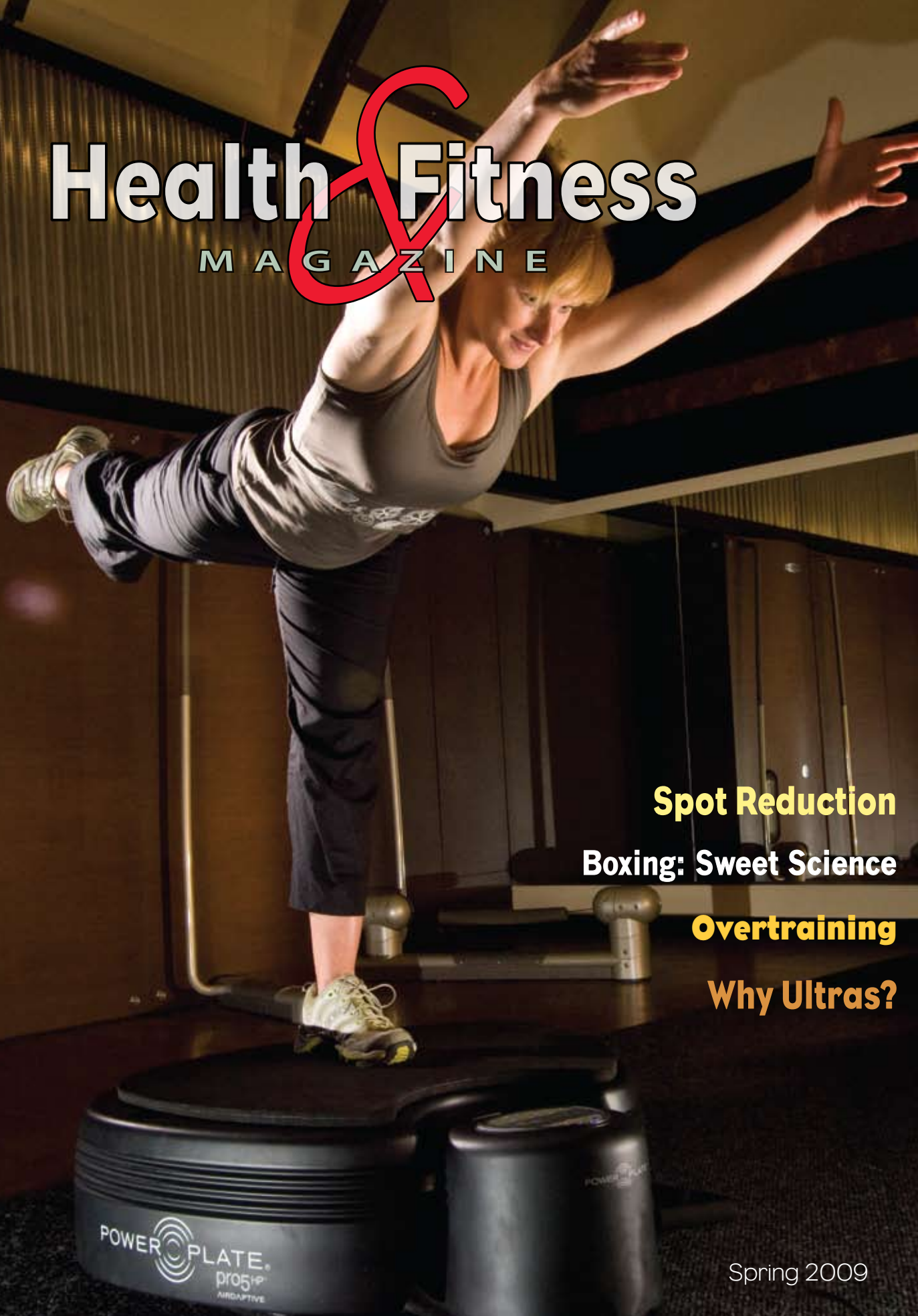


# Health & Fitness

MAGAZINE



**Spot Reduction**

**Boxing: Sweet Science**

**Overtraining**

**Why Ultras?**

POWER PLATE.  
pro5<sup>®</sup>  
ADAPTIVE

Spring 2009

# Events

[www.rallysportboulder.com](http://www.rallysportboulder.com)

## March

- |   |           |   |
|---|-----------|---|
| <b>Yoga Seminar: Boost your Immune System</b>                         | <b>6</b>  | 3:00-5:30 PM (Friday)                                 |
| <b>Yoga 101</b>   | <b>7</b>  | 3:00-4:30 PM (Saturday)                               |
| <b>Snow Shoe Outing</b>   | <b>14</b> | 8:00 AM Departure from RallySport (Saturday)          |
| <b>Core Training for Endurance Athletes</b>                           | <b>17</b> | 7:00 PM - sign up (Tuesday)                           |
| <b>Friday Night Yoga for Cyclists</b>                                 | <b>20</b> | 5:45 PM (Open to public register online)              |
| <b>Boxing with Carrie Barry</b>                                       | <b>24</b> | 6:30 PM - sign up (Tuesday)                           |
| <b>Open Swim: Activities for swimmers ages 4-8</b>                    | <b>25</b> | 2:45-4:00 PM (Wednesday)                              |
| <b>March Special: Golf Conditioning<br/>Physical Screen (By Appt)</b> | <b>X</b>  | 15 minute screen to assess possible - register online |

