

## Welcome to August edition of FIT NEWS!

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### PA Daily Readers Vote FIT #1. Four times!

Los Altos, Calif. – July 22nd, 2005 – Focused Individual Training (FIT), a state-of-the-art fitness training facility located in Los Altos won first place in four categories of the 2005 Palo Alto Daily's Reader's Choice Awards including best Personal Training, best Training Facility/Gym, best "Place to Get a Massage" and best "Place to Get Fit." FIT was the only service organization listed to win first place in four categories. This is FIT's second win as "Best Gym" –their first win was for the Palo Alto Daily Readers 2003 Choice Award.

Palo Alto Daily Readers voted online for their favorite service providers. Categories included "Best Mortgage Company," "Doctor," "Day Spa," "Cleaning Service," etc. Readers voted for forty-two categories and thousands of responses were received and compiled.

"We are thrilled," said Tracey Downing, co-founder of FIT. "These awards are especially meaningful to us since the Palo Alto Daily readership, which spans from Mountain View, to Redwood City, chose us first above all other fitness organizations. We thank the public who support us and provided us with this win."

"We attribute our win to our team of professionals who put the needs and desires of our clients first," said Thom Downing co-founder of FIT. Our staff has developed programs that allow individuals to reach their fitness goals; whether it is to lose weight and become more active, improve their recreational sports performance or compete at an elite level."

#### About Focused Individual Training:

At FIT, we believe that wherever you are starting from, whether you are a fitness enthusiast, deconditioned executive, recreational athlete, stay at home parent, a child or grandparent, there is an athlete in everyone that we will help discover and develop to their full potential. All of our trainers are experts in the field of strength and conditioning and specialize in the design and implementation of safe and effective programs for athletes of all shapes and forms. Our facility is over 5000 square feet and houses top of the line equipment to meet all of your unique needs. Additional services available to our clients and the surrounding community include metabolic testing (RMR & VO2 Max), deep tissue and orthopedic massage therapy as well as physical therapy in partnership with Agile Physical Therapy. For more information regarding FIT please view our web site at: [www.focusedtrainers.com](http://www.focusedtrainers.com).

## **FIT Client of the Month! Brian Cabrera**

Brian Cabrera

Brian started at FIT in November of 2004. Brian had always been an accomplished athlete but years of work as a silicon valley executive left him battling extra weight gain. As a new father, Brian made the decision to focus on getting back to his prior form. "I so enjoy being active and I felt that if I didn't get back in shape using the kind of fitness expertise that FIT offers, I'd never be able to keep up with my son, Alexander, during these crucial formative years," Brian explains. Brian committed to working with trainers Kevin English and Mike Greeves three days a week and changed his diet significantly. Ten months later he is celebrating life 70 pounds lighter.

At 5 feet 10 inches, Brian weighs 199 pounds with a Base Metabolic Rate of 2371 calories per day. With a body fat percentage of 14%, Brian's lean body weight totals 169 pounds. To make such an aggressive goal Kevin and Mike created a resistance training program that would preserve Brian's muscle size, increase his absolute strength and potentially increase his metabolic rate.

Classic, full-body movements such as pull-ups, back squats and dead lifts were incorporated into Brian's training plan to address functional strength needs, while medicine ball drills such as the overhead toss, standing rotational throws and backward toss were used to train his core. Overall, Brian has lost 10 inches off his midsection to become a 33 waist.

"Brian came in with the goal of losing weight, increasing his strength and regaining the abilities that would enable him to have a more active lifestyle. With this self motivation, Brian has lost over 70 pounds, can now do 100 push-ups, plays USTA tennis on a weekly basis and takes his boy for 40-mile bike rides," says Mike of his client. Kevin adds, "Brian's dedication, not only here at FIT, but also outside of FIT has allowed him to achieve these goals and he is already setting new goals for himself."

"I can't say enough about what a great program Thom and Tracey have developed at FIT. Mike and Kevin did a fantastic job as trainers in motivating me in the short run session by session, while maintaining a keen focus on the positive long-term results I could achieve. I truly feel like I could not have reached my training goals without their expertise and positive influence," says Brian.

Brian has the attributes that every trainer wants out of their clients and he is truly deserving of FIT's client of the month.

[Click here to see other Outstanding Performers!](#)

## Ask the FIT Experts!

Q: I've always heard that while weight training I should lift slowly. I notice that you train people with some very fast movements. What gives?

