



# A Step Above

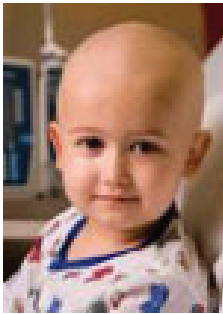
## Personal Training Concepts



***Making a Change Produces a Willingness to Strive for Excellence!!***



## “Teaming Up For Thomas” Running To Fight Childhood Cancer



Thomas Musser is a huge baseball fan, a Pokemon expert, a Hokie supporter, an eight year old with a bright smile and huge twinkling eyes that light up a room. Thomas Musser is also a fighter fighting a battle most of us have never experienced. Thomas Musser is a St. Jude Children’s Research Hospital patient.

In May 2005, at the age of three, this

sparkling, blond hair little boy with an infectious laugh was diagnosed with Acute Lymphoma Leukemia.

After three years of treatment, he was in remission, and able to enjoy a full year of second grade doing the things most kids do everyday---playing baseball, running on the playground, wrestling with his twin brothers. In June 2009, two days before the school year ended, Thomas stood up on stage and accepted certificates for outstanding academic achievements. That very same afternoon, his family rushed back to Memphis, TN, to St. Jude Children’s Hospital. Thomas had relapsed. The leukemia was back. Since June, Thomas has undergone

intense chemotherapy and other treatments to beat this cancer that has robbed so much of his childhood. While most of us were outside swimming, watching fireworks, camping, vacationing with our children, Thomas spent his summer inside the hospital. At the beginning of October, the doctors performed a Bone Marrow Transplant, his mother being the donor. Some might say that Thomas is beating the odds, others know it is a miracle of faith and love and a Mighty God. As of today, Thomas is recovering very well. Tests reveal that the leukemia is no longer present, his mother’s life saving marrow is now growing in Thomas. Thomas and his family have temporarily relocated to Memphis, TN, so that they may all be together. They still have many

***Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth. A holistic approach to maximizing human potential.***

## Jinjer’s Thoughts



Fall is here and some will find out that when the leaves

change, we tend to follow that same pattern. When the days get shorter and the weather gets colder, we sometimes lose momentum in our training routines. Exercise routines become monotonous. Have you ever gone to the gym on Monday to lift weights and run the track? Go again on Wednesday to lift weights and run the track? I am sure you are catching on. Hitting the exercise rut can discourage one from even wanting to go and workout.

When we hit this wall it is a great indication that our training routine has gone stale. We ask ourselves, “Am I still seeing results? Being creatures of habit

“the old routine” is hard to break. In order to keep our bodies changing (increasing in lean muscle mass and burning fat) new physiological stress has to be continually applied often to the muscles in order to see change. When you stay in routine and don’t continue to apply physiological stress to the body it will stop producing results. I call this “general maintenance.” You don’t get any stronger; you stop losing weight and building muscle, and only maintain what you have. If you are comfortable with your body and your routine then this article is not intended for you. At least doing something in health and fitness is healthier than some individuals doing nothing at all.

I have been in the health and fitness industry for twenty years. I still workout everyday either lifting weights, running, cycling, and/or martial arts training. It is rare a day goes by that I am not sore. There is a difference in experiencing good muscle soreness than having joint or ligament pain from training. **When you**

**stop experiencing light to moderate muscular soreness from working out then maybe you need to make adjustments in your exercise program and challenge yourself to another level.**

Today’s fitness lingo is called “Muscle Confusion.” Constantly changing your training program will keep things mix up enough, keep you motivated and continue to produce results. It does not matter if you are a power lifter, body builder, runner, cyclist, and so forth you can continue to get results. The National Council on Strength and Fitness (NCSF) discusses how one can maximize their training by using the “plus-two” rule. This suggests that using premeditated increases of stress by 2% after 1 or 2 weeks of training at the same levels can yield significant results continually. For example, if lifting 30lbs at 2 sets of 12 repetitions for one week, then increase your 30lb reps to 14 repetitions the next week and so on. Not just with weight lifting but by changing the way you workout will give you results you can count on.