## April

- |   |             |  |
|---|-------------|--|
| <b>RallySport Cycling Club Saturday Rides begin</b>                             | <b>4</b>    | 8:30 AM April Rides - meet at RallySport   |
| <b>Manta Ray Early Registration</b>   | <b>6-10</b> | Preseason Training starts May 15   |
| <b>Plan Your Work and Work your Plan</b>  | <b>7</b>    | 7:00 PM Organizing your weekly and monthly training to enhance performance (Tuesday)           |
| <b>Golf Clinic - Clinic, Appetizers and Drinks<br/>at Lake Valley Golf Club</b> | <b>14</b>   | RSVP with Dillon (Tuesday)   |
| <b>Run your best ever Bolder Boulder:<br/>An evening with Frank Shorter</b>     | <b>14</b>   | 6:30 PM (Tuesday)  |
| <b>Road Riding 101:</b>   | <b>15</b>   | Prepare with the appropriate skills and etiquette to ride safely in group (Wednesday) Time TBA |
| <b>Spring 2 Man Scramble Golf Tourney</b>                                       | <b>21</b>   | Lake Valley Golf Course - Register online (Tuesday) Time TBA                                   |
| <b>Training/Fueling and Understanding<br/>the Ultra Event</b>                   | <b>21</b>   | Endurance Seminar with Will Laughlin (Tuesday) Time TBA  |
| <b>Friday Night Yoga for Cyclists</b>   | <b>24</b>   | 5:45 PM (Open to public register online)   |

## May

- |  |           |   |
|--|-----------|---|
| <b>Golf Clinic at Indian Peaks Golf Course</b>     | <b>5</b>  | 5:30 PM - register online (Tuesday)               |
| <b>Golf Outing - Round 1 of the RallySport Cup</b> | <b>12</b> | Location and Time TBA (Sunday)                    |
| <b>Member Appreciation Party</b>                   | <b>25</b> | 10:00-1:00 PM After the Bolder Boulder (Saturday) |

**Sign up online for events and seminars**  
(where necessary)

**RallySport**  
Health and Fitness Club



2727 29th Street  
Boulder, CO 80301  
303.449.4800  
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# "You are a very gifted athlete."

by Michael Kelly- FastForward triathlon coach

What pops into your mind when you read that? If you're like most people, you probably thought the statement was flattering but not particularly true. Maybe you thought it didn't even apply to you at all. I'm here to tell you that it does apply to you, and when you start to see how, it will enrich your athletic life tremendously.

Normally when you think about gifted athletes, you think about athletes at the very top of their game. You might even think about a friend or acquaintance whose speed or strength far outstrips your own. You think of these people as gifted, and in some ways they are. The mistake is in thinking that only the fastest and the strongest athletes are the gifted ones.

Imagine someone working towards a particular athletic goal. This person commits to a training plan, works at it consistently and is rewarded by better and better performances. One day, this athlete digs deep, has a great race and reaches the goal. Is this a gifted athlete? You're probably not convinced. Let's take the example one step further.

Suppose you have a second person who doesn't train but shows up to the race and goes much faster than the first athlete. Obviously the second person has more natural athletic ability, but whom would you rather learn from? Who has more to teach you? Who is really the more gifted athlete?



You all know individuals that have taken their natural athletic talents and pushed them as far as they will go, but unless they are faster or stronger than you are, it's hard to recognize how gifted they truly are. If you want to know what it takes to break through to the next level, talk to athletes right after they have completed something they never thought they could do. Ask them how they decided to challenge themselves to go beyond what they thought they were capable of. Talk to them because they have the gift.

If you want to learn how to be a better athlete, seek out the people in your life that have been consistently training and competing for decades. They may or may not be the fastest ones out there, but experience is the best teacher and you can learn a lot from athletes that have seen thousands of training days and hundreds of competitions. These are athletes for life, and if that's something you aspire to as you as well, talk to them because they have the gift.

You are probably in the top 10% of the general population where fitness is concerned. Most of the modern world can't be bothered to take the time out of their day to maintain even a rudimentary form of fitness. Yet here you are, training, learning, and challenging yourself.

This is the gift. You can probably see it best when you do your hardest workouts, but it's there in every workout. You are making sure that you stay fit, and you are pushing yourself to go above and beyond what you thought you were capable of. You have the gift.

The most important athletic trait has nothing to do with speed or natural talent. It's the drive to finish what you start; to keep pushing as hard as you can until the very end. This year, set some lofty goals for yourself and tap into your gift to see how much you can accomplish. After all, you are a very gifted athlete.

**FastForward Sports** provides unparalleled group training in Boulder and Denver for running, triathlon, fitness, and fun. Find info on upcoming programs at [www.fastforwardsports.net](http://www.fastforwardsports.net). See Erin Carson for your RallySport discount code.

**fastforward**  
Sports  
TRAIN  RUNNING, TRIATHLON, FITNESS & FUN

community

# Why I Run Ultras

by Will Lauglin, MA, MEd

**... a sport that (seriously) isn't about winning and losing, a sport that will show you how very much you can do with almost nothing ...**

Last night I had 15 minutes to decide what carload of possessions I would keep if my house burned to the ground. I live in Dakota Ridge in a house that borders the January 8, 2009 North Boulder open-space inferno. After the evacuation order was unceremoniously delivered to me by a frantic firefighter—"get out now!"—my wife and I began the stunned process of deciding what to shove into our car and what to abandon to the flames. Initially, we started grabbing the things that seemed immediately "valuable," i.e. things that were expensive. I went for an armload of pricy arctic gear and a nice watch and Beth put her hands on our brand-new high-definition TV. Fortunately for us, several friends pulled up in the nick of time, their presence calming us enough to reassess our strategy.

