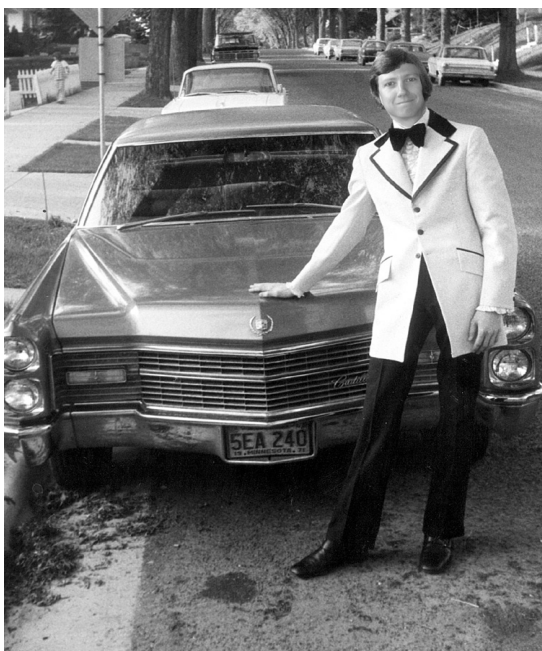


THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

That Was Then...



One of the first questions I ask new clients is "How much do you weigh?" This question is reserved for the part of the interview when I actually get them to say that they

want to lose weight, working through the euphemisms "tone-up," "get back in shape," and "feel better" until they get to the REAL reason they're in the gym. I

almost never get a straight answer. It's usually something like, "I used to weigh 120," to which I respond, "So did I. How much do you weigh now?"

See, *the past is the past*. What you did in the past certainly affects what you can do today, but is rarely a predictor of what you will actually do. You are older now than you were then, almost certainly fatter, and you probably have "deserved" your way out of a few too many workouts. So, we start with a clean slate. We start with today.

I have always liked the Buddhists. At first it was the haircuts and the cool clothes, but more re-

THE STAT:

50%

Chance you lost fitness or gained fat over the past two months. Summer is traditionally known as a more active time of year, but in reality only about half of us even maintain fitness for the months of June, July, and August.

cently, I have come to like the idea of being present and mindful. Thich Nhat Hahn (It took me like 10 minutes to spell it right, and don't you dare ask me to say it...) talks about our obsession with the past and the future, and out total disregard for the pre-

Continued on p. 4

FOLLOW US ON TWITTER.

I'm not sure why, but do it anyway.

We post up lots of cool things on Twitter, which is great if you can't wait a whole month for more news about the gym.

We do our best to keep these updates to a minimum, and relevant, but once in a while we do post up news about Ashton Kutcher. It's sort of like email, but doesn't take up all that much

time. This way we help eliminate the "I am too busy" excuse for skipping intervals.

You can get in on this strange fad here: <http://twitter.com/elementalgym>

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WILD IRIS MOUNTAIN RUN RESULTS



21k

- 1 50 14 Eddy Tavis 39 M
- 1 58 55 Warren Trey 36 M
- 2 2 10 Hartpence Sam 25 M
- 2 2 31 Perkins Samuel 18 M
- 2 3 13 Kane Scott 46 M
- 2 9 44 Tilden Emily 27 F
- 2 11 35 Case Cale 51 M
- 2 13 48 Rush Micah 30 M
- 2 17 3 Mitchell Jim 54 M
- 2 20 13 Wheeler Jerrod 35 M
- 2 23 9 Rochelle Shannon 44 F
- 2 25 2 Rochelle Rick 45 M
- 2 35 9 Bechtel Ellen 32 F
- 2 41 35 Harbidge Heather 29 F
- D N F Brame Susan 46 F

10k

- 49 57 Hueckstaedt Todd 19 M
- 50 36 Kirlin John 24 M
- 56 13 Hafner Michael 23 M
- 57 21 Phongikaroon Supathorn 34 M
- 57 51 Lamb Jen 46 F
- 58 6 Wynn James 30 M
- 58 13 Wells Josh 75 M
- 58 45 Smith Pearson 22 F
- 1 0 56 Watkins Reuben 16 M
- 1 2 35 Bonham-Carter Claire 37 F
- 1 4 27 Atnip Misty 33 F
- 1 4 28 Baker Clint 29 M
- 1 5 21 Hafner Mike 47 M
- 1 6 25 Hamilton Emily 20 F
- 1 6 51 Carl Sly 29 F

5k

- 1 7 15 Garrett Richard 56 M
- 1 8 15 Sandall Kris 34 F
- 1 8 15 Fowler Therese 47 F
- 1 10 20 Colovich Cara 16 F
- 1 11 28 Van Eyken Christi 24 F
- 1 12 31 Nagy Tanna 36 F
- 1 13 9 Gans Mara 15 F
- 1 15 23 Hansen Courtney 37 F
- 1 15 48 Brasel Shaylynn 27 F
- 1 16 11 Ferguson Donna 56 F
- 1 16 17 Leonard Molly 19 F

5k

- 28 22 Brasel Adam 29 M
- 30 5 Pearson Claudia 53 F
- 30 9 Gonzalez Cristina 26 F
- 30 21 Lehmkuhler Ann 29 F
- 30 23 Haas Meredith 25 F
- 32 44 Schoepke Sydney 26 F
- 33 20 Holloway Jamie 23 F
- 37 0 Gilbertson Carolyn 60 F

