

# THE "FIT" REPORT



## THE TOP TEN REASONS

IHRSA (Internation Health, Racquet and Sportsclub Association) has recently published the top ten reasons to join a health club in 2009:

1. **Heal Mind and Body:** Exercise can aid in rehab from illnesses and chronic disease while improving strength and cardio health, reducing stress and easing the effects of depression and other diseases.
2. **Practice Prevention:** Exercise is a form of preventative medicine that research has shown can lower the risk of many chronic health problems while helping to stave off the effects of aging.
3. **Improve Work Life:** Exercise can boost employee morale, increase productivity and lead to decreased absenteeism.
4. **Save Money:** Health club membership remains an incredible value for the cost, and could help members save on medical costs in the long run.
5. **Make a Difference:** By joining a club and exercising, members are doing their part to reverse the alarming increase in obesity rates in America.
6. **Spread the Health:** Members can take the lead and be an example of healthy living and wellness for family, friends and their community.
7. **Weather the Storm:** Health clubs give members a safe, protected place to workout—no matter what the weather is doing outside!
8. **Better Together:** Health clubs provide a supportive environment for members to meet new people, build friendships and network. Enlisting the support of others can increase motivation and make it easier for members to achieve health and fitness goals.
9. **Variety is the Spice of Life:** Many give members an array of workout options to choose from in one place, which helps combat boredom.
10. **It's Deserved:** A health club membership is not really a luxury—it's an investment in health!

**FITNESS FANATICS** has also published its TOP TEN reasons to be a Fitness Fanatics member in 2009:

1. **It's the best part of your day—every day:** A warm, non-intimidating atmosphere and high energy exercise environment where everyone knows your name.
2. **Service Driven—Not Sales Driven:** It's that simple! Our staff is number one!
3. **Number one Spinning Program:** State-of-the-art spin bikes, equipped with personal computers. All bikes operating at 100% almost always. Certified instructors and great music too!
4. **Experience:** Almost 50 years total between your FF personal trainers.
5. **Availability:** Need to get on a treadmill for 60 minutes?—no problem. Equipment is almost always available without another member breathing down your neck and there are no time limits!
6. **Cleanliness:** Our cleaning is done within, by all staff members; trainers included. We care and an immaculate gym is at the top of our list.
7. **Cost effective Shared-Time Training Programs:** Call around—you won't find a per session rate that comes close to ours (and don't forget about #4—that's value).
8. **Members:** There isn't a bad one in the house. Truly the friendliness group of people you will encounter.
9. **Club Membership Fee:** It has been the same for years and **EVERYONE** pays the same rate. Out of loyalty to our veteran members, we do not offer specials to obtain new members.
10. **GYM PARTIES and Special Events!!!** - Fun Fun Fun!! Lots of good stuff scheduled for the summer months!

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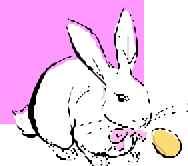
**"Committed to retaining good members,**

**Committed to retaining good employees,**

**&**

**100% committed to energizing all to remain fanatical about**

The Gym will be closed on  
Easter Sunday!  
Have a great one!





**“Those who believe  
they can do some-  
thing are probably  
right—  
and so are  
those who believe they can’t”**



**FITNESS FANATICS BRINGS 10 TEAMS**

To Pittsburgh Marathon Relay  
We are officially a “Challenge Team”

Best of luck to the following individuals who will be competing for Team Fitness Fanatics in the Marathon Relay on May 3rd:

**Team 1:** Craig Troyer, Brennan Troyer, Lisa Troyer, & Brittany Troyer

**Team 2:** Dawn Oliver, Donald Snyder, Steve Busalacchi & Beth Busalacchi

**Team 3:** Lynda Johnson, Rick Goodwill, Michael Mihalich & Ashly Albert

**Team 4:** Sharon Skittle, Lora Colton, Sean Snyder (2 legs)

**Team 5:** Dee Anthony, Rose Kopp, Mary Ann McLain, & Gretchen Donnelly

**Team 6:** Matt Putila, Nancy Brown, Denise Cavanaugh, & Marla Albert

**Team 7:** Jodi Medvitz, Phil Cook, Adam Wingertsahn, Kirk Kaszak

**Team 8:** Heather Haley, Cheryl Vlasach, Cauleen Lee, Terri Wingertsahn

**Team 9:** Michelle McLaughlin, Tom Chaffee, Katie Robison, & Joe Ryan

**Team 10:** Ashley Schmider, Julia Carey, Eryn Aiello, & Mike Lavin

Debbie Weber, Amy Movahhed, Meghan Vietmeier, & Katie Olczak are signed on to run the 1/2 marathon and Debbie Lutton and Roberta Snyder are going to run the entire 26.2 miles!! They are all doing some serious training!

Congratulations to our avid runners Debbie Lutton and Roberta Snyder who completed the ‘Just a Short Run’ in North Park on Saturday 3/28. A short run my butt—it was 18 miles! Ugh! Nice job ladies!

Get ready for your vacation  
**SPRING TANNING SPECIAL**

Purchase one month unlimited  
tanning and receive one month free!



A \$40.00 Value!

**ATTENTION DOG  
LOVERS**

(Here's another challenge)



PAW'S FOR CANCER WALK

(ok ok I'll Go)

Saturday, April 25th  
Fairview Park/South Fayette  
One mile lap for pets and owners in support of the  
American Cancer Society  
Flyers are located in gym!  
Or contact Cathy Ainsworth  
[billcathworth@verizon.net]

**Please note the comment box located at  
the front of the gym. Your comments  
and suggestions are very important to  
us—so PLEASE feel free to tell us  
what's on your mind!**

# "SPRING INTO SHAPE" Challenge

## It's Back to Going Solo!



On Monday, April 20th our annual "Spring into Shape" challenge will kick-off. Remember in last month's newsletter... "CHALLENGE yourself Daily?" Well here is some help in doing just that.

