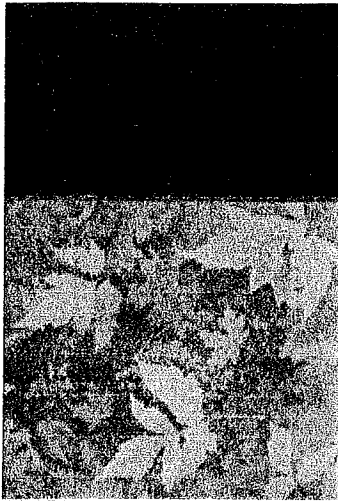


NOVEMBER

Body Design Inc. Newsletter



THE AB-SOLUTE TRUTH ON HOW TO GET KILLER ABS

BY KRISTEN DAMIAN

The number one request I get from clients is "I want killer abs."

Anybody who desperately wants a washboard stomach must realize by now that spot reduction is impossible. To truly see abdominal muscle definition, you need to have a combination of firm, dense muscle and very-low body fat.

Without the proper fat reducing diet, ab training by itself will lead to stronger, denser ab muscles, but you probably will never see them.

For many people, the abdominal region is a very hard area to lose body fat. The subcutaneous fat beneath the skin is generally thicker in the abdominal region in both men and women.

The abdominals have the same muscle tissue as any other muscle in your body. Their contractile properties are the same as well. So why is it that so many people want to train their abs so differently than any other muscle group? Everyday and hundreds of

repetitions?

Fortunately for you, training abs once per week is plenty. However, make sure you incorporate a diverse ab routine, utilizing a combination of both machines and floor exercises.

Both floor exercises and machines are effective. One reason I prefer machines is because they make it hard to utilize other "assister" muscles, allowing the ab muscles to be isolated. For example, with leg raises, the hip flexor muscles do most of the work if they are not performed properly.

A key to remember when performing ab exercises is to not pull your head, when doing floor exercises, or lift your head when using the machines. You want to have a continuous pulse upward, contracting

the ab muscles at the top, and not resting at the bottom of the exercise.

Ab exercises are designed to be done slowly and at a steady pace, concentrating on contracting the ab muscles for a second or two with every repetition.

If you'd like more information on how to get those killer abs, you can contact me personally here at World's Gym of Delray or contact any of the other wonderful personal trainers. They all can get you on a structured, regimented exercise and nutrition program that yields great results.



Here, Delray trainer Kristen Damian demonstrates proper technique on the Ab-Bench.

HOT OFF THE HEALTH WIRE

"I Wish They All Could be California Girls?" Maybe Not! Californians tend to think of themselves as the fittest, most attractive people, in the country. It seems they may be using just a tad too much peroxide on their over "inflated" self image. According to a recent study published in New York by Reuters Health, the obesity rate in California jumped 50% between 1984 and 1998. Even more disturbing, the rate of diabetes rose 25% in the same time period. On average, 33% of Californians who eat out on daily basis chose a "fast food" restaurant. Aggressive advertising is the reason cited by most Californians on why and where they eat out. This could explain the McDonalds wrappers in David Hasselhoff's Mercedes.

OCTOBER TRAINER OF THE MONTH



This month the trainer of the month award goes to Walter Wilson of Delray. Walter has been a trainer with us for seven months and made an immediate impact. Walter has a large and loyal following and is always in the race for trainer of the month. Walter is very dedicated to his clients and is committed to getting results. Walter is married and has a nine year old daughter. In his spare time Walter enjoys building custom Harley Davidson motor cycles.

For information about Walter's personal training service you can call the Delray Gym at (561) 638-9980.

