

# THE "FIT" REPORT



Issue 111

November 2009

## Success, Fitness and the Holiday Season?

*What? How can success, fitness and the holiday season even be in the same sentence?? Is it really possible to be successful with your fitness as the busiest time of year approaches?*

*Absolutely—and it has been proven time and time again right here in your club.*

*Our "Fall into Fitness" challenge has always been strategically planned to take us right up into the holidays. Pretty clever, I know. But hey—you bite—every time. Just look at the number of people participating. Not only do the majority of our members take this challenge, but a very high percentage finish. You all know that these challenges aren't that easy—that's why they are called challenges.*

*We, the staff at Fitness Fanatics can't believe the self-motivation, the discipline and strong wills that we witness every day. It's quite inspiring to us and actually helps give us motivation too.*

*Surely there will come a time in the next several weeks that we will all feel overwhelmed. We will feel like something has got to give—exercise may be at the top of that list. What a great excuse right? I can't make it to the gym, I have to do this, that and the other. Don't let it happen! Keeping up with your exercise program is completely possible and you certainly do not want to miss all of the excitement happening at Fitness Fanatics right now. It will give you the extra energy that you need to get through these crazy times.*

*Fitness Fanatics strives to be the best part of your day—EVERY DAY. Believe me, you will feel more stressed if you give that up. We've even stepped it up and have added some great new programs for the next 8 weeks (check out page 3).*

*Don't miss them.*

*But something may have to give ... how about; put down your book or turn off the T.V.? There is definitely something far less important than your fitness that can suffer through the holiday season.*

*Do everything that you can to stay motivated. Find yourself an exercise partner. As the owner of this facility, there is nothing more gratifying than seeing the camaraderie and exercise buddies that have blossomed over the years. I'm talking about people that didn't even know each other before coming to this club (Lynda Johnson & Rose Kopp—perfect example). I love listening to the two of them each Monday morning planning their workout week.*

*Don't stress about your "to-do" list. It always gets done, yes? Just keep reminding yourself that exercise was, is, and will always be one of your top priorities. It's your lifestyle—don't change it!*

*If a time comes when you are really struggling, perhaps you should consider treating yourself to an early Christmas present and purchase a few sessions with one of our trainers. This will definitely help keep you committed and on the exercise wagon.*

*The next 8 weeks are going to be really fun and exciting. Stay committed. Stay with us!!! Don't miss out!*

*"There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something, you accept no excuses, only results."*

*Fitness Fanatics*

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### 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

And the race is well underway! We are so proud of all of our participating members who have taken the challenge and are working hard to complete all ten events in this year's Fall into Fitness Decathlon. We have over 75 (can you believe that?) individuals currently in the race and it has filled the gym with energy, enthusiasm and friendly competition. The stakes are high and the prizes are worthwhile.

Keep up the great work to all of our decathletes—finishing this race is an outstanding reward in itself! And you just may be the lucky winner of this view:



Siesta Key Beach

**Our runners**—race on. I can't even keep up with Brian Teyssier and Sean Snyder. But let's just say that Brian put a couple more 5 K's under his belt averaging 7 minute miles! And Sean brought home another 1st place in his age group in a 1/2 marathon. I don't want to mess up the stats, so let's just leave it at that. They continue to REPRESENT! Rose Kopp was also involved in one of those 5 K's and placed first in her age group. Way to go Rosie (wink wink)!!



Speaking of Rose, who I've already mentioned in the front page article.... I would like to elaborate a bit on the relationship between her and Lynda Johnson. When I spoke about the Fitness Fanatics friendships—and I know that I can speak for myself when saying that some of my dearest friends were met through this venue—Rose and Lynda are also perfect examples. A great way to stay motivated and help you to stick with your exercise program is to have an exercise buddy. Two is always better than one and it sure makes it difficult to “blow-off” the gym if your buddy is waiting for you. As I've already stated, on Monday mornings after they workout, they stand at the front desk and plan out what they are going to do the rest of the week. They sign one another up for spin, they plan outdoor runs and they meet at a group exercise class. Since the Pittsburgh Marathon Relay back in May, when they both were “forced” to participate, their exercise consistency has never been better. They both started at Fitness Fanatics back in 2005. They both have always been pretty fanatical about fitness—but as a team, they are truly unstoppable.

This buddy thing really works. It has worked for Debbie Weber, Kelly Ciafre, Amy Movahhed and Terri Wingertsahn. It has actually brought our long-time training client Carol Gounder back to the gym, this time with a “buddy,” Pat Riley and working out together is keeping them committed. We have tons of “couples” which also constitutes a workout buddy. Heck, I even have workout buddies myself in Erin Falconi and Joni Perry. I can't tell you how many times I have wanted to blow-off my Monday workout and in walks Erin at 11:10 and off we go.

The common denominator..... Consistency, consistency, consistency. It really does work! You want to make yourself accountable? Find a workout buddy!

*“A buddy will keep you honest and add a dimension of fun to your workout” Bill Toomey*

### Are you eating too little?

To improve your physique, forget starvation diets—you want to build your body up, not tear it down. You must consume enough calories to have enough energy to train hard to build muscle—and then you will burn fat. Remember—you'll never be able to exercise really hard if you don't have enough energy to do it.

**FAST FACT:** An active woman needs anywhere from 1,800 to 2,100 calories a day. Much higher for a man. Don't save all your calories for breakfast, lunch and dinner. Build them in two or three small snacks throughout the day. Ideally a couple of hours after a meal.



We give thanks to the Rectenwalds  
They will graciously give us a THANKSGIVING morning workout.

