



**ASK THE TRAINER**  
PROTEIN MATTERS



**FOUR IMPORTANT & CREATIVE FACTS**  
CAL SCORCHERS



**CLIENT OF THE MONTH**  
JOE MAZULA



**BEAUTIFUL COLORADO!**  
SYLVAN LAKE , CO

# NEWSLETTER



## Welcome!

While writing my first news letter for my wonderful clients who are also my dear friends, I find myself wondering what would be most inspirational to YOU. I have gathered some pretty great fitness quotes off the web:

Check out our website:

<http://www.engineeredfitnesscolorado.com>

**Find a way or make one. NO PAIN. NO GAIN.**  
**Push harder than yesterday for a different tomorrow.**  
**Fitness is not a destination but a way of life. Just Do It.**  
**You miss 100% of the shots you don't take.**  
**USE IT OR LOSE IT. ENERGY AND PERSISTENCE CONQUER ALL.**  
**The Price of Excellence is Discipline.**  
*Fear is what stops you, courages is what keeps you going.*

These are all true and focused on making a better, stronger, happier you. However, I believe in:

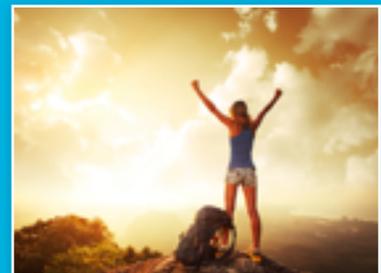
**Never Quit.**

Never quit doing the things in life that you enjoy. For some of you this is golf, for some of you this is hiking or skiing, for others it's knowing that you will always get to be a part of your grandchildren's lives. No matter what your reason, THAT is why we stay fit; THAT is why we do one more push-up; THAT is why we strive for one more burpee; THAT is why we always strive to be a little better and will continue to do so. Thank you for bringing me with you on this journey we call life. I am glad I get to be the one to help you reach your fitness goals.

## Ask the Trainer: **Protein Matters**

Each month I plan to share with the group the most interesting or important question that I received during the month. This month, Jeremy Law asked, “When do you drink a protein shake?” and “What kind of shake should I get?” Both of these questions go hand in hand for a reason, Protein Matters!! “Proteins are the main building blocks of the body. They’re used to make muscles, tendons, organs

*What are favorite  
 your hobbies?  
 What keeps you fit  
 and healthy?*



**ENJOY LIFE TO  
 IT'S FULLEST!**

and skin. Proteins are also used to make enzymes, hormones, neurotransmitters and various tiny molecules that serve important functions. Without protein, life as we know it would not be possible.”

So you can see it is very important that we make sure we get enough protein. But how much is enough to help lose weight and build lean muscle mass? According to scientific studies, “A protein intake of 30% of calories seems to be optimal for weight loss. It boosts the metabolic rate and causes a spontaneous reduction in calorie intake.” Protein aids in weight loss by both curbing your appetite and speeding up your metabolism 80 - 100 calories per day. Also, “It is important to eat enough protein if you want to gain and/or maintain muscle. Most studies suggest that 0.7 – 1 grams per pound of lean mass is sufficient.” Furthermore, “Protein requirements are significantly increased in people who are physically active, as well as in elderly individuals and people who are recovering from injuries.” If you are looking to be healthy and in good physical fitness, protein is essential. It keeps you full, helps all of your systems function properly and repairs your body on a cellular level. As you are all my avid fitness enthusiasts you can see it is important that you get more protein than most people because you are active. :) On a daily basis I do my best to get 1 gram of protein per pound of body weight. So as of right now, I weigh 132 pounds and I am actively trying to get at least 130 grams of protein.

Now the reason this whole protein discussion came about - why should you drink a protein shake after your workout and what kind would I recommend. “After a workout is one of the best time(s) to get protein into the body so that the protein can be delivered to your muscles, to begin healing the "micro tears" (very small tears in the muscle tissue, caused by intense contraction of the muscle during workout). Because solid food takes more time to digest it is best to take a protein shake immediately following a workout, since protein shakes only take about 30 minutes to reach the muscle after ingestion.” During our workouts, the muscles have been “broken” down and need protein to repair and grow stronger. As far as shakes go I prefer the Premier Protein shakes. You can get these from Costco as well as Walmart, King Soopers and on-line. I like them because they are pre-made (no messing around!) and come in chocolate, vanilla and strawberry. Each shake has 160 calories, 30 grams of protein, 1 gram of sugar and 24 vitamins and minerals. All that being said, you have to enjoy the flavor if you are going to keep using the product. Ask me to try one after your next session!

