



Personal Training Team, Inc. ~ Perseverance Pays Off!

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Our long awaited expansion is finally complete! The project seemed a simple one at first but over the past 12 months we have faced many challenges brought on by weather and countless construction delays. There were times we were unsure whether the project was ever going to be finished! Happily we are now enjoying our newly expanded space which has given us another new studio and multi purpose room, a shower room, new carpets and paint and a general facelift to the building. The struggle of the last many months doesn't seem so important now. While the finishing touches were being applied I couldn't help but think that losing weight and getting fit is much like a construction project.

No matter how much we wish it would, fitness does not happen overnight. Getting fit is a process — a process that delivers great benefits. Many months ago we realized that we needed more space for our growing business. That was the first step. Realizing that you need to make changes in your health is the first step to getting fit. Goals need to be set and a plan put in place. The right people need to be included to help you make this happen. A plan that is well designed



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

and effective is essential. Once you decide to get healthier and put yourself on the "to do" list, that's when the work begins. Perseverance and visualization of the "completed project" is necessary in order to stick to the plan and work through those times of frustration and setbacks. As trainers, we are privileged to be part of an individual's personal fitness journey and we take our role seriously. At Personal Training Team we provide safe, effective training and support to help you get through your "construction" process.

Along with expanding our premises we have expanded our team. Dana Hallahan, an ACE Certified Personal Trainer, brings her enthusiasm and her own inspira-

tional story of weight loss and new beginnings to share with others. To read Dana's story and to learn more about all our other dedicated trainers here at PTT visit our website. www.personaltrainingteam.com

"Thank you to all our clients for your patience through the past many months of our construction. You helped us stick with our plan!"

Dianne Cumberland, President Personal Training Team, Inc.

DID YOU KNOW THAT...

...just one fatty meal harms arteries, but exercise reverses the effect? What you eat (especially the type of fat) is important for heart health, but exercise is a must!

...eating fish just once a week may reduce the risk of early age-related macular degeneration (ARMD) by 40%?

... lifting weights gives you a metabolic spike for an hour after a workout? You'll burn an additional 25% of the calories you just burned during your workout session.

OPEN HOUSE
September 15th
11:30am to 4:30pm
See our website for more details.

Lisa Bull – A Whole New Way of Living

By Dianne Cumberland

After graduating from nursing school and entering the field of nursing at age 41 Lisa discovered that poor eating habits, a sedentary lifestyle and an aging metabolic rate had caught up with her. She had more than doubled her body weight over a period of 5 years and had gone from 130 lbs. to 270 lbs. Her doctor fondly referred to her as a “walking time bomb”. In spite of her doctor’s warnings Lisa continued to carry that weight around for another decade until she got a new job that required a certain level of fitness and muscle strength that she had never possessed. She also was faced with working the night shift and her doctor told her she would gain more weight. At that point Lisa embarked on a diet and exercise program and over the next 10 months lost 60 lbs. but, “I still was not particularly fit or strong,” she says, “and I needed help to

advance to the next step so I decided to try Personal Training Team.”



Total weight loss 115 lbs., size 28 to 8 in 18 months!

When Lisa came to us in October 2006 her initial fitness evaluation revealed

that her body fat was at a very unhealthy level of 39.5% (ideal range for women ages 50+ is 16-25%) and her post recovery heart rate after a short step test was in the poor category. Her upper body was very weak and she was lacking in core strength.

“In the beginning I was apprehensive about being able to complete the workouts but that notion was put to rest very quickly when I started working with my trainers Chris and Lynn. Their individualized workouts have allowed me to progress at my own pace and gain considerable strength and endurance without injuring myself in the process. Their enthusiasm and encouragement keep me motivated and looking forward to my sessions. The comprehensive nutritional assessment I received from Nancy, along with the advice from my trainers helped me see

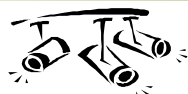
where I needed to adjust my diet to get the proper nutrients.”

Over the next 9 months Lisa continued to loose an additional 55 lbs., 58 inches (13.5 in. around her abdomen) and has reduced her body fat to 24%. Her post recovery heart rate now ranks as excellent. Lisa’s improved strength and stamina enables her to perform her job confidently. “The results I have achieved since working with Chris and Lynn have far exceeded my expectations. I am certain I could not have done it without their knowledge, guidance and unending patience! I’m so grateful to all of the wonderful staff at Personal Training Team for their support and expertise. Their commitment to leading a healthy lifestyle has inspired me to develop a whole new way of living.”

CONGRATULATIONS LISA! Through your perseverance and hard work you have inspired all of us!

MAINTAINING A HEALTHY BACK

- * Strengthen your abdominal and back muscles
- * Strengthen your leg muscles
- * Stay flexible
- * Maintain good posture
- * Lift items properly
- * Reduce stress
- * Maintain a healthy weight



TRAINER SPOTLIGHT

Lynn Kaner - Danskin Triathlon, Heart Zones trainer for Eastside Team Danskin and Team Survivor.

Patty Steele-Smith - Oregon State Games - 1st Place Gymnastics, All Around, age 36- 45.

Chris Jorgensen - Completed White Pass Off-Trail Extreme Sramble.

Jackie Lange - Certification as Nordic Walking Instructor.

Nancy Gardner - Started first watercolor class, looking forward to enjoying nature’s beauty hiking and biking for painting inspiration.

Jan Denman - New mother! Welcome Sophia, our newest addition to the Personal Training Team family.

Nancy Daly - 5th time winning WA State Tennis Open, Women’s 35 Doubles.

