



### President's Message

October, 2009 was a whirlwind for me. I was scheduled to leave on a 10-day trip to do 11 races at the Nevada Senior Olympics and the Huntsman World Senior Games. The day before I was to leave, my Father passed away. Since my Father had been a foreign correspondent and loved an adventure I decided to continue on my adventure in his honor.

I grabbed two large boxes of his news-clippings, loaded my van and my dog Mufasa and off I went. It turned out to be the best therapy for me. I was able to reflect and read all of his newspaper articles, cutting out the ones that interested me the most. I could hear his voice as I read them, immensely enjoying his writing and his sense of humor. I've included the obituary I wrote that appeared in the paper in Florida. He was a wonderful man and great Father and although I will miss him, he'll never, ever leave me. I'll write about my trip in the next newsletter.

In this issue I recount my experiences at the **National Senior Games**.

Many people aren't able to identify our natural **strength profiles** so I've included a short simple explanation on how to identify them.

Read about our Personal Trainer of the Month **Annette Pursley**. She manages her own busy life and does a great job with our mature population. They love her and we do too.

I've included a couple of philosophical pieces in this newsletter; some quotes from **Bruce Lee** and a letter I received from someone in prison entitled "**A Life Lesson.**" Sometimes we don't know what we have until we've lost it. We should be very grateful for all the good things bestowed upon us and lend a helping hand to those who aren't so fortunate.

Good thoughts for the holiday season coming up.  
Be Fit!



## **Strength Profiles and Resistance Profiles** **By John Platero**

Exercise equipment might fall under three broad categories:

- Constant resistance
- Accommodating resistance
- Variable resistance

Most professionals consider free weight training as constant resistance, however, if you know anything about biomechanics, there is nothing constant about it, unless of course we don't move the weight. As we push or pull, the muscles are changing length, the relationship of the resistance to the axis of motion is changing and of course acceleration, inertia, momentum and all of those other words of physics we love (or hate) come into play.

Accommodating resistance is designed to exert force through a speed-controlled range of motion. Iso-kinetic resistance equipment is accommodating. Some professionals might argue that aquatics, hydraulics and pneumatics are undefined because they fall into both accommodating and variable resistance categories. I personally consider aquatics accommodating because the person defines the resistance based on the amount of water and speed of movement.

Variable resistance is designed to change the external load throughout an exercise's range of motion. Most of the equipment we use in the gym falls under this category.

Human strength profiles are based on movements around a single joint or multiple joints. The profiles are then classified under three categories: ascending, descending and bell-shaped which are determined by the torque or force-angle relationship between the joint or joints moving. (1) A Personal Trainer or

Health Care Practitioner's understanding of the benefits and limitations of the different modes of resistance and how they might match up to the natural strength profiles would be highly beneficial to the long term success and injury prevention of their clients or patients.

Strength profiles of a single joint are generally easier to figure out than multi-joint movements. The majority of athletic movements such as running, kicking, punching or throwing occur in sequential order with the larger proximal joints and muscles followed by the smaller distal joints and muscles. This is known as the "**summation of speed principle.**" (2) When the segments of multi-joint movements used in a bench press, leg press, squat and power clean approach full extension, the musculo-skeletal lever system gains mechanical advantage. These exercises have "ascending" strength.

In a descending strength profile, maximum strength is produced at the start of the lift. Examples are pull-ups, chin-ups, lat pull-downs and bent-over rows.

Single joint exercises have more of a bell-shaped curve where maximum strength occurs around the middle of the lift. (3). Examples are arm or leg curls, leg extension or triceps extension.

Cams and lever systems on variable resistance equipment are designed to change the external moment arm (which affects the distance of the resistance to the axis) to match up to the changing moment arm or mechanical leverage of the user during the exercise. In this way, the equipment manufacturer attempts to approximate maximal, external resistance to match the musculoskeletal systems ability (mechanical advantage) to produce force at the same instance. In these cases, the equipment is actually getting harder as the user gets stronger.

For people that believe that "equipment should match the user," not "the user should match the equipment" or that exercises should be "functional," then it's imperative as Personal Trainers and Health Care Practitioners to consider our natural strength profiles and match them accordingly with the resistance profiles of the exercises prescribed.

