



# Personally Speaking...

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## *Personal Training Team, Inc. Reaching Goals and Beyond*

Personal Training Team, Inc. was founded 14 years ago to provide fitness training to individuals in the privacy of their own homes. We have grown tremendously since those early days both as a company and a team. Two new trainers have joined our team this year bringing with them their enthusiasm and passion for fitness. Marilyn Chapman is an ACE Certified Personal Trainer and a former member of the US National Gymnastics Team. Jo Ann Sittig holds the ACSM Health Fitness Specialist Certification and is a Certified USA Triathlon Coach. For complete profiles on Marilyn and Jo Ann and all our team visit us at [PersonalTrainingTeam.com](http://PersonalTrainingTeam.com).

Our studio has grown to include four private training rooms. We have a large assortment of equipment and a quality team of trainers, allowing us to provide a variety of training styles and methods both in-home and in-studio. Our trainers are nationally certified, experienced and continually educate themselves on techniques and tools to keep workouts fun and productive. We continue to offer Pilates and have introduced Heart Zones Training and Nordic Walking. We have complemented our weight management program with a Daily Food Diary, a valuable tool for weight loss



**Back Row** - Left to Right : Patty Steele-Smith, Jon Sherman, Dana Halaban, Jackie Lange, Lynn Kaner, Chris Jorgensen, Marilyn Chapman, Jan Denman. **Front Row** - Left to Right: Marilee Brozovich, Nancy Daly, Dianne Cumberland, Nancy Gardner. *Not Pictured: Jo Ann Sittig*

and improving nutritional habits.

Our sister company, Custom Fitness Systems, was launched this year. This enables us to expand our in-home services to include fitness center design, equipment selection, installation and orientation. For more details visit [CustomFitnessSystems.com](http://CustomFitnessSystems.com).

It is very rewarding to us as trainers to help our clients reach their fitness goals and bring about positive changes in their lives. It is also very exciting for us to see our clients attempt and achieve something new, something that would perhaps not even have been a consideration when first embarking on their fitness journey. In keeping with our mission to educate,

motivate and inspire, we offer encouragement to all of you working towards your goals and congratulations to those of you who have reached goals and reached beyond -- in so doing you continue to inspire others.

Wishing you all a healthy and happy upcoming holiday season!

*Dianne Cumberland, President  
 Personal Training Team, Inc.  
 Custom Fitness Systems, LLC*

**“When a goal matters enough to a person, that person will find a way to accomplish what at first seemed impossible.”**

*Nido Qubein*

**DID YOU KNOW THAT...**

...checkout-counter impulse buying can pack on pounds? Items women typically buy at checkouts add up to about 14,300 calories per year – enough for a 4 lb. weight gain. Items men buy average 11,000 calories per year – a 3 lb. gain.

...90 extra cal. per day over 1 year results in a 10 lb. weight gain, 90 extra cal. per day over a 10 yr. period results in 100 lb. weight gain?

...delaying your first meal of the day slows your metabolism? Eat breakfast as early in the day as possible.

## Marcia Pettersen - A Gift That Keeps on Giving By Dianne Cumberland

At age 82, Joan MacDonald was trying something new – working out with weights. She kept it a secret from her family for fear they would think she was being silly. After several months of training twice a week at our studio Joan was amazed at how this “weight lifting stuff” was really working – she was getting stronger, her flexibility was improving, she was climbing stairs with greater ease, the arthritis pain in her hips had subsided and best of all, she was having a great golf season! Joan talked about her family a lot, of all the athletic endeavors her grandchildren undertook and their busy life, but she was worried about her daughter Marcia’s weight. That year for Marcia’s birthday, Joan surprised her with a gift certificate for one year’s worth of personal training.

When Marcia came in for her fitness assessment she was both excited and nervous. She described her current physical condition as “bad” and went on to say that in her 30’s she was very fit, went to aerobics classes 6

days a week and weighed 130 lbs. As the years progressed, life became a busy combination of teaching school full time, shuttling her three kids to and from swim practices and meets, and being involved in all the activities they did as a family. Her way of relaxing after a busy day soon developed into a nightly quiet time accompanied by a bowl of ice cream – as a “reward” to herself.

By age 52 Marcia’s weight had climbed to 228



lbs., her body fat was an unhealthy 45% and she was easily winded. She remembers thinking, “It was a real push just to finish the step test!” All those years of no exercise and unwise food

choices had taken their toll. We knew we had a lot of work to do but she was up for the challenge.

