

# THE "FIT" REPORT



## A New Focus

*When it comes to multi-tasking, I consider myself a master. But at the same time, I find myself getting so absorbed and focused on big events that other things that are also important and require my utmost attention end up getting pushed to the back-burner. I have to get through the big event and then re-adjust the burners and go onto a new focus. This has certainly been true in the past few weeks as the main focus was the marathon event. It was no easy task with the organizing of teams, shirts, a pasta party and the logistics of the day itself. It took a lot of time and energy. I couldn't have done it alone and my staff needs to be credited for the time and commitment that they put into making a day to remember.*

*Now that it is behind us, it is time to get back to business. We are already two weeks into our spring challenge and many of you are walking around with your task sheets and have completed many of the requirements. For those of you that ran in the marathon, I certainly hope that you are making this challenge your new focus. With all of the running that you have been doing—your 10 hours of cardio should be finished. You can now take a little break from your runs and start spinning and join our other group classes.*

*If anyone is feeling a little behind, it's easy to catch up by opting to acquire bonus points: Simply eating a "Raw Diet" for one day, referring a friend to the gym, a "Pennies from Heaven" contribution, or purchasing a 30 minute Pilates session will help you to catch up rather quickly. You may also take advantage of our special and purchases 3 personal training sessions for \$99.00 or 6 sessions for \$150.00. Your trainer will incorporate crunches, squats and push-ups. You are sure to get some great workouts and you will probably learn an awful lot in the process. The bottom line is that you will see results.*

*I was talking to one of our hardcore clients this morning and she said that Fitness Fanatics is filled with overachievers. What an accurate statement.*

*Every member here is totally serious about their fitness. It is one success story after another.*

*It is my belief that the atmosphere of our club is conducive to the overachiever. Why? Because first of all, I think we all agree that it's not like exercise in general is all that fun. Life is busy—everyone is busy. It's not easy making exercise a part of our daily routine. We all have a hundred of other things that we could be doing. Here is the BUT..... But, we all love to have fun. People like to laugh, they enjoy being around people that are much like them. They like to get energized and inspired. I find my inspiration from the people that frequent Fitness Fanatics every day. So if you take exercise and mix it with energy, laughter and achievement, plus throw in a few challenges and social events—that's a pretty darn good mix. Something that I certainly want to be a part of and the statistics prove that you do too! It's my opinion that if someone who doesn't work out or claims that they absolutely hate exercise would just take the time to experience what we experience, they certainly would feel differently. Don't you agree?*

*So the "New Focus" today is the remaining 6 weeks of our challenge. We will be throwing in additional classes in the coming weeks to help you. Sharon and I will be conducting our annual "Triathlon" on Sunday, May 17th which will consist of a one hour spin, a 30 minute simulated swim and a 4 mile outside run. This will serve as 3 group classes! We will post any additions around the gym, so watch for them. We will also be heading to the Rachel Carson Trail—yes it will definitely count!*

*"A New Focus"..... a New You! Keep on achieving!*

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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 Mother's Day  
To our fabulous FF  
Mom's!  
Talk about inspiration!**

## Clients of the month Pittsburgh Marathoners 2009



### Friday Night Pasta Party

#### "Ability is of little account without opportunity"

*Natpoleon Bonaparte*

What a fitting quote to a day that most of us will not soon forget. There were times when each of us questioned our own ability and had we not taken this opportunity to participate in this special day, we would have never known the extent of our own strengths found deep within us. I am still so high off of a day that was absolutely incredible and as I speak to many of our participants—they are feeling exactly the same way. Every person that I have spoken with thus far had a special story to share.

I can't begin to say how proud I am of everyone. That feeling of seeing "Royal Blue" (our shirt color) everywhere was amazing. Fitness Fanatics had 50 people participate in the marathon – that's about 1/4 of our membership. That is crazy! When looking over the results, it appears that we had more teams than any other fitness center in Pittsburgh—no one came close! That is totally unreal. I am still on cloud nine. Everyone did great. It was a long road – but so worth it!

Participants were listed in last month's newsletter, but I'd like to acknowledge and send out a special thank you to Victor Surma, Mike Tuttle and Brian Teyssier for filling in about one week before the race for 3 runners that were forced to go on injured reserve. All three of them "rocked it."

Congrats to Natalie, Debbie and Roberta for completing the whole thing!!! This was Roberta's first marathon and we are so proud!! I had the honor of running in with her for the last 5 miles and I truly got more satisfaction out of that than I did running my own leg of the relay. It was a pretty special moment as we came down Penn Ave. and 30 Fitness Fanatics were there screaming for her. There wasn't a dry eye in the group. I'll never forget it! Way to go ladies. Our 1/2 marathoners did fabulous too! Dustin Giffin, Tiffany Frederick, Meghan Vietmeier, Amy Movahhed and Debbie Weber. Nice job guys – YOU DID IT!! Many of our relay runners ended up running two legs—I'm thinking next year we will have several 1/2 marathoners!

I would like to take this time to encourage all of our members to think about jumping in for the next big event! If we can do it, you can do it too! You just don't want to miss these memory making days!

