
GRAY MATTER

Newsletter # 3 – March 2008

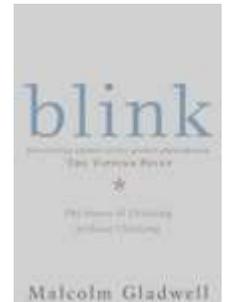
“Forget favors given. Remember those received.” (John Wooden)

ATHLETE SPOTLIGHT



Amanda Freed (Softball)

BOOK OF THE MONTH



THE ANGRY TRAINER

In a society where we're led to believe that eating under 1000 calories per day will lead to the best weight loss, or where "working out" for only 20 minutes three times per week will result in a body resembling a fitness model's - it's no wonder people aren't making the progress they'd hoped for. That pisses me off!

People are eager to follow training/nutritional advices from the most obscure and random sources (magazines, books, television shows, infomercials, and “experts” in the fitness industry). Many end up fatter, slower, weaker, and unfortunately, hurt. I'm not a “know-it-all”, but I have a fair idea of what works and what doesn't. Below are three of the more bizarre and downright illogical things that I hear on a daily basis; either in the popular media, around the gym, or as recommended by clueless personal trainers to their even more clueless clients.

1: **“Avoid carbohydrates at all costs. They're evil and will make you fat.”** [Excerpt from any number of top selling diet books] Carbohydrates do play a part in the battle against the bulge, but it really comes down to people not exercising enough and overeating in general (every major holiday that we have revolves around a feast). Furthermore, I'm a firm believer that the types of carbohydrates you ingest and the times during the day when you eat them can make all the difference in the world.

2: **“To get firm abs, just do 500 crunches per day. Better yet, buy my worthless ab gizmo, the one being demonstrated here by this paid model who never even used it until today.”** [Taken from a variety of late night infomercials and slightly embellished] I'm confronted almost every day by someone asking me what abdominal exercises they should be doing to get a six-pack. Each time I retort with “fix your diet”. Then silence occurs as they are dumbfounded that the answer is that simple.

3: **“Machines are safer than free-weights.”** [According to 90% of personal trainers and 100% of people whose business it is to sell gym machines] I often question whether or not some trainers actually have any concept of functional anatomy and took the time to evaluate their client for musculoskeletal imbalances and/or weaknesses. I've been in some gyms where I see trainers use nothing but machines with their clients under the assumption that doing so is safer. Any movement or exercise can be dangerous if done with improper form and with a load you can't handle, regardless of whether or not you're using a machine or free-weights.

That's barely the tip of the iceberg. The fitness industry is full of “smoke and mirrors”. Be aware of any advice that you receive. If it sounds too good to be true, it probably is.