



“THE MESSAGE”

Health & Fitness Newsletter

APRIL 2003

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WHAT'S NEW WITH FIT FOR YOU?

➤ **SPORTS CAMP!** The dates are confirmed, the **Third Annual “Joe Green Youth Sports Mini ~ Training Camp”** will be held July 14-19 Monday through Friday 6-8pm and on Saturday 9-12 noon at Koons Park in Linglestown. Ages 8-14 are welcome, the Camp is for anyone who wishes to participate and it is co-ed. Early registration has officially started!!

Camp registration forms are available now, if you would like a form mailed to you simply contact Joe Green at (717) 579-8257 and give your full name and complete address with zip code.

BONUS!!! Register your son or daughter or have a neighbor's child sign up for the Camp on or before May 1, 2003 and you will receive a coupon to enjoy (2) complimentary In-Home training sessions –and- your name will be entered for a Grand Prize drawing!!!

➤ **SUCCESS STORIES** A new section in the newsletter that could easily appear in every issue monthly. This section is going to be published just one time every three months. So now that March has finally ended let me explain what's so special about this section.

This section is dedicated to a client who has been chosen by vote as the “Success Story” of the quarter. This person will receive recognition for all of their hard work and success in the newsletter and they will receive a gift absolutely free to celebrate their results and great success.

With that in mind I give you the name of the first recipient with a brief sketch of the details. The first recipient of this prestigious honor is Brock Fasnacht. Brock has done a fantastic job transforming his physique into something special. He has lost over 30 pounds, dropped in his waist size dramatically and went from wearing a size XL to a Medium with plenty of room in his shirt sizes.

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**For more information
about
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I applaud him and all of his hard work. While Brock is just one of many that I work with who is having spectacular results I am very proud to be a part of his success!

I am sure Brock will enjoy his “**Gift of Recognition**” (\$50 Cash)! Congratulations Brock, your commitment to excellence is truly inspirational!

➤ **Tele-Fit Fitness Program! – How are people losing 10 pounds in one month without going to the gym or meeting with a trainer???.**

This program allows you to enjoy the benefits of personalized instruction and customized exercise programs for half the cost of personal training costs with the greatest convenience of all and the results are undeniable! (JUST \$22 PER SESSION WITH GUARANTEED RESULTS!) Not only is it worth the call it’s worth the money. For more information mail in the coupon below or contact Joe at fitforyou1@netzero.net or (717) 579-8257.

FITNESS...WHAT’S THE DIFFERENCE BETWEEN MEN AND WOMEN?

By Joe Green

When I set out to give my personal training business a name it took a while. I pondered over names with a theme in mind – the true purpose and mission had to be conveyed in the name. And so it was, I came up with the name “Fit For You” Personal Training & Nutrition because that’s exactly what each and every one of us needs.... is a program that is especially fit for – “you” as an individual.

Where am I going with all of this you ask? The thought I put into naming my business is incredibly relevant to my topic of choice here today. Men and women are different, in their goals, their capabilities, strengths and weaknesses and more – so much so that to me it’s become ever so apparent that a generalized one-plan fits all approaches are not only failing consumers, it’s truly hurting the chances of achieving real fitness success.

Men and women need to eat and train differently to avoid adding fat in the wrong places while adding lean tone muscle in all of the right places.

Scientists seem to support this theory of difference between the genders and they believe that there is a hormone in the brain that regulates bodyfat called leptin, and women have more of it than men do. Women tend to have less muscle and more fat in conjunction with more space internally to store fat. Women traditionally store fat in the areas of the hips, thighs, buttocks and breasts. However one distinct advantage women enjoy over men is that they produce a hormone known as progesterone, which is thermogenic in nature meaning it creates heat hot enough to burn calories. This hormone burns quite a bit of extra calories for women due to the fact that their body temperature rises. This usually occurs right around the time of menstruation.

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"TELE-FIT SPRING PROGRAM

YES, I would like more information about this program.

My Name is: _____

Call me at: _____

My Email is: _____

Best time to reach me: _____

Fitness is just a phone call away and Spring is fast approaching. Find out how to really get ready for the beach this year!!

Mail To: Joe Green - Fit For You
PO Box 60322
Harrisburg, PA 17106

SPORTS MASSAGE ISN'T JUST FOR PROFESSIONAL ATHLETES!