**"Life is not measured by the breaths you take, it is measured by the moments that take your breath away."**

*And there were hundreds of those moments.*



*Kirk Kaszak (first time runner and no stranger to adversity), along with Dawn, Terri and wife Sharon!*



*Heather Haley and her husband Dennis. Yeah she pretty much got suckered in—and she did it !!*



*Denise and Dave Cavanaugh. Apparently Denise lost the coin toss and ran. Dave got to be home making pancakes and building a fort or something with the twins.*



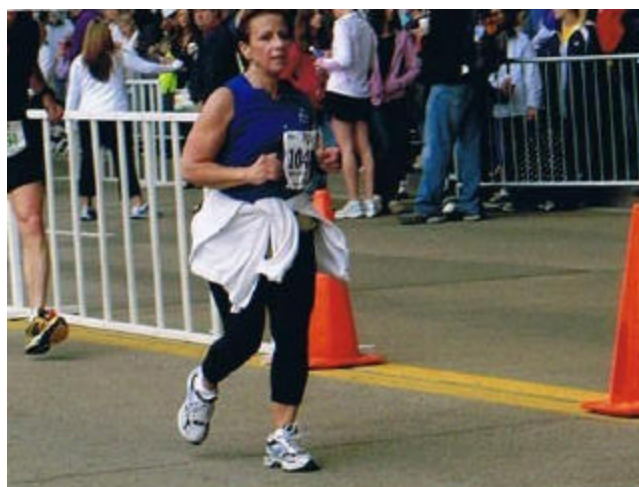
*Dustin and Nat—a 1/2 and a whole! WOW!*



*Craig, along with Tom Chaffee (carbo-loading?) And of course our beloved bartender—Gary McLaughlin, Michelle’s husband. A marathon runner himself—he took this year off to get everyone ready. Gar—you left your tip jar at my house.*



*A special day for Terri. Her son Adam came home to run leg 3 of the relay and ended up running in with her on leg 4. Definitely a moment that took Terri’s breath away!*



*We are not sure exactly how many miles Dee Anthony ended up running—but word has it, she was all over Pittsburgh. She ran leg 2, but this is her finishing on Penn Avenue. Our own Forrest Gump.*



*Congratulations Michael Mihalich. He ran leg 3 of relay and also kept on running through leg 4!*



*Ashley, Dawn, Jodi—and THE GAZELLE, Matt Putila! Dawn, did you sleep in that medal?*



*Team Troyer—thank goodness for fast children!*



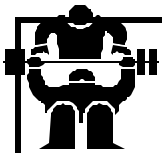
*Our Superstar Sean Snyder. Leg 3 and Leg 4. Total miles: 11.5. Average speed: just under 7 minute miles. PRICELESS!!!*

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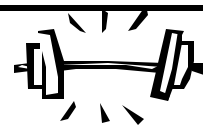


*Are you in, or not?*



## TRAINING TIP OF THE MONTH

### Beach Body Blast



As we plan our upcoming spring and summer vacations, many of those destinations will include the beach and bathing suits.

I suppose right now is a great time to focus on those areas that have been covered up for the past several months— one being the backside.

Below is a great workout that will target those problem areas specifically. The perfect gravity fighter. My recommendation is to complete this workout in its entirety first and then add portions of it to your weekly exercise routine.

This will incorporate Interval Training. Interval Training involves alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity. It will provide you with the opportunity to increase your intensity without burning yourself out in a matter of minutes.

Interval Training utilizes the body's two energy-producing systems: the aerobic and the anaerobic. The aerobic system is the one that allows you to walk or run for several miles and uses oxygen to convert carbohydrates into energy (fat stores). The anaerobic system draws energy from carbohydrates that are stored in the muscles (sugars) for short bursts of activity such as sprinting, jumping or lifting heavy objects— it does not require oxygen, nor does it provide enough energy for more than the briefest of activities. Its byproduct, lactic acid, is responsible for that achy, burning sensation in your muscles.

Interval Training is implemented in many of our spinning classes and is also used with many of our personal training clients.

Because individual fitness levels vary, you will control the intensity of each interval. And the best news is, it's another way to get in some of your squats for the spring challenge.

**Warm-up:** 10 minutes on the treadmill

**Squats:** Stand on a Bosu Ball, dumbbells are optional. 20 reps. Solid form, aiming for a 90 degree angle in the legs when lowering.

**Squat Jumps:** With one foot on the Bosu and one on the Floor, you will squat and then jump to the



opposite side of Bosu. Complete 20/30 reps. This is the "high-intensity" portion.

Repeat the above interval 3 times.

**Treadmill:** Walk for two minutes (active recovery) Sprint for one minute. You will control the speed. Just remember that the sprint interval should be so intense that you can not go for more than one minute.

Repeat the treadmill interval 3 times

**Lunges:** Alternate forward lunges 20 times (10 reps. on each leg). Dumbbells and Bosu Ball are optional.

**Pulse Lunge:** In a lunge position, pulse down to the floor (no bouncing) with weights on your shoulders. Perform as many reps. as possible, until you feel that burn of lactic acid. Change legs.

Repeat Lunge segment 3 times

**Incline Treadmill:** At a 12 to 15 percent grade, using long strides, at a slow pace—walk for 2 mins. Then pick-up the speed for one minute. Again, this should be a very very challenging 60 seconds.

Repeat Incline for 3 intervals.

This workout is easy to follow, but despite its simplicity, it is one of the most effective and efficient ways to tighten your bum, strengthen your energy systems and see RESULTS!!

Brazilian cut bikini, here we come!!