One friend, who was giddily capturing the drama on his camcorder instead of swooping up our possessions, interrupted his filming to say, "What are you doing with that stuff? Just pack what you can't replace and can't live without." I paused, put down the antique silver goblets I was holding, and scratched my beard. I couldn't think of anything that fit that description. Nothing. A few things, sure, I wouldn't be

able to replace, but there was nothing I couldn't live without.

I took a breath, smiled, and shifted my focus. Suddenly 15 minutes seemed like kind of a lot of time to save a bunch of stuff I didn't need. Calmly, I grabbed a few files, a few paintings, some journals, and some photos. Then I packed a pair of clean underwear and a toothbrush for the night. My wife did the same. And we were off.

\*\*\*

When people find out that I run ultra-marathons they typically ask two questions; the first is, "are you crazy?" and the second is, "why would you do that?" I think those are good questions. I'm not sure I can answer the former, but last night's packing exercise gave me some insight into the latter. I think I originally ran ultras to see what I was capable of doing. Now I run ultras to see what I'm capable of doing without. Whether it happens at mile 40 or 75 or 120, an ultra will take away absolutely everything you thought you needed to keep going. No matter how strong you feel at the start, a well-run ultra will steal everything from you. You're starving, dehydrated, alone, exhausted, frozen or broiling, brutally sore, and sometimes out of your mind—but you're still moving forward.

Just like last night's realization that there is no possession I can't live without, running ultras has had the freeing effect of showing me what's absolutely essential to keep going and what's not. There's strength and freedom in realizing that I really need very little to keep moving forward, whether in a race or in life. Feeling great and having a lot is a fantastic luxury, not a necessity. Ultras have taught me to enjoy those times when my tank is full and I feel strong. When I'm depleted, however, and fumes are all I've got left in my tank, I just make sure to breathe them in and as deeply as I can.

\*\*\*

Last night after leaving our house—perhaps never to see it again—Beth and I got together with some other Dakota Ridge refugees at a friend's house, where we ate, drank, and laughed. Eventually, we all embraced our absolute lack of control over the situation and our possessions, turned off the news coverage, put on our PJ's and had a great night. While laughing and talking with these friends, it became clear to me exactly what it is that I can't replace and can't live without.



success story



\*\*\*

So today, my answer to the “why ultras” question is to see what I’m capable of doing without, but my answer seems to change with every long run I do. That’s because super long runs require an open and reflective attitude—the ability to disappear inside yourself to a calm place even when the universe seems intent

on killing you (e.g. my races have ranged in temperature from +130 degrees to -65 degrees, I’ve been tracked by Taliban snipers on the border of Pakistan, and have been stood down by several large angry mammals). That attitude puts you in a good position to receive personal insights and the occasional epiphany. I came back from a race in Africa and immediately quit my job, left everything, and moved across the country. At least I think that was an epiphany, though it may have just been dehydration.

I’ll be training for a couple of very long runs -- including the Vermont 100 and a 1000 kilometer run across Kenya --at RallySport this year in hopes that my answer to “why ultras” will continue to evolve and deepen. I’ll also be running to bring attention to sustainability issues through a non-profit I co-founded last year called **impossible2Possible** ([www.impossible2possible.com](http://www.impossible2possible.com)). I picked RallySport because it’s a great place to learn from other athletes and to share what you know about your sport. It’s also a terrific place for endurance athletes who believe in the importance of strength training, as I do. I look forward to lots of cross pollination while at RallySport, to becoming a better and better runner, and to sharing what I know about ultras.

\*\*\*

If you happen to be interested in trying a sport that’s more about the journey than the outcome, a sport that older athletes and women routinely win, a sport that -- seriously -- isn’t about winning and losing, a sport that will show you how very much you can do with almost nothing, then please feel free to grab me when you see me at Rally. Unlike most ultra runners, I actually like to talk (I try very hard to listen too). I might not have good answers for you, but I’ll probably have some okay questions, and that’s what ultras are all about. Questions. So if you



think you might like to feel your way into the mystical sport of ultra-distance running, or if you’re an ultra veteran who wants to swap stories or tips then grab me.

Just to manage expectations, though, I should say that my approach to training and racing is less science than

it is philosophy. Mostly, I just like to run. And run. I like what that running does for my head and soul even more than what it does for my body. So don’t be surprised if you know a lot more than I do about VO2 max or lactic threshold or synaptic muscle fiber electro-stimulation (I just made that up). But that’s the beauty of ultra-running -- it’s a sport of self-discovery that favors things like humility, restraint, and wisdom over simple speed and fitness. If that sounds great to you—or even just weird, grab me at the gym or write me at [wlaughlin@impossible2possible.com](mailto:wlaughlin@impossible2possible.com).



# Overtraining; More Common Than You Think

by Stephen A. Black, CEO of Rocky Mountain Human Performance

Living and training in Boulder is both a joy and a curse. With all the area has to offer for the recreational or elite athlete it is difficult not to succumb to overtraining. Regardless of whether you are a gym rat or engaged in a plethora of outdoor activities, this syndrome can affect you.

Overtraining occurs when you perform more training than your body can recover from, to the point where performance declines and symptoms (physiological and psychological) may linger for weeks and months. Research indicates 64% of female and 66% of male individuals that participate in regular activity (5 or more days a week) have experienced overtraining. Similar figures are found among triathletes, swimmers and cyclists. So why the high occurrence?

