



## FIT Health & Fitness Review

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### "Program Design" Mike Greeves, CEO, Hyperstrike.com

There are a thousand training programs out there. How do you know which is a good training program? Many are created with the "fun factor," pointing out that if you like it you'll keep at it. Unfortunately, by pumping the exercise program full of fun factors, its effectiveness is compromised – while the fun might get you going at the beginning, too much of a focus on fun instead of result won't get you far. Other programs are way too serious, telling you to "lift heavy or go home." While this is good for various competitive lifters, it won't give you a complete fitness program.



HyperStrike has been lucky in that thousands of people contact and tell us about their own exercise programs – enough so that we have a good insight into what a lot of people are doing out there. We are constantly told that they weren't getting the kind of result they wanted. After reviewing their programs, we can see why. It's in their program design.

A program design can bring great result or it can bring days, months or years of work with nothing to show for. Below we tell you some of the elements you should look for in a program design, so that you'll get the result you want and which you (and others) can see.

#### A Good Goal and a Good Plan

We can't emphasize enough that when you exercise you must have a clear goal and a solid plan to reach it. It is not enough to just exercise because you think it's good to do it. In the investment world, you wouldn't just put money into stocks because you think it's good to invest; you'd find the best stocks that give you the biggest returns. Otherwise you'd waste your time and your money. When you exercise, you should choose the best way to exercise in order to maximize your result and reach your goal.

Your goal, of course, is to become physically fit for whatever it is

you want to do, whether it is for sport, work, life or looking your best. If you're reading this, then it is obvious that you want to be fit and you want to look great.

Just like vague communication can disrupt or destroy a project, having a vague idea of what "being fit" is can disrupt or destroy your achievement of it. You should clearly have a working definition of fitness. Only then can you implement a plan to achieve it.

HyperStrike is here to define fitness for you, and then it is our job to give you the plan that helps you achieve it.

### **"More Random Thoughts" by Gabe Rinaldi, FIT General Manager**

For my September newsletter article I wrote a bunch of random thoughts. Apparently some people find it interesting to read random thoughts because I received quite a bit of positive feedback on that article. In an effort to provide my huge fan base (okay so maybe it's just a few people) with info they want to read I am writing another newsletter article with random thoughts. Like the September newsletter these thoughts won't relate to a single topic and will be very random.

It has been freezing lately and it seems no matter what I do (short of exercise) I can't get warm. Growing up in Lake Tahoe I can remember being very cold at times, but since I've been in the Bay Area the last 12 years I can't remember being this cold. My only logical conclusion is that I'm leaner than I've ever been and the lack of body fat is not helping the situation. I can definitely see where having an extra layer of fat would be beneficial to someone exposed to the elements.

As I'm writing this I'm 2 days away from vacation. We are going to San Diego for a few days, and then we are going on an 8-day cruise in Mexico with 13 family members. I've never been on a cruise so I don't know what to expect. I'm envisioning lots of food, random activities on the ship, hanging out at the pool, doing CrossFit workouts in the gym, and going on excursions. It should be fun!

We've had a lot of change at FIT over the last 12 months. We changed the flooring from carpet to the Mondo flooring on the large side of the gym and black mats on the small side. We got rid of the Olympic Platforms, 1 Squat cage, the Treadwall, and some misc. equipment. We started a CrossFit affiliate, created CrossFit group classes, and started incorporating some CrossFit philosophies in many personal training sessions. We created the FIT Forum on the Internet for people to discuss health, fitness, and nutrition information. We changed Jump Camp to FIT Kids and FIT Teens and refined those programs further. We revamped our website and we even have daily changing blog content on several of the pages. We continually



developed as a team. Most importantly we positively influenced the lives of hundreds of people. This last point makes our somewhat unique career choice rewarding.

The idea of "The Year to Compete" in 2007 hasn't really taken off. More details can be found here:

<http://www.focusedtrainers.com/forum/showthread.php?t=353>

As of this writing there are less than 10 people signed up in this. It would be beneficial if more people got involved. The goal is to get people training and competing in different sports for the fun of it. I personally haven't competed in anything the last few years. Even if I only do a few competitions in 2007, then I will benefit because it will be more than I have done in the recent past. I plan on trying many new activities in 2007.

