



SACRIFICE IS PART OF THE GAME

Michael Lipowski

Over the past six weeks or so I've been reminded of how brutal dieting for competition can be and how much dedication it really takes. While I know most members of the PURE PHYSIQUE family have little interest in ever stepping on stage it doesn't mean that level of commitment necessary to get the results you come to us for is any different. Evidence of this can be seen in this month's *Profiles of Success* on the preceding pages where we've highlighted the journey of two friends who have not only changed the way they look but the way they live.

Right now Jeanette, me and my girlfriend Corrie-Beth are all prepping for competitions in the fall. For Jeanette and I this is sort of "old hat", for Corrie-Beth, it's a "whole new world". Regardless, it remains a difficult task and requires sacrifice.

Most recently Corrie-Beth and I went on vacation with family and friends. While everyone else was enjoying beer, fried food and lazy days on the beach we were mixing protein shakes, making sure we got to the gym 4 of the 7 days we were away, and not straying from our path for a single moment. As I write this column, Jeanette is away in the Caribbean and guess what she's doing? Staying on diet and making sure she finds time to workout.

To many this level of sacrifice seems completely unnecessary and unless you're gearing up to hit stage like we are, you might be right. The point is, if you want something bad enough you have to go out and get it, *no matter what*.

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HAPPY BIRTHDAY TO...

August 9 Iris Egan

August 24 Mark Gagliardi

August 26 Patty Desai

August 31 Andy Stein

TIP OF THE MONTH

Research has shown that green tea helps to reduce weight by stimulating the body's thermogenesis process, which increases the expenditure of energy and the oxidization of fat in the body. Many compounds found in plants have this effect. The special thing about green tea is that it does not increase the heart rate, and is therefore believed to be safer than diet pills such as ephedrine that also work by stimulating thermogenesis.

WORDS OF MOTIVATION

"The future depends on what you do in the present."

~Mahatma Ghandi

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Profiles in SUCCESS

Best Friends: ☺

Michelle Stamatelos & Laura DePaolo-Reilly

We thought it would be fun to chronicle the success of not just two PURE PHYSIQUE clients but two friends, Laura and Michelle. Laura is 25 yrs. old and works in the Marketing Dept at an economic research company in Valhalla and started training here in March 2010 in preparation for wedding which just took place this past May. Michelle is 24, and has been with us since October 2009. She works in Sales and Marketing at a Real Estate company in NYC and says that unlike Laura she will be, "single and alone forever".

WHY THEY SOUGHT OUR HELP

Michelle: I tried on bridesmaids dresses for Laura's wedding and was absolutely horrified. The weight that I had gained in college and post college that I had been in denial about finally came to a reality

Laura: I wanted to get more toned for my wedding and honeymoon, I saw my friend Michelle's results and really wanted to try it out. I am way too lazy to go work out on my own, I knew I needed that extra "push" from a trainer.

WHAT CHANGES HAVE THEY MADE TO THEIR TRAINING, NUTRITION, AND LIFESTYLE?

Michelle: I train with Mike anywhere from 1 - 3 times a week and try to do some cardio on my own. My eating habits have completely changed. I lowered my carbs and increased protein. I used to have oatmeal for breakfast now I have 0% or 2% Greek yogurt with a little bit of honey or a little bit of granola. I also now have peanut butter on rice cakes for lunch and will have a protein bar at the end of the work day before I work out and will have turkey, or veggie burgers on an Arnold round for dinner.

When I go out I try and always order turkey sandwiches without cheese, and replace it with avocado. I dropped the most weight when I cut back my drinking. For the first few months I started going to Mike I didn't really drink at all which was a huge change from drinking every weekend, even if it was to have just a glass or 2 or wine or beer with dinner. I am much more conscious of my alcohol consumption. I also now know that if I have a non-healthy snack or meal it doesn't have to ruin my entire day, my next snack or meal will be a healthy one. I've also become much more aware of all the little snacks (like 1 cookie here and there) that do add up.

Laura: I train with Mike two times a week, and really never miss a session unless I HAVE to.

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Laura looking fit and trim on her big day



Michelle with what we know *must* be a cup of water

('Sacrifice', continued from pg. 1)

None of us would ever take it to this extreme if we were not competing but that should not trivialize the lesson to be learned. In the midst of your own personal journey to get fit you're faced every week with opportunities to stray. Whether it is Happy Hour with co-workers, family get-togethers, Holidays, Birthday parties, or any other major or minor celebration, **these are the moments that require you to stand your ground, stay on your diet and make sacrifices to ensure your progress and subsequent success.** Are you committed to achieving your goals; will you forfeit these opportunities to be successful? Only you know the answer, but either way, the rest of us will know. ■

Q & A w/ Mike

Q: Many diets recommend a minimum of 6-8 glasses of water per day. Is this necessary? Does it help with fat loss? -Lisa Stamatelos

A: Here's the scoop on water: There is a definite need for consuming sufficient amounts of H2O when you consider our **body overall is 50-60% water**; our brain 80%, muscles 70-75%, blood 80%, fat 15%, skin 70% and bone 30%. Water is vital to the body's function and performance. It is unquestionably the most important nutrient we consume. Water is required for just about every single biological process occurring within the body; it aids in the transport and absorption of other nutrients and also the breakdown and elimination of waste. Even mild dehydration will slow down the body's functions at a very fast rate with those organs or systems that are comprised of the most water being effected the greatest. This is why we experience muscular fatigue and weakness, general tiredness/lethargy, and decreased alertness and mental acuity as a result of being dehydrated by as little as 3%. Dehydration lasting several days will result in a complete "shut-down" of physiological function and certain death.

