



President's Message

2011!

Where did 2010 go? In many ways, I'm glad 2010 is over and I'm looking forward to a successful year ahead. In this issue you'll find some interesting facts regarding fasting. I heard Dr. Oz on the radio stating that restricting one's calories would decrease your metabolism and the body would burn muscle. Fasting would be the ultimate in calorie restriction, but, is he right?

One of our NCCPT certified trainers; **Erik Flowers** has invented the **Mertz Ball** along with a fitness program for the elderly. I love innovation. Maybe you can use it with some of your clients.

Read about our Personal Trainer of the month, **Jennifer Billings** and how she started in the fitness business. Luck is when opportunity meets preparation, but you also have to take the opportunity when it arises.

Do you provide nutritional counseling to your clients? Is it legal to do so? Find out in this issue.

Are you familiar with VO₂ max? What are the factors that affect it? Can you improve it? Why is it important? I've used altitude training to help me win over 30 medals in cycling, 18 of them are gold medals. Read the article on how I've used altitude training to increase my VO₂ max to help me win.

Do you have any resolutions? I do. I'm going to win a gold medal at the Master's Pan American Games in Trinidad, move up to a category 2 cyclist, introduce a new corporate solution for personal training certification, create an additional website for myself and finish both my college degree and a group exercise certification for the NCCPT. Oh, I plan to be the lightest I've been since 8th grade.

My wish is that ALL of your goals for 2011 come true. Remember, anything worth having usually takes a lot of hard work and perseverance. Believe it, say it, write it down and most importantly, keep at it.

Stay fit!

John Platero

Nevada Senior Olympics 2010



Nevada Senior Olympics 2010

Sometimes that guy Murphy just won't give you a break. Yesterday, on the flight home from Florida, we had a lay-over in Philadelphia. The rainstorms in the North East caused our flight to be late, so we dangled on the tarmac for awhile in 18th position to take off. It took too long. It seems there's a regulation that prevents pilots from flying if they've been up too long. Our pilots had to turn back. They kept us on the plane for another two hours until they could locate two more pilots to fly us to Los Angeles. Let's see them try and race a bike twice in one day on only six hours of sleep after being in a plane for nine hours and a van for six!

I arrived in LA four hour later than planned. I had lent my van to my buddy Mike who was flying to Germany that night but had missed him. He had given my van to my other good friend John Iriye who works at LAX, but he had parked it in parking lot C. When I landed I called John, but he was busy fixing a system that had gone down in the International Terminal, so I had to wait until he finished. By the time I arrived home it was almost midnight. That four hour delay cost me four hours the next day on my drive to Las Vegas for the Nevada Senior Olympics. Instead of leaving at noon or 1pm, I left at 4pm; anyone who's tried to get out of LA on Friday knows what I'm about to type. IT SUCKED!

Six hours later, I arrived. Walked Mufasa and went to bed for my six hours of sleep.

5k Time Trial

Since I'm the youngest rider, I went first. Didn't feel great. My legs hadn't pedaled since Tuesday and today was Saturday. I only got a 32 minute warm-up. "The shorter the distance the longer the warm-up" my good buddy Mike Lukich says. I usually listen to my elders. Did the best I could, which earned me the fastest time of the day and my 14th gold medal to date.

40k Road Race

We rested for about 30 minutes and then started our road race. It was 92degrees. My throat was burning and I was coughing. I guess the dry air was a contrast to the 15 days in Cuba and Florida.

I strung the race out right away. Within four miles there was a break of six racers. We must have lost one racer somewhere because it came to five of us for the last lap. I could tell two of the guys were pretty strong and I think there was something wrong with my handlebars. I had just built my bike the day before from the plane trip and I was tired so I probably didn't tighten things down enough. I was afraid that if I left it to a sprint I might pull on the handlebars too tight and go down; maybe even take someone else down with me. My plan was to get the two strongest guys in the front so I could use the two other guys to slingshot me pass them. Once I got a gap, all I had to do was hold it, to win alone.

I couldn't seem to get them where I wanted until about two miles to go. One mile to go and I was getting twitchy. It was a straight shot to the finish so you could see it coming. They were getting twitchy too. With $\frac{3}{4}$ of a mile, I let a little gap open off the back and then I went for it. As hard as I could go. I didn't even look back until about 500 meters. I could see them trying to catch me about 50 meters back. I concentrated and increased my resolve. With about 200 meters to go I could see they had given up and were now thinking of second. I cruised over the finish with my 15th Gold medal!

F#*k that guy Murphy!