Many highly motivated individuals and recreational athletes are obsessed with training and afraid to rest. They believe the harder they train the faster they'll go, despite evidence to the contrary. They train to the point where the standard two or three days of light exercise or complete rest won't allow them to recover.

For improvement, well-designed training programs use the principle of progressive overload. In other words a constant increase in training stimulus over a given period of time. As you increase your training workload your body responds by adapting to this increased stress (often called super-compensation). Then you overload again, your fitness improves to a new level, and the process repeats itself. This is the only effective way to continually improve performance. However, you cannot continue to increase the volume and intensity of training in a linear fashion. Eventually you'll reach a point of overtraining. Proper conditioning requires a balance between overload and recovery which is a fine line. Adaptation to a new training load varies even from day to day.

Rapid increases in the frequency, intensity, or duration of training sessions, without program-

ming recovery can result in overtraining. Swimmers, cyclists and runners who increase the frequency of their interval training sessions, compete in too many races, or suddenly increase their mileage too quickly can experience overtraining symptoms. This same principle applies to those who lift weights or do functional training. Consistent overload without rest will lead to overtraining and injury.

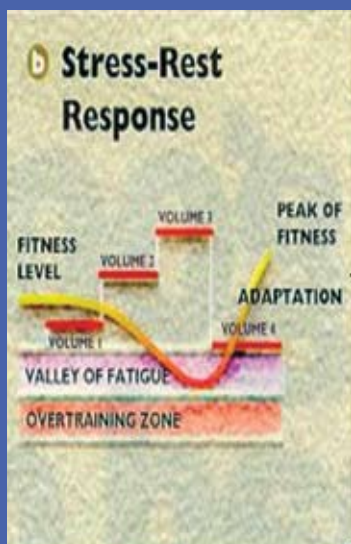
Many deny identifying with overtraining. They dismiss the symptoms as "ordinary" with exercise. Ignore the symptoms too long and severe damage occurs to the musculoskeletal, endocrine and immune systems of the body.

The best we can do is recognize the general symptoms early, then rest and recover. Here are the more common symptoms as identified by research and anecdotal testimony.

- X Muscle/joint tenderness, tiredness, tightness
- X Decreased performance
- X Increased rate of overuse injuries
- X Insomnia/disturbed sleep patterns
- X Body weight loss/gain
- X Nausea
- X Decreased appetite
- X Elevated heart rate / blood pressure
- X High lactate concentration at any given workload
- X Changes in menstrual pattern
- X Decreased coordination
- X Decreased strength
- X Decreased maximal heart rate
- X Decreased muscle glycogen levels

Science vs. anecdotal testimony tells us much about overtraining. Recent research suggests that overtraining affects the nervous and endocrine systems. Another theory holds that excess trauma to the muscle cells without adequate healing causes a catabolic (breaking down) state instead of an anabolic (strengthening) state, where the body regenerates itself.

Overtraining affects the musculoskeletal, immune, endocrine, cardiovascular and nervous systems. Stressors such as lack of sleep, jet lag, ongoing illness, work-related stress, poor nutrition and menstruation can exacerbate symptoms. The hormonal system is heavily affected because your body releases stress hormones such as adrenaline (epinephrine) when you exercise. These increase heart rate, shunt



Overtraining Response

blood to working muscles, release glucose into the bloodstream and stimulate your metabolism to burn fat. Overtraining also causes an abnormal response in the autonomic nervous system from excess production of adrenaline which in turn suppresses the body's production of serotonin and dopamine (hormones that have a calming effect on us), causing us to experience the symptoms of depression and anxiousness.

Research indicates other undesirable changes due to overtraining. One of the most striking is the change in muscle fiber composition and response to overtraining which may explain the increased incidence of injury in the overtrained individual. Other studies have found glycogen depletion as a result of decreased appetite or carbohydrate sparing as a result of misinformation related to the nutritional value of carbohydrate and caloric demands of the active individual.

Studies have shown that mild to moderate exercise actually boosts the immune system. Ironically, overtraining precipitates many undesirable hormonal and biochemical side effects that can grind your body to a halt and make you sick. A reduction in white blood cells (your body's infection fighters) has been found with overtraining which means you have more chance of illness and infection and resultant complications. Many studies show heavily trained athletes catch colds more easily. One study finds that half-Ironman triathletes are five times more likely to catch a cold than someone who trains without competing.

Once overtraining symptoms have set in, time is needed for your body to reset/rebuild. For athletes who've simply overreached for a few workouts, a cessation or reduction in training for a few days (three to five) may be all that is necessary.

After several weeks of overtraining, on the other hand, you'll need 10-14 days of reduced training. Research indicates a 40% reduction of normal training for up to three to four weeks and possibly longer if you've chronically overtrained with prolonged grueling schedules lasting several months.

How then can we avoid the scourge of overtraining? First, monitor yourself for symptoms, and react immediately if they appear. The use of a heart rate monitor and knowing your "normal" heart rate values can assess whether you are working harder than usual to achieve the same pace/distance/intensity. Common sense and listening to your body and feelings of exhaustion both mental and physical will help. The real key is to avoid overtraining in the first place. It is ok to take a day or two off even if your friends or colleagues are out there pushing the envelope. Use of a periodized program with built in lower-intensity and lower-duration training every three or four weeks will permit adequate recovery of the muscle tissue and energy refueling. Changing activities will also help. Go for a hike vs. a run, snow shoe vs. cycling or just sit on the couch and enjoy a good cup of chamomile tea. Be kind to yourself!