1. McMaster Travis, Cronin John, McGuigan Michael, Forms of Variable Resistance Training, Strength and Conditioning Journal Vol. 31, Number 1, February, 2009 p. 51
2. Blazeovich A. Kinetic Chain. In: *Sports Biomechanics, the Basics: Optimizing Human Performance*. London: A & C Black, 2007. Pp. 184-183
3. Fleck SJ and Kraemer J. *Designing Resistance Training Programs* (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics, 2004. P. 31



John Platero a foreign correspondent, author, featured columnist and 35-year veteran of the Associated Press passed away, Thursday morning, October 1<sup>st</sup> at 81 years of age. He is survived by his wife Diane, three children and three grandchildren.

A colorful character, John lived an extraordinary full life. He had been a model, bodybuilder, motorcycle stuntman, daredevil, singer, private investigator, deputy sheriff, Civil Air Patrol pilot, WWII Navy veteran, master diver, fisherman, toastmaster, Spanish teacher, wood model builder, restaurateur and most recently, the author of a book entitled "Foreign Correspondent" which has been considered for an episodic television series with the same name.

John, who worked in AP bureaus from New York City to Montana and Mexico to Brazil, had a knack for discovering intriguing stories that were out of the mainstream of daily news. In a time before the internet and computers, a journalist had to "beat the bushes" to get the scoop. John used his wit, charm and investigative know-how to hit the streets, delve in and uncover stories which could be read by over 1400 newspapers world-wide.

This cigar-smoking, powerhouse of a man had a humane side as well. In many ways he helped to change people's lives. Whether getting aid to Mexico's only surviving quintuplets in poverty, helping an American wrongly imprisoned in a foreign jail, interviewing the last Queen of Italy or Fidel Castro's sister living in exile in Miami, John had a gift for storytelling which gave the reader a sense of the person or people behind the story.

He also had one heck of a sense of humor. We will all miss him.

## Bruce Lee - The Philosopher

I just read a great book entitled "The Warrior Within" by John Little and it has a collection of philosophical sayings from Bruce Lee. Very cool stuff.

*The main thing is teaching a man to do his thing, just be himself....I'm against trying to impose a style in a man. This is an art, an expression of a man's own self.*

*The greatest help is self-help; there is no other help but self-help--- doing one's best, dedication oneself wholeheartedly to a given task, which happens to have no end but is ongoing process.*

*All types of knowledge ultimately mean self-knowledge.*

*Knowing is not enough; we must apply. Willing is not enough; we must do.*

*Life is a constant process of relating. Man is living in a relationship, and in relationships we grow.*

*There is no such (thing) as maturity. There is instead an ever-involving process of maturing. Because when there is a maturity, there is a conclusion and a cessation. That's the end. That's when the coffin is closed. You might be deteriorating physically in the long process of aging, but your personal process of daily discovery is ongoing. You continue to learn more and more about yourself every day.*

*A good teacher protects his pupils from his own influence.*

*Empty heads have long tongues.*

*If every man would help his neighbor, no man would be without help.*

*If you want to do your duty properly, you should do more than that.*

*A goal is not always meant to be reached; it often serves simply as something to aim at.*

*Showing off is the fool's idea of glory.*

*If you don't want to slip up tomorrow, speak the truth today.*

*Self-education makes great men.*

*If you think a thing impossible, you'll make it impossible.*

*If you love life, don't waste time, for time is what life is made up of.*



## The National Senior Games

by John Platero

### The National Senior Games

Every state has a Senior Games competition similar to the Olympics with over 20 sports to compete in. You must be over 50 to participate. The top two winners in each category may compete every other year in the National Senior Olympics. In 2009, I participated in the games held at Stanford University in Palo Alto, California.

I started training at the beginning of the year but tore ligaments in my thumb in February. I didn't have surgery until mid April and this put a damper on my training. However, in June I was able to win three gold medals and a silver in the California Senior Games. This qualified me for the Nationals to be held in Houston, TX, in 2011.

I decided to train at high altitudes to prepare for the National games. I loaded up all my bikes and my dog Mufasa and headed to the Sequoia National Park for a week of training. I stayed at the Ponderosa Inn, a grocery store/restaurant at 7200 feet of elevation with only two rooms for rent, that is located in the middle of nowhere.

My first ride was uneventful but enjoyable. Since the Ponderosa was at the top of the mountain, the only choice was to descend 25-30 miles in either direction in search of the next sign of civilization. Day two was to be my first "big" ride. My goal was to ride to the town of Kernville and back.

