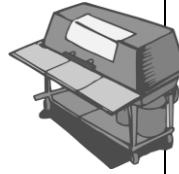




Barbeques, Bathing Suits & Metabolic Boosters

Mike Lipowski



Here we are...the start of summer! And with the summer comes bathing suit season, barbeques, the end of the school year and vacations. So the question I pose to you is, "what are you going to do keep yourself fit this summer?"

It's all too easy to fall into the trap of overeating, overdrinking, and overindulgence in just about everything under the bright sunny sky during this part of the year. **I find it interesting that we'll spend the better part of our Spring preparing to look our best, knowing that more skin will be exposed, and then throw it all away during July and August because, well, it's the summer.** Instead we should be focusing on what we need to do in order to show-off and enjoy the results of all our hard work, while still having "fun".

Speaking of fun, they'll be none of that for Jeanette and I as we prep for competition in the Fall. So be prepared for two moody trainers who really don't want to hear "how hard it is" to train or stay on a sensible diet. Just a word of warning ☺

Anyway, back to my original question, "what are you going going to do?"

For starters, focus your efforts on Monday through Saturday morning. Stay strict with your nutrition and don't falter in your training. This is NOT the time to ease up on either. Take a big
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Happy Birthday to...

July 5 - Dawn Robertson

July 5 - Bill Trucillo

July 6 - Louis Febbo

July 6 - Buffy Haas

July 17 - Fred Campisano

July 18- Sara Marcy

July 20 - Phil Casesse

July 30 - Glenn Roth



TIP OF THE MONTH

The surprising fact is that many conditions can be improved by **visualization** and weight loss is one of them. It works like this: you **keep a vision in your mind of how you want your body to look**, and subconsciously you will begin acting in a way that will go in that direction. You become much more positive about your body, more accepting of your diet or fitness regime, and you will reach your weight goals more quickly and easily.

Words of Motivation

Obstacles are those frightful things you see when you take your eyes off your goals

~Henry Ford

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Don Sinkov & Dina Viteretti

picture approach to each week. If you're *typically* good through the week but now are attending parties and barbeques on the weekend that means you should be even tighter with your calories during the week so you have a little wiggle room on the weekend.

It's also a good idea to do some metabolic boosting exercise Sat and/or Sun morning (i.e., high-intensity interval training or a resistance training workouts) to keep your metabolism working up to par.

Alcohol is a depressant and the worst part about drinking is not the empty calories but how much it slows your body down (note the sluggish feeling you have the next day). This is what inevitably leads to you storing more calories as fat even if you're eating less.

Now just because you're not a drinker doesn't mean you're out of the woods. Overeating can have the same effect. Ever get a Sugar Hangover where the next day you feel a bit more tired than usual? Huge spikes in your blood sugar and insulin from eating more than you're accustomed to or eating too much of the wrong thing also leads to more fat storage due to a suppressed metabolism.

So the formula for maintaining a great body during the summer months is pretty straight forward: diet and train HARD during the week and STRATEGICALLY enjoy the weekend.

A BIG CONGRATS...

Goes out to Dawn Robertson, in-house nutritionist and new PURE PHYSIQUE Personal Trainer who just competed in her first natural bodybuilding competition, the INBF Hercules Championships on June 26th! And guess what...SHE WON!

After 4 months of intense training, diet and sacrifice Dawn developed an incredibly lean and muscular physique that was tops in the Women's Novice Lightweight division and in this experienced bodybuilder's opinion among the top two female bodybuilders in the entire show.



Dawn backstage with her first place trophy from the INBF Hercules Championships June 26th.

It's a Dog's Life

by CYRUS



While I'm the one who's usually being "thrown a bone" I thought it would be nice to throw one to all of you. After all if you wait for Mike to throw you one you might be waiting a very, very long time.

Let's be honest, he's certainly not liberal with the compliments...not like Jeanette. I like her ☺

So I just want so say KEEP UP THE GOOD work people! If it was easy to get in shape then everyone would do it. ...And looking around I can tell you not too many are.

Hey, just look at me! There's a good reason why I'm so fat...I'm lazy. I do nothing but lay around all day and eat everything in sight. Unfortunately you don't have the luxury of living a dog's life...at least not in this lifetime.

For now you'll have to keep "workin' like a dog" but you'll be happier and healthier for it.

CYRUS

Q & A w/ Mike

Q: Now that summer is officially here I really want to work on losing more fat since I'll be wearing a bathing suit just about every weekend and when I go on vacation. How much more aerobic exercise should I be doing in addition to my 3 weekly workouts at your studio?

A: This is one topic that drives me absolutely crazy. It's come to the point where I really don't like to take time to explain why lots of aerobic exercise is completely unnecessary and utterly pointless because by the time I'm finished with my scientifically sound explanation people seem more confused than ever or they think I'm nuts. But for you I'll make an exception.

