

THE "FIT" REPORT



Issue 103

March 2009

Challenge yourself Daily

We all go through challenging times and are faced with different challenges every day. What we need to realize is that challenges help us to develop a strong work ethic and a healthy self-esteem. If we do not challenge ourselves on a daily basis we can become lazy and unfulfilled.

I just finished reading through the book, "The Secret of Success is Not a Secret" which is filled with stories of famous people who persevered, despite the challenges that they were faced with. It was quite inspirational.

I have to believe that difficulties are things that show what we have and who we are. Many of us are feeling the effects of the economy. Certainly the fitness industry is dealing with the recession, global downturn, reduced demand, increased competition, etc. But from the words of Epictetus, "The greater the difficulty, the more glory in surmounting it."

This also is true when it comes to our fitness and exercise programs. Therefore, I challenge you to challenge yourself daily! Perhaps that challenge might simply be getting to the gym, maybe it's trying a spinning class. If you are a regular spinner, push yourself a little bit harder or ride an extra 5 minutes. You must constantly ask yourself if you are doing enough or can you push harder.

As we enter the third month of 2009, I have already seen many of our members pushing themselves and going that extra mile. Several individuals participated for the first-time in the Race to Anyplace (highlighted on page 2 and 3). Presently we have 10 teams signed on to run the Pittsburgh Marathon Relay in May. April 20th will kick off our "Spring into Shape" challenge. Are you in? Sharon has me revved up for a 34 mile, one day,

hiking event on the Rachel Carson trail in June and we already have a couple individuals who are also interested in this new challenge. Check out - www.rachelcarsontrails.org/rct/challenge and watch the video. There is an event calendar and several training hikes scheduled. We aren't getting any younger!

I encourage you to think strongly about doing something that you have never done before. Making that decision or commitment already makes you successful. There will always be challenges available and you will be more confident facing each one that comes your way once you've conquered the last one. There is nothing more rewarding. Ask anyone who rode a spin bike for 2—15 minute intervals last Saturday. Karen Priore and Michael Mihalich totally challenged themselves and rode 3—15 minute intervals. How fulfilled they must be feeling right now.

Many of the examples that I gave you are upcoming. Start your daily challenge list today—no matter how big or small—give yourself a challenge every day. It sounds simple, but prepare; bad days are bad days. We all have them. But, in the end, a challenge is something that will always be there. You must decide if you are going to take it and beat it!

Fitness Fanatics

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ATTENTION DOG LOVERS

(Here's another challenge)

PAW'S FOR CANCER WALK

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

"Committed to retaining good members,

Committed to retaining good employees,

&

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



Clients of the month

We are so thrilled to recognize this individual as our well-deserved Client of the Month. He has tackled this fitness stuff full-force and the results have been incredible.

Pete Rech, big brother to our own Karen Priore (Mrs. P.) has been in and out of Fitness Fanatics for the past couple of years, but for the past several weeks he can be seen participating in anything and everything within the club and outside of the club. Karen has done her best to drag him into our spinning program and from there he has been found training on the gym floor with Dawn, in a Muscle Pump or Power Hour Class, even a two-hour spin dressed in his Steeler gear. Pictured below is Pete competing in last weekend's "Race to Anyplace." He has been an animal—a much "lighter" and stronger animal than he was in 2008. He has lost about 20 pounds and probably gained about 8 pounds of muscle.

I asked Karen for a little bio on Pete and it was about 3 pages long and it screamed with pride! Pete was in the Marines (note bulldog tat on arm) and is presently a fireman for Castle Shannon. He owns Stewart Equipment Company and for years, raced late model cars on a dirt track. This past summer Pete switched to a cement track and won "Rookie of the Year." He certainly deserves a similar trophy from Fitness Fanatics! Pete has been married for 25 years and has two grown children, one of whom (Paula) just recently began a training program with Dawn too. I'm sure the inspiration came from Dad's success.

We are all so proud of you and feel so blessed that you are a Fitness Fanatics' member!! Word on the street (or from your lengthy bio) is that you are an awesome grill master! That will certainly come in handy for a few of our upcoming outdoor events! Keep up the great work.

Pete's first
Race to Anyplace

"Am I on the right bike?"



Fitting that our biggest
Penguin fan manages to
find the Penguin!

"The Race to Anyplace"
2/28/09

It was a fabulous day at the USX Tower! Fitness Fanatics was very well represented. I was so touched that our little club comes in with TWO teams registered. Considering the fact that there are literally hundreds of health clubs with spinning programs in our area and only a handful had teams competing. Fitness Fanatics has a very special group of members and I truly believe that what we share is very unique.

A great experience for a great cause. My dear friend, who is also my next-door neighbor, my training client and a Leukemia SURVIVOR showed-up to cheer on our teams. She was such an inspiration and made the whole event REAL. Unfortunately, Leukemia has touched many of us in some way. Kudos to Chris Nagy for organizing our teams and being a phenomenal captain. He is also a die-hard volunteer for the entire event.

Thank you Challengers: Jim Steffan, Michael Mihalich, Jan Kerr, Linda Bucci, Tina Massari, Karen Priore, Brandon Priore, Pete Rech, Beth Busalacchi, Kelly Bird, Marilyn Hicks and Jacquie Smith. This was the first-time for almost everybody on this team. They did outstanding and logged 179 miles. Way to go Beth Busalacchi—top rider!! She's a crazy woman!