By Rebecca Earley

Sure, massage has become extremely popular in the world of professional athletics, but sports massage can benefit all people who participate in physical activity. No matter what your sport – aerobics, swimming, running, walking, biking, weightlifting- sports massage can help you enhance your overall wellness and play an important role in post-activity recovery.

In all sports massage, there are 3 main goals:

1. Maintain the athlete's muscles in the best state of relaxation, flexibility, and nutrition
2. Reduce muscle soreness to help athlete to recover quickly after exertion to encourage a higher level of training
3. Help athlete to recover from injury and to prevent chronic injury problems

If you participate in a physical activity, you can appreciate how these goals may complement your personal fitness goals.

Most times, new fitness programs are approached with great enthusiasm. Unfortunately, this enthusiasm can propel us past our physical limits. We all know where we end up then – with sore, achy muscles and an overall feeling of fatigue. In some cases, this muscle soreness can be severe enough and last long enough to bring our new fitness adventure to a grinding halt.

Of course, an appropriate training schedule and routine is key to avoiding this pitfall, but for those of us who overdo it, massage is an excellent recovery tool. When you overwork your muscles to the point of pain, micro tearing of the muscle fibers is the result. By increasing circulation to the damaged muscle, debris and waste are exchanged for fresh, oxygen-rich blood. Repair of the tissue is expedited, and post-activity pain and swelling lasts only a fraction of the time in which "normal" healing occurs.

So whether it's shin splints from running, tight hamstrings from biking, or sore traps from swimming, remember – your massage therapist can lessen your pain and recovery time to help you get back to your program!

Men have a greater level of testosterone, which among other things is responsible for increasing and developing the large muscles that guys always seem to want. Since muscle burns calories even while at rest logic follows in that men burn more calories than women do since they generally have more muscle to begin with. Men usually carry less fat overall than women and carry most of it in the abdominal area.

Since women's bodies do not release as many fat-burning hormones in response to exercise they would be best served to adjust their training scheme (intensity) and to further refine their nutritional habits. Exercise involving circuit or interval training would be extremely beneficial to women. Interval training involves bursts of intensity within the workout spaced out systematically.

Sure women have a greater a percentage of bodyfat and for good reason. They are responsible for childbirth first and foremost (big applause for mothers out there). Also women carry 7%-8% of fat in the form of breast tissue. Another 4% of bodyfat has to be accounted for, as it's needed to cushion vital organs.

So if you do the math you can see that a minimum of 12% or so of bodyfat is actually needed and very healthy. When considering how to low to go in relationship to lowering your bodyfat you should take the following few items into consideration; your minimum bodyfat requirement which changes as we age so your age does matter, your overall fitness goals (training for a fitness pageant vs. getting into better shape) and your current diet in relationship to essential dietary needs for optimum health.

So what's the bottom line here you might ask? Well, girls you have work a little harder and eat a little healthier than the boys do for the kind of results you are probably looking for. But you don't have to beat yourself up doing it. Train smarter while you train harder, gets a program designed to meet all of your personal goals so that not one minute is wasted. After all, it's hard enough, right?

MATHEMATICAL GAINS FOR MAXIMUM STRENGTH

By Joe Green

You can clearly see in your mind's eye the type of body you really want or maybe you saw a picture in a fitness magazine or someone at the beach who had "the total package" – and you thought, Wow, could that ever be me?!...

The answer is yes, it could be. But you have to know how to go about it. Seeking the advices of a good personal fitness trainer and coach is key unless you have another avenue of information. Trouble is, most publications give advice but there's usually a catch like buying the supplements they are promoting or the equipment they want you to purchase and so on – you get the idea.

While I like to pride myself as being one of those personal fitness coaches that has the right plan and strategy for someone interested in this topic I realize the challenges that one faces just working up the courage to make that call. So, without a catch or string attached I thought I would give some valuable tips on how to really go about making some major changes to your physique. Bear in mind, exact particulars can only be fine tuned and accurately applied with the full compliment profile on the individual interested in the results.

So, with that said in general here are some key consideration and helpful tips:

1. Establish a nutrition plan that supports your goals so that success is sure to follow. Protein, we hear so much about it and we wonder are we eating enough of it, how much is too much and so on.