August 2009

SUN MON TUE WED THU FRI SAT

						1
2	3 CORE 8AM / H.O.P. 1PM	4 CLIMBSTRONG 12PM	5 LAB 11AM / H.O.P. 1PM / PROGRAM 6PM	6 CLIMBSTRONG 12PM / BURLY GIRLS 1PM	7 CORE 8AM	8
9	10 CORE 8AM / H.O.P. 1PM	11 CLIMBSTRONG 12PM	12 LAB 11AM / H.O.P. 1PM / PROGRAM 6PM	13 CLIMBSTRONG 12PM / BURLY GIRLS 1PM	14 CORE 8AM	15
16 Biathlon - Mountain Bike Race @ Beaver Creek	17 CORE 8AM	18 CLIMBSTRONG 12PM	19 LAB 11AM / PROGRAM 6PM	20 CLIMBSTRONG 12PM / BURLY GIRLS 1PM	21	22
23	24	25 CLIMBSTRONG 12PM	26 LAB 11AM / PROGRAM 6PM	27 CLIMBSTRONG 12PM / BURLY GIRLS 1PM	28	29
30	31					

Trainer of the Month—Steve Bechtel

Elemental’s trainer of the month this month is Steve Bechtel. He’s been with ETC since 2002. Steve was an average student in school, and played football up until 10th grade when the coach told him he might as well quit because he’d be riding the bench all season anyway. He then started in gymnastics, where he continued his athletic mediocrity a couple more months. Then it was ski team—same story.

Steve attended the only four-year university in the smallest state in the country. After six-and-a-half years, he graduated with a GPA of 2.54.

Steve started Elemental Training in 2002, working out of High



Mountain Fitness until he was kicked out by the then-owner. He then established his own gym in an old church, working there until he was kicked-out by the City of Lander. In 2003, Elemental Fitness moved into the old “Bottle Shop” building, where it lived until the establishment of

Elemental Training Center in its current location.

In 2002, Steve received the Nobel Prize for “Most Badass Trainer.” OK, not really.

He has never worked with anyone remotely famous.

Interval Training (without having to run)

Running one mile is essentially 1500 plyometric repetitions at two to five times your bodyweight (depending on speed). So a 3-mile run would include

4500 reps at very high landing forces through your knees, hips and ankles.

You can avoid those

forces to ease the stress on your joints and still perform intervals. In fact, it’s possible to perform intervals without doing any traditional cardio exercises whatsoever.

Here’s how:

Directions:

Perform each movement in the circuit below for 60 seconds, then rest 60 seconds before moving to the next exercise in the circuit. So you’ll go through all the exercises in the circuit in 12 minutes. You’ll do somewhere around 20-30 reps of each exercise

would be 120-180 reps, all low-impact and all spread out over the body. You can do a total of three circuits for the equivalent of a 36-minute cardio routine (or a 3-4 miler) with a fraction of the repetitions and joint stress compared to running.

Circuit:

- Bodyweight Squats
- Burpees
- Kettlebell Swings
- Step-ups
- Push-ups
- Sandbag Drags



RUNNING CAN BE DANGEROUS.

in that time, so one round

Elemental. We get results.

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Email: steve@elementalgym.com



PLEASE VISIT US AT:
ELEMENTALGYM.COM

Got An Injury? Of course you do.

We are proud to announce that **Aileen Brew**, a local physical therapist and athlete, will be available to provide **FREE** short consultations to the members of Elemental Training. If you have an injury, or questions regarding your training and previous injuries, please schedule a 15 to 20 minute session. Two sessions will be offered one evening a week, which will vary, depending on Aileen's schedule. The schedule will be posted on the upstairs bulletin board. The purpose is not to provide treatment, but to steer athletes towards appropriate next steps for care.

Please feel free to call the gym with questions or to schedule your time.

That Was Then... (continued from p.1)

sent. Funny, because the only one of the three we can affect is the present. You already messed up a bunch of stuff in the past, so put it behind you - you can't un-mess it. In the future, you're going to be better looking, richer, and smarter, right? Not unless you do something about it right-damn-now.

Also, you've got to take control of the things you can really control (yourself), and relinquish control over those things you can't (everything else). So what if your wife bakes brownies at 9pm? Is it really her fault if you eat them? So what if your kids are begging you to go to McDonald's? Even if you've not yet explained diabetes to them, it doesn't mean you've got to get a McFlurry. **Cultivate will.** Make decisions in favor of your health. We talk a lot about how each decision either moves you toward or away from your goals. Only by

making mindful choices that you're certain will lead you in the right direction can you actually change your course.

You've got to stay on top of it, too. We hammer pretty hard against the idea that you "deserve" things. Just because you ran 4 or 5 miles doesn't earn you half a pan of brownies (and I speak from experience.) Let's see...4 mile run - burn 400 calories. Eat half a tray of brownies - take on 1700. Deserve too many treats and you're gonna diminish your ability to run. OK, so you only do it once a week. Plus a glass of red wine to help you relax after sitting around all day at work. There's your 3 pounds a year per person



that Americans are expected to put on in the next decade. In ten years, and you know it's coming like a runaway train, that's 30 pounds. It's going to take the world's best trainer and a panel of nutritionists two years to get you back to today's weight.

If you like where you are, build a house there. But if there are things you need to change, change them now, not tomorrow, because it'll never be easier than it is today.