

# THE "FIT" REPORT



Issue 112

December 2009

## Looks like we've made it!

At the beginning of every December I feel compelled to write about the past year and all of the wonderful things that have changed and happened at Fitness Fanatics. It seems as though I always begin with something to the effect of how time flies and "Wow, another year has past", blah blah blah. But isn't it so true? Many of us have been together for a very long time. We have seen children grow-up, members get married and have babies and members become grandparents. We have made new friends and we continue to hold our old friends dear. We have weathered storms and thus far, we have survived a brutal sandwich of big name competition.

February 2010 will mark the 9th year of Fitness Fanatics. I had a vision early on as to what kind of a club I wanted this to be. That vision was a club that was warm and comfortable to every person that walked in. A club that had absolutely no intimidation factor whatsoever. I envisioned a club that had an environment that was full of energy and everyone could feel it. I pictured individuals that took their fitness seriously, but also loved to have fun and laugh. I dreamt of fitness professionals and colleagues that were passionate about what they did and were also fun to work with. I may have been naïve about many things when it came to owning a gym, but I truly believed that this business had to come from the heart. A gym and everything that comes along with it, such as; group classes, personal training, nutritional counseling, etc. are all SERVICES—and this could never be forgotten. We were going to be providing services. When you are providing a service in any business, you must build solid relationships. Yep—all of these things

were a big part of my vision.

I am so thrilled to say that most of my visions have totally come true, thanks to the finest staff anybody could ever wish for and you, our loyal members who stick by us every day. The solid relationships that have been built over the past several years for many of us will last throughout our lifetime.

Along with my staff, we have new visions all of the time. We know that we must continue to strive to be the best part of your day every day. Sure it "Looks like we've made it," but we know that we must never cease in working harder so that we can continue to "make it."

2009 has been a great year. We have witnessed many success stories and I would have to say that the highlight for me was the return of the Pittsburgh Marathon and having over 50 individuals from Fitness Fanatics participate. That race literally changed lives as it started an entire new love of fitness, running and competing for many of our members.

We look forward to our new visions for 2010 and we thank you from the bottom of our hearts for your continued patronage.

From our family to yours, may you have the happiest of holidays and may your New Year be filled with health, happiness and lots of laughter.... And perhaps a few new visions and goals for yourself.

Most sincerely,

Lisa Troyer

**PARTY NOTE:** Instead of a holiday bash this year, we have decided to have a "SPRING FLING/AMNESTY NIGHT" sometime in March or early April. Stay tuned.....

Fitness Fanatics

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Editor

Lisa Troyer

### OUR MISSION

"Committed to retaining good members,

Committed to retaining good employees,

&

100% committed to energizing all to remain fanatical about fitness."

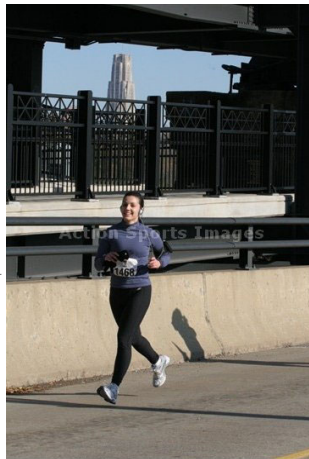


## CLIENTS OF THE MONTH



Although the Fitness Fanatic turnout wasn't as I had hoped, we are extremely proud of the individuals that set out and accomplished the "Spirit of Pittsburgh Half Marathon" on November 1st. Congratulations to the following individuals: Debbie Weber, Amy Movahhed, Debbie Lutton, Sean Snyder, Yolanda Schuman and Joe Ryan. YEA JOE!!! This was Joe's first 1/2 and he did fantastic. He said that running a 1/2 marathon is something he thought that he would never do. He also said that it was pretty painful—but mostly fun. Crazy how these racers put..... "painful and fun" in the same sentence.

