



IT'S A SCARY TIME OF YEAR

Michael Lipowski



Because September had been such an insanely busy month for us I decided to combine the September and October issues. As you know, for a small studio we always have a lot going on. One upcoming event we've been planning for is the Yorktown Street Festival October 9th. Be sure to come and check out our booth we're going to be doing something very funny that I think you'll really get a kick out of. Now onto the commentary...

Why is this a scary time of year? Well because of Back-to-School and Halloween of course!

Actually it's scary for other reasons too. This tends to be the time of year that people lose their focus on fitness. The holidays will be upon us, with all their temptations and gluttony, and with every degree the temperature drops another layer of clothing goes on, making it easier to "hide". That's why I love the summer. Shorts, tank tops and bathing suits are great motivators to keep the fat off and stay consistent with your training and nutrition. In the fall we're hardly "showing skin" and thus snacking on your kids Halloween candy and adding an extra layer of body-fat for insulation is easy because no one's going to notice.

But YOU will notice. ...And so will we (Whaaaa haaa haaa).

Thought back to school was only for the kids? It is for you too. So let Professor Lipowski educate you on a few things regarding fat-loss.

1. There are 3,500 calories in 1 pound of body-fat. That means if you overeat by only 250 calories each day you have the potential to put on a pound of fat every 14 days.

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HAPPY BIRTHDAY TO...

Jeff Wagner	Sept 21 st
Corrie-Beth Hughes	Oct 4 th
Michelle Stamatelos	Oct 10 th
Rose Cicatelli	Oct 16 th
Joe Tortorella	Oct 24 th

TIP OF THE MONTH

Aim to consume 50-60% of your daily carbohydrate intake before and after training to maximize the effect of your workouts, speed up recovery and as a method for increasing fat-loss.

Pre-workout carbs will help fill your muscles with glycogen which is the primary source of energy used during weight training workouts. Replenishing glycogen after a workout helps speed up recovery.

By keeping your carbs low (and consequently your glycogen levels) for the remainder of the day when your body does not need to rely on them for energy like it does when training or during heavy activity your body will turn to your fat stores to supply you with energy.

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On the flip side, if you were to decrease your caloric intake by 250 calories each day you have the potential to lose 1 pound of body-fat every 14 days. **Decrease your intake by 500 calories each day and that's a 1 pound loss each week.** But here's the kicker. You need to know what your calorie intake should be each day.

There are several formulas we can use to help you figure this out but the easiest thing to do is get yourself hooked up to our Bioanalytics Body-fat Testing machine and it will give us a fairly accurate account of how many calories you should be taking in.

2. Weight training and High Intensity Interval Training are the best forms of exercise to burn extra calories.

Ditch the long-duration, steady state aerobic exercise; it will only result in you storing more body-fat since the body must rely on *it* for supplying the energy to perform this type of exercise. **Plus this type of exercise tends to make you hungrier, resulting in overeating.**

The one caveat is that you must be careful not to overdo the weight training since the stress placed on the body can make recovering—and consequently building muscle—more difficult. It's for this reason that **the maximum number of days per week you should hit the iron is FOUR** and even if you are training to this upper limit you will occasionally need to scale back in order to ensure the body has time to overcompensate for the accumulated stress of exercise.

3. Attention to detail is necessary for long-term fat-loss success. If cutting back on what you're eating were enough then people would easily lose fat week in and week out. But that's almost never the case.

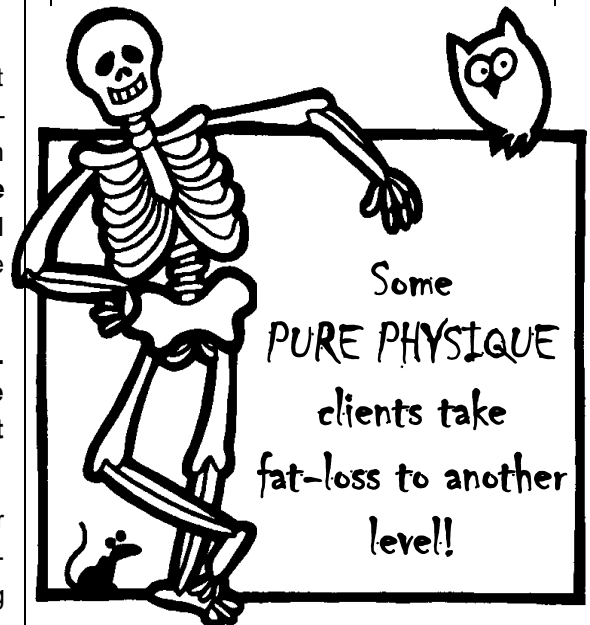
In order to make steady progress your nutrition must provide your body with everything it needs, when it needs it, to keep the fat-burning furnace stoked. That means eating every 2 ½ - 3 hrs, getting enough protein (1 g. for each pound of your lean body weight), consuming small portions of carbs at each meal instead of a lot all at once, drinking plenty of water, and taking in healthy fats and getting all your essential nutrients through supplementation.

Let me end just like I started. It's a scary time of year. The potential to throw away all that you worked hard to achieve through the spring and the summer is certainly there. The stresses of school buses getting in your way on your commute to work, kids brining home loads of homework, preparing for the upcoming holidays, 3rd & 4th quarter deadlines, and countless other work, social, and family pressures all present opportunities to cave in and lose focus on yourself. **DON'T LET THAT HAPPEN.** Make sure you leave time to focus on you since only a happier and healthier you can help those around you. ■

WORDS OF MOTIVATION

Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.