I want to get into kickboxing and Jiu-Jitsu in 2007. I plan to take lessons and feel this will be a great challenge and functional workout. Additionally, it will be a nice feeling to know I have some skills should I ever need to protect my family or myself.

I have been eating better lately. The difference has been cooking at home more. We try to eat lots of veggies, lean meats, nuts, a small amount of fruit, and minimal to no processed foods. It requires frequent trips to the grocery store and dedicated cooking time, but it is much better for us. Another goal for 2007 is to become a better cook and to eat as healthy as possible.

It's weird how I always want more sleep during the week, but it is hard to go to sleep earlier to make that happen. On Sunday, the day I can typically sleep in, I often wake up somewhat early and then start doing stuff rather than trying to fall back asleep. I read a review of a book called Lights Out! Sleep, Sugar, and Survival. Apparently this book recommends a minimum of 9.5 hours of sleep per night in complete darkness. Since I typically wake up at 5:30 a.m. that means I need to go to sleep at 8 p.m. I often get home around 7:30 to 8 p.m. This means that the only thing I do at home is sleep. Somehow I need to make a few changes in my schedule to sleep more.

Automobiles are a hobby for me. It seems people are either car people or they aren't. Pretty profound eh! For some a car is simply a thing to get from point A to point B. I personally like fast cars that handle extremely well. One cool thing about technology is cars are getting faster, better handling, and the prices are relatively getting cheaper over time. It is going to be interesting to see the cars that come out in the next few years.

It is interesting to me that when someone becomes ultra successful they gain a sense of confidence. If they were to somehow lose everything, then I would guess they would be able to rebuild success fairly quickly due to the confidence and knowledge of having been there before.

Diseases are very scary. Health is extremely important and it is so sad to see someone come down with a random disease. I wish there was a way we had complete control over all diseases. It is especially sad when someone leads a perfectly healthy lifestyle and still gets struck with a disease. Here's wishing for good health to everyone!

I need to go home and pay bills. I better end this soon.

This past year has been a great year for my wife and I; however I feel 2007 is going to be the best year yet.

Thanks for reading,  
Gabe Rinaldi  
F.I.T. – General Manager

### **"Hitting the Punching Bag" Johnny Nguyen, FIT Exercise Director**

Lately some people have asked why I'm hitting the heavy bag so often. Punching the heavy bag melts off the mushy layer of civilized behavior and unravels me to the basic, raw strand of chimpanzee DNA. And it's a good stress-buster, too.

Throwing punches and hurling kicks at the heavy bag provide a full-body workout that returns many benefits. In addition to the mental benefit of relieving stress, working the heavy bag improves your balance, agility, speed, power, and coordination. It also develops your anaerobic and aerobic capacity while strengthening your joints and connective tissues. It teaches you the discipline to push through extreme fatigue when it's so easy to simply drop your gloves and stop. And it instills patience because throwing kicks and punches requires a thorough development of skill in order to land a strike without going to the hospital for a torn ligament in the wrist or elbow.

Throughout our teenage years my little brother and I achieved each a brown belt in Tae Kwon Do, and after a string of brotherly bruises and bloody noses mom decided that we would keep to only school sports. So I traded my Tokaido uniform for sprinting shoes. It was then that the skill of throwing punches and kicks was lost. And since then a host of entrepreneurs like Billy Banks, Amy Bento and Cathe Friedrich brought the fighting discipline to the commercial surface as a way for America to get into shape.

According to some great professional boxers and trainers like Freddie Roach, Russ Anber, Mark Messer and Danny Campbell, hitting with your hands, elbows, knees, shins and feet requires an appreciable amount of skill. Although I am currently what some would consider a monkey on crack at the



heavy bag, I am slowly learning the intricacies of throwing kicks and punches. I plan to also join a boxing and kickboxing camp called Fairtex in Mountain View ([www.fairtex.com](http://www.fairtex.com)), where I'm hoping to learn more basic but valuable techniques. There are many great books and videos available, and I now own over a dozen of them, all over-taking my wife's unwatched Netflix DVDs from two months ago. But nothing will be as good of a teacher as getting in front of the bag and patiently throwing some strikes.