While stalking Brittany's facebook, I came across this great picture of Amy that I was able to copy and paste. WHAT ARE YOU SMILING ABOUT GIRL?? You are all amazing! You inspire me personally. I'll do a race here and there, but believe me, you'll never be able to quote me saying that it was fun, nor will you catch a smile on my face.



### FALL DECATHLON RAGES ON

**CONGRATULATIONS** Debbie Weber for being the first participant to cross the finish line. Debbie finished her 10 events on 11/10/09—unbelievable considering that the challenge kicked off on 10/11. Debbie credits the challenge for getting her back on the "hardcore" fitness wagon and losing a few extra pounds that she gained from summer fun. She hasn't slowed down in the least either. She still is at the gym regularly and hasn't come close to jumping off of that wagon.

Following close behind was our own Brian Teyssier, who we have recently dubbed our "fitness freak." Even though we usually don't highlight staff members in our challenges (probably because I'll never get my 4 yoga classes in), he is quite deserving of being recognized.

Finishing 3rd was Debbie Gaab, Miss "to-do" list herself. A trip abroad to visit her daughter Nicole really pushed her to

get everything finished before she left. Joanie Lewis came in 4th place (big surprise—ha ha). Tim Gaab crossed 5th—yes, after Debbie... ouch (ha)! Way to go Mary Pine for coming in 6th and Steve Busalacchi 7th.

If you have finished the decathlon or when you do finish, make sure you turn in your task sheet.

**REMEMBER...** the race is still on. There is no time limit to finishing, but it is well worth it to give it your all and cross the finish line before December 30th. All 2009 finishers will be eligible for our grand prize drawing - a one week stay on beautiful Siesta Key, Florida. Need a push? Visit [www.seasideparadiserentals.com](http://www.seasideparadiserentals.com). Click "Rentals Available" and scroll down to 6480 Midnight Pass Road, Unit 403. See Crescent Beach below—consistently ranked in the Top 10 beaches of the US and World on various lists.



A late congratulations goes out to Samantha and Ian McNett who were married on September 4th. Sam and Ian have become a very special couple here at Fitness Fanatics. It all started when they won a gift certificate at a "Pennies from Heaven" event back in May. They began training with Dawn and became true fanatics immediately. They have truly become a part of our family. Sam recently shared with me that she is reaching her goals and has actually dropped 10 pounds since she started. We are so proud of her. She is noticing positive changes in her body every week. Ian has also been a diehard and is actually in training for real-live boot camp as he prepares to head to San Antonio in Feb. to serve our country in the US Air Force. Thank you for that Ian! After boot camp it's off to Wichita Falls, TX for advanced training in tactical aircraft maintenance (working on fighter jets). We are proud of you and we really appreciate our military servicemen, but it's sure going to be difficult to lose you both.



FIFTY AND  
FABULOUS!  
Happy Birthday  
Yolanda Schmäder  
12/1/09

"It's not the years in your life that count. It's the life in your years" Abe Lincoln



## GROUP EXERCISE NEWS



### BOOT CAMP and ZUMBA

#### Definite hits!

We are so pleased with the consistent participation in these 2 popular programs that were brought to our club in early November. If you haven't tried them yet, you must. We are receiving so much positive feedback about Mike and Kate and their classes.

Everyone is having a ball in Zumba and getting a great cardio workout at the same time. The energy and enthusiasm that Kate brings to her class is contagious.

Boot Camp has been a whole new challenge for many of us. It's tough, but the "regulars" are seeing results and you can too. Don't be intimidated, yes Mike pulls it off as quite the drill sergeant, but he also adapts the workout to all levels of fitness.

Whether or not these programs continue through the new year is totally up to you. Keep the class sizes full and bring your friends (\$10.00 drop in fee).

### Thursday Yoga

Tammy's last fall session will be  
Thursday 12/3

Let's hope she doesn't stay away too long!



**TWO-HOUR SPIN**  
Sunday, December 13th at  
8:00 a.m.

Holidays already stressing  
you out?

Don't give up your fitness!

