



Benefits of Weight Training For Women

by LALEH YAGHOUBI, Personal Trainer

Over the last decade, research studies prove many benefits of weight training for women, including women over the age of fifty. Although women are now recognizing that strength training is a major player in the battle against fat loss, still, many are spending most of their gym time on cardiovascular exercise. The myths about women's weight training do not ever seem to go away. The most common myth that persists is that weight training makes you bulky and masculine. Below are the facts and some of the benefits women receive from weight training.

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Build Stronger Muscles, Connective Tissues And Increases Joint Stability

- This acts as reinforcement for the joints and helps prevent injury. The best way to strengthen and recover from an injury is to slowly build your strength around the injured area. A recent 12-year study showed that strengthening the low-back muscles had an 80 percent success rate in eliminating or alleviating low-back pain. Weight training decreases your risk of Osteoporosis and Arthritis. Research has found that weight training can increase spinal bone mineral density (and enhance bone modeling) by 13 percent in six months. This, coupled with an adequate amount of dietary calcium, can be a women's best defense against osteoporosis



Decrease Risk of Coronary/Heart Disease - Weight training can improve cardiovascular health in several ways, including lowering LDL ("bad") cholesterol, increasing HDL ("good") cholesterol and lowering blood pressure. When cardiovascular exercise is added, these benefits are maximized.

Reduce Your Risk of Diabetes - Weight training improves the way the body processes sugar, which may reduce the risk of diabetes. Adult-onset diabetes is a growing problem for women and men. Research indicates that weight training can increase glucose utilization in the body by 23% in four months.

Improve Your Attitude And Fight Depression - A Harvard study found that 10 weeks of weight training reduced clinical depression symptoms more successfully than standard counseling did. Women who weight train commonly report feeling more confident and capable as a result of their program, all important factors in fighting depression.

Enhance Performance In Sports, Exercise And Life In General - Increasing your strength will make you far less dependent upon others for assistance in daily living. Chores will be easier, lifting kids, groceries and laundry will no longer push you to the max. If your maximum strength is increased, daily tasks and routine exercise will be far less likely to cause injury. Weight training and fitness can help keep aging bodies in well-working condition.

These benefits all come for free when you begin a proper weight training routine. So, for all of you ladies who are ready to get started with a fun, new weight training routine, we are excited to start a The Women on Weights program on September 8th. Please contact Leah as soon as possible at 858/456-2595 to reserve your spot. Look forward to seeing you!!



Do It The McKenzie Way A Unique Treatment Approach

by GUADIE M. BERTINO, MPT, OCS, CSCS, Cred. MDT

Are you someone who suffers from acute or chronic low back and/or neck pain? Have you tried various methods and treatments to "cure" your pain but have been unsuccessful? You are not alone. In fact, we are today facing an "explosion" of the back pain population. Evidence supports the view that most spinal pains are mechanical in origin and not inflammatory in nature. Therefore, the use of medicines or modalities alone is frequently unsuccessful in treating the source of the injury. The use of exercise on the other hand, particularly repeated movements towards a "direction of preference," have been successful in reducing back pain and preventing recurrence of pain in people with acute or chronic back pain. This widely used treatment approach using repeated movements, with emphasis on patient self-healing and self-treatment, is called the McKenzie Method.

The McKenzie Method is an overall program of assessment, treatment and prevention strategies that when followed accordingly can be very successful. Evaluation and treatment using this method are usually established by a therapist or clinician who is Credentialed or Diplomaed in McKenzie Mechanical Diagnosis and Treatment. The McKenzie treatment prescribes a series of individualized exercises aimed at reducing pain, improving range of motion and remodeling tissues.

If you are one who suffers from acute and chronic back or extremity pain, try the McKenzie Method and experience the difference yourself. At Adept Physical Therapy & Sports Rehabilitation, you will work one-on-one 100% of the time with a spine specialist who is Credentialed in McKenzie Mechanical Diagnosis and Treatment. Call to schedule your free consultation today. Break your cycle of pain!

