

THE "FIT" REPORT



Beat the Heat!

After a long cold winter, the heat seemed to come on strong in April and May. We are all anxious to enjoy the sunny days of summer. We have already been outside working in our yards, enjoying a game of golf, or perhaps heading out for a run. Before we even finish the first mile, our bodies feel as though they might ignite from the heat. We are not imagining this.

Just fifteen minutes into our run our body temperatures could be as high as 5 degrees above normal. If we continue at this pace, not only are we in danger of fatigue, but heat illness could take over our bodies.

When exercising in the summer months, particularly in hot humid weather that frequents our area a bit too often, it is imperative that we have strategies to protect ourselves from heat illness.

Regardless of what your outdoor activity may be, drinking enough fluid (water or a sports drink) is so important. Maintenance of body fluids is essential to maintaining proper body temperature. Sweat dispels heat through your skin. If you let yourself become dehydrated, you'll find it more difficult to perform even the lightest of workouts. Drink plenty of water; before, during, and after your workout – whether you feel thirsty or not. By the time your mouth becomes dry and you feel thirsty – you are already well on your way to being dehydrated. Make it a habit to consume more water than you think you need. Strive to drink 6 to 8 ounces every 15 to 20 minutes during exercise.

It is also a good idea to reduce the

intensity in which you exercise, especially on a very hot/humid day. Try to plan your workout for an early morning hour or in the early evening, when the heat stress index is lower.

Obviously you will want to wear appropriate clothing for hot summer days. Your clothing should be lightweight, loose fitting, light colored to reflect the sun's rays, and of a material that absorbs water, such as cotton. Although my personal preference is a "dry-fit" clothing article that allows your skin to breathe and helps to dissipate sweat away from your body.

Remember that your body works overtime trying to keep cool. Hot weather can overwhelm your body leading to a wide array of uncomfortable symptoms. Watch for the danger signals of heat exhaustion: dizziness, nausea, headache, weakness, confusion, fainting, and pale/clammy skin. Do not ignore any of the above symptoms. End your exercise session, drink water, get into the shade and cool your body down. Act immediately, as heat exhaustion can lead to heat stroke, a serious sometimes life-threatening condition.

Unfortunately sunny days are limited in this part of the country, but know when to say "NO" to exercise. Using common sense is your best bet to beat the heat and for preventing heat stress when Mother Nature fires it up.

Thank goodness our air conditioning is working at peak performance already and the gym might just be the place to be when temperatures are unbearable outside.

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"Committed to retaining good members,

Committed to retaining good employees,

&

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

**Happy Father's Day
To our fabulous FF
Dads!
You all Rock!**

CLIENTS OF THE MONTH



FITNESS FANATICS IN-HOUSE

TRIATHLON May 17th

A cool spring day was the perfect setting for our 2nd annual Triathlon where 18 individuals participated in a 30 minute simulated swim using xertubes and pilates based swimming movements, a 60 minute spin class and a 4 mile (outdoor) run. The entire class finished the event and everyone is excited for the next big event. The triathlon has become so popular we will be making it a bi-annual event so watch for the upcoming fall date and make sure you get a spot. "Anything worthwhile is never easy" and this was certainly worthwhile! Congratulations; Deb Gaab, Mary Pine, Victor Surma, Karen Priore, Pete Rech, Cheryl Vlasach, Meghan Vietmeier, Gretchen Donnelly, Gretchen Warmbein, Sue Bott, Joanie Lewis, Jacquie Smith, Deb Weber, Lora Colton, Rose Kopp Dawn Oliver, Craig Troyer, Sharon Skittle, and Lisa Troyer. The class was full but Roberta jumped in for the swim and Brian showed up for the run now that he is a big runner. It was a fabulous day and The "Big Biya" breakfast at Shouf's didn't hurt either!



Could they be more focused? NICE!



Look at all of the fishies! Shar, I think this is where I threw my back out. Note Lora Colton in back smiling.



About 50 minutes in..... Lookin good!



Lora smiling again—come on Lor it wasn't that fun!

Help me I'm drowning—isn't it time to spin yet?



CONGRATULATIONS FITNESS FANATIC GRADUATES

We couldn't be more proud of Alana George as she graduates from South Fayette High School this month. Alana is an absolute gem and we adore her. She has trained with us the past two off-seasons and her perseverance has really paid off. Her work-ethic, dedication, commitment and focus have helped her to achieve a full basketball scholarship at Fairmont State University. She is beautiful on the inside and out and we know that her future has no limits. We look forward to following her career that, no doubt, will be filled with success. Best of luck Alana!



