

THE ELEMENTS OF FITNESS

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TRAINING OR EXERCISING?

It's more than an issue of semantics. Training and exercising are two different things. Sure, when you're training it's exercise, but not every exercise session can be called training.

Brian Petty put it pretty well: "The difference between exercising and training is having a point. Exercise is done to waste energy—burn calories—or to "blow off steam," excess mental and physical energy, and tension. Training is done in order to improve something—strength, endurance, neuromuscular control, etc. Exercise is a singular event with an immediate goal.

The success of training can



only be judged by changes over time in performance. Exercise doesn't have a point beyond the immediate session—if you leave the gym a sweaty mess, it was a good exercise session or "workout." If you show up every day and breathe hard and get tired and sweaty, you may consider yourself to be

successful at exercise. By contrast, training can only be judged as a success if it works—that is, if after an appropriate amount of time you can clearly show improved capacity for physical work. You may show up every day and push and pull

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QUICK NOTES

We are pleased to announce that Mandy Pohja will be joining our coaching staff starting this month. Mandy will be teaching several classes and will begin doing personal as well. Look for a full article in the next newsletter.

Group Interval class moves

from the 1pm slot on Monday to 8:30am on Tuesdays. This opens up yet another good morning workout option.

Stop in for Bodyweight Bootcamp on Mondays at 7am and at 530pm. This total body conditioning class is all

about getting you fit for summer.

Kettlebell Fundamentals will become a once-per-month intensive (and free) class starting in June. In its place on the weekly schedule we have opened another Kettlebell Conditioning class.

THE STAT:

1,221

% Increase in BPA levels found in people who ate soup from cans versus those who ate fresh soup for lunch 5 days in a row.

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SOMETIMES I WISH I HAD A FENCE TO BUILD

One of my favorite stories (at least the version I know) is that of a drifter named Jack McGrath that showed up on a ranch in eastern Wyoming in the early 20th century. He begged the ranch owner for a job when there were no jobs to be had. Finally, the rancher relented, and agreed to pay McGrath by the hole to dig a fence line. Jack set to work, and the rancher got distracted with other business. Several days later, the rancher remembered and rode out the fence line. He reached the end of his property, but the holes continued on. He rode a few miles on and finally found McGrath hard at work, digging like a madman. Needless to say, “Posthole Jack” earned himself a permanent job that day.

I think the reason I really liked expedition climbing was along these same lines. We had a clear goal with a very well-defined finish line. The only variable was how much work

each of us was able to put in on a given day. In a sense, life was simple. It was brutally hard, but simple.

The distractions of our day-to-day lives are what make it so hard to achieve goals. Most of us have more than one job, a house to take care of, a social life to maintain, and then we have all the stuff we like to do: reading, watching TV, riding our bikes, and telling everybody about how busy we are every few minutes on Facebook. We have a finite ability to make things happen, so we easily default to routine. The problem here is routine usually follows the path of least resistance, and rarely helps us improve as human beings.

Changes in health and fitness are one step harder to come by. Not only are we met with resistance emotionally, physical changes such as reducing sugar intake or improving strength - things that make the human body less efficient - are resisted

heavily by our bodies. The take home message here is that you’ll need a little more will-power to make a body change than you will to do something simple like flossing your teeth...which everyone does religiously.

Is it hopeless? Not really. Is it going to be a big challenge? Of course. It’s like the old joke about eating a car...you’ve got to take your time and take very small bites.

The trick to getting started is to build a habit of change, and to start with something you can easily do daily. Try the 1 liter of water per day trick—drink a full glass of water after brushing your teeth, twice a day. Easy. Do it for three weeks, successfully, and you get to incorporate another change.

Focus only on the one goal. One habit to change. One fence to build. Don’t try to do too much at once, or you’ll do nothing. -SB



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INTRODUCING MOBILITY AND RESTORATION CLASS

We are constantly trying to address the greatest needs of our athletes. It’s no secret that the greatest limiter most of our adult athletes face is that of mobility.

Those of us who “specialize” in a single sport are the most susceptible to imbalances and lack of flexibility.

If we add to that the demands of in-season training for sports such as cycling and running, we face an additional obstacle; recovery between training sessions.

Our new class is designed to both increase your mobility and help you recover between hard bouts of effort.

Starting Monday, May 7th at noon, we’ll start offering a full class featuring stretching, foam rolling, mobility exercises, and muscle activation. This class is appropriate for any level of fitness. Not sure? No worries...the class will be free of charge all month long. We hope to see you there.