You have to know the proper stance, which is always changing; but, even with the endless changing, there is always a right "stance" for every defensive and offensive maneuver, otherwise you would look a bit like me and become off balance. Ever watch an inexperienced hitter throw strikes at the bag or spar with a coach? The inexperienced hitter would typically step off balance, often tipping forward and crowding the bag or the sparring coach. Proper weight distribution and placement of the feet must be employed for every situation – striking, defending, and circling. Spending time with the bag is the best way to develop this balance.

You also have to develop a sense of timing, because the movement of the bag can trick you into throwing a punch that achieves nothing but air displacement and a foolish look. Developing timing means you also sharpen your decision to move and react. Moving too early or too late and you know it when the strike lands (if it lands at all). Moving at just the right instant and the strike feels good and solid. Right now, probably less than 10% of my strikes feel like this, while the rest needs work.

If I ever thought that punching is all about the fist, I now know better. With a simple right-hand cross, the entire body has to develop power and speed. It must move correctly to generate force from the floor, transferring it up the leg, across the hips, through the trunk, out into the hand and finally into the target. It is truly a whole-body chain of events, accomplished in a blink of an eye. The left hook requires the same transfer of power through the kinetic chain. (My obliques were sore for days after the session in which I first learned to throw a proper hook.) Slipping to the side for a defensive maneuver and then throwing a counter punch puts more work into the core than I had imagined. And a simple jab, which most people think is just a quick reach of the lead arm, is actually based on a sharp burst of motion from the hind leg, delivering the fast-twitch pop through the hip and across the torso and into the opposing arm, and finally into the target that would be the fat nose of a bully who stole your lunch money in 3rd grade. With punching, everything is from the ground up. Punching is not about the fist.

And kicking is a whole-nother dimension. The skill of kicking hasn't returned from my days of Tae Kwon Do, but the kicking

on the heavy bag isn't quite the same as the kicks I learned in karate, when they were more for "art" than for conditioning. Now I just want to kick the living shit out of the bag, but my friend and colleague Karen would always walk up and remind me that, without technique, I look like a monkey on crack. So it is "easy" kicking until my skill improves... then I can unleash like a rhesus monkey

### **"How to Lose FAT, not WEIGHT" by Scott Kolasinski**

For millions of people, this is the time of year that they have determined they are going to go on that diet: "The End All-Be-All Diet;" the one that will finally achieve that weight loss that no other could achieve because they are tired of carrying the access baggage that has accumulated over the past several months/years.

Well, if you are among the thousands that are embarking on this task, I will now reveal to you what you must do.

I will forewarn you, if you in any way shape or form argue with these suggestions, then you are not ready to lose weight. If you are going on a "diet" – meaning that you will eat only certain foods for a short period of time, like the South Beach Diet, Atkins Diet, or any other fad diet – then chances are you will fail within the next year of achieving and maintaining your fat loss goals. If you are not willing to write down your foods and weigh them, at least for a good 5 days, then you will eventually fail.

You MUST make a lifestyle change, period. Any ideas of eventually eating and drinking the way you once did will bring you back into the same boat that you are in now. The fact of the matter is, we all must always work to maintain a healthy and fit lifestyle every day. Therefore, for those of us wanting to lose fat and get fit, the voyage never ends. The intensity will subside to some degree, but there is never a day of thinking you can just forget about what it means to eat healthy and lead a life of indulging in food.

Probably the most popular elderly fitness person is Jack La Lanne. Today he is well into his 90's, but he still workouts an hour per day. An interviewer once asked if he still enjoys working out. He said he hates it! But he looks at the potential alternative, and he would hate being that way more. Therefore, you must understand that exercise in some form must be a part of your life. You must make time for exercise the same way that you make time for your doctor's appointment, your child's game, or your birthday party. A sport or some form of recreational activity is easiest to maintain. Remember: the best exercise to get fit and maintain is the one that you will do.



As for how to eat, for some this is the toughest part. I cannot tell you what you can and cannot eat per se. There are no "good" and "bad" foods as much of the media would like you to believe. There are foods that you should be eating primarily and those that you should limit.

If you follow the guidelines I outline below, I promise you will succeed, feel better, live longer, believe you can achieve anything you put your mind to and improve your health parameters, such as lower blood pressure, healthier cholesterol and triglycerides.