Ashley Schmider is also graduating from South Fayette, literally at the top of her class. She is also an overachiever both academically and athletically. She had a great four year soccer career and is this year's class valedictorian. She excels at everything she does. Fitness is also a big part of Ashley's life and she is fortunate enough to have Aunt Dawn work with her on the training floor. Ashley will attend Duquesne University this fall and her future is looking pretty bright as well.

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Craig and I are still reeling a little bit on this one, it is just so hard to believe—but Brennan graduated from Goshen College in Indiana this past April. Seems like yesterday he was falling asleep on the kindergarten bus. He had a great soccer career throughout his 4 years and it is sad to see those days come to an end.

He was fortunate to land an internship in Chicago with a Sports Marketing company last summer and they have asked him back again this summer. He left for Chicago this past weekend and he will then head to South Africa on June 4th for 4 weeks working the Federation Cup Soccer Games. We are thrilled that he has been given this incredible opportunity—he worked hard for it. WOW—we must be old!

I'm sure that Bob and Mary Kay Petrini are having the same feeling as the Troyer's as Bobby graduated from the University of Maryland this past May. We will sure miss seeing his face this summer as he set up permanent residence in the DC area and will be working for Deloitte Consulting. Congratulations Bobby!

Sharon's daughter, Casey Skittle is a 2009 graduate of Chartiers Valley High School. Casey was an outstanding student and exceptional athlete. She was a four-year letterman in soccer and has loved playing Lacrosse this past spring. Casey looks forward to attending Johns Hopkins University in Baltimore this fall and will major in bio-chemical engineering. Best of luck Case!



Last and certainly not least, one of the nicest 18 year olds you could ever meet—Adam Gregory. Adam is Lisa's son and also a FF member. Adam is a brilliant SF graduate with many academic accolades, as well as captain of the swim team. He is looking forward to attending WVU in the fall and studying History/Pre-Law. Another bright future in the works! Go Adam!

There are three weeks left of the Spring Challenge. Please note that our 2 month challenge began on 4/20 and will run through 6/20.—never quit!

"It's always too early too quit"

GROUP FITNESS

SUMMER SCHEDULE

We have had several requests for a Thursday evening Yoga class. Please note that we are putting together specific dates for this to happen.

We will also be adding a summer class to the group schedule, possibly on Friday mornings.

We will get this information to you as soon as possible.

Norman

"Indeed, exercise is not an option, but a necessary, active, direct way that people can maintain good health, avoid illness, improve quality of their lives, reduce health care costs and extend their life expectancy."

Ronald Davis, MD/president AMA

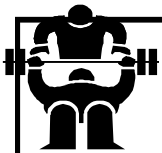
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Are you in, or not?



TRAINING TIP OF THE MONTH

Tank Top Arms



For this fantastic arm workout, I suggest warming up on an Elliptical for 15 to 20 minutes. Alternate forward and reverse motion and focus on really exerting your arms and shoulders in the movements. You may also choose to circuit for 3 minutes on an Elliptical after the tricep extensions and after the Floating Bicep Curl portion of this workout. Select a medium set of dumbbells for exercises.

TRICEP EXTENSIONS: Sit on ball with knees bent 90 degrees, holding a dumbbell in each hand. Walk feet forward until upper back and head rest on ball. Lift hips, forming a straight line. Extend arms toward ceiling, then bend elbows to lower dumbbells behind you. Straighten arms. Do 15 reps; roll back up, rest and do 2 more sets.



straight, but not locked. Keep your head in line with your spine and your abs engaged. Do 10 to 15 reps. Rest for one minute and then do a second set.

PLANK: Get into a push-up position. With your weight on your forearms and toes, align your elbows on the floor under your shoulders. Make a straight line from your head to your heels, then hold this position for 20 to 30 seconds while breathing gently. Rest for 30 seconds by placing your knees on the floor. And then repeat 2 more times.



Seated Dips: 15 reps. off of a bench



FLOATING BICEP CURL: Stand with feet hip-width apart, knees slightly bent, holding a dumbbell in each hand, arms in front of thighs, palms forward. Lift arms straight up to chest level in front of you. Without moving elbows, curl right hand to right shoulder, extend. Repeat with left arm. Do 20 reps, alternating sides. Rest and repeat for 2 more sets.

PUSH-UPS OFF BALL: Lie with your abdomen on an exercise ball and walk your hands forward on the floor until the ball rests under your thighs. Pull your navel in toward your spine, bending your elbows. Lower your upper body to the floor. Hold this position for three seconds, and then push up so your elbows are



REPEAT SEATED DIPS, PUSH-UPS OFF OF THE BALL AND THE PLANK SEGMENTS!

Our butts are ready to go from last month's training tip and after doing this arm workout a couple of times—we are good to go!!