

THE "FIT" REPORT



I Lost It at the Club!

ARE YOU IN, OR NOT?

Issue 113

January 2010

In 2009, over 127 million Americans tried to lose weight and those who exercised in a health club experienced the most success in doing so. This month, Fitness Fanatics will join IHRSA (International Health, Racquet and Sportsclub Association) for its 6th annual "I lost it at the Club" campaign designed to further assist our members to achieve success in their individual fitness programs.

What is "I lost it at the Club?"

- An 8-week motivational weight loss program.
- Weigh-ins will begin the week of January 11th and the final weigh-ins will occur around March 8th. Intermittent weigh-ins will take place weekly.
- Participants will receive activity cards designed to make every workout different and fun. Periodic newsletters filled with useful information and exercise tips.
- PROGRAM DESIGN SEMINARS—Thursday 1/11 @ 7:00 p.m. and 2/10 @ 7:30. Added motivation + lots of great weight loss tips!
- Program winners will be announced on March 15th.

Our staff is extremely excited about this program. For many of you, the start of the New Year signifies a time of renewal—for some it's a time to reinvigorate existing fitness programs. Our goal is to use "I Lost it at the Club!" as a positive, high-energy means to both help you

achieve your individual goals and to continue the sense of community that is prevalent within our club.

If you managed to maintain and not gain this holiday season, you were successful. Many of our conversations during training sessions or classes have been about getting through this holiday season at the same weight and same fitness level, reevaluating come January 1st, and then committing to weight loss and higher fitness levels. If weight loss is your goal or resolution for the coming New Year, then "I lost it at the club" is just for you.

More information will be posted around the gym this week. We need at least 10 individuals to participate to be eligible for enrollment through IHRSA. Please talk to a trainer if you are interested.

Last year's program took place at 434 clubs IHRSA clubs across the country. The program was a huge success! Among the clubs that reported their results, a total of 4,857 participants lost 22,100 lbs. That's more than 10 tons. IHRSA estimates that in total, the program helped over 28,000 lose over 130,000 pounds in 2009. Let's be a part of that astronomical total in 2010.

All you need to do is sign-up and weigh in around January 11th. We will even take a complimentary body composition if desired.



Fitness Fanatics

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"People are so worried about what they eat between Christmas and the New Year, but what they should really be worried about is what they eat between the New Year and Christmas!"

Amen to that!

LET'S LOSE IT!

HAPPY NEW YEAR!



The Race to Anyplace 2009

Saturday, February 27th
8:00 am—2:00 pm

For the 7th consecutive year Fitness Fanatics will be participating in the annual "RACE TO ANYPLACE."

We already have several individuals committed, but we want YOU! The race takes place at the US Steel Tower in Pittsburgh.

Last year, Fitness Fanatics had two teams compete. We had one team of veteran riders entered in the Health Club Category and we also had a "fun" team for those who didn't want the pressure, but wanted to be a part of this wonderful event. We had a great day. We didn't bring home the trophy, but we raised a ton of money and had a lot of fun.

This year, we will probably set our teams up similarly, but I think Sharon is interested in actually entering an all-female team as well. That could be interesting.

The team competition is a 6 hour relay, comprised of twenty four 15 minute intervals. Each rider must complete at least one 15 minute heat. Twelve riders per team equals 2/15 minute heats per rider. The cost is \$50.00 per rider or \$500.00/team. All proceeds go to the Leukemia & Lymphoma Society. You may solicit sponsors or make a tax-deductible donation yourself. A great way to raise money for an excellent cause + good motivation to train during these cold winter months.

If you are interested in participating, please sign-up at the front desk. See Lisa, Sharon or Chris if you have more questions regarding this event. www.racetoanyplace.com. Chris Nagy—a true veteran to this race—will be our club's spokesperson and contact again this year. Chris can be reached at chris.nagy@pnc.com.

NOTE: There will be a "two-hour spin" on Sunday, January 17th, which will be a great training ride.

