



Welcome to May edition of FIT NEWS!

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**FIT Client of the Month! Diane Giancarlo**

Dianne Giancarlo was a practicing lawyer who was also a co-founder of a successful law firm. Hard work, family, and professional commitment prevented her from taking care of her health and fitness, and the fact that she has never been an active person didn't help. Something had change if she wanted to live a quality and full life, the kind that the grandchildren can happily remember.

So she left the law firm and decided to focus on her family and her health and fitness.

She started a running routine, but realized quickly that she needed strength training as well. So she engaged in a weight training program on her own and she -- as is quite common -- eventually injured herself. Her doctor advised her to seek a personal trainer, from whom she can receive professional instructions. She has been using a personal trainer ever since. Now she is an excellent representative of health and fitness. Not only does she train with weights at FIT, but she also plays tennis extensively in a local club, and she has done several running relays and completed a marathon (the beautiful Big Sur marathon). She has begun training with the Olympic-style lifts, which she commented has helped her tennis performance. She continues to do all these things with relentless passion to stay in shape, maintain a high level of energy, improve performance, increase strength, and enhance vitality. With all these wonderful qualities, she can now proudly and easily stay young like her daughters and live well for the rest of her life.

Those reasons clearly indicate that she, like so many of our clients, represents someone who successfully transcended from a mostly sedentary lifestyle to one that is undeniably



healthy and fit.

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

### Ask the FIT Experts!

Question:

"I am very motivated for getting fit and healthy and I'm open to any methods that will get me there fast. I understand that Olympic-style lifting is the way to go, but I want to be assured that this type of lifting is the "real deal" and not a fad. Is it here to stay?"



Staff collective answer:

As a natural method to measuring strength and power, the lifting of weights was practiced in the ancient Greek and Egyptian societies. Lifting weights became an accepted sport in the first Modern Olympic Games, in 1896, Athens, and inherited the name Olympic Weightlifting. The first World Championships in this sport, however, was held five years earlier on March 28th, 1891, in England. Modern Olympic Weightlifting comprises of two competitive lifts: The Snatch, and the Clean and Jerk. The practice of these two lifts outside of the Olympic Games, however, is referred to as "weightlifting" (one word), or Olympic-style weightlifting. The fact that Olympic-style weightlifting spans three centuries (1891 through the 20th Century and into the 21st Century) makes it the most researched and well-understood strength-training activity. It is, as you inquired, the real deal.

In the 1950s and 1960s the popularity of Bodybuilding -- the era of big muscles, the birth of the physique culture -- changed the style of lifting weights to what is commonly seen and replicated in most gyms today: Extensive use of exercise machines, higher repetitions per exercise, excessive focus on training body parts separately (as oppose to the whole body), and the trade-off of function for mostly form.

Bodybuilding-style training began overshadowing Olympic-style weightlifting. In fact, bodybuilding principles still have a prominent grip on many of today's gym practices, health-club programs, magazine articles, and physical therapy prescriptions. Although one of many good ways to train, bodybuilding falls short of delivering the kind of functional qualities achieved through Olympic-style weightlifting.

Olympic-style weightlifting not only provides numerous benefits (see previous "ask the expert" question on weightlifting), it is also statistically safer than most popular

sports, having among the fewest injuries per participation hour. In fact, fewer injuries occur with weightlifting than regular weight training. This is perhaps due to the fact that participants of Olympic-style weightlifting typically spend a lot of time learning and acquiring technique, and that, without technique, lifting large weight is simply not possible. The nature of Olympic-style Weightlifting is that, if you don't have good technique, you generally can't lift a heavy enough weight to cause injury. There are other factors that contribute to the safety of Olympic-style weightlifting, such as the option to drop the weight if the technique is not perfect, and the specialized bar is made specifically for Olympic-style weightlifting. No single style of training should make up an entire fitness program, but because of the functional benefits and the safety of Olympic-style weightlifting, it is, without argument, here to stay.