10k Time Trial

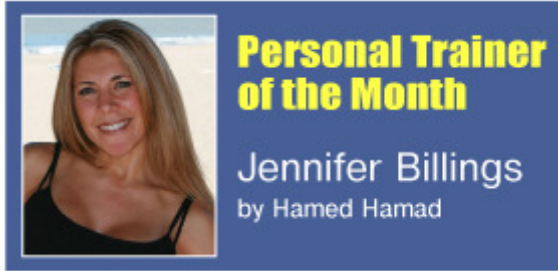
Got a pretty good night sleep and again I was first to go. It was windier than yesterday but I still posted the fastest time of the day and won the gold.

20k Road Race

Had a 30 minute rest and once again we took off. I strung it out again at 31 mphr for about a mile which left it to the same 5-man break-a-way from yesterday. This time I was a marked man. Approaching the finish they kept me in the front, but my sprint isn't so bad, so I made them sweat. I just wouldn't lead it out and the finish got closer and closer..... and closer...

With only about 100 meters to go, a guy jumped hard and actually got a gap on me. He screwed up though. We were going into a wicked head wind and his gear was too small. He started to spin out. That slight hesitation allowed me to get on his wheel. After that, it was all over.

I won my 18th gold medal and swept all four races!



Personal Trainer of the Month – Jennifer Billings

By: Hamed Hamad

There are some people who owe their success to a passion they once had when they were young. Others are simply happy that they went with the natural flow of events and have no urge to turn back time, even if they could. But for Jennifer Billings, her success story is an interesting combination of these two scenarios. And one cannot help but agree with her that everything does “...happen for a reason.”

Born and raised in California, Jennifer Billings lived a considerably balanced life. She went to school, took care of her health and body, and enjoyed financial security. Even as an Instructions Designer at Mattel Inc., many people who met Jennifer thought that she was a professional fitness trainer, mainly because of her physique. But health and fitness was something that she focused on only for herself, and never thought twice about making it into a business. However, in November 2008, Jennifer had no choice but to think twice.

After being laid off from her job, it also happened to be the same time that she pulled out a loan to pay for her new home. And to make matters worse, Jennifer had a serious case of strep. Instead of dwelling on the nosedive of events, she said “I’m not going to worry about it...I’ll leave it in God’s Hands.” Sure enough, God was closer to Jennifer than she thought.

On one of her regular visits to Sculpt Works class, the instructor never showed up that day. And people immediately turned to Jennifer and asked if she would lead the class, which she did. By that time, Jennifer knew that the loss of her job came with “...a blessing in disguise,” which would soon change the course of her future. After the Sculpt Works session, Jennifer made her payment to be a part of the National Council for Certified Personal Trainers, began studying, and in no time, was hired at her friend’s gym.

About a year as a personal trainer, Jennifer was ready to venture out and be her own boss. With marketing skills under her belt, she quickly built her own clients and began to offer an array of fitness programs. Now, Jennifer works one-on-one at nearby studios, offers outdoor workout and beach training sessions, and has been focusing a great deal on kick-boxing. Even though most of her clients are women, Jennifer does not limit herself to a challenge. Recently, Jennifer has been training kids from 8-12years of age in endurance and coordination. No matter who comes her way, she says, “I like to motivate people to be their best.”

Jennifer is truly happy with her life and with everything that led to where she is today. And her full-circle moment was complete after meeting Fitness Icon, Monica Brant at a health show in Long Beach. Since then, the two have remained good friends, and Monica still serves as her lifelong source of inspiration.

Jennifer currently resides in Redondo Beach, California with her husband and friend of 13 years, Kirk. Jennifer's success is more of an inspirational story that proves how much life can make sense, even when it seems senseless. And in the name of health, fitness, and possibility, that is why she has been chosen to be, Personal Trainer of the Month.

For more information on Jennifer Billings, feel free to visit the following sites:

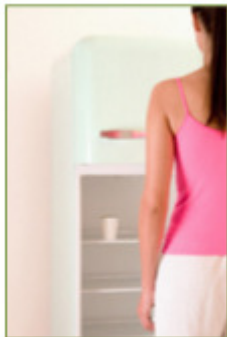
www.dolphitfitness.com

<http://fitchica.wordpress.com>

Is it legal to provide Nutrition Counseling?

Forty-six states require that those providing nutrition counseling be licensed, certified and/or registered. In at least 31 states, practicing without being licensed is a criminal offense, ranging from a misdemeanor to a felony (Sass et al. 2007). From a legal standpoint, a certified personal trainer without academic training or certification in nutrition is limited to consulting about fitness and is not qualified to teach clients about nutrition.

Different state have different requirements, to check on your local regulations, consult www.cdrnet.org/certifications/licensure/index.htm



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