If you would like to read more from the articles I acquired this information from:

- (1) <http://www.bodybuilding.com/fun/proteinsshakebenefits.htm>
- (2) <http://authoritynutrition.com/how-much-protein-per-day/>

And here’s the “scoop” on the protein shakes:

<http://shop.premierprotein.com/Shakes/c/PremierProtein@Shakes>

# Four Important and Creative Facts: *Creative Calorie Scorers!*

We are all trying to find simple ways to burn more calories. Use these every day activities to turn up your metabolism and tighten down your belt!

An increase in your metabolic rate means a faster metabolism and more calories burned in a day. I can't say it enough people, Drink Your H2O!!!



In the *Journal of Clinical Endocrinology & Metabolism* they stated that drinking 500 millimeters of water increased metabolic rate by 30%.



In a recent study that appeared in *International Journal of Obesity*, "genuine, voiced laughter" increases energy usage and heart rate by 20% above resting values in both men and women.

Laughter is not only good for the waistline but it is important for the soul as well. Laugh as often as you can!

It is important to relax and enjoy a little down-time, but...if you are sedentary and want extra energy moving little can help. :)



If you are watching a 25 minute TV program and step in place during the commercial breaks you will take about 2,111 steps and burn an average of 148 calories during your program according to a study in *Medicine & Science in Sports & Exercise*.

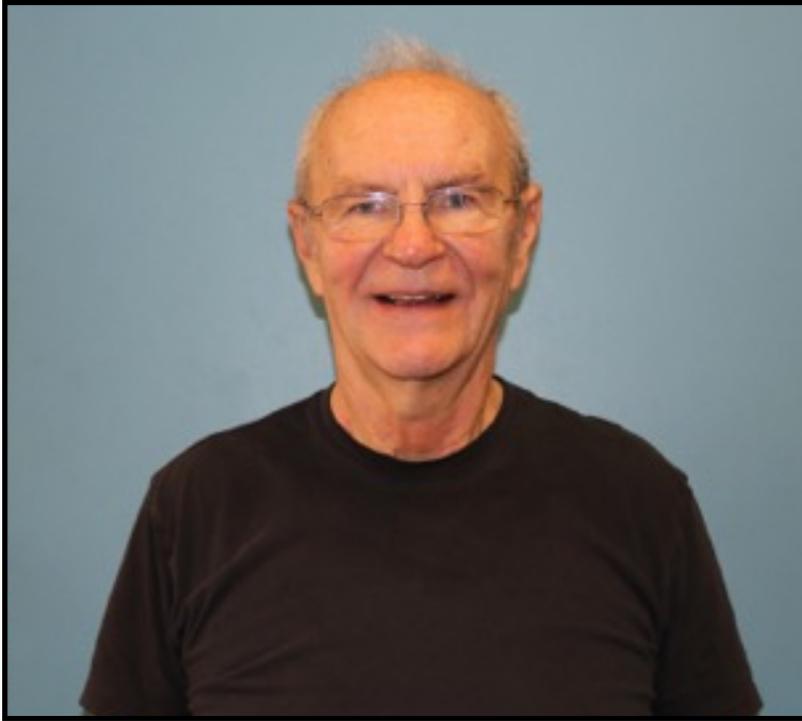


In another study from *Annals of Internal Medicine* reported that people, on average, burned an additional 400 calories by sleeping for 3 more hours. If you did this every night for a week you would scorch an extra 2,800 calories in a week!

What is more important and better for your body than sleep? Your blood supply to your muscles increases which helps tissue/cells grow and repair. Energy is restored and hormones such as the growth hormone (essential for regeneration of cells) and leptin and ghrelin (hunger regulatory hormone) are released.

## Client of the Month

### Joe Mazula



This first month I wanted to highlight a client who proves that age is only a number and not a factor in fitness. Joe is a kind, caring, cheerful, intelligent man that is an inspiration for us all. He is what we should strive to continue for in life; a true athlete who never quits! I am VERY proud of his journey and accomplishments in balance, endurance, flexibility and strength. Joe can still do 8 full depth chin-ups in a row that! That certainly humbles us all! He also shared with me that he didn't really begin being “healthy” until he turned 40. He

quit smoking, lost 30 pounds, reduced his sugar and fat intake and began not only running but running competitively in marathons. Joe proves that you can not only start getting fit at any age, but also have great success at it! Thank you Joe for being such an inspiration and a wonderful man!