GARBANZO BEAN AND TOMATO SALAD

Ingredients

- 3 tablespoons vegetable oil
- 1 tablespoon red wine vinegar
- 1 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 3 medium tomatoes, thinly sliced
- 1 medium onion, thinly sliced
- 1 tablespoon minced fresh

basil

Directions

In a bowl, combine the oil, vinegar, 1/2 teaspoon salt and 1/8 teaspoon pepper. Add beans; toss to coat. Place tomatoes in a serving bowl. Top with onion. Sprinkle with basil and remaining salt and pepper. Top with bean mixture. Cover and refrigerate for at least 1 hour. Toss just before serving.



“I skate to where the puck is going to be, not to where it has been.” - Wayne Gretzky, on his success as a hockey player

FAT LOSS PITFALLS #1 - THE HIGH SUGAR BREAKFAST BY STEVE BECHTEL

Aside from skipping breakfast, one of the most damaging habits we can have when it comes to losing fat is to eat a high-carbohydrate breakfast. The typical American breakfast is made up of some combination of cereal or bread, milk or yogurt, and fruit or fruit juice. Sugar, sugar, and sugar. This high load of simple carbohydrates sets up the pattern for your whole day, increasing hunger and causing varying energy levels.

With the hunger and low energy come compromised brain function, which manifests itself in sluggishness and a lack of focus, which most of

us counter with caffeine. In the end, it doesn't serve us as well as just making a few adjustments to what we start the day eating.

Remember that foods predominantly made up of fat or protein have very little effect on your insulin levels and are more “filling” than carbohydrate-rich foods. Additionally, fat and protein food sources tend to be metabolism boosters - eating them will cause you to burn a bunch of calories just to digest them.

A good place to start is to add nuts and/or a meat to your morning meal. It's a

pain, and not all that tasty sounding, to add vegetables to this meal, so go easy on switching over. High-fiber carbohydrate sources are a good way to transition; dump the Froot Loops, and add oatmeal. Slowly try to increase the ratio of protein/fat to carbohydrate, until your meals are less than 50% carbohydrate.

There is no quick fix to fat loss, and anyone that tells you different is trying to sell you something. Have patience, believe in yourself, and keep trying to change the small things.

WITH THE HUNGER AND LOW ENERGY COME COMPROMISED BRAIN FUNCTION.





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ELEMENTALTRAINING.COM

WE CHANGE LIVES.

“Absolute strength is the glass. Everything else is the liquid that goes in the glass. The bigger the glass, the bigger everything else.” - Brett Jones

Metabolic Workout of the Month

Sometimes we get rolling on a workout and forget what it’s all about. The goal of each and every session should be to improve the athlete. More important, though, is to improve the athlete in the way the athlete most needs to improve. This month’s session is all about addressing slower movement, control, and keeping focused on form. You’ll use tempo as a primary facet of the workout, rather than just focusing on getting the reps in. For each exercise, pay attention to the time it takes to do the eccentric part of the movement, the hold at the bottom, and then the movement back to the start position. The tempo for each exercise will be noted after the movement like this: 2-0-2, meaning you’ll spend 2 seconds lowering, no hold at the bottom, and 2 seconds up. Each rep takes 4 seconds.

- Do three rounds:
8x Air squat (2-1-2)
8x Push-Up (2-1-2)
8x Squat Thrust (1-5-1)

Be sure to use a clock for this workout. Your air squats should take 5 seconds each, the whole set of 8 taking 40. If you shorten it up, you sacrifice the value of the session.

TRAINING OR EXERCISING? (CONTINUED FROM P.1)

and grunt and sweat and even limp to your car—but be terribly UN successful at training, if over time you are not getting any stronger, faster, leaner, more agile, better at your chosen sport, etc...

Swinging a weight around with the express goal of becoming extremely fatigued is what I would do if I had a lobotomy. With a frontal lobotomy destroying my ability to plan over the long term, I would believe that the goal of exercise was achieving a certain specific response—I would search for the immediate effect of exercise. I would forget that as biological organisms, we not only respond in

the short term to a stimulus but also adapt in the long term to the sum total of stimuli we are presented with—so long as we are able to recover. The idea that anything that made me horrendously fatigued, to the point of nausea, vomiting, dehydration, hyponatremia, and even rhabdomyolosis, would constitute an effective—or “killer”—workout would appeal to my zombie-like, short-term-thinking mind. I would strive in my workouts for “failure,” or forcing my body to stop working. Fascinated by the immediate effects of exercise and unable to plan, I would work at top voluntary intensity every time I exercised, always

attempting to maximally disrupt my body functions. I would also be unable to follow a program, so I would change exercises constantly, attempting to “confuse” my body and prevent it from “getting used to” my exercise sessions. I would change aimlessly, regardless of whether the exercises were useful or dangerous, choosing them solely based on how bad they made me feel...

If you want pain, learn Muay Thai. If you want to learn about failure, play golf. If you want to vomit, drink syrup of ipecac. If you want to become stronger and more fit, train appropriately.”



Where do you want your gym time to take you?