*Stephen A. Black is the CEO of Rocky Mountain Human Performance, Inc. of Boulder, Colorado. Dr. Black has 30+ years experience in the health and wellness industry. He has traveled the world promoting healthy lifestyles and providing expert insight and research in areas related to rehabilitation, fitness and sports specific training. He has worked with professional teams including NFL, NBA, NHL, WNBA and ABL/NBL affiliates. Dr. Black is accepting new patients and can be reached at 303-541-1599.*



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**Overtraining affects the musculoskeletal, immune, endocrine, cardiovascular and nervous systems.**

# Putting it all together

by Jordan Gaffey, NASM-CPT  
STOTT Pilates Mat & Reformer

**A balanced fitness program ... also teaches the mind and body to maintain calm and adapt to stress in a way that is constructive and productive.**

If you are an athlete, a fitness enthusiast, or just beginning to exercise, maintaining a balanced fitness program is essential. In my experience it is difficult, no matter what the fitness level, to maintain health and continue to progress and improve physical performance. As a personal trainer, pilates trainer, and yoga instructor, I work with people that have found success in maintaining their routine, but still have difficulty finding the time to challenge their fitness in new and exciting ways. In a life that is unpredictable, it is necessary to train a skill set that results in long term success and adaptability. However, in this life there is a limited amount of time and resources. My experience has inspired me to rethink what a balanced fitness program is, and find the alternative.

A balanced fitness program is one that challenges the strength, flexibility and integrity (core strength) of the body. It stresses the body by increasing intensity through weight, time, and tempo. It challenges the body and mind to adapt to movements that are new and challenging. It also teaches the mind and body to maintain calm and adapt to stress in a way that is constructive and productive.

Challenging the body and mind to adapt to a variety of movements that vary in intensity and focus creates a wealth of knowledge about ones inner and outer strength. After all it is not only

what exercises you do, it is the mindset that you do them with that will bring health and success. Through this the Yoga practices of inner calm and resilience are reinforced, while the Pilates techniques of balance and breath are necessary elements. Combining these practices offers the added bonus of reducing stress, increasing the ability to cope, and improving range of motion and neurological integration. All this is achieved while still manipulating the levels of intensity which maximize strength, muscle tone, calorie burn, cardiovascular endurance and recovery.

A program such as this is a great accessory for any periodization that aligns with the goals of the individual. If you are an athlete in-season it is still possible to maintain the flexibility and core strength without adding another workout. If you are out of season, the variables can be adjusted to build strength, power, agility and cardiovascular endurance. It is usually the imbalance of in-season work that leads to over use injuries, and the lack of out of season preparation that leads to decreased performance. Both of these can be addressed by combining a consistent strength, core and flexibility routine.

If you already have a yoga or Pilates practice, training or just getting started, then all of these elements are valuable and should be present. If they are not, there are many ways of adding or finding the right option for this balance to be created. It makes sense to maintain a program that maintains flexibility, integrity, and strength. If balance is an issue and you are searching for a way to put it all together, then talk to your trainer or look for a program that is the right fit.



# "HIT" ME!

by Wesley Smith, NASM-CPT

What you are about to read is nothing new giving you insight to a secret pill or exercise, but a system that compresses those current long workouts that you are doing into a 30 minute high intensity workout. High Intensity Training (HIT) is a form of strength training popularized in the 1970s by Arthur Jones, the founder of Nautilus. Having the opportunity to work for Nautilus for six years in their strength division, I learned more than I bargained for with its rich history on what this training focused on, and its many benefits.

HIT is based on strict form and controlling weight (i.e. gravity), and takes into account the number of repetitions and the amount of weight that muscle is under tension to maximize muscle fiber recruitment. Muscle tissue only knows time and weight/intensity. It is pretty dumb, you know; it takes that brain of yours to place your muscles under different types of stress to get the results that we all look for and most of us need.

Many people say they don't like strength training because it is boring or just no fun. Well I would have to disagree with that nonsense! Intensity training can create all the necessary excitement in your workout and give you the endorphin rush you get from riding a bike or running on a trail. HIT can effectively give you the best of both worlds in half the time that you spend in the club, so you can get out and do the things you really love to do! HIT can improve your fitness by increasing your metabolism, lowering body composition (body fat), lowering cholesterol levels and increasing bone density. It will give you the joy and fulfillment to keep up with your kids or just to be that kid (young adult that other people talk about). "I wish I had the energy that he/she has", or "I wish I had arms or legs like him or her."

There are two main trains of thought associated with HIT training, the first being single sets per muscle group. Mike Mentzer, bodybuilder back in the 70's, wanted to stimulate and increase muscular strength and hypertrophy for his sport. Back in the day being a competitive bodybuilder, I trained in the same way which made perfect sense applying this method of training to my goals at that time and the second type is with lower weights, controlled measured movements with larger volumes creating muscle endurance and strength. I train this way now and probably always will.



Wesley, 30 pounds more muscle than today, winning the North Carolina Junior Bodybuilding Championships, 1997

Now over time, I've gotten smarter and older as we all do, learning that our joints, tendons and ligaments are just not able to hold that type of stress/load as we age. I believe the second is a more practical method for normal human beings to create endurance, a healthy nervous system and overall muscle strength.

This is where I throw in my own twist, combining compound muscles groups (i.e. chest, triceps, and shoulders) with a functional power movement into the mix. This engages all muscles working together synergistically to create strong and powerful movements. This is where some of my clients come to hear (or swear to!) the term "County Fair"! I guess you will have to find out for yourself or just ask them! Become that person that others envy, and enjoy strength training again by that change we will want and believe in."