For questions regarding this article contact: Guadie M. Bertino, Owner of Adept Physical Therapy & Sports Rehabilitation, at 858/353-0259, email adept.therapy@yahoo.com, or check out our website at www.adeptphysicaltherapy.com. Guadie is a Board Certified Orthopedic Specialist with a specialty in the treatment of the spine and extremities. She is also credentialed in McKenzie Mechanical Diagnosis and Treatment and is a Certified Strength and Conditioning Specialist. Guadie holds a Bachelor of Science degree from the University of Virginia and a Master of Physical Therapy degree from Western University of Health Sciences.



Nutrition Testimonials

LJSC Member: Marta McCarty

I've been an active member of LJSC for the past 18 years, enjoying the full range of classes and trainers offered by our great club. In February, I was happy to see the addition of Christina Karas as our new Nutritionist.

Over approximately the past 5-7 years, I had slowly put on 15 lbs. I blamed hormones, a thyroid condition, and accepted that "this is just part of getting a little older". I was not happy with the weight gain, but not unhappy enough to change my eating. About 8 months ago, I had a wake-up call with a diagnosis of a chronic back condition including sciatica pain radiating down my leg. I was told to modify most of my favorite exercise routines which included jogging, ballet and yoga.

Common sense told me that losing the weight I had gained would not only be beneficial for my back but would improve my attitude and over-all sense of well-being. I did not want to try one of the popular fad diets and I was delighted to see a sign-up sheet at LJSC for a complimentary Nutritional Consultation with Christina.

At our first meeting, Christina and I discussed all the foods I ate. She asked me about my personal food preferences as well as my dislikes. I kept a food diary for a week which she then utilized to tailor an individualized Meal Plan for me. The diary had the added benefit of my becoming aware of the "mindless eating" I was doing.

We reviewed my new Meal Plan at our next meeting. I committed to keeping all my "trigger foods" which Christina and I had identified, out of the home. She suggested satisfying alternative foods for my "snacking and desserts" which were on my "must have foods". The Meal Plan proved much easier to adhere to than I would have ever imagined. Christina's plan offered a variety of choices for each meal, with exact portions outlined.

What proved invaluable to me was Christina's availability at all times to talk, email, or meet with me. She was a wonderful coach for keeping me on track. She had excellent tips on how to avoid hunger pains and helped me incorporate a new way of thinking and eating. As I had the challenge of exercising "less rather than more" and trying to lose weight at the same time—I was thrilled that with Christina's support and Meal Plan, I was able to lose 15 lbs. in a 12 week period.

I would invite anyone who wants to lose that extra 5 lbs. or more—to consider hiring Christina for a new way of looking at food and nutrition. It worked for me. Thanks, Christina!

LJSC Member: Scott Tate



I've been active in both bodybuilding and competitive sports for nearly 20 years. Until now, I haven't had luck shedding body fat. I've always been able to gain muscle and strength, but the 'leaning' was always

difficult for me. I've tried workout diets from magazines and gone to cardio extremes with very limited success. I've now spent just over a month or two with Christina and been able to lose inches, pounds, and a considerable amount of body fat. I've also been able to do this while minimizing muscle and strength loss. I used to think nutrition wasn't as critical provided that fierce workouts were included in the regimen. I used to joke that nutrition importance to exercise importance in meeting goals was 80/20 towards exercise. I now know better. I would say that nutrition might be as high as 60% with exercise at 40% or less with the right diet plan.

Thanks Christina, others would be silly not to use your genius knowledge!