# Thomas (con't)

more months to spend close to the hospital, but their love surrounds Thomas everyday. And from what I hear, he still keeps up with the baseball stats, he can play a mean game of Pokemon, he keeps his eye on the Hokies, and his laugh can still capture your heart in an instant!

We sometimes feel helpless in these situations. Several of us kept asking, "What can we do?" "How can we help this family?" That is where our goal to run the St. Jude Half Marathon came about. The goal started with five girls from our Rural Retreat Boot Camp. Soon, husbands joined in. Now, there are ten of us enduring long training runs to prepare for the 13.1 mile run coming up on Saturday, Dec. 5, 2009. Not only are we running, but we also have the privilege to raise money for St. Jude Children's Hospital in honor of Thomas. Our team, "Teaming Up for Thomas", has a goal of \$3000.00 to raise before the race. This is an extremely small goal in comparison to what the hospital provides to fami-

lies everyday. The daily average cost for hospital operations is approximately \$1.4 million. Families are never turned away and never asked to pay. I had the amazing opportunity to tour the hospital with Thomas' mother, Lisa, in August. It is at the same time heartbreaking and breathtaking. So many children struggling to fight, so many parents hanging on tight, so many doctors and nurses not only offering their knowledge, but also their love.

Please help us support these amazing doctors and nurses. Small donations go a long way when they are all added up together. If you would like to help, visit our team page, [www.stjudeheroes.org](http://www.stjudeheroes.org), click on sponser a team, type in our team name, Teaming Up for Thomas. Or call Susan Spraker, 686-5177, for information on how to send in a donation in honor of Thomas.

*Our training runs are sometimes long, sometimes difficult, sometimes painful. But we know our pain is nothing compared to the fights these children are battling. We are running outside for the children inside. Thanks for you support!*



Team Members: Chad & Tracy Trivitt, Bud & Alison Pollard, Sheila Davenport, Susan Evan, Missy & Don Crisp, Michael & Susan Spraker

# Thoughts (con't)

Below are some training tips to add to your fall routine to keep you motivated by twisting and tweaking your fitness program.

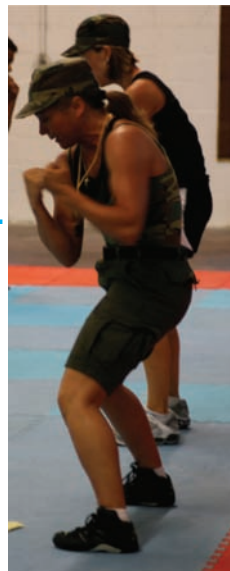
- Write out some new goals for results you would like to achieve in a short time
- Weight lifters: After 1 or 2 weeks change your training either by adding 2 reps, increasing resistance by 2% or increase your total weekly training volume by 2%
- Change focus of workouts: (upper body one day, lower body next scheduled day and one day of all core and plyometric training with added cardio)
- Shorten workout and move at a quicker and tolerable pace, or add more exercises
- Change the speed of movement through exercises even if it works the same muscle groups. Example: 5 Push ups at a moderate speed, 5 push ups at a slow speed
- Use different exercises even if you are working the same group: Gluteals and Legs: Squats followed by a lunges
- Runners: If outside change your route from time to time and add more

- hills
  - Decrease and increase training intensity (one day do sprints, one day run)
  - Decrease and increase length of time running
  - Group Exercise Members only: (yoga, aerobic and step) add a day of swimming or do a spin class. Use a buddy system to keep each other motivated and to ensure safety.

## Please note:

**Our Fall Boot Camp Classes end on November 24th and start back on January 5, 2010.**

**Limited space is available so please pre-register our January 2010 sessions.**



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## Group Exercise Classes:

**Women's Boot Camp:** Class Time 6:30-7:30 PM, Tuesday & Thursday nights.

**Aerobic Boot Camp:** Class Time 6:30-7:30 PM, Tuesday & Thursday nights in the town of Rural Retreat, located at the Pentecostal Holiness Church on Parsonage Avenue.

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.