



SPORTS CONDITIONING
SPECIALISTS

Fitness Planning Consultants, Inc.

Fitnews

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Upcoming Events

**5th – 8th Grade Football
Conditioning Camp –
Register Now!!! (starts
July 7)**

**5th – 8th Grade Boys/Girls
Soccer Conditioning
Camps – Register Now!!!
(starts July 6)**

Girls X-Plosive Basketball
Camp in September

Orientations

Super Market Tours

4 Week Program to Get You Ready for Swimsuit Season

Summer is fast approaching and people are always asking what they need to do to look great in their bathing suits for the upcoming swimsuit season. Unfortunately, they usually ask me around Memorial Day weekend, which leaves us little time to work with. Apparently, during the previous 6 months of winter and spring these same people forgot that the health club was open and they could have worked on their figure during this time as well. But all is not lost! We will assume that they have asked with 4 weeks to go to work this miracle before they will be seen at the pool.

The first thing we need to do is get you on an exercise program. Understand with 4 weeks, we need to work hard and fast. Which means you'll probably have to put a little more time in the gym than you are used to, but it will be worth it. We have to start burning that bodyfat and shaping those muscles as quickly as possible. So, you will work out 4 times a week. Twice a week you will do exercises for the lower body and abdominals, and the other two times you will do exercises for your upper body. Now, don't go easy on your workouts. For each exercise you pick per body-part, you want to do 3 sets with 12-15 repetitions each. This development of muscle will help increase your metabolism to burn off bodyfat as well as shaping your body.

Let's discuss the cardiovascular portion. If you neglect your strength training, then this portion will almost be useless. This will be key to burn off bodyfat, but you combine this with a strength training program, such as the one we previously discussed, and you can make your body into a fat burning machine for a lot longer than just the time spent exercising. It will be your call, but in 4 weeks you need to do cardiovascular work often. I'm talking 5 to 7 days a week. Don't worry so much about where your heartrate should be, just go at an intensity that pushes you, but you aren't gasping for breath. Your duration should last anywhere between 30 and 45 minutes, depending on how out of shape you are.

Finally, we come to the eating program. I will keep this short and sweet. You can make some dramatic changes in 4 weeks, but you are going to have to be disciplined. You will need to eat 5 to 6 times a day. You need a breakfast, lunch, and dinner plus snacks in-between. For these 4 weeks only, you need to focus a little more on getting protein at your meals (lean meats, fish, or chicken). Do not eliminate your carbohydrates though. You need a starchy carbohydrate (whole wheat pasta, whole wheat bread, fruits, or potato) and a fibrous carbohydrate (any vegetable) at each meal along with the protein. Make your snacks consistent with some protein as well. Protein takes more calories to burn therefore increasing your metabolism. The last two weeks, you might want to substitute another fibrous carb for the starchy carb. This will help gain that lean look you are hoping for.

Ideally, as a personal trainer, you promote a healthy lifestyle 24/7. This program won't get you the results you would see if you were to already have been exercising, but some definite changes will be seen. By following the prescription very closely for 4 weeks, a desirable body could be the end result that makes you feel very comfortable getting into that swimsuit and the envy of everyone.

Barbie Couldn't Hang With Today's Female Athletes

(This is an online article I wrote earlier this year)

With the Women's NCAA Tournament right around the corner, it brings to light how far women's athletics have come. Today's female athlete is stronger, more powerful, and could kick the snot out of the female athlete of 20 years ago. What has been the most significant change, which can be said for male athletes as well, is the training and conditioning that these females go through to be the best at their sport.

The William's sisters, Mia Hamm, Katie Smith, all these women are powerful women that have put in their hard work. This hard work has led them to lifting weights, training with specialists, and speed, agility, quickness training that makes them finely tuned machines. With this hard work, they have been breaking down the myth that if you lift weights you won't look feminine, but have big bulky muscles like guys. These women have sleek, toned muscles, yet are still powerful enough to blow by their competition.

What strength coaches like Adam Kessler of Sports Conditioning Specialists have figured out is that women can do exactly what men can do when it comes to working out.

"What I have noticed is that women tend to pick up the technique a lot quicker than men, which makes them a little more efficient at their lifts," said Kessler, whose facility has helped many of central Ohio's more recognized female prep athletes. "I work them out just like I do the guys and the results are the same. They get stronger, quicker, and more dominant in their sport."

Part II will be in the next issue.

What Is All The Commotion On HGH Anyway??

By now, you have probably followed all the buzz about Major League Baseball's war on drugs. Jason Grimsley was not the first and certainly won't be the last person to get caught taking illegal steroids. The drug at the center of all this controversy is Human Growth Hormone (HGH). It is not only baseball's problem, but a sport's problem in general. So why is this drug so popular among professional athletes.

HGH is developed naturally in your body by your pituitary glands. It plays an important role through childhood and reaching full adulthood, by keeping our metabolism efficient and stimulating growth and cell reproduction. Production can be enhanced through anaerobic exercise such as weight lifting. As our body's production of HGH slows down as we get older, our metabolism will slow down, leading to weight gain, hypertension, muscle loss, and other ailments associated with aging.

Scientists created a synthetic version of HGH around 20 years ago. Their test subjects showed such a change it was billed as a "youth serum." Subjects showed an increase in muscle mass and bone density, fat loss, improved sexual performance, and disappearance of wrinkles. Individuals just appeared a lot younger than what they were, almost 10 years younger.

