

THE "FIT" REPORT



Issue 138

February 2012

FITNESS FANATICS = A CLUB

I was reading through some of my old newsletters and I came across something that I had written in April of 2002—this was before all of the competition moved into our area..... Here we are in 2012, despite the competition (some of whom didn't fair so well), still here and I believe the main reason we have survived and thrived is because, unlike the others, we are a "CLUB":

What is a "CLUB"

- *A club is a haven of refuge and accord in a world torn by strife and discord.*
- *A club is a place where kindred spirits gather to have fun and make friends.*
- *A club is a place of courtesy, good breeding, and good manners.*
- *A club is a place expressly for camaraderie, merriment, goodwill, and good cheer. It humbles the mighty, draws out the timid, and casts out the sorehead.*
- *A club is one of the noblest inventions of mankind.*

*Robert J. Dedman, Sr.
Founder & Chairman of
ClubCorp USA, Inc.*

For Robert Dedman, a club—whether it's a golf club, or a dining club, or an athletic club—is a place of warmth and welcome, a place specifically designed to

make people feel comfortable, and appreciated and cared for. What's key to Dedman, and critically important, is that if a club isn't warm and welcoming, if it isn't focused solely on making people feel comfortable, and appreciated, and cared for—it simply isn't a club.

Hospitality—today, yesterday, and tomorrow—is, and always will be, the heart of the health club industry.

February 1st marks our 11th year in business and for all of our 11 years we have made it our ongoing mission to classify our facility as "a club." We strive each and every day to make our clients feel comfortable, appreciated and cared for.

Your opinions always matter to us and have been crucial in running this business. If there is something you feel that we are missing, please feel free to tell us. Our comment box has been pretty empty in the last several months. Take the time to tell us what you think. We will do everything in our power to meet your needs.

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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



Welcome *Guiliana Grace Perri*
Born on January 18th!

Congratulations *Liz & Bill* and
also big brother *Franco*.
Guiliana is the 23rd grandchild
of our beloved *Prudie Perri*!

We miss you *Liz*! I'm sure you
will be back in the gym soon!

HAPPY 25th birthday Brennan Troyer!



(25??? - I know... shoot
me, and yes I was 14
when he was born!)

Brennan is currently
living the dream in
Chicago, far beyond his spin bike
cleaning days!



Event Location - USX TOWER-
Event Date -- SATURDAY, February 25th
Event Time --- 8:00am till 2:00pm

GOOD LUCK RIDERS!!

Come down and cheer them on!

Team 1 - Warriors - Sharon Skittle, Karen Priore,
Sean Snyder, Bill Stoessel, Ed Bittner, Steve Busalacchi,
Beth Busalacchi, Nancy Brown, Tom Chaffee, Lisa
Troyer, Craig Troyer & Jamie Smolinski.

Team 2 - Challengers - Marilyn Hicks, Jacquie
Smith, Mike Snyder, Bob Milacci, Pat Hartman, Dawn
Oliver, Lisa Cain, Roberta Snyder, Kelly Bird, Dana
Fedorko, Gretchen Donnelly, Mary Ann Flaherty.

Team 3 - PNC Fanatics - Tim Volk, Cicely Hurt,
Theresa Domitrovic, Bob Domitrovic, Chris Nagy, Tina
Massari, Meghan Belotti.

*"Pain is nothing compares to
what it feels like to quit"*

IS YOUR Ipod MISSING??

There has been an 80G Ipod at the front
desk for a few months.... Anybody??



BE VIGILANT: There have been several robberies in
cars in the LA Fitness parking lot. It's been all over the
news. The new scam is that keys are being stolen from
locker rooms and then they simply go to the parking lot
and hit the unlock button and boom—they're in. Women
have a tendency to leave their purses in their cars instead
of bringing them in the gym. We have been fortunate and
have had no such incidences, but it can't hurt to be
cautious.



MISSIE'S GOLF FITNESS CLINICS

TPI CERTIFIED MISSIE
BERTEOTTI WILL OFFER GOLF
CLASSES TO HELP YOUR GOLF
GAME AND YOUR GOLF FIT-
NESS!

Golf Fitness Classes

Titleist Performance Institute, TPI Certified Golf Fit-
ness Instructor, Missie offers a 1-1/2 hour class that is
1/3 stretching and breathing, 1/3 golf simulated exer-
cises that develop strength, and 1/3 **Actual Golf Tech-
nique Instruction**. Students do a lot of actual swinging
in the class. Great improvement happens here, where
emphasis is on technique, balance, and fitness without
the presence of performance. It's a great environment
for developing your golf technique and golf fitness.

February 24, March 2, 9, 16, 30, April 6
Friday Mornings at 11:30am at Fitness Fanatics in the
Great Southern Shopping Center in Bridgeville

Cost is \$180 per golfers Max of 7 Golfers



**Best of luck Brittany!!
The time has finally
come... 46 on your feet!
February 17th—19th**

The Penn State IFC/Panhellenic Dance Marathon, affectionately referred to as THON, is the largest student-run philanthropy in the world!

In 1973, a small group of dedicated Penn State students held the first 46 hour Dance Marathon. That year, 39 dancer couples participated and raised \$2,000. Since then, THON's presence in the Penn State community has grown exponentially. THON now has over 15,000 student volunteers, 700 dancers, and has raised more than \$78 million, benefiting The Four Diamonds Fund at Penn State Hershey Children's Hospital.

THON is now a year-long effort that raises funds and awareness for the fight against pediatric cancer. With the support of students from all across the commonwealth of Pennsylvania, and THON Alumni all around the world, we continue to make great strides towards finding a cure for all childhood cancers!