Well consider this, generally one gram per pound of bodyweight is recommended in order to help muscle build and grow on a daily basis – so an individual who is 150 pounds would require 150 grams per day.

Protein sources include but are not necessarily limited the following healthy sources:

- Chicken breast
- Turkey breast
- Lean red meat including round and flank steak
- Eggs and egg whites
- Low Fat dairy products
- Fresh fish
- Protein powder supplements

2. A balance of other nutrients besides protein is key, so be sure to include carbohydrates and moderate amounts of dietary fat.

Both carbohydrates and fat provide calories and help the body make the best use of protein. Failing to eat enough carbohydrates can lead to you failing to meet your goals to build new lean muscle and the muscles will also suffer from an inability to adequately repair themselves from workouts. This will limit and possibly even negate your best efforts to get that lean hard body that you are searching for.

Carbohydrates are important despite what the fad diets and so called magic pills and powder producers tell you. Truth is carbohydrates are the preferred and necessary fuel source for the body so don't tamper with Mother Nature!

Fail to consume an adequate amount of carbohydrates and you have the sure fire recipe for decreased energy and exercise intensity along with increased muscle fatigue and decreased capacity for muscle growth which is a top priority for anyone looking to get into any kind of respectable shape.

You need a minimum of 2 grams of carbohydrates per pound of bodyweight daily. I know, I know I have just shocked some of you

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and still others are shaking their heads no, insisting that this doesn't apply to them because.... – oh yes it does!

Depending on your level of bodyfat and training intensity and individual metabolism you may even require up to 3-4 grams of carbs per pound of bodyweight. Remember, these recommendations are based on training intensity, individual metabolism and level of bodyfat. Couch potatoes and exercise enthusiasts are two different body types and each can relate to who they truly are.

I've always suggested eating in accordance or otherwise called eating supportively. Eat for your activity level or according to what you plan on doing within the next 2-3 hours. For instance avid exercises should take the following information into account. When training larger muscles such as legs, back and chest, aim for 3-4 grams of carbs per pound of bodyweight per day. Smaller muscles such as abs, calves, shoulders and arm will require less, approximately 2-3 grams of carbs per day.

Beginners or female s who see an increase in bodyfat while trying to add quality lean muscle should stick to lower numbers for carb intake, around 3 grams per body pound for larger muscles and 2 grams for smaller muscles.

The best carbs are the natural ones like yams, potatoes, oatmeal, whole-grain rice and fruit. Low-fat muffins, breads and bagels are not out of the question but should be reserved for the occasional indulgences.

3. The “Fat” of the matter is that fat is essential but even more important is the source from which it is derived!

Fat is responsible for tipping your energy balance from neutral to positive. Energy balance, also known as caloric status is important for muscle gains and muscle is needed to boost your metabolism. A moderate intake of fat supports hormone levels in men especially testosterone and testosterone is a major factor is muscle gains. So the zero-fat

diet thing.... Forget it! In fact the growing belief is that approximately 20% of your calories should come from dietary fat.

Choosing lower fat proteins such as chicken, turkey, lean meat, fish, and eggs will automatically put you at approximately 20% total caloric intake from dietary fat sources of preference. Other healthy sources that can be added in on occasion are a small handful of nuts on a salad or using low-fat salad dressing on veggies, which adds both calories and essential fatty acids to your diet.

Be sure to avoid highly saturated fats in the form of foods that are fried, fatty cuts of meats and whole dairy products. Instead, healthy fats are choice and can be derived from sources such as olive oil, canola oil and salmon.

4. Fiber and Water are often overlooked – however they are essential if you're serious about achieving your goals.

Fiber is very important and very helpful and once you understand the role that it plays you're sure to incorporate more of it as an essential part of your nutritional plan.

Fruits, veggies, beans and whole grains are both healthy and may help limit the accumulation of bodyfat! Fiber foods slow the digestion of carbs, improving energy while preventing rapid spikes in blood sugar levels. Approximately 20 grams of fiber daily is a great goal to aim for.

Water of which we are mostly composed is essential. We know that but so many Americans fail to get an adequate supply of it on a daily basis. So many are chronically dehydrated and mistake the need for more water as signs of being hungry. Somewhere in the neighborhood of 75% of Americans are chronically dehydrated.