Follow these guidelines at work, home or just chillin'. Copy these guidelines and post them on your refrigerator, put them in your purse, and keep them at the office wherever you will see them daily:

- Eat nutrient dense food and limit your intake of processed, "convenience" foods.
- Eat approximately every three to four hours to maintain blood sugar levels (approximately 5-6 times per day).
- Your carbohydrate sources should come primarily from raw and steamed vegetables, especially green veggies, and some fruit, but limit fruit's consumption (except berries, all of them are fine) – too much sugar.
- The primary types of starch you should eat are yams, sweet potatoes, brown rice, and occasionally wheat bread and whole grain, high-fiber cereals (unsweetened). These foods are a source of fiber, vitamins, minerals and phytonutrients – the health protective substances in plant foods.
- Choose protein sources from turkey, chicken, eggs, fish (although cold water fish have higher fat content, these are much needed healthy fats), lean cuts of beef, tofu, low fat cottage cheese.
- Choose healthy fat sources from nuts, avocados and cold-water fish. Eat 40-80g of fat per day, avoiding saturated and trans fats. If you do not get enough of these, take an essential fatty acid supplement or fish oil supplement (1-2 tablespoons/day).
- PLAN the following day's meals. This is very important for success. Fat loss is a journey, and you would not go on any journey not properly prepared. Prepare the same way. Time management will be essential on an assortment of levels.
- Drink water primarily. You need 1 liter for every 1000 calories per day, but an additional liter may be beneficial.

- Eat a diet that consists of a wide variety of foods by keeping in mind the basic food groups. It is the best insurance for getting needed nutrients.
- Your carbohydrate:protein:fat ratio should be 40:40:20 or 40:30:30.
- Limit alcohol intake to 1-2 drinks per week.
- Consume 30 to 40 grams of fiber per day. High fiber foods include whole grains, vegetables, fruits, and cereals. Read labels and be aware of fiber content in everything you eat.
- Record your foods in a food journal. This is the most effective way to change your eating habits for the better, and “see” what and how you are eating throughout the day. You will need a Food Journal and Food Scale to calculate your macronutrient totals.
- Take your body weight times 10 to determine approximately how many calories you need per day. The more active you are, the more calories you can eat. You may need several weeks of trial and error to determine the correct amount of calories you need to lose fat.
- Avoid high-fructose corn syrup and excessive table sugar. These include candy, juices, desserts, etc. They have no place in our bodies!
- Use meal replacement shakes or nutrition bars whenever necessary. Always keep bars available such as in a book bag, purse, glove compartment, locker, or wherever poor nutrition might be the alternative such as at a competition. Try an assortment of brands to see which you like.
- Take a multivitamin/mineral capsule in a gel-cap from a reputable brand.
- You do NOT need a “weight loss” supplement to be successful.
- With all of the given guidelines here, keep in mind that you MUST stay within your estimated caloric need. If you are not seeing changes as expected, then you may need to lower your Lifestyle caloric need.

Have fun. If you have any questions concerning this article or you would like to make an appointment with me, please don't hesitate to ask. You can contact me at [scott@focusedtrainers.com](mailto:scott@focusedtrainers.com).

Until next time...

## **FIT Client of the Month! Betty Tight**

Name: Betty Tight

Age: 80

FIT Member since: May 2001 when FIT opened its doors!

Goal: "to stay as fit as I can, and to work on better posture"

Results: "I have made new friends, maintained my body weight and I  
Have improved overall strength and balance."

Likes: Hiking, playing tennis, Traveling and Tailgating at Stanford Football Games. (Betty is a Stanford Alum)

Dislikes: "being lazy and box step-ups"

Goals: Betty new goal is jumping rope. "The last time I jumped rope was when I was 12 years old"

Keys to success: "Perseverance-just keep going and fight laziness."

Betty has been working out consistently two times per week for the last 8 years. Her main goal was to maintain what she already had and to stay as fit as possible. She tries to play tennis once a week and she enjoys hiking as well, sometimes going on hikes up to 10 miles long. Betty works hard every time she is in the gym and is a pleasure to work with. She sets a great example for all of us, and is very inspirational.