We couldn't be more proud of you Britt! These are the things you do in life that make an impact! Can't wait to cheer you on.

Donations can still be made at www.thon.org Make sure you click "organization" and then select Kappa Alpha Theta from the drop down menu if you wish to support Brittany.

On Sunday morning there will be a "mail-call" when the dancers will receive inspirational cards and letters to help them finish out the last several hours—I know Britt would love to hear from you. If you would like to send her a card or message, please mail to:

Attn: Mail Call
Brittany Troyer 188-B
210 Hetzel Union Building
(HUB)
University Park, PA 16802

Must be post-marked by
2/7/12!



TOP 2 FITNESS MYTHS

RUNNING ON A TREADMILL PUTS LESS STRESS ON YOUR KNEES THAN RUNNING ON ASPHALT OR PAVEMENT.

"Running is a great workout, but it can impact the knees -- and since it's the force of your body weight on your joints that causes the stress, it's the same whether you're on a treadmill or on asphalt," says Todd Schlifstein, DO, a clinical instructor at New York University Medical Center's Rusk Institute. The best way to reduce knee impact, says Schlifstein, is to vary your workout.

"If you mix running with other cardio activities, like an elliptical machine, or you ride a stationary bike, you will reduce impact on your knees so you'll be able to run for many more years," says Schlifstein.

DOING CRUNCHES OR WORKING ON AN "AB MACHINE" WILL GET RID OF BELLY FAT.

Don't believe everything you hear on those late-night infomercials! Harr says that while an ab-crunching device might "help strengthen the muscles around your midsection and improve your posture," being able to "see" your abdominal muscles has to do with your overall percentage of body fat. If you don't lose the belly fat, he says, you won't see the ab muscles. But can doing ab crunches help you to lose that belly fat? Experts say no.

"You can't pick and choose areas where you'd like to burn fat," says Phil Tyne, director of the fitness center at the Baylor Tom Landry Health & Wellness Center in Dallas. So crunches aren't going to target weight loss in that area.

"In order to burn fat, you should create a workout that includes both cardiovascular and strength-training elements. This will decrease your overall body fat content," including the area around your midsection, he says.

WEBMD

**Besides pride, loyalty, discipline, heart, and mind,
confidence is the key to all the locks.**

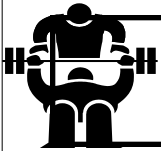
**Joseph Vincent Paterno
1926—2012 R.I.P.**

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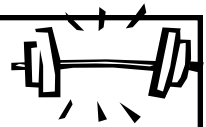
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Are you in, or not?



TRAINING TIP OF THE MONTH FEBRUARY HEART HEALTHY WORKOUTS



February is HEART month. Over 64 million people live with one or more types of cardiovascular disease. The American Heart Association has found evidence that exercise reduces the risk of chronic diseases, including Type II Diabetes, Osteoporosis, Obesity, Depression, Breast and Colon Cancer. You owe it to yourself to PREVENT it before it happens. Exercise is key—the heart is the most important muscle in your body and it needs pushed too. Flipping through a magazine as you successfully avoid breaking a sweat during your 20-minute cardio workout is not what I mean. Make the commitment to add intensity—fire up your body to burn excess calories and work your heart muscle.

I have spoken to you many times about turning your boring cardio workout into something totally different by using more than one piece of equipment. Ten minutes on the treadmill, ten minutes on the stairmaster, 10 minutes on Body Trek etc.

Try this interval workout below for a phenomenal indoor triathlon. The total workout time is 40 minutes, leaving you plenty of time to get in 20 minutes of weight training. Or if it is strictly a cardio day, add another cycle:

Warm-up:	5 minutes	Treadmill
	1 minute Med. Intensity	Treadmill
	1 minute High Intensity	Treadmill
	1 minute Med. Intensity	Elliptical
	1 minute High Intensity	Elliptical
	1 minute Med. Intensity	Spin Bike
	1 minute High Intensity	Spin Bike
	Recovery	

Continue to alternate between work and recovery in one-minute segments for four more cycles, for a total of 10 minutes.

The intensity level on treadmill at medium should be a light jog for you and the one minute at high should be an all-out sprint. The intensity level on the Elliptical should be at a moderate speed and when you switch to high intensity, increase the level number and go as quickly as you can for the one minute segment. The spin bike should

be done in the same fashion; at high intensity, you should add plenty of resistance and pedal as quickly as you can.

Make sure you recover sufficiently before starting the next interval. If necessary, repeat each cycle only 3 times. As you get stronger, increase the number of cycles that you complete and decrease your recovery time between cycles.

If you are looking for a workout that will kick your butt and help you prepare to do some butt-kicking of your own, attempt this Boot Camp workout. This workout compliments the cardio interval. Ideally you should do each workout twice in a week's time. Try it for one week this month. Do the following exercises in the order they are listed. When needed, rest 30-90 seconds between sets. Repeat each superset three times before moving to the next one. Follow-up this strength training workout with additional cardio + 10 minutes of abs.

Squats	15– 20 Reps.
Jump Rope	1 to 2 minutes
Dumbbell Squat w/Overhead Press	20 Reps.
Jump Rope	1 to 2 minutes
Alternating one-arm bent-over row	30/40 Reps
Walking Lunges	20 each leg
Lat Pull Down	15/20 Reps
Squat Jumps on BOSU	20 Reps
Dumbbell Chest Press on Ball	30
Push-ups (feet on ball)	15 Reps.
Barbell Bicep Curls (alt. Standing on one leg each rep)	- 30 Reps
Seated Dips off Bench (feet resting on ball)	15 Reps.