

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

Fit Happens

On Expert Advice



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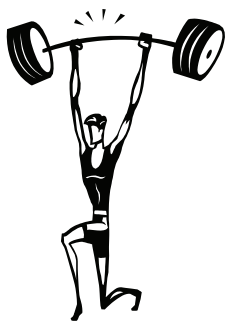
No-know's

Continuing ed

Daily dose of D

Spice of life

Lifting the fat away



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A Ph.D. goes a long way in helping one pull an Abe Lincoln over others. You know, the “you can fool some of the people some of the time...” line that most experts live by and hope you don’t know otherwise. Having a doctorate in exercise science helps me as a professional personal fitness trainer because it lends credibility to my skills. However, knowing what I know makes me suspicious of my own skills. I take my degree with a grain of salt but don’t mean to offend others who have their own salt shakers. The reason is, not that I didn’t learn anything, nor that I don’t know anything; rather, it’s that the one lesson any expert at anything should know is that they don’t know much. Ultimately, there’s just too much in any one field to know it all. That is truly what distinguishes real experts from snake oil salesmen.

Too much comes across the media wire about health and fitness that bursts bubbles, makes folks more depressed about their bodies, and scares the daylights out of them. Take antioxidants – oops, don’t take them; they cause cancer in some people. Stay out of the sun; oops, you need more vitamin D. Watch your weight; oops, weight’s not so important but waistline is. One day alone made millions of Americans

hypertensive. That was when the powers that be declared that hypertension is defined as blood pressure over 140/90; prior to that, that was called pre-hypertension. Now, you need drugs. What’s a self-interested person to do with all this conflicting and confounding expert advice?

Take it with a grain of salt.....just not more than 2400 mg.

If you’ve ever read any medical let alone exercise science research, what you’ll see in the last paragraph, often the last sentence, is a recommendation for future research to be done to check on the results of the article just written. In other words, rather than taking a stand and saying “we now have enough evidence to prove X”, almost all articles conclude with a statement suggesting that more research needs to be done. That is actually a good thing if you’re going to base a treatment process or drug on the evidence. It’s just confusing if you only read the results of a study in the mass media and next week read different results from a different study. What to do?

I often get writers seeking “expert opinions” for exercise-related on-line and print mags. It’s flattering, and professionally valuable, to be

contacted for such articles and I try to avoid stating things about which I’m not familiar. I try to base my responses on the literature. I try to do these in print as I do with my training. And I know there are others out there with similar experiences, similar education, and similar skills who do and say totally different things with the same topics and issues. But that’s the nature of this, and even the medical, field. Even two great surgeons will disagree on diagnoses and procedures, not to mention have totally different strategies and technical skills, on the same type of patient. That’s just how it is – there’s often no one right answer.

So, when you ask your trainer for advice, guidance, how-to’s, or whats, remember the following dictum: the trainer who can’t say “I don’t know” is the most dangerous kind. The one who says “I’ll find out” is the safest kind. Play it safe.

Alphabet Soup

Based on government data collected from the 1970's - 2004, researchers estimate that **86%** of American adults will be overweight by 2030.

- *Obesity, July 2008*

STEPS continues its efforts toward serving its clientele and promoting awareness and knowledge within its own ranks by expanding its already-close association with the Eating Disorders Coalition of Tennessee (EDCT). Irv has worked for years with the EDCT, both in an unofficial role as an exercise prescription consultant as well as being on the board. Recently, Irv and his staff enjoyed a lunch meeting with a veritable "who's who" of those in the trenches of dealing with eating issues. In attendance were Reba Sloan, RD, past president and current board member, Nan Allison, RD, an area dietician and eating disorders consultant, Kendra Gray, PhD, who, in addition to having her own private practice, serves as a staff psychologist at Vanderbilt, and Eileen Myers, RD, an accomplished weight loss consultant. They and the STEPS staff exchanged ideas and strategies in order to enhance their mutual understanding of the role and practice of exercise in treatment of eating disorders and weight loss management. In essence, much of what came out of the meeting was the need to regard clients' weight-related issues as more than just "calories in-calories out". There is a large psychological component that mandates, if not professional intervention, at least an awareness and compassion that STEPS trainers are encouraged to develop.