### EXERCISE CAN HELP CONTROL STRESS

People who exercise regularly will tell you they feel better. Some will say it's because chemicals called neurotransmitters, which are produced in the brain, are stimulated during exercise. Since it's believed that neurotransmitters mediate people's moods and emotions, they can make you feel better and less stressed.

While there's no scientific evidence to conclusively support the neurotransmitter theory, there is plenty to show that exercise provides stress-relieving benefits.

There are four ways in which exercise controls stress:

- *Exercise can help you feel less anxious*—Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People are often less jittery and hyperactive after an exercise session.
- *Exercise can relax you*—One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. Many neurotransmitters, not just endorphins, are involved. The important thing, though, is not what they're called, but what they do: They improve your mood and leave you relaxed.
- *Exercise can make you feel better about yourself*—Think about those times when you've been physically active. Haven't you felt better about yourself? That feeling of self-worth contributes to stress relief.

*Exercise can make you eat better*—People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body manage stress better.

Controlling stress comes down to making the time to exercise. You're worth it!



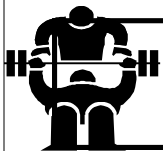
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Are you in, or not?



## TRAINING TIP OF THE MONTH

### SUPERSETS—Biceps/Triceps vs. Inner/Outer Thighs



As stated last month, supersetting is an advanced training method in which you do two exercises, one after the other, with no rest in between. The exercises can be for the same muscle group or two different muscle groups, depending on your goals. The idea is to do one exercise and, instead of resting and doing another set, doing a different exercise and alternating those exercises for your desired number of sets. Last month's workout targeted the chest and back vs. the legs. This month's workout incorporates your bi's/tri's and inner/outer thighs. Complete each superset two times through and then proceed immediately with 2 minutes of cardio (your choice). Warm-up approximately 8 minutes.

**PLIE SQUAT:** Begin with a wide stance, toes out at a comfortable angle. Keep knees aligned with your toes. Hold dumbbells on upper thighs. Bend knees and lower down into a squat, keeping knees in line with toes. Keep abs and glutes tight throughout the movement. 20 reps.



**HAMMER CURLS:** Use medium to heavy dumbbells. Lead with your thumbs as you lift the weights in a slow controlled manner to your shoulders. Lower the weights extra slowly. Keep elbows in close to the body throughout the movement. 12/15 reps. Repeat squats and curls and then do 2 minutes of cardio



**ABDUCTORS ON NAUTILUS:** Set the weight so that performing 15 reps is a challenge. Try to remain in an upright seated position, keeping abs contracted. This is not just a woman's exercise. It's so important for men to increase hip strength too!



**CABLE CURLS:** Same rules apply as the hammers. 15 reps. Repeat abductors on nautilus and cable curls and then 2 minutes of cardio.



**SINGLE LEG ABDUCTIONS:** Lying on your side, keeping hips stacked (don't hold your head up like picture to right—either lie all the way down or come up on your forearm), lift and lower leg slowly. A body bar may be used to add intensity. 30 reps on each leg.



**SEATED DIPS:** Do 20 dips off of a bench. Keep your hands directly under shoulders and your hips close to the bench. Lower body by bending your elbows and slowly return to start position. Repeat Single leg abductions and dips—2 minutes of cardio.



**ADDUCTORS ON NAUTILUS:** Reset the nautilus machine for inner thigh (ask for help if you are not sure you have it set correctly) Same rules apply when doing inner thighs as when you did the outer (abductors). 15 reps



**TRICEP PULL DOWNS/CABLE:** Using the rope attachment, keep your elbows locked into your sides and slowly pull rope down by extending your elbows. Perform 15 reps. Repeat adductors and tricep pull downs and then 2 minutes of cardio.



**NOTE:** The only time you should take a breather is when you finish the 2 minutes of cardio. The beauty of supersetting is that when you work 2 different groups, your muscles are given recovery time while another muscle group is working. Keep last month's and this month's together—it works well to do them during the same week.

Questions about this workout or any of our training tips? Email us!