



Newsletter

April/May, 2010

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What's New?

- Welcome to APF's second newsletter!
- Thank you for the great response to our **new and improved website!**
- **Take advantage of our new referral program!** If you (a current member) bring in a new client, you will get the same *monthly membership* they purchase for **FREE!**
This deal is good through June 1st!
Get your friends in here today!
- We have got some **great info** up on our **bulletin board** about nutrition...check it out!
- The **Super Circuit** class is still going on, please give it a try!
Great way to get your exercise in on the weekend! Fun, non-intimidating atmosphere! Only \$10...**first time is FREE!**
Every Saturday morning at 6:30am.

Trainer adventures!

- -Bree and Ryan Marsh are doing the Rev3 triathlon on May 9th

Nutrition Tips

5 important things to focus on when reading a nutrition label...

1. Serving size - AND servings per package. Sometimes one package doesn't = one serving! **Sometimes one package = two or three servings!!!** Make sure you are not eating for two!
2. Saturated AND trans fats - you want to limit these types of fats in your diet! You do not want to limit fats all together, because unsaturated fats (mono- and poly-) are considered “good” fats and perform many beneficial functions inside your body, BUT you do want to keep a close eye on **saturated and trans fats, those are considered “bad” fats**. Try to keep saturated fat less than 10% of the total calories (multiply saturated fat by 9 then divide by total calories and multiply by 100) and total trans fat at 0 grams! Also keep in mind that even though a food label states that it contains 0 grams of trans fat per serving, if **hydrogenated oil** is in the ingredient list, it still **may contain some trans fat!**
3. Sodium - you want to try to keep your **total daily sodium under 2,300mg**, so it is important to keep an eye on the % Daily Value per serving of the food items you eat throughout the day. If one food item is over 20% DV per serving of sodium, that is high! Good rule of thumb - meals should be under 500mg of sodium and snacks under 250mg of sodium.
4. Dietary fiber - Americans on average get way below the **recommended 25-30 grams of fiber per day!** Try to eat food items that have at least 3g of fiber per serving!
5. Sugars - Try to eat foods **without added sugars**—read ingredient lists for **hidden sources** such as dextrose, glucose, corn syrup, and high fructose corn syrup, and also watch out for **sugar alcohols** such as sorbitol, xylitol, mannitol and maltitol, which have about half the calories per gram as regular sugars, but also have some extreme side effects like major gas and stomach upset!

Fitness Tips

Finding time to fit it in!

One of the top reasons many people do not workout is TIME!

If you feel you do not have a block of time to get in the gym or get outside to get your heart rate up, here is your solution!

- Break it up! - do 10-15 minutes of exercise in the morning, 10-15 minutes at your lunch break, and 10-15 minutes after work!
- Schedule it in! - make an appointment, either with a trainer or with yourself, write it down in your appointment book and stick to it!
 - Keep an exercise log and make notes on how to manage your time!



Client of the Month!

David Mulkey

Dave has been training at APF since August 2008. Before joining the gym and losing over 15 pounds of fat and improving his body composition, he did no structured activity, visited fast food joints frequently, and skipped breakfast quite a bit! Now, he trains at APF 3 days a week with trainer Ryan Marsh, and he participates in other activities outside of the gym, including training for and competing in running events and triathlons! Dave initially decided to join APF to reduce stress, improve his mood, and lose some weight. He believes he has accomplished all of these goals, but also states “it is not the destination, it is the journey.” He is very pleased with where he is now it terms of energy, fitness level, and strength. Dave feels that he needs the accountability that APF provides, not only for the 3 appointments every week, but also for the cardiovascular activities and eating habits outside of the gym that Ryan strongly encourages.

Dave truly believes that Ryan, as well as the other trainers at APF, not only provide the personal training service for the hour that you are at the gym, but also provide coaching for other aspects in life. Before joining, Dave would frequently skip meals and eat large dinners most days of the week. Now, he eats small frequent meals and looks forward to the nutrient dense foods that are in his meal plan. The burgers and fries that used to be a large part of his diet, are no longer appetizing to him! He does admit however, that he still struggles a bit with portion control, but like he stated previously, “it is the journey!” He also states that it took a while for him to get to this point with his training and his diet, and he wants to thank Ryan for being extremely encouraging in and outside of the gym. Dave recently finished a half marathon and plans to do a half Ironman this coming September! Good luck Dave and thanks for being a hardworking and dedicated client!