(references available upon request)

[Click here to ask our experts a question of your own](#)

## Dropping Body Fat with Cardio Workouts!

by FIT Staff

Question:

Clients often perform cardio on their own at FIT, and many of them do it at a steady-state, low-intensity level. Is this the best way to lose body fat?



Staff collective answer:

It seems that higher intensity training consumes more calories, and that the more calories burned during the activity, the greater the fat loss, no matter what the source of these calories -- carbohydrate, fat, or protein. The overall number is the goal to losing fat mass.

But the calories burned during the activity is only a partial solution. The calories that continue to be burned after the cessation of activity is a significant factor in losing body fat. Exercises that push the body into anaerobic metabolism tend to have the greatest effect on how many calories continue to be burned after the activity. These exercises include weight training, Olympic-style weightlifting, and high-intensity interval training (such as sprinting on the treadmill, bike or Concept 2 rower). This "afterburn" is called excessive post-exercise oxygen compensation, or EPOC. This is a process that returns the body to

homeostasis: clearance of lactic acid, re-oxygenation of tissues, glycogen refuel, etc. This process itself requires energy, and this energy comes from the oxidative system, where fat is the primary source.

In short, the more you can push the body into the anaerobic metabolism, the longer the EPOC. Interval training allows the individual to truly push harder than steady-state training. There is actually a lot of information on EPOC. Below is just a few of the studies out of dozens that we found in the past couple of weeks. Please check them out.

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

### **FIT Brings Back the Pancakes to support Cancer Research!**

A Town Crier Report

The annual Rancho Shopping Center Pancake Breakfast is scheduled 8-11 a.m., May 7, after having been canceled last year for the first time in 45 years due to a lack of volunteers.

The event is sponsored by Covington School and FIT. Proceeds will benefit the Los Altos-Los Altos Hills Relay For Life.

The breakfast will continue the tradition of pancakes, sausage and orange juice for the low cost of \$5 for adults and \$3 for children.

The Los Altos/Los Altos Hills Relay For Life, sponsored by the American Cancer Society, is scheduled to start at 10 a.m. and continue for 24 hours, June 25 and 26, at Los Altos High School.

Breakfast organizer Tracey Downing of FIT was diagnosed with breast cancer in November 2003. She began treatment as she proceeded with her plans to be married in February 2004. Three weeks after she finished her cancer treatment, Downing and her husband participated in the first Los Altos/Los Altos Hills Relay For Life last year. They are expecting their first baby this fall.

Relay For Life raises funds to help prevent cancer, save lives and diminish suffering from cancer. The event also raises



awareness of cancer prevention, early detection, treatment and patient support.

For more information, call Jeanne MacVicar at 917-7979 or log on to [www.losaltosrelay.com](http://www.losaltosrelay.com). Additional information about the relay will be available at the pancake breakfast. [Click here for more information!](#)

### Trainer Spotlight- Jimmy Noriega

James "Jimmy" Noriega

Bachelor of Arts, Sociology  
Certified Strength Conditioning Specialist  
USA Olympic Weightlifting Club Coach



James has been a strength and conditioning coach for over seven years working with a wide range of clients from professional athletes to adolescents. A Stanford University graduate, James is CSCS certified and a USA Olympic Weightlifting Certified Club Coach. He played baseball four years at Stanford University and two years of basketball at Skyline College. The past four years James has worked together with Riekes Center Physical Therapy directing the Overhand Sports Rehabilitation Program, addressing the rehabilitation, strength, and biomechanical needs of injured overhand throwing athletes.

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

### HAPPY 4th ANNIVERSARY TO US!

FIT Celebrates it's 4th anniversary April 1st, 2005. Please take advantage of the free 2 on 1 training session as a thank you for all of your support over the years. We look forward to many more years of 'Training the Athlete in Everyone'.

[Please click here to take advantage of our special offer.](#)



For more information regarding FIT:  
Visit - [www.focusedtrainers.com](http://www.focusedtrainers.com)  
Call - 650-947-9831