

September Newsletter

For Clients and Friends of



The Magical 'Exer-Shoe'...*Not So Magical*

Claim: "Skechers Shape-Ups are a great way to exercise while you go about your busy day. 'Shape Up While You Walk' by toning your butt, leg and abdominal muscles, burn more calories, fight cellulite, improve your posture and circulation and reduces knee joint stress." "Get in shape without setting foot in a gym." "Fitflops, 'the flip flop with the gym built-in'."

Reality: A growing number of doctors are warning that toning shoes don't deliver on their marketing promises and could cause injuries by, among other things, changing a person's gait, or way of walking.

The makers of "toning shoes" say the shoes can help give wearers more shapely butts, legs and abs, often without the need for gym workouts. The 'toning shoe' trend represent the fastest-growing segment of the \$17 billion-a-year athletic footwear industry. It's a market driven by a customer base that is 90% women.

Busy moms and working women who spend much of the day on their feet, such as teachers, hairstylists, and restaurant servers, are among the most devoted buyers of toning shoes, which typically sell for \$100 to \$250.

The designs of toning shoes vary, but generally they have pods or curves in the bottom that create instability. They try to replicate the gentle, heel-to-toe motion of walking on a soft, sandy beach. That imbalance makes the wearer work harder to maintain his or her balance, and shoe-makers say, it relates to about 11 to 41 percent increased muscle activity in the legs, glutes, and calves.

Some doctors, including Barbara de Lateur, distinguished service professor of physical medicine and rehabilitation at Johns Hopkins University's School of Medicine, warn that toning shoes create their advertised

benefit by destabilizing how a person walks and say that wearing the shoes can result in strained Achilles tendons. De Lateur also says the shoes can be a particular problem for older consumers or those who have difficulty keeping their balance.

And some foot specialists find the shoes to be clunky, heavy and unstable. Dr. Paul Langer, a podiatrist at Minnesota Orthopaedic Specialists, wore a pair of toning shoes as an experiment. "I can say that after a day in clinic, my legs feel tired and the shoes feel way heavy (they are much heavier than conventional shoes)," he says. "Because the shoes are unstable, muscles must work harder to stabilize the foot and leg. I would never propose that these shoes would replace a conventional fitness routine."

There have been small studies showing increases in muscular activity with the use of curved soles. Reebok said independent lab tests showed that EasyTone shoes generated up to 28 percent more butt muscle activation, compared with ordinary sneakers, because of the mini balance balls in the bottom of the shoe. Skechers said it conducted a six-week test that showed Shape Ups users lost an average of 3.25 pounds.

According to doctors who have questioned the effectiveness and safety of toning shoes, there are elements of truth to the ads. But many of the doctors want more independent studies on the shoes, rather than industry-financed research. Other doctors, such as de Lateur, say they have seen enough to conclude that the shoes mostly represent hype.

In the end, there just isn't enough data to show the pros outweigh the cons. Save your money and stick to a conventional 'tried and true' fitness program.

8 Fitness Do's and Don'ts

Here's what you need to know to avoid common fitness mistakes and get the most out of your exercise routine.

1. **Don't lift too much.** Talk with one of our staff or personal trainers to ensure you're lifting weights that are appropriate for you—otherwise you could injure your muscles. If you're ready to challenge yourself, add weights gradually and always listen to your body.
2. **Do warm-up.** Many folks tend to rush through a warm-up, either giving it minimal time or bypassing it altogether. But just like cold dough, cold muscles are as easy to work with (without risking tears) as warmed ones. Try walking and/or active stretching to prepare muscles for your workout.
3. **Don't 'jerk around'.** If a free weight is so heavy that you have to 'jerk' it up to get it to move, then you're probably straining your muscles as well—and risking injury. Find a weight you can control with a smooth lift, this goes for weight machines as well.
4. **Do stretch more.** Stretching improves range of motion and flexibility and can reduce the risk of muscle tightness and strain. Use active stretching during your warm up to loosen muscles, and end with additional static stretching right after your workout, while our muscles are still warm to get the most from it.
5. **Don't lean on the machine.** While you are doing your cardio on the stair-climber, elliptical, cross trainer, or treadmill you may be tempted to lean on the hand rails, but this may put undue stress on the wrists and back. Monitor your posture during exercise for the most effective results.
6. **Do bring a bottle.** Always bring a bottle of water with you and drink from it regularly—before you feel thirsty.
7. **Don't go overboard with food and drink.** Unless your workout lasts for more than an hour and half, you shouldn't need energy bars, gels or chews to fuel your workout. Also be wary of high-sugar, high-calorie sports drinks—always check the nutrition facts label.
8. **Do find 'just right'.** Many people either work out too intensely (risking injury) or not intensely enough and wonder why they don't see much result. Consult one of our staff or personal trainers to help you define your fitness goals and create a fitness plan that's right for you.

