



FITNESS REPORT

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Fit Seniors May Live Longer

Being physically fit after age 60 may extend your life, regardless of your body's fat content, according to a new study.

Scientists looked at more than 2,600 men and women, age 60 or older, who were involved in an NIH-funded study of exercise. The seniors walked on a treadmill to rate their fitness levels. Their fat levels were assessed by looking at their waist measurements, percent body fat and their

weight to height ratio.

After a follow-up period that averaged 12 years, 450 participants had died. They were generally older than survivors and also had lower fitness levels. The percent of body fat did not appear to be related to the risk of dying. However, people who were more fit had a lower body mass index or smaller waist measurements were less likely to die during the study. The researchers also found that least-fit adults

had a death rate 4 times higher than the fittest group.

The findings suggest that you don't need to be thin to benefit from regular physical activity. Regular activity—like brisk walking for at least 30 minutes most days of the week—will keep most older adults out of the lowest fitness category and possibly help prolong their lives. A key to healthy aging is being physically active, regardless of your weight.

Recipe Of The Month

Baked Cod with Lemon-Herb Crust and Parslied Potatoes

4 servings

Ingredients:

- 8 small red potatoes
- 4 cod fillets, about 4 to 6 ounces each
- salt to taste
- freshly ground black pepper
- juice and zest of 1 lemon
- 1/4 cup dry white wine
- 3 tablespoons olive oil
- 1/2 cup plain bread-crumbs
- 3 tablespoons chopped, fresh parsley

Directions:

1. Preheat the oven to 350° F.
2. Place the potatoes in a large pot, cover with water and add a liberal amount of salt. Bring to a boil over high heat and cook until the potatoes are tender throughout, about 20 minutes. Drain well.
3. Meanwhile, season the cod fillets with salt and pepper and place them in a baking dish large enough to accommodate all of the fillets in a single layer. Sprinkle the cod with the lemon juice (reserving the zest for the breadcrumbs), white wine and 1 tablespoon of olive oil.
4. In a small bowl, combine the breadcrumbs, lemon zest and 2 tablespoons of parsley.

Sprinkle the cod with the breadcrumb mixture and drizzle the crumbs with a tablespoon of olive oil. Place the cod in the oven and bake until the fish is just cooked through, about 12 to 15 minutes depending on the thickness of the fillets. Remove the fish from the oven and turn on the broiler.

5. To finish the potatoes, heat the remaining olive oil in a skillet over medium-high heat. Add the potatoes and sauté for 2 minutes. Add the remaining tablespoon of parsley.

6. Place the fish under the broiler to brown the breadcrumbs. Place one fillet on each plate and serve with the parslied potatoes.

QUOTE OF THE MONTH

"I find that the harder I work, the more luck I seem to have."
~Thomas Jefferson

Why Strength Training?

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

Benefits of Strength Training

There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

- * arthritis
- * diabetes
- * osteoporosis
- * obesity
- * back pain
- * depression

Arthritis Relief

Tufts University recently completed a strength-training program with older men and women with moderate to severe knee osteoarthritis. The results of this sixteen-week program showed that strength training decreased pain by 43%, increased muscle strength and general physical performance, improved the clinical signs and symptoms of the disease, and decreased disability. The effectiveness of strength training to ease the pain of osteoarthritis was just as potent, if not more potent, as medications. Similar effects of strength training have been seen in patients with rheumatoid arthritis.

Restoration of Balance and Reduction of Falls

As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increase a person's flexibility and balance, which decrease the likelihood and severity of falls. One study in New Zealand in women 80 years of age and older showed a 40% reduction in falls with

simple strength and balance training.

Strengthening of Bone

Postmenopausal women can lose 1-2% of their bone mass annually. Results from a study conducted at Tufts University, which were published in the Journal of the American Medical Association in 1994, showed that strength training increases bone density and reduces the risk for fractures among women aged 50-70.

Proper Weight Maintenance

Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Muscle is active tissue that consumes calories while stored fat uses very little energy. Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.

Improved Glucose Control

More than 14 million Americans have type II diabetes—a staggering three-hundred percent increase over the past forty years—and the numbers are steadily climbing. In addition to being at greater risk for heart and renal disease, diabetes is also the leading cause of blindness in older adults. Fortunately, studies now show that lifestyle changes such as strength training have a profound impact on helping older adults manage their diabetes. In a recent study of Hispanic men and women, 16 weeks of strength training produced dramatic improvements in glucose control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident.

Healthy State of Mind

Strength training provides similar improvements in depression as antidepressant medications. Currently, it is not known if this is because people feel better when they are stronger or if strength training produces a helpful biochemical change in the brain. It is most likely a combination of the two. When older adults participate in strength training programs, their self-confidence and self-esteem improve, which has a strong

impact on their overall quality of life.

Sleep Improvement

People who exercise regularly enjoy improved sleep quality. They fall asleep more quickly, sleep more deeply, awaken less often, and sleep longer. As with depression, the sleep benefits obtained as a result of strength training are comparable to treatment with medication but without the side effects or the expense.

