I have forgot how to walk up and down the stairs with both legs. Now I can!

3) I made a commitment to lose 100 pounds before I turn 50. I have a good start and I actually feel like I can accomplish it. I don’t know about how many pounds but I have been able to wear a pair of jeans for the first time in 9 years. Now they are too big! have lost 39 inches all around, 25% at FIT.

4) I can “stride” on the elliptical for more than 4000 at level 9 and at an incline of 12!

5) I can do 24 push-ups on level 8.

6) I have muscles! And definition in my arms.

7) My daughter can put her arms around me and hug me tight.

8) The biggest accomplishment is that I am making a lifestyle change and my children are watching me and making changes too.

Fearful that my children would live their lives by my example, I made a leap of faith and I left my marriage of 12 years. I would save them, even if I could not save myself. It was a dark time for me, and I spent a long time punishing myself for a number of things. Finally there was a glimmer of sunshine; I forgave myself and gave myself the gift of grace. To be a better mother I had to. It was then I realized that I could not take care of my children if I did not take care of myself.

On a warm day I walked into FIT and I met a petite woman with the marvelous smile and a sparkling mischievous glint in her eyes (Karen Moreno). She has become my Annie Sullivan, walking down this path through the darkness of my journey with me. Enlightening, educating, encouraging, energizing, and working the daylights out of me! I could not do it without her. For that I am eternally grateful.

My small pearls of wisdom...like the Nike ad says, I "just do it." I schedule my time every week at the same time so it has become a routine and I don't think about it. Or worse, try to rationalize skipping it. Karen is waiting for me. I also remind myself of the poem "How To Eat An Elephant..." I can't eat it in just one bite; it's just too big, but it can be done with just one little bite a day. My biggest cheering squad is my children. My daughter tells everyone about how she can put her arms around me now and she brags how when she goes shopping she has to get me smaller sizes. As a single mom I want to show my daughter and son that despite that all that has happened to us as a family, I am strong enough and determined enough to make this huge change, and lead by example. How do I manage a change in my career, my school, my children, their activities, their schooling and a smidge of a life just for me? I let go of the small things, keep all the balls in the air of the things that matter most to my kids and I, and as Karen always reminds me every workout... just breathe.

KID SPOTLIGHT OF THE MONTH – JULY

by Analisa Naldi

Name: LHS WEIGHTLIFTING CLUB

Representing: FIT BBC and Livingston High School

Where: Livingston, CA and wherever their competitive nature takes them!

Coach: Luciana Naldi (yes, Analisa's older sister)

Athletes: A group of energetic, dedicated, kids that have sacrificed their weekends, weeknights, and early mornings to learn the art of Olympic Weightlifting.

This month we've decided that instead of featuring one kid with outstanding growth, progress, and achievements, we'd take the newest part of our FIT community and feature ALL of them! We could say that this is a special group of student-athletes because two of them qualified and competed at the National School-Age Championships in Florida on June 21-22, 2008. We could say that they are special because there is a future division I football player among them that is working out diligently in order to be prepared for camp in August 2008. We could say that they are special because their coach has dipped into her own personal finances to pay for their transportation, equipment, and meals for each competition. But, this isn't what makes this group special.

This group is special because they have proven that with the proper instruction, execution, and a faith in your coach, you can achieve what nobody believes is possible. Olympic-style weightlifting was brought to Livingston High School last August, when FIT coaches Rob Earwicker, Scott Kolasinski, and Analisa Naldi traveled to the Central Valley to teach a three-day clinic on the fundamentals of the Snatch and the Clean and Jerk. Interest and efforts escalated with each visit that Coach Rob and Analisa made, leading from a group of just two girls to a group of 5, and is presently greater than 10.

Instead of listing each athlete, their totals, their accomplishments, and their statistics, I leave you with this. All 15 high school athletes, just finishing a rigorous 2 hour training session, often begged their coach to stay with them for an extra 20 minutes so that they can play a game of La Crosse, using school physical education equipment.

Overhead Squat

by John Nguyen

Many strength-training enthusiasts regard the Overhead Squat as the ultimate exercise. Although this can be debated, the many benefits that this exercise provides cannot be denied:

- Whole-body strengthening
- Whole-body stabilization, including back and abdominals
- Increased flexibility in the legs, hips and shoulders
- Increased stabilization in the shoulder girdles
- Large range of movement
- High calorie expenditure, relative to many common exercises
- Improved focus under duress
- Improved awareness in body alignment
- Postural strength and balance while under tension
- Builds fundamental skills leading to more complex exercises

Start Position

The barbell is held overhead with arms straight and handgrip wide apart. (There are several methods to bring the barbell to this position, and your trainer can show you them.) The abdominals are tightened, the chest held up, and the shoulder girdles elevated. The feet are placed slightly wider than hip width.