During that first year Marcia made great strides. Her strength and endurance were steadily improving, she lost 25 lbs. and she was reducing her body fat. In January of 2003 things took a turn, Joan was diagnosed with colon cancer and sadly lost her battle 19 months later. Just two months later Marcia herself was diagnosed with breast cancer. During this extremely stressful time of her mother’s illness and through her own chemo therapy treatments she kept up her workouts the best she could but eventually had to stop as she faced recovery from surgery and additional chemo treatments.

In July 2005 after being away from workouts for 8 months Marcia was able to return. At first she was very weak and was only able to handle a low intensity training session once a week, but soon started to regain her strength and has

since returned to her twice a week workouts. This past year she has pushed herself by adding in extra cardio time on her own.



To date, Marcia has lost 62 lbs., her body fat is down to a healthy 24% and she has lost 44 inches overall. In fact, her new waist measurement is the same as her old thigh measurement! Marcia has changed her dietary habits and exercise is now a regular part of her daily routine. She likes the way she feels and looks and is committed to her new lifestyle. Marcia says, “If my mother were here today, she would be pleased with the results of her investment. I know she would be proud of me and grateful to PTT. My mother was able to give me many wonderful gifts throughout my life, but this is the best gift I ever got!”

### TRAINER SPOTLIGHT



## The Big Climb

Our team member, Marilyn Chapman, recently participated in The Big Climb for the Leukemia/Lymphoma Society held this year on March 16<sup>th</sup>. The annual climb takes place at the Columbia Tower which has 69 floors, 1311 stairs, and is 788 vertical feet. The event attracted 5000+ participants this year and raised over \$1 million. With a time of 10 min. 48 sec. Marilyn (age 45) reached her goal of placing in

the top 10 female racers (all ages) at 9<sup>th</sup> place. She placed 5<sup>th</sup> in Masters Women and Overall she was 147 out of 2667 who signed up as “racers”.

In addition to her regular workouts, for 6 weeks prior to the event she included in her training two workouts per week where she would “speed climb” on a Stairmaster machine. Following a warm-up of 10 minutes on an

elliptical trainer she would climb for 12+ minutes on the Stairmaster, set on level 15-18 (out of a possible 20) taking the steps two at a time, then reduce the level to 10-12 to cool down for another 8 minutes. “It’s a very intense 20 minute workout, Marilyn says, “but worth it, as I shaved 1:03 off my 2007 time and I’m very happy about that!”

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**KNOWLEDGE**

**Knowledge is a salve that soothes many a fear.**



**N**utritional  
**E**ducation from a  
**W**holesome  
**S**ource

**More than 70 different additives and artificial colorings are commonly used in the foods that we eat.**

**News You Can Use: Chemical Cuisine Confusion**

Will the Twinkies last longer than the package? Is calcium stearoyl lactylate safe? Which food coloring is made from the bodies of dried, pulverized insects? Is aspartame the safest artificial sweetener? Or is it sucralose? And what about Olestra and potassium bromate?

Food additives thicken our salad dressings, prevent our sliced ham from turning gray, make our microwave popcorn smack of butter and sweeten our diet sodas. While most food additives are safe, some have not been adequately tested, and some can be dangerous. Educating ourselves on what is in the food we eat helps us make healthier choices.

The Center for Science in the Public Interest recently published a comprehensive report listing which additives are safe and which ones should be avoided. Learn what's safe and what's not -- a detailed report is available at [www.cspinet.org/reports/chemcuisine.htm](http://www.cspinet.org/reports/chemcuisine.htm).

The Center for Science in the Public Interest conducts educational programs and presses for changes in government and corporate policies. They advocate honest food labeling, advertising and safer foods. To offer support to their efforts and order their Nutrition Action Healthletter visit [www.cspinet.org](http://www.cspinet.org).

**TIPS FOR WISE FOOD CHOICES**

- **Read all food labels.**
- **Read ingredient lists.**
- **If you can't pronounce it, question it.**
- **Learn what to avoid.**
- **Choose products with fewest number of ingredients**
- **Shop the perimeter of the store.**
- **Think "nature made" not "man-made".**
- **Buy organic when possible.**
- **Buy local.**
- **Get educated on what you are consuming!**

**FROM LIFE THREATENING TO LIFE SAVING**

Pound by pound, inch by inch, size by size – Kerri Kuykendall is working toward weight loss and becoming healthier. With a total of 30 inches lost so far, a 35 lb. fat loss and a 9.5 lb. muscle gain the physical changes are obvious. She loves the fact that her old clothes are “falling off “her now, having gone from Size 24 to 16, but the hidden benefits of Kerri’s exercise program are even more exciting and truly life changing. Two years ago at age 39 Kerri had a stroke. Obesity and stress were threatening her life and when she came to PTT she still had 100 lbs. to lose. Her lipids, cholesterol and glucose were extremely high and she was on 4 different medications. Her doctor encouraged her to exercise and felt that by losing weight Kerri would be able to get rid of the meds! Eleven months later the levels are back in normal range and 3 of the 4 meds have been eliminated. She is no longer pre-diabetic and her thyroid function is in normal range. Kerri is extremely happy with her progress and has made it her lifetime commitment to continue on a healthy path.