"You must get involved to have an impact. No one is impressed with the won-lost record of the referee"

John Holcomb



CLIENTS OF THE MONTH

Jingle Bell Run for Arthritis December 12th

Congratulations to Deb & Tim Gaab for participating and doing fantastic in the Jingle Bell run. Brian was doing a great job of soliciting individuals to take Mike's Boot Camp Saturday morning at 6:45 and then rush down to McFadden's to join in this 5k. There was definitely some interest, but Deb and Tim were the only two that stuck with the commitment; including Boot Camp. The weather wasn't so great— but they both finished with great times. I actually think that Tim won his division. Great job guys!

FALL CHALLENGE RAGES ON



The following individuals have finished the decathlon and are eligible for our grand prize drawing that will take place on Saturday 1/9 after Power Hour class. Congratulations to the following individuals who are listed in the order that they crossed the finish: Debbie Weber, Brian Teyssier, Debbie Gaab, Joanie Lewis, Tim Gaab, Mary Pine, Steve Busalacchi, Sharon Skittle, John Abbatico, Julie Terling, Beth Busalacchi, Carmella Markovich, Bill Stoessel, Mike Snyder, Kristyn Bunch, Amy Movahhed, Kelly Bird, Kim Condio, Sean Snyder, Lynda Johnson, Rose Kopp, Debbie Lutton, and Katie Novotny. Great job everyone!

NOTE: If your name is not on the above list and you finished the challenge, please let us know before Saturday, January 9th.

If you haven't finished, don't give up! Keep plugging away at your task list. All task sheets are now located behind front desk.

TREAT YOURSELF TO A PERSONAL TRAINER AND REACH YOUR 2010 GOALS 40% FASTER!

NOTE: Our ten session package rate will increase from \$250.00 to \$300.00 in January. **HURRY**— purchase your sessions today and SAVE \$50.00. (Packages must be purchased by 1/15)



GROUP FITNESS



Mike's Boot Camp

January Session

1/4—1/30

Mondays @ 5:45 a.m.

Wednesdays @ 6:30 p.m.

Saturdays @ 6:45 a.m.

NOTE: "Hump Day Pump" will resume Wednesday 2/3 at 6:30 p.m.

Zumba with Danyelle

8 weeks

1/4 through 2/22

Mondays @ 7:00



Note: Kate is expecting!! We are thrilled for her. Unfortunately she is forced to take a leave from teaching, but she has hooked us up with her mentor, Danyelle Mastarone. Kate actually began as a student of Danyelle's and attributes her love for Zumba to her. Please join Danyelle on Mondays and give her a big Fitness Fanatics welcome.

PROGRAM DESIGN SEMINARS

(In conjunction with "I Lost it at the Club")

NOTE: These seminars promise to be motivational and informative—everyone is welcome whether you are participating in "I Lost it" or not)

"CHANGES YOU CAN LIVE WITH"

THURSDAY, January 14th @ 7:00 p.m.

"BEYOND THE 8-WEEKS"

(Keeping it off)

