



FIT Monthly, Oct 09

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FIT, Highest Fundraising Team in NorCal Region for FGB IV

Thank you to all of you who participated and donated to our Fight Gone Bad IV event benefitting Prostate Cancer Research and the Wounded Warrior Project. Because of you, FIT raised the most money in the NorCal Region (for which we get the honor of hosting the Traveling Trophy for a year). A special thank-you also goes to Analisa Naldi and James Noriega for organizing the event at FIT.

[Click to read the cool Thank-you letter from the Sportsgrants Foundation](#)

7 Habits of Fit & Active People

by Karen Moreno

Most of us know that physical activity is the key to disease prevention, weight management, stress reduction and a general sense of well-being. Here are 7 habits I adopted to support a healthy and active lifestyle.

[Click to read the 7 Habits!](#)

Intensity

By Tracey Downing

Recently someone who has spent a great deal of time in quite a few fitness facilities commented to me "People actually change here." He went on to explain that at other places he'd been, he'd see the same people day after day, week after week, year after year and that for the most part, they looked the same day after day, week after week, year after year. Nearly 10 years ago now, Thom and I set out to create a place where people could train without the intimidation of a traditional gym but still train seriously without the distraction of the latest fitness craze. The data point this person provided was a useful one and I've been mulling it over ever since.

Here's what we know...

[Click to read](#)

FIT Client of the Month – Oct 09

Name: Sean Henry

Age: 47

Starting out, Sean had limited strength and endurance, and not much range of motion in all types of movements. But two years later...

[Click to read Sean's success story](#)

Fiber: Eatin' the Roughage

By Scott Kolasinski

Fiber is one of the most popular nutrients that intrigues scientists, yet we learn that there is continuously more to know. We know it's good for us, but what is it? Where can we find it? Does it help with fat loss? What else is there?

[Click to get the answers, and more!](#)

October Announcements at FIT

JOIN US on Sunday mornings for a variety of activities and classes!

[Click for more information!](#)

More Isn't Necessarily Better: Symptoms of Overtraining

By Scott Kolasinski

When you're looking for getting new and better results in the gym, the name of the game is about consistency. If you don't go, you'll have nothing to show. So you go, and go, and go. But sometimes this can work against us.

[Click to find out how](#)

Mash Cauliflower Recipe

This is an excellent side dish that compliments grilled or seared fish, chicken, turkey or pork. And it's good for you with all kinds of nutrients!

[Click for recipe!](#)

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