Pricing

\$395

Nutrition Assessment, Meal Plan followed by 3 Weeks of Diet Analysis, & Daily Communication

\$695

Nutrition Assessment, Meal Plan Followed by 6 Weeks of Diet Analysis, & Daily Communication

Includes:

60-90 MINUTE NUTRITION ASSESSMENT

- Calculation of Basal Metabolic Rate
- Diet & Medical History
- Baseline physiological measurements
- Nutrition Contract
- Goals
- Specific Steps to achieve Goals
- Environment Modification Planning

INDIVIDUALIZED MEAL PLAN

- Based on calorie needs for weight loss and/or muscle gain
- Using appropriate macronutrient profile (carbohydrate, protein and fat)
- Maximizing beneficial phytochemicals and micronutrients

DAILY COMMUNICATION

- Email & phone communication to keep clients on track and modify meal plan if necessary.
- Personal diet analysis tailored for individual needs.

NUTRITIONIST TESTIMONIAL From Christina



Both Marta and Scott were unique and fun to work with. Marta had the challenge of not being able to participate in her usual exercise routine due to a chronic back condition, and so I knew her meal plan would have to be 100% effective and manageable. On the other hand, Scott, who religiously works out and is meticulous about his diet, wanted to drop his body fat percentage, and his body was resisting. Both these challenges were overcome through their commitment to my diet advice and meal plans, and our motivation to work through any setbacks. I made myself available to them on a daily basis, and enjoyed opening

my laptop in the morning to find emails with nutrition/diet questions and excitement about progress. Scott and I continue to work together, now in the phase of building muscle mass and ensuring weight gain is from muscle and not fat. Marta has found her happy weight and instead of daily diet conversations, we now enjoy dishing on the latest LJSC gossip. I hope to have the opportunity to work with many more individuals at LJSC, and am looking forward to tackling new nutrition obstacles one day at a time.

Member Spotlight

Thomas H. Kee Jr.



Member Of LJSC
Since 1.5 years

Favorite Thing About The Club
It's a perfect run from LJSC to Windansea and back.

Anyone Who Knows You, Knows You Have An Interesting Professional Life. My best friends say I live in a place called Tommyland. That is because I like to keep things simple, and life comes easy. For example, even though my business involves trading the stock market, by automated and risk control strategies allow my clients to do it without sacrificing time or lifestyle. They can still go to the gym, and feel sure their wealth is protected. With a click of a button, market direction and economic conditions no longer matter. That makes life easier, and if that means Tommyland, welcome aboard.

Tell Us About Your Work. I have a book scheduled to be released in October. The title is Buy and Hold is Dead. In 2002 I wrote a detailed longer term economic analysis called the Investment Rate. The report accurately identifies long term economic cycles dating back to 1900,

and through 2030. It is immediately available through Reuters to their institutional clients, I have provided it to countless government officials, I allow my clients to access it through my website, and it is the basis of my book. It tells us that the US economy has entered into the third major down period in US history, and buy and hold strategies not work for a handful of years. That's why I developed automated trading strategies for my clients. We all can control our risk better than any institution could, we just need to know how. www.stocktradersdaily.com

Words Of Inspiration. If we always do good things, good things will come back to us.

Best Thing About La Jolla. One could always say the weather, but La Jolla provides me with a great economic indicator, and I appreciate that too. I call it my La Jolla indicator. It is a contrarian indicator, and here is how it works: If everyone is happy and talking about business, maybe I should be cautious in the Market. If everyone is gloomy and unhappy, maybe it is time to get involved.

The Ultimate Referral Program

The 'Thank You' program is still active and growing at La Jolla Sports Club.

Refer someone who joins & receive
\$5 OFF
your membership for the duration of theirs.

Please inquire with our Membership Department for more details.



SPA SPECIALS

Book your appointment before August 25, for an additional 20% savings on your facial services.

Package of 10 massages for \$650.*

*Must be purchased before Sept 15, 2009.

End of Summer Special!
50% OFF Skin Care Kit.*

How about an acne facial treatment for your teen? Give them a better start for school with a facial treatment that includes proper skin care and the "Clean Start Facial Kit" made especially for your TEEN.

*Pre-register with a \$20 deposit for your customized skin care treatment. Receive your kit, for half price, at the time of your facial treatment.