While a lack of sufficient levels of water leads to a host of problems and deficiencies in our general health it should be noted that water

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helps the muscle grow and it clears out toxins from the body and supports circulation.

The raging debate always seems to lye in the issue of how much water is enough. I've always believed that it varies from person to person however a general guideline can be followed.

Approximately one-half ounce of water per body pound of bodyweight should be sufficient. Even better yet I've located a recommended calculation that helps determine your approximate daily water intake requirement. Simply divide your bodyweight in pounds by (2). So if you weigh 160 pounds you would require approximately 80 ounces of water (around 2.5 quarts) of water per day.

Bear in mind that exercise especially hot days will alter that requirement in the favor of increasing the amount needed to consume by approximately 0.25 to 0.5 quart for every hour of exercise depending upon intensity of course and the amount you sweat.

Athlete's, you have not been forgotten in this mathematical approach to fitness. In fact doing the math for maximum strength and muscle gains can be measured with some degree of accuracy with some common strength prediction equations.

Below are three different tests you can try out to get a good idea of where your 1RM (One repetition max) is. Try them out and choose the one that best suits you which would be the one closest to your actual max.

The **Epley (Nebraska)** formula is the most consistently used formula by exercise professionals. The equation for 1RM determination = $(1 + 0.0333 \times \text{reps}) \times \text{weight}$. For example if you can bench 225 lbs for 10 reps then your predicted 1RM would be 300 lbs.

The **NFL-225 Test** formula is $- 226.7 + (7.1 \times \# \text{ of reps you can do using 225 lbs.})$. So, assuming you can bench 225 lbs for 10 reps then your predicted 1RM would be 298 lbs.

The **Brzycki Test** formula is $- 100 \times \text{weight divided by } (102.78 - 2.78 \times \text{reps})$. If you can bench 225 lbs for 10 reps then your predicted 1RM would be 300 lbs.

Mississippi State has two formulas they use and they also have specific equations for 1RM determinations for incline bench, triceps extension, barbell curl and leg extension. Simply visit their website at www.css.edu/users/tboone2/asep/august2002jeponline.html to learn more information.

PEP TALK

*What we hope ever to do with ease,
we must learn first to do with
diligence.*

- Samuel Johnson

RECIPE OF THE MONTH

Spiced Ground Chicken Medallions

8oz ground chicken breast
1 tbsp Lawry's Chicken & Poultry Perfect Blend Seasoning & Rub (or any chicken seasoning or spice mix you prefer)

Preheat grill. Mix the seasoning into the meat and divide the chicken into 4 mounds, then flatten them to form circles. Place the circles on the grill and cook 2-4 minutes on each side or until lightly browned and no longer pink inside. Makes one to two servings.

*Per Serving: Calories: 227, Protein: 52g,
Carbohydrates: 0g, Fat: 6g*

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APRIL TIP

If you have been asked to volunteer as a Board member to and for an organization, there are inherent and often unsaid responsibilities that you take on as a Board member or Trustee. They include time (for committee meetings, board meetings, etc.), your talents (finances, helping at special events, doing a newsletter, etc.) and treasury (making a personal financial contribution to the organization). Many organizations do not have a Board Responsibility pledge form, which outlines what is requested of you, the length of the term you will be serving, and other information. This pledge form protects you and the organization and delineates exactly what is expected from you. If your organization does not have one, help to design a simple one- it benefits one and all.

Being a Board member is more than the above; it is also having the passion for the organization and the desire to help it reach its financial and mission driven goals. Be an active Board member, talk it up in the community, and don't be afraid to ask for monetary support from other people and businesses. Remember, you are the first contact for the group and likely the one that the individual and company will remember the most!! Make the most of your time in front of people and above all, HAVE FUN!!

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EATING ON A KETOGENIC DIET

By Beth Roberts – IFBB Pro Bodybuilder

In the most general terms, a ketogenic diet is any diet that causes ketone bodies to be produced by the liver, shifting the body's metabolism away from glucose and towards fat utilization. More specifically, a ketogenic diet is one that restricts carbohydrates below a certain level (generally 100 grams per day), inducing a series of adaptations to take place. Protein and fat intake are variable, depending on the goal of the dieter. However, the ultimate determinant of whether a diet is ketogenic or not is the presence (or absence) of carbohydrates.