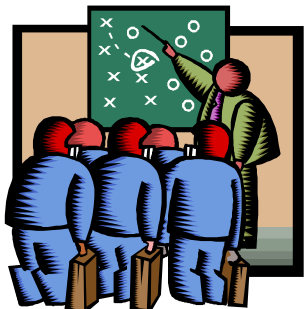
Dana Hallahan - “Reprogramming Your Internal Dialogue”. Read her inspirational weight loss story on www.personaltrainingteam.com

Holidays are approaching!
Give A Gift of Health & Fitness.

GIFT CERTIFICATES AVAILABLE

PERSEVERANCE

“Take the time to understand what you’re going to do and how you’re going to deal with inevitable detours along the way.”



Nutritional
Education From A
Wholesome
Source

As health & fitness professionals, part of our role is to help clients meet energy requirements and achieve their weight related goals.

News You Can Use: Strategize Your Eating

Address Eating Behaviors:

Controlling portion size to trigger satiety cues:

- ⇒ Switch from family style to fixed portions
- ⇒ Put leftovers away before serving meal
- ⇒ Store leftovers in appropriate portion sizes
- ⇒ Reduce plate size, utensil size, and serving size

Initiate a food diary to track the how, where, when and why you eat:

- During Stress
- In the kitchen, TV/computer room, dining room, bedroom

- While driving
- While standing
- While multitasking
- When emotional
- When hungry
- While distracted

A Food & Mood Diary gives insight :

- ☞ Patterns of behavior
- ☞ Problem areas for eating
- ☞ Caloric intake
- ☞ Frequency or infrequency of eating

A recent study conducted by Mohr Results Inc., a top weight loss clinic showed that clients who adhered to a daily food diary lost an average of 30 lbs. in 5 months, those who were not compliant gained an average of 10 lbs. *Food diaries available through Personal Training Team.*

Stimulus control is another area of concern for many people. Control your environment as much as you can:

- Turn TV food advertisements off or to mute
- Create positive food cues
- Change traffic patterns to stay away from the refrigerator and pantry
- Hide high caloric food in opaque containers
- Keep healthy and colorful food (fruit & veggies) available and in sight
- Look for paired associations (ie. TV & snack, movie & popcorn)

Why Nordic Walking ?

By Jackie Lange

Why Nordic Walking? Our most basic form of movement and the choice of many people that offers the greatest benefit with the least risk of injury is walking. Add the upper body movement that the Nordic Walking poles provide and the benefit of your walk has just increased by 46%! In studies at the National Health Institute of Finland and the Cooper Institute in Texas Nordic Walking has been documented to provide the following benefits:

- Increases Caloric expenditure by as much as 46%
- Increases upper body strength and endurance
- Reduces stress on the joints (“...walking with poles can reduce accumulated force by about 6 tons over the course of a mile” – noted orthopedist J. Richard Steadman of Vail, Colorado)
- Relieves Neck and shoulder pain
- Improves Neck and chest mobility
- Increases safety of walking, adds stability (four points of contact vs. two)
- Allows the same exercise intensity as running, without the high impact
- Reduces the rate of perceived exertion for a given exercise intensity
- Enhances mood (as does all exercise)
- Can be fun and social for all ages and abilities

These benefits are solidly documented and supported by

research when Nordic walking is done with the correct technique.



Visit PTT website for details on our first Nordic Walking class. Be on the leading edge of the newest exercise designed for ordinary people. Remember, NO SNOW, NO SKIS, NO PROBLEM!

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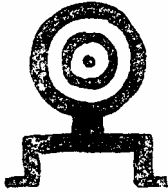
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WE'RE ON THE WEB!

WWW.PERSONALTRAININGTEAM.COM

Personalized Fitness, Nutrition,
Pilates & Weight Management.



PERSONAL TRAINING TEAM, INC.

This and That...

CONGRATULATIONS!

Annie C. - Fat loss 42 lbs., muscle gain 3 lbs., reduced body fat by 16.5%, total inches lost 34, reduced recovery heart rate by 33 beats, 16 months, age 56.

BEFORE



AFTER



Jeff C. - Seattle to Portland bike ride, first time, age 47.

Carrie R. - From size 22 to 18, age 40.

Bev F. - Weight loss 30 lbs., 4 months, age 58

Jill A. - New mother to Xavier, a healthy baby boy!

SMILING AGAIN!

I am where I am today, physically, thanks to workout at Personal Training Team. Just a little more than 1 yr. ago I began my journey. At age 60+ I was unable to balance on one foot, in danger of falling and really hurting myself. My posture was poor and I could only do one step-up.

Since June of 2006, I have a proud tale to tell. Twice a week I train with Nancy Gardner, one of the nutrition experts at Personal Training Team. She is a master of total body challenges and she

taught me how to eat more protein throughout the day to avoid snacking all night. This is major! It works!

Ten years ago I battled breast cancer and the surgery left me with some health challenges. I have constant swelling in my right arm, hand and upper right torso. I wear a compression sleeve and glove 24/7. Last summer the relentless swelling, which used to increase on a regular basis began going down. My 25 lb. weight loss and the controlled way in which Nancy works my arm, with stretching and weights is amazing my physical therapist of 7 years. Previously a good month meant my arm size increased only a little. Now each month the amount of trapped fluid in my arm and shoulder is decreasing! This is an unforeseen benefit for me!



Working out at Personal Training Team is dramatically improving my safety and fitness level. I stand taller, am steadier on my feet and my clothes look more flattering without all that belly fat! I feel like my whole body is smiling now!

Ralpa Wharton

THOUGHT FOR THE SEASON:
"Patience is a skill,
perseverance an art."