



Welcome to YOUR September 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.
[Click here for the full article.](#)

FIT Client of the Month. . . Larry Blum!

Larry Blum

Larry is a man in his mid 60's who could probably walk on for freshman football at St. Francis in the fall. He started training with Thom about one year ago. This was his first exposure to an organized weight program. He had run and played tennis during his adult life, but needed something extra that could keep him in shape during his retirement. The byproduct of Thom's initial work was a drop in bodyweight and most importantly a big drop in body fat. He now is a 6'1" 180 lb man with body fat in the teens.



Thom got him ready with all the base strength and mobility, and I now train him and have advanced him towards a program that includes plyometrics and Olympic movements. Larry can now jump on a 36 in box and can power clean 65 kilograms. The offer is on the table for a position on my soph frosh football team as a third down pass rushing specialist fully utilizing his length and

explosiveness. Keep up the good work Larry and let's get to a bodyweight clean and jerk.

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

Ask the FIT Experts!

Q: Should my adolescent child be lifting weights?

A: More and more adolescents are participating in sports. To augment their performance in sports they also engage in weight training. Already training and competing in their sports, is it beneficial for young kids to add strength training to their program?

Several studies show that children and adolescents do in fact benefit from strength training. Adolescents can gain neuromuscular strength, possibly due to increases in neuromuscular coordination and activation (1, 2, 3, 6). Muscular size increase was not significant, however, because at these ages the status of endogenous androgen (the body's own hormones) isn't optimal for muscular growth (2). The main benefits of increasing strength are improvement in motor qualities for various sports and lower risk of injuries in contact and non-contact sports. This increases the child's athleticism and confidence.

Adolescents not directly involved in sports may also benefit from strength training. Increased strength may improve motor qualities in activities of daily living. Also, just as it reduces the risk of athletic injuries, strength can reduce the general risk of injuries for the non-athlete. Further, strength training can establish a physical and psychological foundation for habitual physical activities as these kids mature into adults. One study also reveals positive effects of strength training on the emotional well-being and the body image of females (all test variables improved significantly after strength training twice per week for 15 weeks) (4).

Please email Johnny@focusedtrainers.com for a list of references or with questions.

[Click here for the full article.](#)



FIT Nutrition Update! Milk Thistle, is it important?

Are There Benefits of Milk Thistle?

In October of 2000, the Agency for Healthcare Research and Quality (AHRQ) filed a report entitled: "Milk Thistle: Effects on Liver Disease and Cirrhosis and Clinical Adverse Effects." The following is a summary of that report and some other proposed applications of milk thistle.

What is milk thistle?

Milk thistle (*Silybum marianum*) is a plant native to the Mediterranean and grows wild throughout Europe, North America and Australia.

Milk thistle has been used in Europe as a remedy for liver problems since the Greco-Roman era. Its use was recorded in the first century (AD 23-79), noting that the plant was excellent for protecting the liver. Early Christian tradition dedicated milk thistle to the mother of Jesus, calling it Marian thistle. In the 19th century the Eclectics used the herb for varicose veins, menstrual difficulty, and congestion in the liver, spleen and kidneys. Milk thistle has also been taken to increase breast-milk production, stimulate the secretion of bile, and as a treatment for depression.

How does it work?

Evidence exists that milk thistle may protect the liver through a number of mechanisms: antioxidant activity, blocking of membrane toxins, enhanced protein synthesis, antifibrotic activity, and possible anti-inflammatory or immunomodulating effects.

[Click here for the full article.](#)



Jump Camp Update!

By Paul Doherty

Several new young faces have joined "Jump Camp" here at FIT, a club formulated in the same essence of the already present Barbell Club. In all, 12 kids have started workouts as early as June of this summer and have all made tremendous progress. We work mostly coordination, agility, balance and explosion types of exercises, with lots of emphasis on plyometric drills that include a variety of jumps. We have witnessed these young athletes go from one or two skips on a jump rope to a camp record high of 164 skips in a row by Alex Stitt, a 10 year old fifth grader down the street at pinewood school. Children at this age,



ages 8-14, have the potential to make huge strides of progress and all are improving drastically. The intensity level has picked up significantly with the young athletes doing upwards of 180 sit ups in a workout, accompanied by 180 explosive jumps. Furthermore, the Barbell Club, where some of our patrons visit the weightroom 5 days a week, has also seen a surge in attendance. Some of our veterans such as Danae Le and Amy Buck have seen a distinct transition in the attendees, and have taken it in stride continuing to make progress. Just recently, Danae won a pull up contest against one of our esteemed male trainers by completing 19 fully enforced, strict pull-ups, edging out the heavily favored Ben White who posted an admirable 18. Amy has recently invested in a pair of weightlifting shoes and improved all of her lifts with personal records in nearly every exercise in the past 3 months. Our main focus has been to develop a full range of motion in the classical lifts, and thereby gain strength with flexibility. With this recent success, we have been encouraged to start up a competitive team of lifters, The FIT Barbell Club, who will compete in a variety of competitions throughout the year.

[For Information about Jump Camp and it's coaches click here!](#)

Trainer Spotlight! David Amacher!

David Amacher MA, ATC

Master of Arts, Kinesiology
Certified Athletic Trainer

David is originally from South Bend, Indiana where he attended DePauw University earning a BA in Kinesiology. Upon graduation, David abandoned the frigid winters and humid summers of Indiana and headed west to sunny California to attend San Jose State University where he earned his MA in Kinesiology.

While attending San Jose State, David was the Assistant Athletic Trainer at Foothill College and a faculty instructor in Sports Medicine. After graduating, David stayed in San Jose (still avoiding the weather of the Indiana/Chicago area), working in the corporate fitness field as a Program Manager for Club One Pro Services.

While not at work, David enjoys weight training and sleeping. On the weekends David enjoys going out dancing, eating vast amounts of "cheat" foods, and watching College and Professional Football.



To schedule a personalized session please contact:
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