**TRANSFORMED BY WEIGHTS - “Who would have thought!”**

Janet Tucker Miller, a busy corporate trainer with a demanding travel schedule came to PTT in the Spring of 2006 with some goals in mind - she wanted to lose weight, improve her strength and energy and be a healthy role model for her kids. During her initial fitness assessment Janet scored very low in strength and endurance but it wasn't long before she realized that she really liked lifting weights. She loves how it makes her feel throughout the day, giving her more energy and focus.

As Janet continued to lift increasingly heavy weights the idea of competing started to appeal to her. Upon completing a “personal best” lift during her workout one day she uttered a surprised, “Who would have thought!” On July 12<sup>th</sup> Janet entered the YMCA Seattle Summer Classic Powerlifting Meet and achieved a Dead Lift of 275.7 lbs. and a Bench Press of 110 lbs. This was a whole new experience for her, way beyond her original goals and definitely out of her comfort zone. “I was

nervous and didn't know what to expect,” says Janet, “but now I definitely want to do it again!” She went on to say, “In two years I have come from couch potato to powerlifter. My trainer saw something in me that I could never have seen on my own and took me on a journey where I discovered amazing things about powerlifting, strength and – most of all – myself! I am a different person -- physically, emotionally and even spiritually -- transformed by weights.”



Photo by Matt Miller

# PERSONAL TRAINING TEAM, INC.

7275 W. Lake Sammamish Pkwy. NE  
Redmond, WA 98052

Phone: 425.885.4825

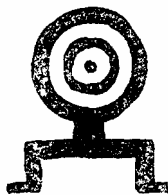
Fax: 425.883.4126

Email: [info@personaltraingteam.com](mailto:info@personaltraingteam.com)

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PERSONAL TRAINING TEAM, INC.

## *This and That...*

### CONGRATULATIONS!

**Therese McRae** - Exceeded her goals - first triathlon in August, her second was in September, age 45.

**Lisa G.** - Weight loss 23 lbs., down 2 sizes, reduced body fat by 16.8%

**Quinn A.** - Weight loss 51 lbs., reduced body fat by 10.2%, waist down 7 inches..

**Bev Frank** - Weight loss 45 lbs., now preparing for her first triathlon next year to celebrate her 60th Birthday.

### FIT TO RIDE!

Five years ago Jeff Cysewski wanted to get in better shape for the upcoming ski season. Since then Jeff has discovered that he also really likes biking. Training and staying fit has now become his lifestyle and this past summer he rode the Red Spoke Bike

Tour, a 300 mi., 4 1/2 day event across Stevens Pass, with a 10,000 ft. climb. Preparing for these bike events has become something Jeff enjoys very much and has his sights set on the RAMROD Bike Ride next summer, a grueling 154 mi. one-day ride around Mt. Rainier with a 10,000 ft. elevation, in celebration of his 50th Birthday.



## *Heart Zones Training* By Jackie Lange

Maximum heart rate is the highest number of times per minute your heart can contract. It is the rate at which your heart beats at the point of exhaustion in an all-out effort. Target heart rate is defined as 70 - 85% of maximum heart rate.

The Heart Zones method of determining maximum heart rate was developed by Sally Edwards, an Exercise Physiologist, a 16-time finisher of Ironman Triathlon, the National Danskin spokesperson, and founder of Heart Zones USA.

The Heart Zones method is the best answer for an inexpensive and accurate heart rate evaluation for the everyday athlete. Regardless of whether you want to lose body fat, improve fitness level or run a triathlon, knowing your personal

maximum heart rate and training in the correct zones allows you to more effectively reach your training goals.

Personal Training Team offers Heart Zones testing to individuals conducted by Heart Zones Certified trainers. This test takes approx. 45 min. and is accompanied by a detailed explanation and personalized heart rate chart. To schedule a testing session talk to your trainer or call our office for details. Find out what Heart Zones training can do for you!

**THOUGHT FOR THE SEASON:**

**Surround yourself with people who will help you achieve your vision.**

*Greg Maciolek*

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