Exorcisms

On a similar note, Bill Evans, PhD, has served as a speaker on the increasing development of disordered eating in young male athletes. Last winter Bill spoke on 104.5 the Zone SportsNite program in regards to the existence and promulgation of disordered eating and body image among high school athletes. Bill recently spoke to the entire male student body of the Ensworth upper school. The thirty minute discussion revolved around identifying disordered eating, how it is different from eating disorders, the manifestation of disordered eating, and some strategies and techniques for identifying, avoiding, and dealing with those situations as they arise. Bill is also scheduled to speak to both the faculty and male students at Franklin Road Academy and Christ Presbyterian Academy this fall.

Finally, Irv presented at the Annual Meeting of the National Strength & Conditioning Association in Las Vegas on a topic he originally did for the EDCT in the Spring of 2007. The title of his talk, "Exorcising the Role of Exercise in the Treatment of Anorexia", attempts to increase awareness among professionals who treat eating disorders, be they mental health, dieticians, or exercise professionals, that there is a role for the right kind of exercise in the treatment process. However, there are many caveats to consider not the least of which is the interpersonal approach to life in the fitness arena. The client needs to have been or in ongoing therapy, be working with a nutrition counselor, and the trainer needs to interface appropriately as part of the team and maintain that constant awareness and compassion which was addressed above.

Worth Your Salt

For many athletes, it's not overheating or underhydrating that propagates heat cramps. It's under-salting. That is, some are heavier salt sweaters than others and that the loss of sodium from activity upsets the balance necessary to maintain normal muscle function. If you find yourself with a white crust on your active-wear clothing, of course drink plenty of fluids; but don't undervalue salt ingestion. Pickles and pretzels are good low-cal sources.

— *American College of Sports Medicine*



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On D and You

We all have heard that the fat-soluble Vitamin D should be coupled with calcium to help protect older adults from osteoporosis. But we should also know that it plays an essential role in cell growth, in boosting the body's immune system, and even preventing some cancers. A NY Times article reported recently that researchers now believe there's enough evidence to suggest that too "little of the vitamin appears to be associated with a higher risk of death. Researchers at Johns Hopkins report that a vitamin D deficiency can now be considered a risk factor for cardiovascular disease putting it alongside much better known risk factors such as age, gender, family history, smoking, high blood cholesterol levels, high blood pressure, lack of exercise, obesity and diabetes.

Since it occurs naturally in very few foods (the flesh of fish such as salmon, tuna, and mackerel and fish liver oils are among the best sources while small amounts of vitamin D are found in beef liver, cheese, and egg yolks) it is generally added to cereals, or dairy products or taken as a supplement. The other main source of vitamin D comes from the sun; only 10-15 minutes a day should provide a sufficient amount. However, Americans have been scared away from the sun due to increasing concerns regarding skin cancer. So, while keeping covered up and indoors and not ingesting enough of this vitamin, many people are now showing to be deficient in this needed nutrient.

With 41% of men and 53% of women predicted to be low, the recommended daily intake has been suggested to be 200 to 400 international units.

Corporate Excess

The Conference Board, a national non-profit research organization, reports that obesity is costing companies upwards of \$45 billion in the U.S. alone. "Obesity is not solely a health issue," observes co-author Linda Barrington. "Employees' obesity-related problems are costing companies billions of dollars in medical coverage and absenteeism."

In addition to the financial implications, there are also thorny ethical issues involving hiring overweight workers. The report, titled *Weights and Measures: What Employers Should Know About Obesity*, cautions employers to tread carefully, being alert to the possibility that they may be sued for discrimination.

In Japan, however, with 13 million overweight citizens, public officials are less concerned about offending than with effecting change. There, the health ministry has mandated obligatory "flab checks" for workers over the age of 40. Men's waists must measure less than 33.5" and women's less than 35". If employees who are larger than that decline to diet, they risk losing their jobs. Companies also face penalties in the form of stiff fines of up to 10% of earnings if they fail to ensure that workers stay trim.

— *Club Business International*

Resistance to Fat

An ACSM study showed that people with heart disease get more improvements by replacing two of their cardio training days with resistance training. Improvements came in areas of strength (obviously) but also in fat lost. Additionally, they improved aerobic fitness as much as those who only did cardio, and lost the fat mostly from the middle. One must note, though, that it was a traditional 3-set program; the 1-set program did not produce such gains.

S.T.E.P.S., Inc.
2424 21st. Avenue South,
Suite 100
Nashville, TN 37212

Phone: 615-269-8844
Fax: 615-269-7068
E-mail:
stepsinc@bellsouth.net



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www.stepsfitness.com

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...\$1250**



**Initial consultation required for all new clients.*