Now while it may be true that I'm a little nuts—on the topic of fat-loss and aerobic exercise I'm 100% correct and I have other experts and research to back me up.

Here is my stance on the issue. First, while moderate intensity long duration aerobic exercise will result in you burning calories (during the the time you are doing it) it will NOT help all that much with fat-loss. The reason is those calories burned are quickly and easily replaced when you eat. Unless you are restricting your food intake and in a caloric deficit none of the calories burned during aerobic exercise will contribute to fat-loss.

Second, mod-intensity long-duration aerobics does

not help to increase your resting metabolism (i.e., the amount of calories you burn when your body is at rest).

I actually have a third and fourth reason but for the sake of writing space I'll save those for another time.

Just to prove I'm not the only one with this "nutty" point of view check out what fitness expert Rob Poulos, author of *Fat Burning Furnace* has to say.

"When you exercise at a moderate pace for extended periods of time (as in the typically recommended percent of your target heart rate), your body is burning fat during the exercise. While this may sound good, it's actually bad news.

This sends a signal to your body to keep a certain amount of stored fat available for your next workout. You're essentially telling it that it needs fat available to burn, 'because you'll be doing this exercise again. So while we may be burning some calories during this exercise, after the exercise is over, our body begins storing up some fat for the next workout."

Poulos goes on to explain that the best form of exercise is, "high intensity resistance training, with workouts that last 15-20 minutes on average, and can only be performed 2-3 times per week." Sound familiar!

There is certainly some benefit to performing endurance exercise to accelerate fat-loss but the key is to take the same approach you do with your resistance training...short but very intense.

So returning to the original question, my answer is this: **If you want to burn extra body-fat for swimsuit season or at any other time of year FIRST focus on nutrition and getting yourself into a caloric deficit, then add 2-3, 15-30 minute high-intensity aerobic workouts each week.**

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 no-obligation Trial Workout.

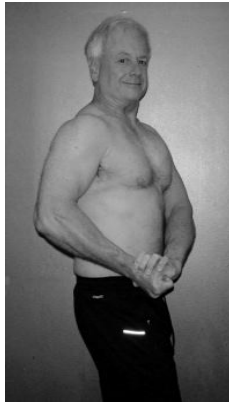
As a token of our thanks to you can choose 1 of 3 gifts from us:

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

Profiles in SUCCESS

Don Sinkov

Is 61 years old and Owner of Your Divorce Mediator.com with offices in Yorktown Heights and Putnam Valley. Don is a divorce mediator with over twenty years experience. Don has a 22 year old son that just recently started weight training. Needless to say his son has great role model in Don and he's quick to point out that his "Dad is buff".



"After a twenty year layoff from weight training I started with Jeanette in August of 2009. This August will be one year. I train with Jeanette twice a week and Mike once a week". After a workout or on off days Don will perform some aerobic exercise.

As far as diet, "I've eliminated sugar, white flour and dairy, eat 5 smaller meals per day instead of three larger meals. Eat about one third of the carbohydrates, i.e., Bread, pasta, white potatoes. I now eat lots of vegetables, sweet potatoes, nuts and use cooking spray instead of butter."

"I have maintained the same weight of 178 yet my shirt size has gone from extra large to large and my pants size from 36 to 33.

Although I'm spending less time in the gym training I'm getting better results than I did when I was twenty years younger. My goal is to be on TV as a model for fitness equipment and to inspire other senior citizens. Oh yes, and to get better internet dates."

Profiles in SUCCESS

Dina Viteretti



Is a 46 year old nurse practitioner, mother of an 18 yr. old daughter, Amanda and a basketball coach. Dina began training at PURE PHYSIQUE in April of 2009. In her own words Dina started training

because, "I was tired, overweight, unhealthy, and unhappy".

Today Dina trains with Jeanette three times a week and does two additional days of aerobic exercise on her own. This along with a recent change in her nutrition has led to some pretty great results. *"I have dropped 3 sizes, increased my muscle mass and tone and I feel better about myself and have more self-confidence".*

Dina's secret recipe for fat-loss is unquestionably the changes she made to her diet (which is apparent in the above photo...check out the guns!). According to Dina she *"...decreased my fat and carb intake and increased my protein significantly. I take my vitamins and always try to eat as healthy as possible."*

As to what is next, *"Who knows??? I'm taking one day at a time and will continue to workout hard and improve myself."* We have no doubts that Dina will continue to make fantastic gains on-top of those she's already made.



MARK GAGLIARDI recently earned his **3rd Black Belt** in 3 different Martial Arts! Mark has had to overcome some severe knee problems in order to perform the necessary forms to earn these belts and we commend him for the intense work he puts in to strengthen his legs just enough to "make the grade". **CONGRATS MARK!!!**