*To learn more about reinventing your body with your own workouts, give me a ring 303.449.4800 ext. 249.*



# The Spot Reduction Story

by Robert Cunningham, NSCA-CSCS, NASM-PES

**"I have been training for overall health objectives consistently for the last 12 years and aesthetic rewards have been less than dramatic.**

**With Biosignature in 12 short weeks I have realized significant changes in my body and recognized a distinct increase in energy and motivation towards my workouts."**

**Melissa Lindamood**

I listened to the world renowned presenter Charles Poliquin talk about how he could pinpoint biochemical deficiencies in individuals using a body fat test and as a result could determine what supplements to take that would allow an individual to reduce their body fat. This program is called Biosignature. My first thought was this guy is crazy and Biosignature is ridiculous. I had learned for years that the concept of spot reduction was impossible and only sounded real on late night infomercials. However, my curiosity led me to read more about the process and persuaded me to go to a conference and learn more about Biosignature. This article is about my experience.

I sat and listened to Charles Poliquin talk for 5 days about chemical reactions and the human body. When I left the conference I envisioned an opportunity to change my overall body composition. But I suspected that this conference was about vanity. To find out if the concept was about vanity or not I set a goal of going from 12.7% body fat to 6% in twelve weeks. This is a ridiculously high goal, but I was excited and I am ambitious.

To determine what my main biochemical deficiency was I did a 12 site body fat test. Based upon the information I learned at the conference I understood that if I carried body fat in certain parts of my body there were biochemical reasons. Those reasons could range from high levels of cortisol, high levels of sugar intake, high levels of estrogen, low levels of androgen/testosterone, low levels of growth hormone, and/or a thyroid imbalance. Based upon my personal test I determined that I had low levels of androgen. Again, using the information from the conference, I prescribed a list of supplements that I would take to help improve this deficiency.

I had not taken a supplement for over a decade. To embark on this process it took some serious changes in my daily routine. I almost wanted it not to work because I still had an emotional belief that supplements could not create the kind of change that was discussed at the conference.

The only thing that kept me moving forward was my self image at 6% body fat. It was a struggle the first week to remember to take all the supplements at the times they were required. However, within the first couple of days I started to feel some change, which really helped me commit to keep taking the supplements.

The first two weeks I lost 1% body fat, which is a significant amount. My progress continued at the same pace. After the first week I was averaging a half a percent per week. That alone left me feeling encouraged about the program. I started to notice a secondary factor that I really never queued into while at the conference. The supplements were helping me improve my testosterone levels that directly affected other biochemical processes in my body. There were other "secondary" benefits to the program, as well. My energy during the day really improved, allowing me to decrease my caffeine consumption by half per day. When I got home from work I was not extremely exhausted and I actually had energy to engage and play with my daughter. I started to sleep soundly which allowed me to wake up feeling better rested. Since I was sleeping better I was able to exercise at a higher output which created greater desire to workout more. I found so much success in the first month that my protocol switched to address my high cortisol levels.



# Free Golf Fitness Assessment with our Titleist Performance Institute Certified Golf Fitness Trainers!

- \* **What are my swing limitations and how can I correct them?**
- \* **Why have I been pushing the ball right or hooking it left?**
- \* **What will it take to play the back 9 as well as the front 9?**
- \* **What should I do to warm up before even teeing up a golf ball?**
- \* **What exercises can I do at home or in the gym to help improve my golf game?**

Set up a complementary Personal Golf Fitness Assessment with Titleist Performance Institute Certified Golf Fitness Trainers Dillon Johnson, Erin Carson, and Heath Dewey.

Your Personalized Golf Fitness Assessment will allow us to see what your swing flaws may be, and give us the information needed to formulate a personalized training program tailored to correcting your golf swing! We hope to re-vamp your game and attack things from a whole new angle!

Contact **Dillon Johnson** at [djohnson@rallysportboulder.com](mailto:djohnson@rallysportboulder.com) or 303-928-9007 to set up your assessment.

Being a personal trainer, as with most jobs, brings its own level of stress. In switching my protocol to taking supplements to help address my stress levels the light really went on about the value of this program. My anxiety became much less. The little things at work that would typically create a lot of stress for me now seemed less important. I was better able to control the highs and lows of my day. In conjunction with this I continued to lose body fat.

The focus of why I was taking the supplements had dramatically changed. I was now taking them because it permeated every aspect of my life in a positive way -- I was no longer focused on the vanity of it. Do not get me wrong I love looking better naked, but it is not and never will be the driving force as to why I think this program is so exciting.

I feel this program can truly help people for several reasons:

First, it addresses your own personal biochemical deficiencies and is malleable as you continue to improve.

Second, for the exercise enthusiast that wants to continue to perform at a high output, Biosignature is another tool to create a better environment to recover from the daily bouts of exercise. In conjunction with that it will also help those that can barely find the time or energy to make it to the gym to perform better. The most important part of the Biosignature program is that it improves your overall mental focus which allows you to work harder through each day.

At the end of twelve weeks I did not reach my original goal of 6%. I did get down to 8%, lost 10 pounds of fat and I feel great. In reading this article if you have any questions regarding this information please contact Jed Glass or Robert Cunningham and we will be more than happy to answer any questions you have about BioSignature.