Healthy Heart Tissue

Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. One study found that cardiac patients gained not only strength and flexibility but also aerobic capacity when they did strength training three times a week as part of their rehabilitation program. This and other studies have prompted the American Heart Association to recommend strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

Research and Background About Strength Training

Scientific research has shown that exercise can slow the physiological aging clock. While aerobic exercise, such as walking, jogging, or swimming, has many excellent health benefits—it maintains the heart and lungs and increases cardiovascular fitness and endurance—it does not make your muscles strong. Strength training does. Studies have shown that lifting weights two or three times a week increases strength by building muscle mass and bone density. One 12-month study conducted on postmenopausal women at Tufts University demonstrated 1% gains in hip and spine bone density, 75% increases in strength and 13% increases in dynamic balance with just two days per week of progressive strength training. The control group had losses in bone, strength, and balance. Strength training programs can also have a profound effect on reducing risk for falls, which translates to fewer fractures.

Fitness Together is Changing Lives!

How did you get started with FT? Rebekah has always been health and fitness conscience and knew what she needed to do but had to have the accountability and the motivation to follow through with it. Right before she started Fitness Together she was working long hours at her job and started realizing she needed to do something for herself. She knew Nathan Toensing through her family and that he owned a personal training studio so decided to join.

What did you like about FT the most? Rebekah needed the accountability to follow through with a consistent exercise plan. Fitness To-

gether gave this to her and allowed fitness to become a lifestyle and something she missed when she wasn't able to work out regularly.

What do you credit your success? Rebekah credits a lot of her success to the trainer's knowledge about fitness and general nutrition. She also benefited from the friendly personal setting which made it fun to workout on a regular basis.

"For about 3 years I was pouring my heart into a job working anywhere from 60 to 70 hours per week which turned into eating a lot of junk food, not spending anytime to care of

myself, and gaining a lot of weight. The problem wasn't that I didn't know what to do it was that I didn't have the accountability, discipline, and motivation to follow-through with what I knew. The other problem was that going to a regular gym was completely unattractive to me. Then I discovered Fitness Together and it all came together. FT had expert trainers who really cared about my health and pinpointed my fitness and nutritional needs. They also gave me that accountability that was always missing as well as a close family atmosphere that made me feel I didn't want to let the trainers as well as myself



Rebekah lost 33 pounds in only 12 Weeks!!!

SAVE \$244

Our Clients Look Good in Public, Because They Train in Private!

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Call Today if you have any questions, or to set up your Free Session

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This offer is fully-transferable and is valid for new clients only.

Offer Expires: March 31st, 2008

Career Opportunity

Do you know anyone who is interested in a career in the personal training industry? At Fitness Together we are always on the lookout for good people who have a

love for health and fitness. If you have someone in mind, or have any questions, please feel free to contact Brian at 425.228.0614 or email at

newcastle@fitnesstogether.com.

We look forward to hearing from you!

1717 NE 44th Street
Suite B
Newcastle, WA 98056

Phone: 425.228.0614

E-mail:
newcastle@fitnesstogether.com

We're on the Web!
www.ftnewcastle.com



A Word From The Owner

Hi, my name is Brian Wehner and I am the owner of Fitness Together in Newcastle. We are proud to serve the greater Eastside community.

We have put together this newsletter as a source of useful information for our community to use. I will also invite you to come down to the studio and check us out!

Please feel free to call or e-mail me if you have any questions pertaining to our newsletter of general health and fitness.

If you would like a free subscription to our bi-monthly newsletter please call us at 425.228.0614. This publication is also available in a PDF format via e-mail; just give us a call to request.

We look forward to providing you with useful tips in the coming months. We are here physically and mentally to enhance our client's lives and have fun doing it!

About Us

Fitness Together offers unique personalized fitness training programs for adults ranging in age from 15 to 80 years old. In the privacy of individual rooms, Fitness Together clients work with their own personal trainer to achieve mutually established fitness goals.

Fitness Together is now the largest personal training organization in the world and continues to

grow throughout the U.S. and the world.

Fitness Together's success is attributed to the strong appeal of it's unique approach in helping clients reach their fitness goals.

Our philosophy of *1 Client 1 Trainer 1 Goal* says it all. To provide our clients with private, one on one personal fitness training, helping them achieve their fitness goals.

Fitness Together is located conveniently off of I-405 at Exit #7. We offer several fitness services to help you get in the best shape of your life!

Our staff of professional fitness experts will help you get fit in private one-on-one training suites.

1 Client. 1 Trainer. 1 Goal.

We'd Love To Hear From You!

Whether your goal is to lose weight, get in the best shape of your life or anything in between, We can help you!

We'd love to hear from you and answer any questions you have about health and fitness related issues.

So please don't hesitate to call us or contact us through e-mail. There is never any pressure and no obligation. We're a community resource.



Brian Wehner, Owner

Fitness Together
1717 NE 44th St.
Suite B
Newcastle, WA 98056

Phone: 425.228.0614

Email: newcastle@fitnesstogether.com

Web: www.ftnewcastle.com