A: While all lifting should be done under control, it can and should be performed at different speeds. Muscular contraction exists on a continuum of velocity, known as the force-velocity curve. When the muscle moves a very heavy weight, it produces high force with low velocity, but when it moves a lighter weight, it produces less force but with more velocity. Contraction velocity is a specific neuromuscular quality that must be trained to be optimized. In the simplest interpretation: If you train slowly, you'll be slow, and if you train fast, you'll be fast.

Additionally, training at higher velocities results in a high metabolic cost, meaning a greater amount of calories are consumed during the task. This translates to a body that is conditioned to work at a higher capacity and with higher fuel consumption.

The benefits of training through the spectrum of force and velocity are that it prepares the body for work, play and life. Each of us is certain to remember those situations in life that require us to move quickly and abruptly, whether they were playful, or out of urgency. As beings of locomotion, we need to move, and sometimes we need to move fast. So we prepare our bodies (and mind) to do so with ease.

[click here for more information regarding your health.](#)

## High Protein Diet May be Key to Weight Loss

Food for thought

In the new study, published in the American Journal of Clinical Nutrition, David Weigle from the University of Washington School of Medicine and colleagues set out the test the hypothesis that increasing protein while maintaining carbohydrate intake decreases the appetite, leads to the consumption of fewer calories and results in weight loss.

In an accompanying editorial, Dr Arne Astrup of the Royal Veterinary and Agricultural University in Copenhagen said that preventing weight gain is a more complex matter than simply telling people to eat less and exercise more.

A key take-home message of the Dietary Guidelines for Americans concerns calorie control and exercise, with consumers encouraged to choose foods in order to get the most nutrition out of calories consumed.

But Astrup argues that this is a simplistic strategy which assumes people have conscious control over their appetite and body weight regulation.

"I have never met an obese person who has worked hard to become obese and to maintain an excessive body size," he wrote.

For Weigle's study, 19 subjects followed three different diets, one after the other. For the first two weeks, they followed a weight-maintaining diet where protein accounted for 15 percent of calories, fat 35 percent and carbohydrate 50 percent.

For the second two weeks, they followed an isocaloric diet that was 30 percent protein, 35 percent fat and 50 percent carbohydrate.

Finally, for 12 weeks they followed a diet where there was no restriction on calories but the proportions, again, were 30 percent protein, 20 percent fat and 50 percent carbohydrate.

Their appetite, caloric intake, body weight, and fat mass were measured throughout, and at the end of each phase blood samples were taken to measure insulin, leptin (the hormone responsible for satiety) and ghrelin (the hunger hormone).

Weigle's team found that satiety was 'markedly increased' with the isocaloric diet but leptin was unchanged.

With the ad libitum high protein diet, the participants' average spontaneous calorie intake decreased by between 376 and 504 per day, their body weight decreased by between 4.4 and 5.4 kg and their fat mass decreased by 3.3 to 4.1 kg. Leptin levels 'significantly decreased' during this phase and ghrelin increased.

As carbohydrate remained at 50 percent during all three phases, the effects of the ad libitum diet would appear to be due to the high protein intake.

Astrup cited other research indicating that the high protein content of weight loss approaches like the Atkin's Diet and The South Beach Diet may actually be due to the satiating effects of their high protein content (30 to 40 percent of calories consumed) rather than the low-carbohydrate design.

As to the reason that protein is more satiating than fat, the mechanism has not yet been discovered. Weigle's results did not conclusively show that either ghrelin or leptin have a role to play.

Despite not knowing what triggers the increased satiety response, should we recommend that obese and overweight people increase their protein intake from 10 to 20 percent of calories to 20 to 30 percent?

The answer, according to Astrup, depends on "the potential adverse effects of a high protein diet". But the Institute of Medicine has found no clear evidence that high protein intake increases the risk of renal stones, osteoporosis, cancer or cardiovascular disease, and sets the acceptable range of protein intake as between 10 and 35 percent of calories.

Conversely, obesity increases the risk of developing cardiovascular disease, type-2 diabetes, arthritis, asthma and back problems.

The trouble is, many of the sources of protein in the American diet – such as red meat, cheese and whole milk – are also high in saturated fats. And saturated fats are known to raise LDL 'bad' cholesterol levels.

"It is preferable to replace sugars from soft drinks with protein from low fat milk, high-fat milk and dairy products with the lean versions, and possibly white bread and

pasta with lean meat, without reducing the intakes of fruit, vegetables and whole-grain products," said Astrup.

At present, 64 percent of American adults are overweight or obese, and 16 percent of children are obese.