*And now from Joe, “For those of you I haven't met let me tell you a little about me. I am 75 years old, retired, am 6'1” tall (used to be 6'2”) and weight 198 lbs. I have been with Jessica fore five years now. When my grandson, who was 15 at the time, decide that he was serious enough to want to play hockey in college, my daughter and son in law looked fora personal trainer for him. that was how Jessica came to our attention.*

*I would pick him up and drive him to his workouts. When I saw how professionally Jessica managed his workouts, I began to also participate. Jessica would restructure my workouts suitable for some one my age. I did strength, cardio, stretches, and balance. when my grand sone left, (he is playing hockey in college now) I continued on with Jessica. I was feeling pretty good about myself at the time.*

*At about this time, approximately 3 years ago, my personal physician suggested I take the Medicare approved wellness exam. "You have nothing to lose and Medicare will cover the expenses." How often does the Government give you something for nothing, so I agreed.*

*To make a long story short, I was diagnosed with stage one liver cancer. Because of its location I only had two options: liver transplant or chemotherapy. I chose the chemo. The Dr. deemed that I was physically fit enough to be able to withstand a two drug treatment. However the side effects would be difficult. My wife and I signed a release that we would not hold them liable if I committed suicide during treatment.*

*I continued to workout with Jessica during treatments. The workouts were adjusted to compensate for my weakened state. Jessica's "good job Joe" encouraged me thru these sessions. I stayed on chemo for 9 months. The Dr. was impressed at how well I was able to handle the side effects. (Yes I did lose my hair). He felt that my continuing to do physical exercises was important factor in being able to withstand the rigors of the chemo.*

*I have been in remission for now for two years. It has taken that long to recover from the side effects of the chemo. My last visit there before being put on six month checks went something like this. My x-rays and lab work were all OK. The only problem he found was with my pulse and blood pressure. My resting pulse was 46 and my BP was 106/68. "These are too low for someone your age" I was told. He checked my ankles for edema, listened to my chest for fluids, and asked if I got dizzy or felt faint when I went from sitting to standing position. No to all. He asked if I was taking unit anxiety meds I had for when I was on chemo. I tried it once but it caused me to lose that day to a fog like state. Didn't take another.*

*I suggested to him that maybe those numbers were the results of my workout routine. As I started to feel better when the chemo ended. Jessica gradually increased the intensity of my workouts. I kept on with strength, cardio, balance and stretching. I also kept getting the "good job Joe" encouragement.*

*So lets put the credit for the good result whic it belongs; "good job Jessica."*

*Now the next time you are in the gym and see Joe you will understand more about this terrific man and what keeps him going. Thanks for sharing Joe, and keep up the terrific work!*



## Beautiful Colorado! *Sylvan Lake, CO*

To celebrate another amazing year in Colorado, we took a New Years trip to Sylvan Lake State Park, CO. To get there, you will see a lot of pretty mountains scenery up over Vail pass, through the Eisenhower Tunnel and many ski resorts. It is a breathtaking drive 3 hours West of Denver and South of Eagle, CO.

While there we snowshoed and enjoyed the quiet winter stillness in our cabin and around the fire. Although there was feet of snow, we saw people enjoying ice fishing, sledding, cross country skiing and snowmobiling. It was a true winter paradise!

“Located in the Heart of the Rockies, just south of Eagle, CO, Sylvan Lake is a haven for those who enjoy the outdoors. At 8,500 feet, visitors to Sylvan Lake discover a high mountain scene with aspen, pine and fir forests bordering green, grassy meadows.” During the spring, summer and fall months you can enjoy hiking, boating, fishing and just relaxing in the high, clear mountain air. During the warmer months we normally camp in tent/RV sites conveniently set up for easy of use and fun for the whole family. The campground has running toilet facilities and even hot showers! (Which come in handy after a full day of hiking.)

Sylvan Lake centered in the White River National Forest has many trails to explore and the wildlife is abundant. It is home to deer, elk, wild turkeys, beaver, many types of fish, fox and we have even seen a black bear there twice! It is definitely worth the drive. So get out and explore this great state and see something new!

For Sylvan Lake State Parks Information:

<http://cpw.state.co.us/placestogo/parks/SylvanLake>