**Suggestions Or
Comments Can
Be Made With
Your Personal
Training Manager
in Your Club!**

How Supplementation Can Help Your Immune System Mount A Strong Defense

By Chris Adair

There are obviously two major reasons why having a healthy immune system is important. Not only does a strong immune system protect you from foreign organisms such as bacteria, viruses and other substances that keep you from getting ill, it also helps gobble up cellular junk left over from exercise-induced tissue breakdown and inflammation. As Eric Serrano, assistant clinical professor at Ohio State University in Columbus puts it, "For repair of muscles you need a healthy immune system to come in and clean up the cellular debris that results from muscle damage. If your immune system is in any way compromised, you may end up with excessively sore muscles and joints. Besides, your recovery time will also take longer."

What I will be most focused on however is how a persons immune system effects their results and performance in the gym. If you want to maximize muscle gains, you need an immune system that's functioning optimally. In addition, if your immune system is depressed, you could end up feeling ill, lethargic or develop an infection or fever which can obviously have a huge negative effect on putting on muscle. Let's face it, your body doesn't care about big biceps or quads. Instead, it will consider things like the immune system, heart function, brain function,

and so forth to be infinitely more important.

Fortunately you can do a few things. Exercise and eating well are two obvious things, and there is also supplementation. Most of these supplements you may already know about and they may be part of your current regimen.

VITAMIN C— Who hasn't taken Vitamin C during a cold? New research published by the International Journal of Sports Medicine found that Vitamin C reduces the rate of upper respiratory tract infection. In addition vitamin C can also combat the effects of free radicals.

ZINC— Like Vitamin C, zinc may play a role in the treatment of the common cold. Based on two studies conducted in St. Louis and Ontario, scientists concluded that zinc may reduce symptoms and the duration of the common cold.

LIPOIC ACID— Lipoic acid has been shown to enhance the antibody response. In addition, it has been shown to increase levels of glutathione, a very potent anti-oxidant.

GLUTAMINE— as well has increasing the production of growth hormone, glutamine has shown to be effective in reducing symptoms of lethargy, illness, and infection in people who train intensely, though the exact mechanisms are not fully understood

NEW ADDITIONS

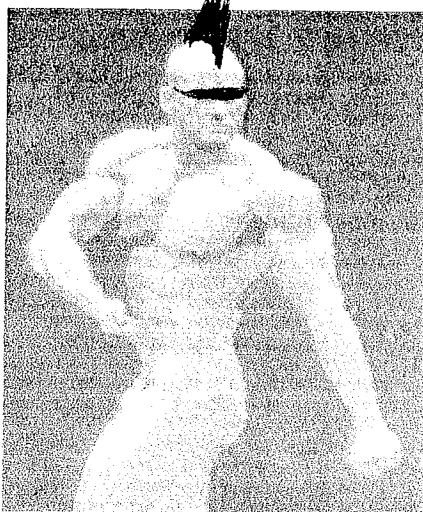
Body Design would like to take the opportunity to welcome two new Personal Training Managers, and a new trainer to the team.

BOYNTON BEACH

Starting with our Boynton Beach club we have Joe Ciccarello who was promoted from trainer to manager this month. Joe has been with World Gym for about two years and has quite a following. We feel very confident that Joe will do a great job.



In the training department we have Sean Mahoney. Sean was just recently awarded trainer of the year for bodybuilders at the 1999 West Palm Beach Bodybuilding Championships. He himself is a champion competitive bodybuilder.



ROYAL PALM BEACH

Dave Mederios will be greatly missed by both staff and members. at the Royal Palm club. He was the Personal Training Manager there for two years, but now has changed directions in his career. Taking over, is Paul Marc-Aurele. Paul has a diverse background in fitness, marketing, journalism, and already is doing a great job. Paul is always available for questions.



Being Overweight = Increased Risk of Death

We do not want to sound morbid, but the October 7th issue of The New England Journal of Medicine, reported figures from a study with The American Cancer Society that should sound a wake up call to everyone. Obese individuals, those with a BMI (Body Mass Index) of over 30, were 2.5 times more likely to suffer a premature death. The study looked at 1.2 million

adults, in a full gender and racial make up.

