

# THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

## 3 Ways to Keep Fooling Yourself



Eating well is a huge part of an overall healthy lifestyle. Unfortunately, our almost infinite stupidity as humans is a huge part of making tons of money for a few clever individuals. It's done by selling seemingly healthy foods and supplements. There is a nearly endless list of deceptions in the food industry, but due to lack of space, I'll just detail what I think are the best 3.

### Organics

"Organic foods are made according to certain production standards. The use of conventional non-organic pesticides, insecticides and herbicides is greatly restricted and avoided as a last resort. However, contrary to popular belief, certain non-organic fertilizers are still used." This is what you'll get if you go look at

the USDA Organic Regulations page.

The big problem with organics is we decide that they're healthy and will even help us get skinny just because they're organic. Sad truth is that no matter how organic your ice cream is, you're still going to be stuck in your big pants until you quit eating it. On a chemical level and especially when it comes to metabolism of foods, your body will gladly store fat, whether it's organic or not. Sure, your organic Oreos might not give you cancer (obviously a good thing), but they are still Oreos.

### Low Fat / Low Carb Foods

"I know, let's make the same food we always have, but we'll take the fat out of the recipe and use a chemical in its place. Then we'll put it in a green package with a runner on the front, and we can charge double for it. Then, as soon as the low-fat fad dies, we'll put the fat back in, use chemical sweeteners, and sell it to all

### THE STAT:

# 1 billion

Fewer tons of greenhouse gasses a lean population of one billion would emit per year than a "fat" nation of the same size.

the people that think eating low-carb donuts is a good idea."

There are plenty of foods that are low in fat or low in carbohydrates that are perfectly good to eat. Selecting foods based on their being processed into a desired macronutrient ratio, though, is an error. These highly processed foods are expensive, lack vital nutrients, and are likely to leave you starving. Again, the same advice keeps popping up; eat non-processed, clean

CONTINUED ON PAGE 4

## MELTDOWN

If you've ever tried to lose fat, you'll know it's a challenge.

Over the past few years, we've had good success in getting people skinny. Starting in early June, we're going to strip the

pounds off you, and we **guarantee it**. That's right, if you don't lose the weight, we give you your money back.

Our Meltdown class will meet 3 times a week for 4 weeks. We'll give you a

training and nutrition plan to follow, and the support to make sure it happens.

To sign up, contact [steve@elementalgym.com](mailto:steve@elementalgym.com) or talk to one of our trainers.

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## Exercise of the Month: PULL-UPS

Pull-ups are one of the great benchmarks for upper body functional strength. As much as “dudes” love their bench press numbers, you can tell a lot more about an athlete from their pull-ups.

The pull-up is one of the simplest exercises, yet it is frequently performed incorrectly. The classic pull-up is performed by gripping an overhead bar with hands about shoulder width apart. From a straight-arm position, pull your body up until your shoulders are at hand height and the chin is above the bar. Return, **UNDER CONTROL**, to the straight-arm position at the end.

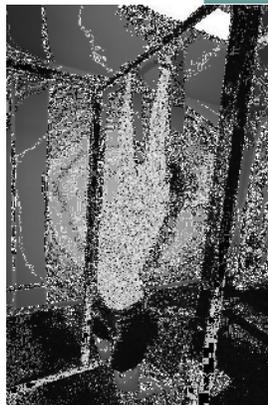
As a vertical pull movement, the pull-up is so far ahead of the lat pull-down, it doesn't even belong in the

same league. If pull-ups are too intense at first, try using elastic bands to assist, use a foot on a chair or stool to assist you, or even try a similar exercise, the Jumping Pull-up, where the legs assist by bouncing off the ground.

Grip variations include alternating grip, or even a reverse grip “chin-up.” You can also vary the width of your grip.

Include one of these movements in your resistance workouts at least two times per week.

Be sure to use a full range-of-motion. Your elbows should go out to lock out at 180 degrees at the bottom of the movement.



# MAY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CORE 830AM / LAB 1115AM / BOULDERING COMP 6-9PM	2 JOHNNY TRAIL RACE 8AM
3	4 CORE 830AM	5 CLIMB STRONG 12PM OR 6PM	6 PROGRAM 1 12PM OR 6PM	7 CLIMB STRONG 12PM OR 6 PM / BURLY GIRLS 1PM	8 CORE 830AM / LAB 1115AM	9
10	11 CORE 830AM	12 CLIMB STRONG 12PM OR 6PM	13 PROGRAM 1 12PM OR 6PM	14 CLIMB STRONG 12PM OR 6 PM / BURLY GIRLS 1PM	15 CORE 830AM / LAB 1115AM	16
17	18 CORE 830AM	19	20 PROGRAM 1 12PM OR 6PM	21 BURLY GIRLS 1PM	22 CORE 830AM / LAB 1115AM	23
24	25 CORE 830AM	26	27 PROGRAM 1 12PM OR 6PM	28 BURLY GIRLS 1PM	29 CORE 830AM / LAB 1115AM	30
31					SAM'S BIRTHDAY	

## Member News—April

- Elemental athlete Gary Wilnot finished the Boston Marathon in a time of 3:16:54 on April 20th. Other runners from Lander include Scott Kane (3:09:02), and Juli Conder (3:57:23).
- Elemental athlete Rachael Bergstrom had a dazzling performance at this year's LHVS Fear Factor Event. Rachael cruised through the first two rounds, then set the high mark in the "crate stacking" event, only to be thwarted by the need to vomit after eating a handful of insects. We've already started to plan her strategy for next year...more gross food and less high-intensity training.