Our last two challenges were pretty elaborate team competitions and we look forward to doing similar events in the future—but we thought it was a good idea to throw in another individual competition for those of you that really want to push yourself without the pressure of strong and weak links or trekking across the United States.

This will consist of a simple log that you will keep yourself and several tasks must be completed during the two month period.

The spring months are truly the season of exercise. Everyone is struggling to stay consistent and they are thinking about upcoming vacations, nice weather, and swimsuits. More people will begin an exercise program in March and April than in January—believe it or not.

We are fortunate to have a higher percentage of "active members" than industry standards. With that fun fact being said, let's PLAY BALL!

Here is your task list:

- ?? 10 Spin Classes
- ?? 10 Group Classes (any class but spinning)
- ?? 600 Crunches
- ?? 600 Squats
- ?? 600 Push-ups
- ?? 10 Hours of Cardio using any Cardio Equipment in the gym or logging your time for outdoor activities such as; running and biking.
- ?? Drink 80 oz. of water each day
- ?? Make 7 out of 10 Good Food Choices Daily
- ?? Eat Breakfast Everyday—even a breakfast bar or banana will do!

**BONUS POINTS:** You may accumulate bonus points

that can be used towards one of the class requirements or one hour of cardio by doing the following—

- ?? The dreaded "Raw Diet" for one day.
- ?? Refer a friend to the club,
- ?? A "Pennies from Heaven" Contribution
- ?? A "30 minute" Pilates session on the reformer with Sharon. (\$30.00 fee)

Optional Bonus: Purchase 3 personal training sessions for \$99.00. Each session may be applied to any activity on your task list. These personal training sessions will not only help you with the challenge, but you are sure to get a 3 great workouts and probably learn a great deal in the process. If you are a current PT client, you may also use up to 3 of your scheduled sessions during the 8 week period to apply to task list. Crunches, Squats and Push-ups must be accomplished outside of Group Exercise Classes or during a scheduled training session.

Your main reward will be guaranteed RESULTS. Imagine yourself at the end of the challenge. Your phenomenally fit body, your sound mind, perhaps a few pounds lighter—what more could you want.....besides the eligibility to win the grand prize drawing of a 6-week personal training package! All finishers' names will be placed into a hat for several drawings, including the grand prize.

Sign-up at the front desk. Copies of the exercise log will be available soon.

"Challenge yourself Daily" (March Fit Report) - this is sure to help you do it!

"Life's Challenges are not supposed to paralyze you, they're supposed to help you discover who you are."

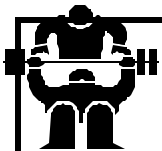
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*Are you in, or not?*



## TRAINING TIP OF THE MONTH

### 600 hundred crunches, squats and push-ups? Simple!



Since most of you have probably decided to participate in the "Spring into Shape Challenge," here is a great Circuit that will help you incorporate the dreaded 600.

You've heard it a number of times at the gym.... "Circuit Training." At Fitness Fanatics we are big believers in the benefits of circuit training. There is no workout that will burn more calories and get you more fit faster. If you have set training goals to improve your coordination, agility, strength and power, circuit training is a must and should be implemented in your current training program at least once a week. Circuit training is efficient and efficiency produces less effort for desired results. Watch the trainers training clients. Often you will see a client go from station, to station, to station, with very little or no recovery time.

Think about the coordination that it takes. Coordination is synergistic functioning of muscles or groups of muscles in the execution of movement. It is teaching the body to adjust and adapt to movements orchestrated from one body part to the next. Strength is the foundation of athletic performance. It is the ability of a muscle group to exert maximum force. Increased strength will reshape and sculpt the body, boost metabolism, strengthen bones and contribute to improved speed, agility, power and overall conditioning. Power is the application of strength. The ability to generate maximum force in the fastest possible time. Power is developed from a combination of quickness and strength. Speed is the development of quickness. Agility is the ability to change directions without the loss of speed, strength, balance or body control. Agility depends on a variety of athletic demands: strength, balance, speed, power, flexibility and stamina.

**CREATING "THE CIRCUIT" WORKOUT:** I have listed a full-body circuit that incorporates all major muscle groups and focuses on coordination, agility, strength and power. I encourage you to give the following a try on your next visit. It will

kick your butt and help you to quickly tally up your requirements of crunches, squats and push-ups.

1. Warm-up on any cardiovascular machine for 5 to 7 minutes.
  2. Lunge walk with medium weights on shoulders (8 to 15 lbs.) up the gym floor and back.
  3. 20 push-ups (modify if needed)
  4. Lat pull downs, moderate weight, 15 reps
  5. 20 controlled squats standing on Bosu (hold medicine ball or body bar to add weight)
  6. 20 squat jumps on Bosu Ball
  7. Treadmill 1 minute, fast pace (you will only be running for 1 minute, so make it fast)
  8. Repeat all of above one more time through
  9. Repeat Lunge Walk
  10. 20 push-ups
  11. Seated dips off green bench, 15 reps
  12. 40 crunches sitting on Bosu Ball
  13. 20 Wide Squats (Plie style)
  14. 20 squat jumps
  15. Treadmill 1 minute
- Repeat # 9 through #14 one more time through

This workout should be done at a fast pace, moving quickly from each station without recovery (no recovery is key). Remember that reaching optimum performance is all about exercise intensity. Ask yourself the simple question, "Am I working out as hard as I can?" Ask a trainer if you need one of the above exercises demonstrated.

**Tally:** 80 push-ups, 80 squats and 80 crunches—If you do this workout or something similar once a week during challenge you have the 600 licked!