On this diet, not only is muscle gained and fat lost (supposedly the most important aspects of a bodybuilding diet), energy levels are elevated and appetites are suppressed. The problem most people have with "Ketogenic Diet" is their lack of knowledge concerning what food combinations or nutritional supplements can be ingested to induce this anabolic state of ketosis. The following is a list of naturally occurring food combinations and bio-engineered food supplements from Eclipse that will take the guesswork out of building a hard, ripped, physique.

When assessing each specific meal in a ketogenic dietary regimen, a protein and a fat source must be specifically chosen. Most naturally occurring foods that contain proteins and/or fats also contain small quantities of carbohydrates (eg. Egg yolks, cashew nuts, and peanut butter all contain protein, fats and some carbohydrates); therefore, due to the extremely small carbohydrate presence (in the ketogenic diet plan) it becomes irrelevant to insert specifically chose carbohydrate rich foods (such as rice, potatoes, and pastas).

First, choose a protein source from the following list: Chicken breast, lean beef (top round, eye-of round), lean hamburger, salmon, swordfish, turkey breasts, tuna fish, and whole eggs. Next choose foods that contain essential fats (fats that serve to meet all the daily fat requirements). The essential

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fats are as follows:

- 1) **Cholesterol-Laden Fats:** Although we are taught to avoid these fats at all costs, cholesterol (found only in animal fats) is a necessary constituent in the synthesis of all steroidal hormones in the body (i.e. testosterone, estrogen, DHEA, cortisone, and aldosterone to name a few).
- 2) **True Essential Fats:** The human body must daily ingest two specific fats: linoleic acid and linolenic acid (found in flaxseed oil, primrose oil, and borage oil), without which they will fail to build and repair muscle tissue.
- 3) **Polyunsaturated and Mono-unsaturated Fats:** These fats are also known as the “good” fats because their ingestion is linked to low serum cholesterol levels and lower incidence of heart disease. Examples of these fats can be found in nuts, plant oils, and fish fats.

The following is a list of dietary sources of fat (remember to pick fats from all three categories to gain a well rounded fat profile): Cashew nuts, almonds walnuts, egg yolks, olive oil, flaxseed oil, shopped meat, sword fish, and salmon.

The next question is, “What quantities of each food grouping should I be eating?” To simplify matters, I will estimate food quantities as follows: Men weighing 170-250 lbs should consume approximately 6 meals per day with 8 oz (1/2 lb) of a protein source and enough additional calories per meal coming from a fat source (eg. 1/2 cup cashew nuts, 3 yolks, 2 tablespoons of peanut butter). Men weighing less than 170 lbs and women weighing from 100-190 lbs should consume approximately 5 meals per day with 6 oz of protein source and enough additional calories per meal coming from a fat source (eg. 1/4 cup cashew nuts, 2 egg yolks, 1 tablespoon of peanut butter). **NOTE:** These quantities are only recommendations.

New to the market are food supplements that cater to the “ketogenic diet” (high protein, moderate fat, low carbs). Eclipse Sport Supplements has several products that work well on the ketogenic diet. One of which is the **Deluxe Whey Isolate**. This product

contains 20 grams of Protein, 1 gram of Carbohydrates, and < 1 gram of fat. Perfect on the ketogenic diet. Another Eclipse product is the **Bulk why Protein**. This product contains 16 grams of Protein, 5 grams of Carbohydrates, and 0.5 grams of Fat. The **Deluxe Rx Protein** is on the moderately low range of low carbohydrates. It contains 38 grams of Protein, 19 grams of Carbohydrates, and 2 grams of Fat. All three of these Eclipse products, I feel, compliment the ketogenic diet well.

Hopefully, some of the mystery and confusion concerning the “ketogenic diet” has been dispelled and perhaps some of the more daring individuals who read this will give it a try (give your brain approximately one week to acclimate itself to burning ketone bodies, instead of glucose).

Beth Roberts earned her B.S. in Health Science at Lock Haven University. She has been a competitive bodybuilder for 11 years. Finally winning her IFBB Pro Card at the 2001 nationals.

COMING UP IN NEXT MONTH'S ISSUE...

- **"Label Liability?" Read to see what you get! By Joe Green**
 - **Monthly Menu Recipe Idea**
 - **What's New With FFY**
 - **Troy Consulting Tip of The Month**
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