## Attitude

The following thoughts and words were taken from MAN'S SEARCH FOR MEANING, by Victor Frankl. Dr. Frankl was a psychotherapist who spent some years of hard labor under bleak living conditions in a Nazi prison camp. He lost his wife while she was confined to another camp. He wondered why it was that some prisoners chose to survive. His answer is contained in a statement made by Nietzsche, "He who has a why to live can bear almost any how." In the concentration camp, every circumstance conspires to make the prisoner lose his hold. All the familiar goals in life are snatched away. What alone remains is the last of human freedoms; the ability to choose one's attitude in a given set of circumstances.

We have to learn that it really doesn't matter what we expect from life, but rather what life expects from us. We must change our attitude toward life. Living ultimately means taking responsibility to fulfill the tasks which it constantly sets for each individual. Every situation is unique, and if one finds that it is his destiny to suffer, he will have to accept suffering as his task. His unique opportunity lies in the way in which he bears

his burden. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death, human life cannot be complete.

We can discover the meaning in life three different ways: 1. by creating a work or doing a deed; 2. by experiencing something or encountering someone; or 3. by the attitude we take toward unavoidable suffering.

Man does not simply exist but always decides what his existence will be, what he will become in the next moment. In other words, man, within the limits of endowment and environment, is ultimately determining his own destiny. In the concentration camps, for example, in this living laboratory, we watched and witnessed some of our comrades behave like swine while others behaved like saints. Some were worthy of their suffering.

Happiness cannot be pursued; it must ensue. One must have a reason to "be happy." Once the reason is found, however, one becomes happy automatically. A universal phenomenon in our industrial society is that people have enough to live by but nothing to live for; they

have means but no meaning.

The existential vacuum, a feeling of emptiness and meaninglessness, often displays itself as depression, aggression, or addiction. Depression can lead to suicide. Aggression leads to violence and victims. Alcoholics and drug addicts suffer from an abysmal feeling of meaninglessness. But there is a solution to your problem, an answer to your question, a meaning to your life. Aggressions subside when people dedicate themselves to a purpose.

There are three main avenues on which one arrives at a meaning in life. The first is achievement (external). The second is by experiencing (internal). Most important, however, is the third avenue to meaning in life: even the helpless victim of a hopeless situation, facing a fate he cannot change, may rise above himself, may grow beyond himself, and by doing so change himself. He may turn a personal tragedy into a triumph. If one cannot change a situation that causes his suffering, he can still choose his attitude.

Those held in highest esteem by the most people

are neither the great artists nor the great scientists, neither the great statesmen nor the great sports figures, but those who master a hard lot with their head held high. They are worthy of their suffering.

Each of the moments of which life consists is dying, and that moment will never recur. And yet is not this transitoriness a reminder that challenges us to make the best possible use of each moment of our lives? People tend to see only the stubble fields of transitoriness, but overlook and forget the full granaries of the past into which they have brought the full harvest of their lives: the deeds done, the loves loved, and the sufferings they have gone through with courage and dignity.

Say yes to life in spite of everything! Regardless of your particular set of circumstances, you have the ability to choose your attitude. "Everything great is just as difficult to realize as it is rare to find," reads the last sentence of the ETHICS of Spinoza. Finally, Nietzsche exhorts, "That which does not kill me makes me stronger."

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# Train For Your Best Half-Marathon

Please see our March newsletter for details on this program.

MAY'S CALENDAR:

(note that the week of 4-27 is repeated here from the last calendar.)

	tempo run	interval run	easy 1	easy 2	long run	total
04/27/09		4 x 1600	3	3	8	20
05/04/09	5		3	3	8	19
05/11/09		4 x 1600	4	3	9	22
05/18/09	5		5	3	9	24
05/25/09		5 x 1600	3	3	10	23

## Fooling Yourself (continued from p. 1)

foods, and avoid over-indulgence.

### Antioxidants

The acai berry is a hot new trend in fat loss...it's like the "Ab Lounger" of food.

"The antioxidant benefits of the acai berry rivals another semi-superfood, the blueberry. All the wonderful vitamin and mineral properties of the acai come together to have a positive effect on your health and overall well-being. Those looking to be healthy, protect from cancer, lose weight, or are generally uncomfortable in their own bodies, should give acai berry a try."

I was about to go on and on about this, but you should just go check out the website [acaiburn.com](http://acaiburn.com)

Maybe you can pay for the \$2.33/day pills with that big fat check you have coming from the Nigerian prince living in exile...

Buying a food or supplement fortified with antioxidants is akin to buying a \$500 coat because it has sleeves. Antioxidants are widely available, and there's really nothing special about getting them from blueberries or acai berry or any other overpriced source. Instead of blatantly plagiarizing my nutrition textbooks, I'll just cite the American Dietetic Associa-

tion:

*Antioxidants are dietary substances including some nutrients such as beta carotene, vitamins C and E and selenium, that can prevent damage to your body cells or repair damage that has been done.*

*Antioxidants work by significantly slowing or preventing the oxidative — or damage from oxygen — proc-*

*ess caused by substances called free radicals that can lead to cell dysfunction and the onset of problems like heart disease and diabetes. Antioxidants may also improve immune function and perhaps lower your risk for infection and cancer.*

*In your body, the antioxidant process is similar to stopping an apple from browning. Once you cut an apple, it begins to brown, but if you dip it in orange juice, which contains vitamin C, it stays white.*

*An eating plan containing plenty of fruits and vegetables, whole grains and nuts can supply all the antioxidants your body needs.*

So the advice stays the same. Be smart about what you eat. Remember that there are no shortcuts. You are going to have to improve, not just wish for an easier life. The best part is that you have total control over what you put in your mouth and how much you exercise, so it's all up to you.

*Acai Berry can work for you, too!*