Wednesday, February 10th @ 7:30

BOOST YOUR FAT-BURNING WORKOUTS

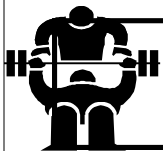
1. **Warm-up for 3-8 minutes before you start:** The first 10 minutes of your workout will be a waste unless you've warmed up!
2. **Incorporate Interval Cardio (GO HARD) into your workouts.** **FACT:** In a research study, participants who engaged in 90 sessions of traditional (long and boring) cardio over a 20 week period lost 1% fat, while participants who engaged in 25 sessions of moderate intensity cardio then 35 sessions of high intensity cardio over a 15 week period lost 3% body-fat. Additional studies have shown that participants who engaged in short high intensity training lost 9 times more fat than those who performed long low intensity training.
3. **Work at between 85%-95% max of your target heart rate during cardio intervals.** Hmmm—get yourself a heart rate monitor.
4. **It's all about INTENSITY:** I see many of you working out really hard, but sometimes it's just not hard enough. The key to getting out of that comfort zone is measuring what is hard for you then going beyond that for short spurts. You should feel slightly uncomfortable, be sucking wind, sweating more, and basically feel like it's a bit more than you can handle. But for 30 seconds or so... **YOU CAN!**
5. **Challenge yourself weekly and you're more likely to train hard and stick to it.** Don't plateau.
6. **Stretch after every workout or practice quick yoga.** Flexibility is often the most overlooked part of a fitness program (LISA)!
7. **Be sure exercises in your fat burning workouts target your trouble zones every time.** If you want great legs find workouts that target legs every time you train (lunges with rows, squats with presses, etc.) If you want great abs find workouts that work the abs the entire time whether you're working back/legs/arms.
8. **Track and fix your diet.** Are you unaware of your total calorie, fat, carb, and liquids intake? You must support your workouts with good eating habits. That means eating healthy 90% of the time. UGH!
9. **Workout a least 5 times a week.** One of the advantages of fat burning workouts is they are shorter and allow muscles to recover faster. This means you should workout almost daily.
10. **Make sure your workout is challenging but fun.** When they're fun, you'll stick to them. Consistency = results. Do plenty of what you love.

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Are you in, or not?



TRAINING TIP OF THE MONTH STRENGTH TRAINING FOR WEIGHT LOSS



If you want to lose fat or change your body, one of the most important things you can do is lift weights. Diet and cardio are equally important, but when it comes to changing how your body looks, weight training wins hands down. If you've hesitated to start a strength training program, it may motivate you to know that lifting weights can help raise your metabolism. Muscle burns more calories than fat, so the more muscle you have the more calories you will burn all day long. It's a new year, get off of that Elliptical and pick up those dumbbells.

Here is a simple strength training workout that consists of 5 exercises that must be included somewhere in your workout routine. They are 5 of my personal favorites and are proven to be 5 of the most effective out there. Warm-up 8 to 10 minutes.

LAT PULL DOWNS: This exercise works on the major muscles of your back—the bigger the muscle the more calories you burn. Sit on the lat pull-down machine (cable) and hold the bar with palms out and wider than shoulders. Pull your abs in and lean back slightly. Bend your elbows and pull the bar down towards your chin, contracting the outer muscles of your back. Be sure to select a weight that is challenging. Perform a set of 12 reps, wait 15/20 seconds and perform a second set.



SQUATS: Most trainers agree that squats are one of the best exercises you can do. Squats work your glutes, quads, hamstrings and calves all at once. Use medium to heavy bar held over your shoulders. Stand with feet hip-width apart, toes facing straight ahead or angled slightly outward. Slowly bend the knees and lower hips towards the floor, keeping your torso straight and abs pulled in tight. Keep your knees behind your toes; make sure everything's



pointing in the same direction. Do not go lower than 90 degrees. Perform 20 squats, rest for 20 seconds and repeat.

PUSH-UPS: Push ups, like squats, are compound movements using almost all the muscles of your body. You'll work your chest, shoulders, triceps, back and abs. Position yourself face down on the floor, balancing on your toes/knees and hands. Your hands should be wider than shoulders, body in a straight line from head to toe. Don't sag in the middle and don't stick your butt up in the air. Slowly bend your arms and lower your body to the floor, stopping when your elbows are at 90 degrees. Exhale and push back up. 20 reps, pull back stretch for about 30 seconds and then try to do a second set of 20.



LUNGES: Like squats, lunges work most of the muscles in your legs including your quads, hamstrings, glutes and calves. Use the same bar that you used for the squats. Stand in a split-stance (one leg forward, one leg back). Bend knees and lower body into a lunge position, keeping the front knee and back knee at 90 degree angles. Keeping the weight in your heels, push back up (slowly!) to starting position. Never lock your knees at the top and don't let your knee bend past your toes. 20 reps on each leg—20 second rest/repeat



PLANKS: The plank (or hover) is an isolation move used in Pilates and Yoga and works the abs, back, arms and legs. The plank also targets your internal abdominal muscles. Hold position for 30 to 60 seconds, rest for 20 seconds and repeat.