Be Inspired!

"The only way of finding the limits of the possible is by going beyond them into the impossible."

~ Arthur C. Clarke

Labor Day By the Numbers

- **1894**—Year Congress passed a bill to establish Labor Day as a federal holiday.
- **149.1 Million**—Number of people age 16 or older in the nation's labor force. Among the nation's workers are 80 million men and 69.1 million women.
- **82%**—Percentage of full-time workers age 18 to 64 covered by health insurance during all or part of 2003.
- **75%**—Percentage of workers in private industry who receive paid vacation as one of their employment benefits.
- **7.3 Million** —Number of workers who have more than one job. "Moonlighters" comprise 5% of the working population.
- **10.3 Million**—Number of self-employed workers.
- **24.3 Minutes**—The average commute time to work.

Did You Know?

We offer a variety of fitness and nutritional services here at

Precision Personal Training, including:

- ◆ **Semi-Private Training (groups of 3 or 4)**
- ◆ **FITT CAMP at Himmel Park and Udall Park 5:30 a.m. & 6:00 p.m.**
- ◆ **Kick Boxing Training Sessions**
- ◆ **Fresh, Pre-Maid, Organic Meals From Chef Tony of Eddsy! Sustainable Living**

"Give Up...There is no 'Magic Bullet'..."

Dear Clients and Friends,

Over the past few months, I've shared some great articles with you on the latest fitness trends—'exer-games,' these new 'toning shoes' (see the main article inside), among other things.

We're all very busy, our lives are in overdrive 24/7, so we are constantly looking for shortcuts, ways to make life easier, and new ways to multi-task. (I'm guilty of doing this at times myself.)

But when it gets down to it, there is no substitute for the old-fashioned, tried-and-true methods. Especially in regards to your health and fitness. You can take shortcuts to get somewhere, cut corners to complete a project, there are even shortcuts for cleaning your house...but there are no shortcuts when it comes to your health. Sure, there are products and diets on the market that would have you believe otherwise (mainly because they want to sell you something). Don't be sold on these false claims.

Think about it...you wouldn't want your dentist to take shortcuts on your fillings, or your eye doctor in completing your eyeglasses prescription, or your surgeon in removing a tumor. No way. You'd just end up in pain and back in the doctor's office for a do-over. So why would you try to take shortcuts in other areas of your health and wellbeing?

You only get one body in this lifetime, there are no 'do-overs' or 'trade-ins'. So, there are certainly no 'magic bullets' or shortcuts when it comes to your long-term health and fitness. That's why we here at Precision Personal Training we are dedicated to providing you with the tools, support, and encouraging atmosphere you need to keep you on track with your health and fitness goals. No shortcuts here, just proven, tried-and-true, sure-fire methods to get you where you want to be.

To Your Health,

Angie Rios

CLIENT OF THE MONTH

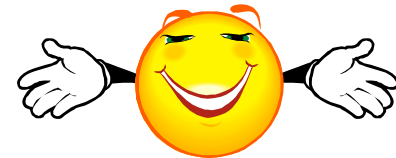
This month's client of the month is...

David Mahony

Congratulations!

Every month we choose one client who has done something exceptional. David lost 21 lbs and 2.4 % body fat!

Great Job and Keep Up The Hard Work!



Welcome New Clients

Here are some new clients that became a member of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

Mathew Taylor, Lynn Johnson, Nicole Oliver, Tammy Janik, Jane Wezelman and

Annu Aurora

THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you. We couldn't do it without you!

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with your personally). ***I'd love to hear from you.***

My email address for comments is

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