The marketing for this new synthetic HGH was that you could look and feel younger without much effort. Perfect for today's society. The problem is that it is very expensive. Also, younger athlete's are taking it to enhance their athletic advantage. Some of them don't have low enough HGH levels which warrants a risk of overdosing. If you are overdosing from HGH, it could cause severe headaches, fluid retention, insulin resistance, and gynecomastia (male breasts). Tumors and other ailments are possible, but research needs to be more concrete.

With all the money that is at stake in professional sports, this is why baseball, football, track athletes, and other professionals are talking this steroid. That and the fact that they really have no way of testing for it. Until they can come up with a test, my bet is that more and more athletes will be using it to get that edge.

Cut Trans Fats, Get More Exercise, Heart Experts Say

The American Heart Association has become the first big health group to urge a specific limit on trans fats in the diet — less than 1 percent of total calories — in guidelines released yesterday.

Also for the first time, the organization's dietary guidelines include lifestyle recommendations, including an emphasis on exercising and not smoking.

To read this article in its entirety, go to

http://fitnessplanning.com/current_fitness_news.htm.

Girls X-Plosive Basketball Camp Will Arrive In September

Once again, we will be having our high school girls X-Plosive Basketball Conditioning Camp, starting September 11. It will last until October 6, going every Monday, Wednesday, and Friday from 5:00pm to 6:00pm. The cost will be \$185. Starting August 1, you will be able to fill out a registration form and pay online at <http://fitnessplanning.com>.

The goals of the camp will be to get the female basketball player in “basketball” condition so they are ready to go for the pre-season. This will focus on several different factors:

- Improving the vertical jump
- Improving the quickness and agility used on the court
- ACL injury prevention drills
- Improving the athlete’s explosiveness
- Getting the athlete in basketball condition

Our program last year produced 6 female athletes that received end of the year accolades. With three achieving an All-District acknowledgement and one achieving an All-State recognition. Our program is top notch and our athletes are able to take advantage of it by enhancing their incredible natural skills and making them the best basketball players they can be. And the evidence is shown by their accolades.

Unfortunately, this year we will not be offering a program for boys of any age or girls in the 5th – 8th grade range. Because of poor participation in the past, we will not be scheduling any sessions for them. If you are in these groups though and would like to do an X-Plosive conditioning session, you can contact us to participate in private or partner training.

**Go to our website and find out about
our supplements at**
<http://fitnessplanning.com>

Testimonial

The following clients from Sports Conditioning Specialists received end of the season recognition in their respective spring sports. This list isn’t 100% accurate, so if there were any glaring omissions, I apologize.

Jeff Butt (Baseball)

Honorable Mention All-District Division IV

Ruth Glass (Softball)

Second Team All-OCC Buckeye Division

Jeff Morosky (Baseball)

First Team All-District Division IV

Special Mention Dispatch-Agonis Club

Erica Remshard (Softball)

Second Team All-State Division I

First Team All-District Division I

Second Team Dispatch-Agonis Club

First Team All-OCC Capital Division

Jessica Sciacca (Softball)

Second Team All-District Division I

First Team All-OCC Buckeye Division

Corey Smith (Baseball)

Second Team All-District Division II

Special Mention Dispatch-Agonis Club

Amber Stokes (Track)

4th Place States – 400M Division I

All Central District Division I

Thank You! Thank You! Thank You!
Thank You! Thank You!

Thanks to *YOU* the word is spreading. Thanks to all of my clients and friends who graciously referred me to your family, friends and neighbors last month! See, rather than pester people with unwanted calls and pushy sales techniques (that’s definitely not me), I build my business based on the positive comments and referrals from people just like you. I just couldn’t do it without you!

Carlos Rodriguez

He referred Jeff and Jeremy Williams.

Supplement Review: QuadPlex



Protein is essential for the body. Not only does it promote the production for lean muscle mass, but it also is important for your immune system, growth and maintenance of cells, and your DNA. If people get more lean muscle mass, it increases the bodies metabolism and helps to burn calories.

QuadPlex helps to prevent muscle breakdown during exercise. During exercise, your body depletes itself of essential amino acids. QuadPlex restores those amino acids to your body and helps repair your muscles after exercise. To find out more about QuadPlex you may call our facility at (614) 501-7850 or go online at <http://fitnessplanning.com/supplements.htm>.

I'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, I can help you.

I'd love to hear from you – even if you just want to say “Hi!”

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Discover current health and fitness news at my
website: <http://fitnessplanning.com>

Ways to Help Us

No one really pays attention to our specials, unless I'm giving something away dirt cheap. So what I'm going to list are just little reminders on how you can help us out.

Referrals – These are the lifeblood of our business. Any referrals we be greatly appreciated and we will respond in kind. Just ask the people who have been mentioned in previous issues.

Speakings – I am always eager to speak for a group about health, fitness, injury prevention, sports conditioning, corporate wellness, whatever it may be. I will speak for your group, business, family, school, wherever there is an audience, I will speak.

Our Newsletter – If you know of someone who wants to keep up on current health and fitness issues, please refer them to our newsletter. I will gladly put them on our mailing list and let them enjoy this simple newsletter I put together. I also do an email version as well, that can be requested through our website.

Our Website – Please continue to look at our website to stay updated on the latest happenings. We will be launching several new promotions here in the next month or two, so keep checking.

Mailing label here