



FIT Monthly, September 09

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Context

By Johnny Nguyen

There is a lot of information out there, and that's probably the root of confusion for many, but it can also be the backbone for empowerment when we put it all into the proper context. The big picture is important for health and fitness success.

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What's the Best Exercise Program for Me?

By Matt Brockhaus

Do you remember what it was like the first time you decided to exercise? Not just a stroll through the park, or a pick-up basketball game with friends, but a true endeavor into the world of fitness and wellbeing.

How did you decide upon an exercise routine?

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Exercise Provides Health Benefits: A Response to the Time Magazine Article "Why Exercise Won't Make You Thin"

By Karen Moreno

The American College of Sports Medicine (ACSM) sent a request to members and professionals to get the "right health message out to the public." This request was made in response to the Time magazine article "Why Exercise Won't Make You Thin," which too narrowly examined the role of exercise and weight loss. For the most part the article is a personal account of the author's dissatisfaction with a long-term exercise program and lack of results.

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2009 International Society of Sports Nutrition Conference

Written by Scott Kolasinski

During June 15th and 16th, I visited the 2009 International Society of Sports Nutrition (ISSN) Conference in New Orleans, LA. The ISSN is the only nutritional organization devoted solely to sports nutrition so I look forward to attending this every year.

The following is a quick summary of the lectures.

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Client of the Month, September 09

Client Name: Leo Cunningham

Age: 49

FIT Member since: 02/07/2008

Goal: Run distance events without injury; Build strength and power everywhere!

[Click here for his results and more!](#)

**September Recipe - Gazpacho with Shrimp
and Avocado Relish**

Check out this delicious dish that's great during the tail-end of summer!

[Click here for recipe!](#)

**In Response to the Time Magazine Article,
and All its Rebuttals**

By Johnny Nguyen

It's obvious most articles in popular press weave in a degree of sensationalism to sell magazines, and the Time article by staff writer John Cloud is no exception. This is unfortunate, especially if the sensationalism sends the wrong message to a readership already teetering between exercise and sloth, between motivation and excuse. And it also frustrates experts and enthusiasts who must bear witness to twisted facts. But, twisted facts they may be, in the end the twist still contains facts.

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