There is good news out there. The October issue of the American Journal of Public Health reported on a study where individuals who had a sustained weight loss of just 10% lowered their risk of coronary heart disease of 50% to 38%, per every 1000 cases.

Body Design Offering Career Opportunities

Professional And Responsible Personal Trainers Needed For Their Four Health Clubs And Their Expansion In January. Work With An Organized Company Committed To Employee Development. Management Positions Available For Experienced Team Leaders. For

More Information Contact Chris Adair At **561-373-0333**.

FAT FACTS

* One pound of muscle burns 50-70 calories per day, while one pound of fat burns only about 2-8 calories per day. Once again, this illustrates the importance of resistance training for fat loss.

* One pound of fat is 40% LARGER than one pound of muscle.

* There are three times in a persons life when they add fat cells to their body. During the

last 2 months of the third trimester, during ages 1-3, and during puberty.

Once fat cells are formed, they do not go away. As people gain weight the fat cells get larger. As they lose weight the cells shrink, but don't go away.

Mothers can set the stage for their child's future by first eating right during the last two months of pregnancy, by promoting healthy eating during the first three years of life, and by watching their child's diet during puberty.

* Skin fold assessment (taking body fat measurements with calipers) is still the standard for taking body fats in a health club environment. While hydrostatic weighing is the gold standard for which all other methods are measured on, skin fold assessment still is the next best and most accurate way to determine someone's body composition. It is however necessary to have a skilled operator perform the test. Schedule an appointment with a trainer to have yours done!

HEALTHY HOLIDAY DESSERTS

By Kristen Damian

PERFECTLY SIMPLE PUMPKIN PIE

- 1 cup Original or Vanilla Rice Dream
- 2 large eggs, lightly beaten
- 16 oz. can unsweetened canned pumpkin
- ½ cup maple syrup
- 1 tsp. cinnamon
- ¼ tsp. ginger powder
- ½ tsp. nutmeg
- ½ tsp. allspice
- ½ tsp. sea salt
- *1 unbaked 9-inch pie crust

Preheat oven to 425 degrees. Mix all ingredients and pour into unbaked pie crust. Bake for 15 minutes, then reduce heat to 350 degrees, and bake for 40 to 50 minutes or until inserted knife comes out clean. Remove from oven and set on a wire rack to cool. Serves 10.

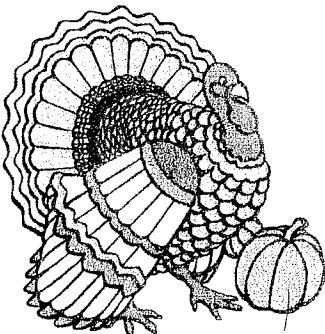
Nutritional analysis per serving:
Calories 179; Protein 3 gr.; Carbohydrates 26 gr.; Fat 7 gr.

ONE, TWO, THREE PIE CRUST

- * ¼ cup shortening
- * ¼ tsp. salt
- * ¾ cup organic whole wheat flour
- * ¼ cup ice cold water

Mix together shortening, salt and flour until crumbly. Stir in ice water. Roll out, adding flour as needed. Yields 1 9-inch pie crust. Serves 10.

Nutritional analysis per serving:
Calories 76; Protein 1 gr.; Carbohydrates 7 gr.; Fat 5 gr.



Fitness Quiz

Check Your Fitness Savvy. Find out the answers in next months issue.

1. What are the three components that determine someone's caloric need?
2. What is the first and second leading mineral deficiency in this country?
3. What is the best way to remove fat from the thighs?
4. What is the best way to lose fat from the abdomen?
5. What is the difference between whey and soy protein?
6. When trying to lose body fat, when should your cardiovascular exercise be done?
7. What two muscles make up the calf?
8. What is ATP?
9. Are knee wraps good to use?
10. What is BMR?

Answers Right

7-10 You are pretty knowledgeable, but then again these are easy!

4-6 Not too shabby

0-3 You need some help