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# The Sweet Science

by Carrie Barry, NSCA-CSCS, ATA-ATC, CMT

The last six months have been a whirlwind for me, after moving to the Boulder area. I started here at RallySport as a trainer and massage therapist. As a member of the US National Boxing Team I traveled and competed in Trinidad & China. One of the best parts is I started training RallySport members the 'Sweet Science' -- Boxing. But really, ever since I started boxing over 8 years ago and became captain of the US team in 04' it's been a whirlwind. I have moved from Kansas to Nashville to the Springs for training and competed in Taiwan, Turkey, Argentina, India, Ecuador, Trinidad y Tobago and China.

Those unfamiliar with boxing often mistake it for a brutal, punch for punch, out-dated sport. As an athlete for USA Boxing, I can't begin to count how many times I have explained the true nature and skill required of amateur boxing. The number one rule is "the safety of the boxer comes first". Amateur or Olympic Style Boxing is the safest contact sport when comparing statistics. We are matched by weight, skill level, and experience. Offense and defense happen simultaneously with full view of your opponent under the direct scrutiny of a referee. I can honestly say that nearly all of my opponents are also my friends.

ESPN's panel of experts rated "boxing pound for pound, the toughest workout in the world." And "The sport demands the most from the athletes who compete in it." Boxing teaches grace, agility, physical and mental control, hand-eye coordination, endurance, strength and many things you never knew about yourself. It's always fun to see someone who is often quiet and reserved but will put on a pair of gloves and go at it on the mitts, laughing and sweating the whole time.

No other sport teaches the importance of being in the moment better. If I become distracted by having just been hit I'll probably get hit again. If I think about getting hit, I'll miss an opportunity to score. As one of my clients stated "Totally a 'Zen Art' the way you teach it."

Boxing has become a popular cross training sport by pro athletes of all walks. Ian Woosnam, professional golfer, attributes much of his power to having been a pro

boxer. When I was in Tennessee working as an athletic trainer, I actually took our O-line to the boxing gym and worked with them on heavy bags because it directly transferred to the demands of their field position. Due to the rotational, multidirectional aspect of boxing, it's a great way to open the hips, lengthen the IT band, and improve thoracic movement and strength. Especially for those athletes who spend a majority of the time in the sagittal plane (straight ahead) such as in cycling and running. It is an upper body intensive cardio and strength workout. Boxing is a great recovery workout after a long weekend of riding or skiing.

If you are interested in learning more about boxing please look for a seminar coming up Tuesday, March 24, check out RallySportBoulder.com under special programs or contact me at [CarrieBarry60kg@yahoo.com](mailto:CarrieBarry60kg@yahoo.com).

*Carrie will be heading to Dublin, Ireland for her 8th International Pro-Am (Professional and Amateurs combined) Match on March 21, 2009.*



fitness



**Time to set your next goal. Train with the RallySport Cycling Club.**

## Colorado Cycling Events

<b>May 29-31</b>	<b>Sunday</b> Durango, CO	<b>Ironhorse Classic</b> <a href="http://www.ironhorsebicycleclassic.com/">http://www.ironhorsebicycleclassic.com/</a>	50 miles
<b>31-May</b>	<b>Sunday</b> Boulder, CO	<b>Circle Boulder-Boulder 180/360</b> Circle Boulder by Bike Ride	9-25 miles Great for Kids and Casual Riders
<b>7-Jun</b>	<b>Sunday</b> CO Springs	<b>Elephant Rock Century</b> <a href="http://www.elephantrockride.com/">http://www.elephantrockride.com/</a>	100k-100 miles
<b>14-Jun</b>	<b>Sunday</b> CO	<b>Ride The Rockies</b> <a href="http://www.ridetherockies.com/">http://www.ridetherockies.com/</a>	Approx. 450 miles
<b>20-Jun</b>	<b>Saturday</b> Keystone, CO	<b>Blue River Century</b> <a href="http://www.bluerivercentury.com/">http://www.bluerivercentury.com/</a>	98-113 miles
<b>21-Jun</b>	<b>Sunday</b> Ft. Collins, CO	<b>Fort Collins Cycling Festival</b> <a href="http://www.fccyclingfest.com/">http://www.fccyclingfest.com/</a>	63 miles
<b>July 17-19</b>	<b>Fri-Sun</b> Winter Park, CO	<b>Fat Tire Classic</b> <a href="http://www.nscd.org/fattireclassic/index.html">http://www.nscd.org/fattireclassic/index.html</a>	15-25 miles (Mtn.)
<b>19-Jul</b>	<b>Sunday</b> Denver, CO	<b>Moonlight Classic</b> <a href="http://www.moonlight-classic.com/">http://www.moonlight-classic.com/</a>	15+ miles
<b>25-Jul</b>	<b>Saturday</b> Boulder, CO	<b>Sunrise Century</b> <a href="http://www.bikerPELLI.com/Sunrise_Century/index.php">http://www.bikerPELLI.com/Sunrise_Century/index.php</a>	75-100 miles
<b>July 26-28</b>	<b>Sat-Mon</b> Copper Mtn., CO	<b>Courage Classic</b> <a href="http://www.couragetours.com/">http://www.couragetours.com/</a>	Approx. 200 miles
<b>1-Aug</b>	<b>Saturday</b> Copper Mtn., CO	<b>Copper Triangle</b> <a href="http://www.coppertriangle.com/index.html">http://www.coppertriangle.com/index.html</a>	80 miles
<b>16-Aug</b>	<b>Saturday</b> Boulder/Estes Park, CO	<b>SPAN the Rockies</b> <a href="http://www.safehousealliance.org">http://www.safehousealliance.org</a>	50,100,200 k
<b>30-Aug</b>	<b>Sunday</b> Longmont, CO	<b>Venus de Miles</b> <a href="http://www.venusdemiles.com/">http://www.venusdemiles.com/</a>	63 miles
<b>13-Sep</b>	<b>Sunday</b> Boulder, CO	<b>Buffalo Classic</b> <a href="http://www.buffalobicycleclassic.com/">http://www.buffalobicycleclassic.com/</a>	60-100 miles

# Your Form is Directly Proportionate to Your Benefit

by **Rife Hilgartner,**  
**NSCA-CPT**

So you have made your new years commitment to get back into the health club and really turn some focus on your strength. I commend you on your decision. Our bodies feel so much better when we can add some solid strength workouts to our daily lives. I know I feel much better on the mountain snowboarding when my overall strength is up. My confidence rides high especially when I have done my strength training correctly.