According to a recent study in Health Affairs private spending on obesity-related health care increased tenfold between 1987 and 2002, from \$3.6 to \$36.5 billion.

"Perhaps now is the time to consider the economic and environmental consequences of increasing the population's intake of protein," concluded Astrup.

Certainly, the problem needs to be address. But whether protein could be the key to bringing the obesity epidemic to its knees, opinion is divided.

It seems unlikely that policy-makers will jump into bed with the likes of Atkins or South Beach unless protein's satiety mechanism is first unlocked, and the tactic is proven to be safe – irrefutably so.

### **FIT in the News! Steroid Use in Teenage Girls?**

By Tracey Downing for the Los Altos Town Crier

Since the beginning of modern times, young women have been trying to emulate whatever the public perception of the 'perfect body' is in the moment. From Twiggy to Marilyn Monroe, the shapes young women have strived to attain have covered a vast spectrum. The methods girls employ to achieve these goals have been about as varied as the goals themselves. Although, anorexia and bulimia are still a problem, there may be a new trend that is equally alarming.

Steroid use has been getting a great deal of media coverage as many of our sporting heroes have been subpoenaed to testify at congressional hearings. This has stimulated a national debate regarding professional athletes' willingness to do anything to gain an advantage and what that means for sports, and more importantly, it's trickle down effect on society. As a side effect of those hearings, a new population of steroid users has been brought out of the closet -- teen girls. In its June 2000 Youth Risk Behavior Surveillance report, CDC found that 7.3% of 9th grade girls and 5.3% of all high-school girls had taken steroids without a doctor's prescription. As with many surveys, the results of the survey conducted by the CDC, which stimulated this public and congressional debate, are being scrutinized. Harrison Pope, a psychiatrist and steroid researcher from Harvard Medical School, told members of the House Government Reform Committee those figures could have included anyone who had taken steroid-based medicines for poison ivy, asthma or birth control due to the way the survey was worded. Adding to the difficulty of ascertaining the scope of this problem is the fact that according to Lloyd Johnston, a University of Michigan professor who heads an annual government-sponsored survey on risky behavior by young people, said: "Other than pedophilia, [anabolic steroid use among teen girls] is the most secret behavior I've ever encountered."

Although the percentage of teens reportedly using and abusing these substances may be disputed, what remains undisputed is the negative impact these drugs can have on teens that are using them. Use of anabolic steroids can lead to serious medical side effects, including permanent heart and liver damage that may not, as well as

permanently 'masculinising' females. Previously the 'at risk' population was identified as being adolescents looking to gain a competitive advantage. What's so alarming about the current trend was highlighted by another survey performed in 13 high schools in Oregon showed that 2.1% of non-athletic woman had taken steroids compared with 1% of athletes. Anabolic steroids appear to be the latest addition to the list of harmful methods girls might employ in the pursuit of the perfect body.

This begs the question, does the problem truly lie with anabolic steroids or is it more the age old issues surrounding attaining the 'perfect body'. Assuming the later, it seems that the most effective strategy in combating steroid use among teen girls would be effectively educating them about healthy lifestyle choices and helping to boost their self esteem.

Tracey Downing is co-founder and co-owner with her husband of Focused Individual Training in Los Altos. She holds a degree in kinesiology from the University of Michigan. For more information, log on to [www.focusedtrainers.com](http://www.focusedtrainers.com).

### **Trainer Spotlight! Analisa Naldi!**

Analisa Naldi

MA\*, CSCS, USAW  
Certified Strength & Conditioning Coach NSCA  
Certified Weightlifting Coach USAWL

Analisa completed her BS in Sports Management and her basketball career at Menlo College in 2002. Heading to San Diego, she started working in corporate fitness while in pursuit of her MA in Kinesiology. After a year and a half of pre-requisite work and the beach, she relocated back home to the bay, ready to roll in the graduate program at San Jose State University. She continued to work as a personal trainer, Pilates Allegro instructor, and a part-time physical education teacher at St. Nicholas school. She is a Certified Strength and Conditioning Specialist (2003) and USAW Club Coach (2003). While entering her final two semesters of thesis work (\*completion date June '06), Analisa has decided it is time to dive into a world filled with more Olympic lifts, more functional training, and more intensity.

Between training and coaching girls hoops at St. Francis, Analisa spends those extra minutes working out, screaming at Oakland A's games and trying to get that thesis done! Analisa's favorite word is balance because it is applicable to every aspect of every person's life.

[To schedule a personalized session please contact: admin@focusedtrainers.com](mailto:admin@focusedtrainers.com)

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