

# Fit Happens

## 20 Years Old And Feeling Young



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GM, Chrysler, AIG, Citibank – ah, it’s good not to be in their company. STEPS is still thriving, though not exhaustingly so, while the above mentioned are sinking. Of course, we don’t yet qualify as “too big to fail”, but then again, that’s a good thing. It makes us work harder to fulfill our mission. It might be easy to feel good about what we’re doing here to stay afloat through, now, our third recession. But it would be wrong to sit on our laurels and pretend that we’re so good we can just wait this one out. So, we’re not.

As STEPS approaches its 20<sup>th</sup> anniversary (December), I could wax philosophic or get all emotional and whatnot, but that’s not the mission here. It’s to tout the benefits of exercise, to teach proper exercise technique, and to promote exercise for the benefit of health vs. the right look. Confronted by alternatives such as drugs, supplements, organics, and the internet, it’s easy to get off track as we strive to improve our overall well-being and functionality. Much like the prospect of investing in the Bernie Madoffs of the financial district, many Americans are seeking the quick and easy way out, the effortless shortcut to better health.

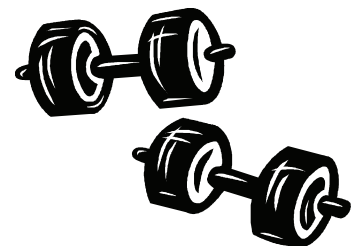
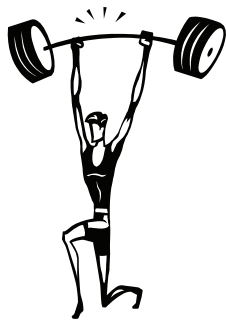
But STEPS operates on the basis that slow and steady does the job. Being a fairly accomplished martial artist with excessive amounts of genetically-determined slow twitch fibers, it makes sense that the tortoise approach would be my philosophy. But being slower I had to be smarter, more diligent, more

perseverant, and that, too, has been my philosophy here, both in business and in fitness. So, 20 years is cool, but it’s just the beginning.

In those early days at the Belcourt Avenue gym, my office was right next to the front entrance. Several of my Tae Kwon Do students were helping me fix things up; Scott Kinney, now my manager of many things around here, then a young kid with nothing to do other than play some music, bang some nails, and kick some arse, was hanging around trying to learn a new skill. They would enter with the traditional bow; clients would enter with an acknowledging “hello”; trainers would defer to me (and my then partner, Kathy) as if I knew a lot about training. My son, Justin, 6 ½ years old at the time, noted this and with awe in his voice exclaimed, “Wow, you’re the boss of everything you do!” Not to burst his bubble or anything, but to teach a lesson, I responded that, no, I’m not the boss of everything or anyone. I, in fact, work for all of them – students, clients, and trainers. It was a concept beyond the perceptual capacity of a youngster in whose eyes a dad is always pretty great, but it was true. As the martial arts instructor, I am beholden to my students for their respect and attention; as the owner of the gym, I’m at the behest of my clientele; and as the proprietor of a gym which is founded on providing a clean, functional, comfortable, and

professional environment in which personal trainers can ply their craft, I work for the people I serve. That’s the real basis for STEPS. And I believe the trainers here understand that, too.

So while we endure this international recession, we would be well served to remember the three foundations upon which most of life and all of business should be based: slow and steady does the job; helping others pays off; and we’re no more important than any other person. In short, patience, service, and humility. So, now, let’s start the celebration of 20 years in business....



## Sleep REMedy

### Tennessee

One of the  
six states  
with an  
obesity rate  
of 30%

The next time you need to solve a problem, sleep on it! In a study from the medical school at the University of California, San Diego, researchers say that rapid eye movement (REM) sleep boosts creative problem solving, possibly by forming new associative networks in the brain.

"We found that, for creative problems that you've already been working on, the passage of time is enough to find solutions," said Sara Mednick, an assistant professor of psychiatry. "However, for new problems, only REM sleep enhances creativity."

During the study, participants were tested in the morning and again in the afternoon after a nap with REM sleep, after a nap without REM sleep or after a quiet rest period. Those who had REM sleep showed greater improvement in answering test questions than those who experienced other sleep or wake states, the study found. All three groups were indistinguishable on measures of memory. However, although the quiet rest and non-REM sleep groups received the same prior exposure to the task, they displayed no improvement on the Remote Associates Test. Strikingly, however, the REM sleep group improved by almost 40 percent over their morning performances."

The researchers are unsure why REM sleep increases problem-solving skills. One hypothesis is that changes to neurotransmitter systems during REM sleep help the brain make those new associations between unrelated ideas.

—*Proceedings of the National Academy of Sciences*

## Scientific Training & Exercise Prescription Specialists



### Did You Know?

Your body is killing and creating  
15 million red blood cells per minute.

### Dream Job

Worried about carcinogenic compounds forming when you grill or pan-fry steaks? Marinating beef in beer or red wine before cooking can significantly reduce the levels of potentially cancer-causing compounds, according to Portuguese scientists.

Chemicals called heterocyclic amines (HAs), thought to increase cancer risk, are created when meats are grilled, broiled, or pan-fried at high temperature or to "well done". Researchers marinated beef samples in beer or red wine for up to six hours before pan-frying, then compared HA levels to unmarinated control samples. Levels of potential carcinogens were reduced 88% in the beer-marinated beef, and 40% in the wine batch.