The Descent

A deep breath is taken and held. The body descends while the arms continue to push upward on the bar to keep it directly over the center of support – the feet. During the descent, the torso is rigid and the chest up, and the hips move straight down to – or, more desirably, past – parallel.

The Ascent

Once the bottom is reached, the torso remains tight and tall, the arms straight and the bar overhead. The body reverses direction and ascends. Stand all the way up with bar remaining overhead.

The Fun Details

Physics and biomechanics dictate that the barbell cannot move forward or backward during the exercise, otherwise leverage is lost. For this reason, the body continuously senses changing mechanical pressures as the barbell tries to migrate from its balance center, and the body responds with a series of muscular adjustment in order to maintain the barbell within this tiny margin. Although the upper limbs don't bend and move, and the torso doesn't flex and extend, the muscles in these areas are activated to a high level to maintain overall stabilization. This is hard work, but the rewards are great!

FIT Announcement and Summer Recipe

FIT Kids and FIT Teens Programs

We are excited to announce that beginning September 8th FIT will be offering a more intensive camp-style 8 week program for Kids and Teens. The Kids program is a 2 session/week program while the Teens program is 3 sessions per week. Frequency is an important component of results, therefore, we strongly recommend that your child attend all sessions.

For Kids 8 to 12 years old, CrossFIT Kids will be a 2 time per week program incorporating the 10 components 'general physical preparedness: cardiovascular/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance and coordination. The exercises being utilized are all modified as necessary in order to best suit the needs of your child. The coach will ensure that your child learns all the necessary movements and activities in a safe, supportive and fun environment. Children are welcome to re-enroll in subsequent 'camps' in order to continue building their skills and enhancing their fitness. The cost of this program will be \$250 for 8 weeks.

The teens program (13 to 18 year olds) offered September thru October will be a "Pre-season Conditioning Camp" the goal of which will be to work with athletes preparing for the winter sports season. The workouts will be Monday, Wednesday and Friday at 4 p.m. for the duration of the camp. Training will include Olympic style weightlifting, strength training, plyometrics and multi-directional movement drills in order to optimal prepare your teens body for the demands of their upcoming participation in the sport of their choice. The cost of this program will be \$350 for 8 weeks.

Both FIT Kids and Teens will continue to be month-to-month for the duration of the summer. FIT the Teens will be offered Monday, Wednesday and Friday at 4. Beginning July 1, FIT Kids will be offered on Mondays and Wednesdays only. In order to accommodate busy summer schedules, we will offer a drop in rate of \$25 to any FIT Kids or Teens class for those participants that cannot make it to all classes in a month.

Sign-ups for either of the camps being offered in September will begin August 1st and are limited to 8 enrollees. If you are interested in signing your child up for CrossFIT Kids or the Pre-season Conditioning Camp or have additional questions, please contact the front desk at 650.947.9831 x. 0 or jimmy@focusedtrainers.com.

Garlicky Spinach and Ricotta Dip
Courtesy of CLEAN EATING SUMMER 2008

Makes: 2 ½ cups

INGREDIENTS:

- 1 Tsp Olive Oil
- 3 Garlic Cloves, minced
- 1 leek, washed and thinly sliced
- 2 large bunches of spinach, washed and coarsely chopped
- 1 cup light ricotta cheese
- 1/2 tsp sea salt
- 1/4 grated nutmeg

INSTRUCTIONS:

1. Coat a large, non-stick frying pan with olive oil and set over medium heat. Add garlic and leek. Stir often until soft, 6 to 8 minutes. Add a few drops of water if leek starts to brown too much before it softens.
2. Increase heat to medium-high and add a few handfuls of spinach. Stir until wilted, and dump into a food processor. Continue to cook rest of spinach in small batches until all is wilted. Place in food processor. Whirl until blended – making it as chunky or fine as you like. Dump into a bowl and refrigerate until cool.
3. Stir spinach with ricotta, sea salt, and nutmeg. Taste and add more seasonings if needed. Dip will water out as it sits; stir before serving.

NUTRITION: (per 1/4c – 1 serving) Calories: 30
Fat: 1g - Saturated Fat: .4g
Carbohydrates: 3g - Dietary Fiber: 1g - Sugars: 1g
Protein: 3g
Sodium: 100mg
Cholesterol: 2mg

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