As a fitness professional there is nothing more alarming to me than to watch someone doing a great exercise poorly. Performing an exercise correctly is far

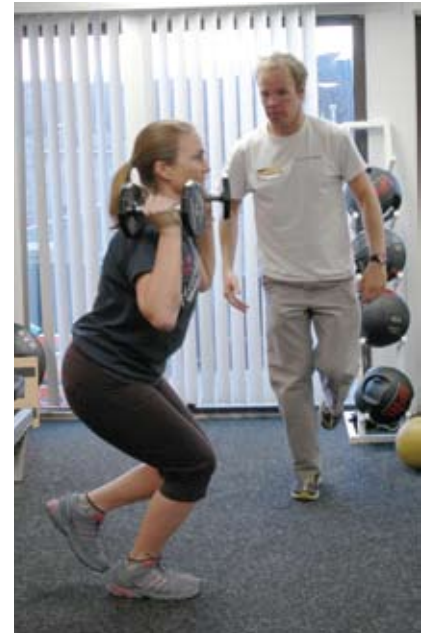
more important and effective than getting to a heavier weight. The gains made through proper technique will be much greater and more beneficial to you in the long run.

The backsquat is one of the most effective and powerful exercises for total body strength, especially when done properly. Focusing on aligning your body from ears straight down through your ankles. This is your position for a very successful movement. Stay focused on the movement right from the start, this will ensure strong body feedback.

It is important to strength train as any of our experienced staff will tell you, but be sure you are managing the movement with the correct form. No one wants to create an imbalance from an exercise executed incorrectly or worse, causing an injury that may slow you down for a period of time.

Take a moment now to be sure your exercises are performed correctly. You will benefit over the long haul with great results. Please take a moment, to ensure you are moving correctly.

If you're not sure about an exercise, just ask a trainer; we're always happy to oblige. And don't be surprised if I swing by with a suggestion or two!  
Thanks,  
Rife



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# What's Your Bottom Line?

by Rhonda Mansell, ACE - CPT, ACE - GFI, YA-RYT

As a trainer it was fascinating and puzzling to me to watch programs that documented the struggles of the morbidly obese. Aside from the average person that needs to lose 20 – 50 lbs., how did these particular individuals get to the point of being so overweight that they could no longer get out of bed? Even the average person understands that if you eat too much and don't exercise you will gain weight, but, 300 – 500 lbs.? It was still rather suspicious to me that someone could eat that many calories.

My question was partly answered last year when one of my clients sent me a link to an article highlighting a research study done on the effects of sitting too much. While the effects of exercise and its numerous health benefits have been studied over the last 40+ years, little is known about inactivity physiology. It can

no longer be assumed that weight gain is caused by not exercising enough or eating too much – there are specific biological processes that occur when we SIT for extended periods of time.

Consider that exercise time for the average person is anywhere from 30 minutes – 1 hour at moderate intensities at best (extreme Boulderites aside), that is a very small slice of time compared to your entire day. If you are sitting at your desk for more than a few hours a day you may be interested in the highlights of the study.

Even after a few hours of sitting, your fat burning enzyme shuts down almost completely – down to approximately 10% of its working capacity. What is even more frightening, is that when fat was injected into the bloodstreams of sedentary mice it bypassed the blood vessels that go into the muscles where it can be burned as fuel and was deposited directly into fat tissue. Okay, so you are not a rat ... not so fast, a study on biopsied human muscle tissue showed the same characteristics for sedentary individuals. If that's not enough to get you off your \_ \_ \_ \_ , consider that your cardiovascular disease risk goes up by about 2.7 fold if you are sitting for prolonged periods of time, regardless of age or recreational activity, likening the effects closely to those related to smoking. The list continues with increases in metabolic syndrome, excess adipose tissue, weight gain, and poor glucose management in children with Type I and Type II diabetes. In one study it was found that for each hour of sitting per day the risk for metabolic syndrome increased 20% for women. OUCH!

So if you're wondering why that moderate bout of exercise is not lowering your bottom line take into consideration how intensely you are working out. There is a reason people use trainers and it is not because they don't know what to do. While exercise order plays a role in how effective your workout can be, it really comes down to us pushing you to your max to get the highest caloric burn both during and the 2 hours after you workout has ended. I think my fellow trainer Shane puts it best when I hear him tell his clients "get uncomfortable". The other piece to maintaining a healthy weight is to MOVE.

Lowering YOUR bottom line:

- 1 Workout aggressively if you are past your base training period – "get uncomfortable"
- 2 Get up and move every 2 hours
- 3 Do as many of your work activities standing up
- 4 Eat the right foods so that you will have the energy and motivation to WANT to move

And if you are really gung-ho about changing your sitting habits at work – treadmill workstations are now on the market!