A tasting panel found the beer-marinated steaks as good as regular beef, while the wine-soaked steaks scored lower. Marinating for longer than two hours had negative effects on odor, color, and overall quality.

— *Tufts Univ. Health & Nutrition Letter*

### I Feel #\*\$%-ing Great!

"Pain" is a four-letter word, and it turns out that an outburst of four-letter words can help you cope with pain. British scientists report that swearing increases pain tolerance, decreases the perception of pain and speeds up the heart rate. They studied 67 undergraduates' reactions to pain by having the students submerge one hand in ice-cold water. Those told to utter a curse word of their choice were able to keep their hands submerged longer than a control group. The swearing students' hearts beat faster and their perception of the pain was decreased. Females showed a greater reduction in perceived pain and boost in heart rate than males. And men who tend to "catastrophize" - thinking the worst about possible outcomes - saw no benefit from swearing. Researchers likened the effect of cursing to the innate "fight or flight" response, which alters bodily functions to increase the odds of survival and minimize the reaction to pain.

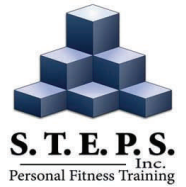
— *Tufts Health & Nutrition Update*

## Hellos

STEPS is pleased to introduce our newest additions to the team:

**Kiley Green** received a B.S. in Physiology from the Univ. of Arizona, where she worked with the football, soccer, and track and field teams as an assistant athletic training technician. She is a Certified Personal Trainer through ACSM and ACE. Kiley's goal is to create a unique fitness program for each client that allows his or her individual goals to be met.

**Jeff Schield** has a B.S. in Exercise Science from Western Illinois University, and is an ACSM Certified Personal Trainer. He is currently a semi-pro soccer player with the Nashville Metros and a soccer coach. He also enjoys hiking, mountain biking, and rock climbing. Jeff believes that mental preparation and discipline are the keys to reaching one's fitness goals.



## Goodbyes

**Dee Vsetecka**, everyone's favorite thong-dancing trainer, has moved to St. Petersburg, FL, where his girlfriend resides. No worries, though, as the Aussie Rules footballer comes back to town from time to time for matches.

**Spencer Leek** is also set to fly the coop for the rainier climes of Portland, OR (sparking benign jealousy in this reporter). Dubbed "the nicest guy in the world" by many at STEPS, he will be missed by all.

## Mergers and Acquisitions

By the time you read this, "**C**" **Washington** will have boldly gone where he's only been once before - holy matrimony. His new bride, Bonita, is a Metro Police officer, prompting some to wonder if the correct phrase would be "a 9mm wedding". Congratulations, "**C**"!

## Non illegitimis carborundum

Total hip replacement (THR) is one of the biggest success stories of modern medicine, with about 300,000 Americans undergoing the procedure annually. But there's a new kid on the block: hip resurfacing, which looks to be the fastest growing innovation in joint replacement in the near future.

According to Craig Della Valle, MD, a specialist in joint reconstruction at Rush Univ. Medical Center, the advantage that resurfacing has over THR is that "it preserves more bone because the head of the femur is retained". Adding, "Some studies have also shown that it carries a lower risk of dislocation because the size of the ball component is larger." The fact that more bone is preserved means that THR is an option later, with the result that many patients and doctors view hip resurfacing as an interim solution, enabling them to put off THR for as long as possible.

However, age and gender influence the success of the procedure. A study led by Dr. Della Valle reviewed 537 hip resurfacing surgeries performed in the U.S., and found that serious complications occurred in 32 cases, including 10 where the femoral neck fractured after surgery, a problem not seen with conventional THR. Nine of the fractures occurred in patients who were either female or older than 55. Age and gender are probably linked to the incidence of such fractures due to bone that has become softer and less dense.

Samuel S. Wellman, MD, an orthopedic surgeon at Duke University, points out that, "Contrary to advertising, [hip resurfacing] is not a less invasive procedure. In fact, a proper resurfacing requires considerably more dissection and a longer incision than THR. Additionally, it necessitates a metal-on-metal bearing, making it inappropriate for women of child-bearing age. Resurfacing does not have the proven longevity of THR, and as more reports of trials come out, it appears to have a higher mid-term failure rate. Failure rates are especially high in women and all patients over the age of 55."

Another issue is the limited number of doctors who can offer resurfacing, and the fact that the procedure requires a level of skill that is still being honed by surgeons.

Dr. Della Valle says, "This procedure is not ideal for everyone. For older individuals, a conventional THR is generally more appropriate."

— *Duke Medicine Health News*

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**S. T. E. P. S.**  
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Personal Fitness Training

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**FIT HAPPENS**

## STEPS FITNESS MENU

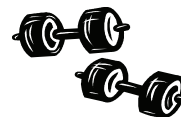
**Solo Training:** Traditional one-hour sessions of cardio, strength, stability, and flexibility: **12 Sessions.....\$730**

**Solo + Power Plate Training:**  
a one hour session that incorporates Whole body Vibration and other technologies to enhance bone density, muscle strength, power, Agility and balance. **12 Sessions.....\$790**

**Half Time:** You do cardio for 30-45 minutes, then work with a trainer for the strength, stability, and flexibility portions of your workout: **15 Sessions.....\$670**

**Duet:** You and a friend for one hour with your trainer: **12 Sessions.....\$890**

**Biometrics:** A successful approach to long-term weight management, balancing healthy eating with strength training. This 6-week program includes **19 sessions, menu plan, 2-month cardio membership and initial assessment...\$1325**



*\*Initial consultation required for all new clients.*