-John F. Kennedy



(Tip, continued on pg. 2)

Some good sources of pre-workout carbohydrates include: oatmeal, rice cakes, fruit, brown rice, Ezekiel bread or wraps and sweet potatoes.

Some good sources of post-workout carbohydrates include: all of the above, plus honey, dextrose (sugar), candy & sports drinks (in small amounts, <30g. sugar, and no-fat). ■

Q & A w/ Mike

Q: I am constantly on the run between work and school and traveling to and from the city by train. What are some convenient foods or meals I can buy or take with me since I don't always have time to prepare full meals?

A: This is definitely one of the more common questions I get hit with on a weekly basis and for good reason. **WE'RE ALL BUSY.** That's what attracts many of our clients to our program in the first place...it's fast and convenient.

I'll answer this question by giving you some insight into what I do when I'm "on the run" as well as a few other meal suggestions that can be quick and easy.

Let me start off by saying something you've all heard from me more times than you'd like but, in my opinion, is worth repeating and I'll continue to repeat from now until forever. ***There is no substitute for preparing your own food and meals in advance.***

Now that I've gotten that out of the way here's some "lesser evil" options when you're not prepared, too busy, or on the go:

1. Ready to drink protein shakes. These days you can find this at any 7-11, health food or supplement store (which there are plenty of in the city), and even

most gas stations carry them. Look for low-sugar, low-fat versions with 20-25 g. of protein for women and upwards of 40 g. for men.

2. Wraps. This is something that can quickly be made at home or at work and taken with you. I always look for a low-carb wrap (preferably 15 g. or less) or split a large one in half. Ideally, you should look to buy the small Ezekiel wraps which have only 14 g. of carbs and are the healthiest of any wrap you can buy. You'll need to go to a health food store to find these.

Stop at the deli or supermarket and pick up some low-sodium turkey or a piece of chicken breast, get yourself a little mustard, maybe some lettuce and tomato, throw it together, roll it up and you're good to go!

3. Chinese takeout. Now don't get too excited you have all but two options here; steamed chicken and broccoli or steamed shrimp and broccoli. Forego the white rice and sauce, you won't need that. A little—and I mean little—brown rice is okay.

The only thing you need to watch for here is the portion size. Typically what they give you is enough for 2-3 meals, so have a little and save the rest for later.

4. Grilled chicken salad. This one is definitely a staple for me. Believe it or not, even during competition season I attempt to have somewhat of a life, which means I don't pass up opportunities to go out to dinner with friends or family. However, when I order it's just about always a grilled chicken salad with **NO DRESSING** (I use hot sauce for some flavor).

Luckily restaurants are frugal when it comes to their meats so you'll almost never get a salad with more than 4 oz. of chicken on it...perfect! The only thing you need to do is tell them that you want the chicken **PLAIN**. A little seasoning is okay but no cooking it in oil or anything else. I usually tell the waiter or waitress that, "It is best they make it plain unless you want to see me have a seizure".

5. Hard boiled eggs. The easiest and simplest way to take your egg whites with you! ■

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)

Profiles in SUCCESS

DAVE WILSON

This month's Profile in Success is 48 year old Dave Wilson. Dave is easily one those clients who is REALLY fun to train, because he *always* shows up wanting to get his butt kicked, is focused and puts forth 110% effort. It is certainly these same characteristics that have made him successful outside the studio as Vice President of Finance & Operations, Storage, at IBM (ok, maybe not the "wanting his butt kicked" one but certainly the other two). He also has two children, Montana and Beck who are accomplished tennis players (Beck trains with Mike as well).



When people ask, "Am I the nosiest client here", we can confidently say "No...Dave holds that title". Just kidding Dave, you're only one of about 3 who hold the title. ☺

HOW LONG HAVE YOU BEEN TRAINING AT PURE PHYSIQUE AND WHAT BROUGHT YOU HERE?

I have been training with Mike for about 1 year. My girlfriend has been training with Mike for years, and recommended him. All it took was one session and I was hooked.

WHAT CHANGES HAVE YOU MADE IN YOUR TRAINING, NUTRITION, AND LIFESTYLE?

"I used to train for an hour or more every day, doing lots of sets with pretty long breaks in between sets. I would also do the same exercises in the same sequence each time. Mike changed my routine to three times / week, half hour, high intensity workouts, and varied the exercises each time, never letting my body get used to a set pattern. That paid off very quickly. Now I use the same technique for workouts on the off days that I don't see Mike."

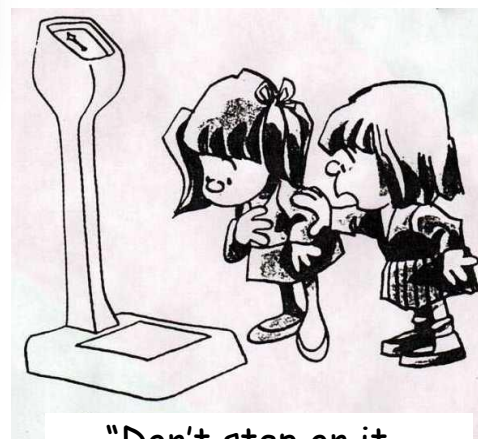
AND THE RESULT OF THESE CHANGES?

"Over the last year, I've kept the same weight, but lost two inches on my waist and gained a lot of muscle mass on my chest, back and legs. I've also had less trouble with joint pain (principally shoulders and elbows) because I'm not doing as many reps."

"My training with Mike has had such dramatic results that it convinced my son to start working out using Mike's techniques. He even read his book from cover to cover and attended his book signing. Training is a lifestyle choice, and if that carries over to my son for his life, that will be a tremendous extra benefit."



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"Don't step on it...
it makes you cry."

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