According to Betty.....:

"I feel very grateful and lucky to have found F.I.T. and it has rewarded me all along the way. What a welcoming, friendly and encouraging place it is. Everyone here makes me feel 20 years younger and not like their grandmother! That's a neat feeling! I give a lot of credit to my tough trainer, Kris, who will hardly ever let me get away with anything. I have been often impressed by his knowledge of this business and I expect him to go far in whatever he attempts in the future. Although I haven't managed to improve my posture completely the way I would like, I definitely know that it would be worse if it were not for my time here at FIT. Most of it is up to me, I know, but I now have the tools to improve it."



## **"Understanding ACL Injuries" – Chris Reed MPT, OCS, ATC**

### ACL Injuries

With the football season winding down and basketball season heating up, let's discuss an injury that is common in both sports. Nearly 200,000 Americans sustain a tear of the Anterior Cruciate Ligament (ACL) annually. Female athletes are 3-4 times more likely to suffer from an ACL injury than male athletes, with a majority occurring in females between the ages of 15-25. Let's examine the anatomy, mechanism of injury, signs and symptoms, non-surgical vs. surgical treatments, and the rehabilitation process.



#### Anatomy:

The ACL is one of the primary stabilizers in the knee. It runs diagonally through the middle of the knee originating from the anterior medial aspect of the tibial plateau and inserting into the posterior medial aspect of the lateral femoral condyle. Two bundles are braided together throughout the length of the ligament. It acts as the primary restraint against anterior tibial translation on the femur.

#### Mechanism of Injury:

There are two common ways the ACL is torn. The most common mechanism is from a hyperextension of the knee, usually as a result of landing on a straight leg. The other mechanism is during deceleration combined with a rotational movement, such as cutting. About half of ACL injuries are combined with damage to other structures in the knee, most commonly the medial meniscus and/or medial collateral ligament.

#### Signs and Symptoms:

Commonly the athlete will feel and hear a loud pop in the knee. There is usually an initial sharp pain, that resolves relatively quickly. There will be a large amount of swelling that develops over the next 15-20 minutes. The knee will feel loose and unstable in weight bearing and with ligamentous testing. The knee will become stiff to movement due to the swelling. It may be warm to the touch. The athlete will often require crutches and a knee immobilizer for the next several days to weeks. Initial treatment should include resting, icing 20 minutes at least 4 times per day, keeping the leg elevated as much as possible, and working to regain control of the quadriceps by trying to tighten the thigh and straighten the knee.

#### Non-Surgical Treatment:

In the majority of cases it is advisable to have the torn ACL surgically repaired. However, for the athlete that plays non-contact sports that do not require a lot of cutting, twisting, or change of directions, a course of physical therapy may be all that is required. The initial care in the surgical and non-surgical case is essentially the same. The initial goals are to eliminate the swelling, regain full extension range of motion, and restore voluntary quadriceps control. Once the athlete has achieved these goals, then a progressive strengthening program will be instituted to regain strength and coordination in the injured extremity. The athlete can expect this process to take between 6 and 9 months before feeling ready to return to athletic competitions.

#### Surgical Repair:

There are a variety of surgical options to choose from. The first decision to be made is whether to use a graft from your own body (autograft) or from a cadaver (allograft). Most of the time this will be based on the recommendation of your surgeon. If the autograft procedure is chosen, the graft will be harvested from either the central third of your patellar tendon or from one of your medial hamstring tendons. Less often, the graft is harvested from the quadriceps tendon above the patella. In the greater San Francisco Bay Area, most of the surgeons prefer to use the allograft procedure because there is less secondary tissue damage since there is no graft being harvested from your body. This allows for a less painful and quicker initial recovery.

#### Rehabilitation:

The initial phase of rehabilitation will focus on the same things discussed in the non-surgical section. The first one-two weeks are non-weight bearing and often a continuous passive motion machine will be used at home for several hours every day. The first 6 weeks will focus on regaining the ROM and voluntary control of the quadriceps muscles. Normalizing the gait pattern will also be of primary concern. The six to eight week mark after surgery is very critical. This is when the athlete is starting to feel pretty good and the new ACL is at its weakest. Once the athlete has regained full range of motion, the focus will shift to restoring full strength, coordination, and balance in the surgically repaired lower extremity. The athlete can expect it to take 9-12 months to return to athletic competition following ACL reconstruction.

I hope this article has provided you with a better understanding of ACL injuries and the recovery process following an injury. Please feel free send me any question relating to ACL injuries and/or rehabilitation at [chris@agilept.com](mailto:chris@agilept.com).

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