SPIN with Bill @ 9:00 a.m.  
Yoga with Tammy @ 10:15 a.m.  
Join them so you can have a guilt-free day!



## GROUP FITNESS

### Exciting Changes to our Fall Schedule

We are so excited about the great new classes that we will be offering during the next 8-weeks. The following changes will be made to our Group Exercise schedule for November and December. These changes will continue to keep your weekly workouts well-balanced and effective. Below is a list of the upcoming changes. We always welcome your comments.



### JOIN MIKE FOR BOOT CAMP

Mondays @ 5:45 a.m.  
Wednesdays @ 6:30 p.m.  
Saturdays @ 6:45 a.m.

Mike's intense program will help you tone your body, strengthen your muscles, lose weight and become healthier than ever. He will incorporate drills (military style) designed to enhance agility, speed, power and strength. Sound intimidating? It is—but here's your chance to step it up a level and see results! Boot Camp will work your body from head to toe and hey... no guts, no glory!!

*"When you live for a strong purpose, then hard work isn't an option, it's a necessity." Steve Pavlina*



### Zumba has arrived!

Mondays @ 7:00 p.m.

FITNESS FANATICS WELCOMES  
KATE SPEERS

**What is Zumba?** Aside from being the hottest new trend in fitness, Zumba is a Latin inspired, dance-fitness class. This is a FUN cardio based class that features fast & slow rhythms that are easy to follow. Ditch the workout, join the party!

Kate is an officially certified Zumba, Zumba Toning and Zumba Gold instructor, as well as a certified Group Fitness Instructor through the American Fitness Association of America (AFAA). Kate absolutely loves Zumba. She became hooked ever since the first song started in the first class that she attended... she hasn't looked back since. She has always loved to dance and was a cheerleader all through school. Kate has a two-year old son and credits Zumba to losing all of her baby weight and having a blast while doing it.

Please join Mike and Kate for these awesome new fitness classes. These programs will begin the first week of November and run through December 26th.

### PURE STRENGTH

Mondays from 6:30 to 7:00 p.m.

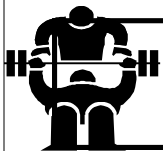
In an effort to continue a "strength" based group class on Monday night, Lisa G. will teach 30 minutes of **PURE STRENGTH** prior to Zumba. You will be amazed at how much you can accomplish in 30 minutes. And then stay for Zumba and get your cardio in. It's a perfect combination.

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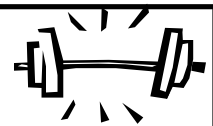
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Are you in, or not?



## TRAINING TIP OF THE MONTH SUPERSETS—Chest & Back vs. Legs



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. Look over the workout below and get all of the weights, etc. you will need. This series of supersets will include an upper body exercise followed by a lower body exercise or vice-versa. You will complete each superset two times through and then proceed immediately with 2 minutes of cardio (your choice). Warm-up approximately 8 minutes.

**DUMBBELL SQUAT:** Stand with feet hip-width apart. Hold a medium dumbbell in front of your body. Arms straight, elbows soft. Bend your knees and lower to 90 degrees. Keep abs and glutes tight throughout the movement. Keep your knees in line with your toes. 15 reps.



**PUSH-UPS ON BALL:** Feet should be placed on a ball and your hands should be directly under your shoulders. You may modify by walking the hands back so that your thighs are on the ball. Lead with your chest, not your chin and lower to the floor. Keep abs engaged. Lower and push up for 15 reps. Repeat squats and push-ups and then do 2 minutes of cardio (hardcore!)



**CHEST PRESS ON THE BALL:** With your head and shoulders resting comfortably on the ball (as shown) and your hips lifted up—squeeze your glutes. Using medium to heavy dumbbells perform 15 chest presses, almost driving your elbows into the ball on the negative (eccentric) movement.



**REVERSE LUNGE:** Hold a set of medium dumbbells either at your shoulders or modify by holding them at your sides. Stand tall with abdominals contracted and alternate a reverse lunge stepping backwards into the lunge position



with one leg and then come back to the start position and lunge back with the opposite leg. Perform 20 reps (10 on each leg). Make sure that your forward knee stays over the toe and lunge deep so that the back knee sweeps the floor. Repeat Chest Presses and Lunges.... 2 minutes of cardio.

**DEADLIFTS:** Stand with feet hip-width apart and hold medium dumbbells in front of your legs. Lower the weights as far as your flexibility will allow by bending at the waist. Keep your legs straight, but your knees should not be locked. Push into your heels as you lift back to the starting position. Do not round your back as you lower. Push the tailbone to the ceiling. 15 reps.



**DB PULLOVERS ON THE BALL:** In the same position as the chest press, select a medium/heavy dumbbell and lower over your head. Keep your hips up, abs tight and arms should be straight with soft elbows. 15 reps. Repeat Deadlifts and Pullovers and then 2 minutes of cardio.



**BENT OVER ROW:** Bend at the waist until torso is parallel with the floor. Hold weights straight down without locking arms. Bend the elbows and lift the weights driving elbows to the ceiling. 15 reps.



**WALKING LUNGE:** In the same position as the reverse lunge above but on the walking lunge you will add movement and lunge forward up and then down the gym floor. Make sure that you don't push your weight forward into the lead leg. Lunge forward and then allow your body to fall into the lunge. Repeat Bent Over Rows and then another lap of lunges and finish with some great stretches.

**NOTE:** Supersets are fast and furious. 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. You can accomplish a ton in a small amount of time

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