And to the Warriors: Amber Nagy, Ed Bittner, Nancy Brown, Bill Stoessel, Chris Nagy, Ron Hirt, Dee Anthony, Terri Wingertsahn, Karen Priore, Steve Busalacchi, Sharon Skittle and Lisa Troyer. Again, Ed Bittner walked away with top rider—he's not just crazy—he's absolutely nuts! There is a bit of a dispute about second place rider, as the unofficial and official results showed a slight discrepancy—and you know the saying, "The customer is always right." I guess that means I'll suck it up and concede—Way to go Steve!!! The Warriors logged almost 201 miles—thanks to everyone breathing down my neck and getting in my space!! No wonder I HAVE to be the instructor.



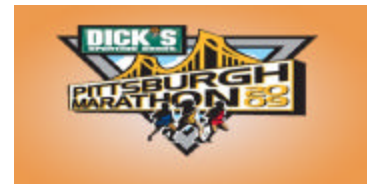
Oh Yeah!! Everybody smile pretty for the camera!
I hate you all!



The early morning riders—Bill Stoessel, Ed Bittner, Jan Kerr, Nancy Brown—AND SURVIVOR Becky!



And it's the afternoon riders hydrating at Café Euro!
Above: Pete Rech, Jacquie Smith, Steve and Beth Busalacchi, Ron & Donna Hirt, Lisa and Sharon. Below: Terri Wingertashan, Michael Mihalich, Karen Priore, and Kelly Bird. Missing from pic (probably at the bar), Chris Nagy and Jim Steffan.



ATTENTION

Marathon Relay Teams

Please note that the entry fee for the relay teams will increase on 3/15, so it might be a good idea to get your registration forms completed.

We have made an attempt to assign captains for each relay team, so hopefully they will be contacting all team members in the next couple of days.

If you have any questions or if you are still interested in participating, please see Lisa or Dawn as soon as possible. Watch for scheduled training runs coming up soon!

Group Exercise Change

Please note that Monday Evening's Circuit Class will be changing just a bit in format. It

has been impossible to determine how many will be attending class, therefore Lisa G. has a difficult time setting up the class.

It is still going to be a strength circuit class,

which will interval cardio blasts, with strength-training sets. But the class design will be changing and you will love it! See you there!

ALSO....we are considering adding an

early evening class on Fridays at 5:30—

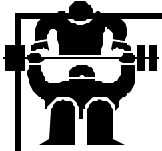
PLEASE let us know as soon as you can if this is something that may be of interest to you!

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Are you in, or not?



TRAINING TIP OF THE MONTH BOOTYLICIOUS!



Are you dreading the upcoming summer months knowing that you are going to have to bare your butt and thighs in your swimsuit or shorts? Never fear, start incorporating the exercise routine below to lift, tone and re-shape your backside.

First, set-up a step with 6 to 8 risers on each side. Warm-up for 8 minutes walking on a treadmill at a 5% incline.

WALKING LUNGE: You will lunge up and down the gym floor (or the backroom, if gym floor is too crowded) leading with your right leg on each step all the way up and all the way back. Hold dumbbells at your sides to make the lunge more challenging or hold them at your shoulders for even more of a challenge. The heavier the dumbbell, the more challenging the lunge.



PLIE SQUAT WITH MEDICINE BALL: Stand with legs wider than shoulder width apart and toes pointed outwards. Keep chest out and abs tight. Hold a medicine ball in front of your pelvis with arms straight. Lower yourself to the floor keeping your weight in your heels then push back up squeezing your butt and inner thighs. 20 reps.



STEP-UPS: Step up on the bench that you have set-up. Lead with your right foot and step up, up, down, down 12 times and then change lead to your left foot and step up 12 times. Repeat 2 times through with each lead.

WALKING LUNGE: Repeat walking lunges, this time leading with your left leg all the way up and back.

GLUTE LIFTS ON BALL: Lie face down on the exercise ball with your abs and hips resting on the top of the ball. Hands are on the floor with your shoulders directly over your hands. Legs and feet together



straight out behind. Now raise legs off of the floor while squeezing your butt. Try to hold for a 2 count. Do not lift legs higher than hips. Lower legs back down almost to the floor. Perform 20 reps.

REPEAT STEP-UPS

TREADMILL: Now set a treadmill at a 12 to 15% incline and power walk for 8 to 10 minutes. The mph should be set between 2.8 to 4.0.

WALKING LUNGES: Repeat walking lunges, this time lead with your right leg going up the floor and left leg coming back.

PLIE SQUAT WITH MEDICINE BALL: Repeat 20 reps.

REPEAT STEP-UPS

WEIGHTED SQUATS: Place a weighted bar resting between your traps and shoulders. Feet are 8 to 12 inches apart and perfectly parallel. Lower yourself downwards keeping midsection tight. Inhale on the way down and exhale as you push back up. Push your weights through your heels and make sure that your knees stay behind your toes. To really emphasize using the glutes during a squat, keep the bar light and squat just slightly lower than 90 degrees.



REPEAT STEP-UPS

TREADMILL: Repeat another trek up that steep incline. When you are walking, try to exaggerate your stride. Lean into it and lead with your heel. I'm telling you—this will have your glutes and hams screaming.

The great thing about this workout, is that because it is targeting one area, you can mix and match and play with the order as much as you like. An option would be to do 5 minute intervals on the treadmill—4 or 5 times. Don't hesitate to ask, if you have any questions. We have plenty of time to prepare our butts to be bared and Bootylicious!