Several studies on the topic of water consumption and fat-loss have turned up conflicting results. Some studies have shown that consuming as little

as 500ml of water will induce thermogenesis, (a.k.a. fat-loss), while other studies have shown that no thermogenic effect exists or the effect is negligible at best.

However, even if the thermogenic effect of water consumption is minimal there is something else that must be considered and that is the overwhelming evidence of water's effect on the function of the autonomic nervous system, which is essential to the regulation and proper function of the metabolism.

So in the face of conflicting evidence I contend that a high water intake of 8 glasses or more per day *is* essential for fat-loss in addition to proper bodily and brain function.

Q: Mike, something came up when Dave was making me chicken the other night. Which is better to have, olive oil or butter?? I say olive oil because it's a good fat. Dave says butter. Who is right? -Suzanne DiMarzo

A: Well this is an easy one! You, Suzanne, would be 100% correct and Dave (sorry bud) would be 100% wrong.

Olive oil is rich in Omega-3 & 6 fatty acids while butter is...well...not.

Studies have shown that a higher proportion of monounsaturated fats—like those found in Olive Oil—in the diet are linked to a reduced risk of coronary heart disease. There is a large amount of clinical data showing that **consumption of olive oil can provide heart health benefits** such as favorable effects on cholesterol regulation and LDL (the bad cholesterol).

However regardless of the health benefits associated with Olive oil as well as other "healthy" oils you must keep in mind that there is approximately 12g. of fat in 1 Tablespoon. That's a lot of fat in a small amount and if you are not conservative with your consumption it can quickly and easily add extra calories to your diet which we know will consequently lead to fat accumulation if not monitored. ■

FREE SESSIONS, FOOD, and GLAM!

Do you have a family member, friend or business associate that wants to achieve real exercise results like you have? Then share "the secret" and send them to us for a free no-obligation Trial Workout.

As a token of our thanks select a complimentary gift from us, to you! :

1. Single Training Session (\$65 value)
2. \$50 Restaurant Gift Card (you choose the place!)
3. \$50 Gift Card to Eclipse Salon (Tarrytown)

(*'Best Friends'*, continued from pg. 2)

My eating habits have completely changed. Protein shakes and protein bars have become a big part of my every day nutrition and grilled chicken and brown rice is a lunch staple! Multigrain rice cakes and natural peanut butter have become my go-to snack. Now I eat 5 or 6 times a day, instead of the backward thinking of eating 3 times or less, as being better.

I try to be a little smarter when I am eating and drinking socially. I won't just have a drink to be social; it's not worth the calories.

AND THE RESULTS...

Michelle: I have dropped weight and body fat and have built muscle for probably the first time in my life. The results are so motivating and make you want to keep going until you hit an ideal weight or a certain part of your body becomes toned or stops jiggling! No matter how much I don't want to go I always do and leave feeling great.

I noticed my legs and butt aren't as jiggy as they used to be, regardless of how difficult it is for me to get a move down Mike will take the time to show me the move, time after time.

Laura: I can honestly say I FEEL better, eating so differently. I don't feel as gross, like after eating a big meal! I notice much more of a difference when I'm eating right AND training...like Mike says, "You can't do one without the other".

I am continuously seeing results from training; my arms are getting so much more defined. My butt, legs and thighs have been slower to come along, but they are shrinking and getting more toned as time goes on!

I feel so much better after a training session, no matter how tired I am when I go in to my session, I always have so much more energy and feel better when I leave!

When Mike is training, he is much harder on me, giving me an extremely tough training session with no sympathy whatsoever. I'm sure everyone else experiences this as well!

I have lost weight, body fat and have gained muscle. I SEE the difference in my clothes!

I bought shorts this summer for the first time since middle school. THAT was awesome!

FINAL WORDS FROM THEM BOTH

We are going to keep training, it has changed from becoming something we do for weight loss, to just becoming part of our lifestyle. Going to our training sessions is a regular part of our week, *every week!* **Also we're just waiting for Mike to stop training for his competition so he can eat and drink again and be nicer and happier!** ■

Profiles in SUCCESS

Dr. Fenn Esser

The following was sent to us from Dr. Fenn Esser (pictured in the middle) of Sports Therapy of Yorktown who just completed an intense climb up Mt. Washington.



Hey Mike,

I have to thank you for working me out hard and intensely (& smart) for those 10 weeks prior to my climbing the presidential range in New Hampshire.

The first time I consciously appreciated the difference in my strength was when I threw my 40 – 45lb. back pack over my shoulder and headed onto to trail. At over 25% of my body weight, I needed the shoulders / upper body to carry it almost 1 vertical mile high and 7 miles to cross the ridge of the White Mountains to our destination hut at the base of Mt. Washington by the first night.

The second time I knew that your training had given me an edge was when we ascended the peak of Mt. Washington (climbing to 6300 feet) from our base camp. The distance was only 1.4 miles but at a vertical climb of 1300 feet! This was our 2nd day of climbing, the quads felt each step onto the next rock, and I'd get rid of painful, disabling contractions by regularly drinking off my conveniently-placed water hose - But still I got up there in 40 minutes - Half the time of an average climber (let alone a 50 year old amateur)!

-Dr. Fenn ■