When I started out in the morning, the temperature was about 80 degrees. By the time I descended to the first store, my bike computer indicated it was 104 degrees. I drank a bunch of Gatorade and ate some nuts and potato chips for salt and headed the next 15 miles along the Kern river towards Kernville. Two miles from the store I checked my pocket for my salt pills and they weren't there. They must have dropped out on the descent! Not good. Without those pills I wouldn't make it back up the mountain. I decided to turn around and make my way back as I had just had something to eat and drink. By this time, the heat had reached 111 degrees! Thankfully, around 12 miles up the mountain, I ran across a small community that I hadn't seen on the descent because I was going too fast. I was able to refuel and attempt the last 20 miles of climbing.

Training alone in the mountains is mentally tough. You're completely alone with no cell phone coverage and it is rare for a car to go by. I was pretty much on my own. I did make it back but had been cramping terribly. I had heat exhaustion and was severely dehydrated. Bad diarrhea, an upset stomach and a sleepless night left me exhausted the next day. Not to mention it was hot. I could barely walk and thought I might have blown the whole trip. Remember, there was no flat ground. I slept most of the day and did a light 24 mile ride in the late afternoon after it cooled down a bit. I decided to wait until the afternoon of the next day to attempt my next "big ride." I hoped the extra rest would allow me to complete the ride. I was going to ascend Sherman Pass which is over 9000 feet.

I descended the 26 miles before the start of the climb to Sherman Pass. On the way down I found my container with my salt pills! What luck! As I ascended it was 104 degrees and I saw only two or three cars. The climb was tough and, around 8000 feet, I was running out of liquid. I tried to hike down to a stream but I couldn't get to it. I had no choice but to turn around at 8200 feet. The descent was treacherous. The road was bad, the curves tight and it was very windy. My bike started to make a loud sound when I would coast, somewhat like the screaming of a mule. This happened when my chain would hang down to the ground causing it to bounce dangerously close to my back wheel. At over 40 miles an hour, I didn't need my chain to get caught in my back wheel. This made the descent a problem. Luckily, I made it and then had to start the 26 mile climb back to the Ponderosa. Again, I might have seen three cars the whole way.

It was dark when I arrived and the restaurant was closed. I didn't know they would close early if there were no customers, but it was okay. I had a blender, fruit water, protein and my supplements. I had felt really good coming up the hill and maybe pushed myself a little too much. It had been a six hour ride, 75 miles with over 9000 feet of climbing. The change in temperature in one ride was amazing. It went from 105 degrees at the hottest to 57 degrees to the lowest! That's a difference of almost 50 degrees in one ride! Cycling is a tough sport.

The next day I was toast. I was a little worried that I might have left my legs on that ride and that I might not be able to recover for the first race which was to be held three days later. I decided to do a short 20 mile ride and then take a nice cruise with Mufasa around the "Trail of 100 Giants," the trail of old growth Sequoia trees which are breathtaking. The following morning, Mufasa and I loaded the van and head to Palo Alto. Well, I should say I loaded the van and he watched.

The games were pretty huge. I met with my friends Mike Lukich and Cathy McNamara and registered for our events. Mike and Cathy had already scoped out the course and took me to test it out. It was an "out and back" course with a nasty little 11% hill for about a half mile at the end. Riding the course turned out to be essential.

## **20k Road Race**

I staged with about 40 other competitors on a perfect day. Since the start was the descent it was a "neutral" start, which is when the pack must stay behind a referee as he rides a motorcycle slowly down the hill. This way no one will kill themselves in the first two minutes of the race. I didn't really know any of the other racers so I kept my nose out of the wind the whole race. The

real race was to the corner of the climb and, unfortunately, I didn't get a good position. As we barreled into the corner I was probably eight guys back. They were hammering and I thought I had lost the race. I didn't panic and kept my pace hard and steady. I'm a good spinner so I kept it in the small ring which means I was using my slow-twitch muscles. Everyone else was in their big ring mashing a big girl using their fast-twitch muscles.

The climb was great for the spectators because it was a "snake" where they could view the entire ascent. As we climbed the crowd screamed for the favorites. By the time I hit corner three I was fourth and thought to myself "one more guy and I'm on the podium!" At the last corner I was third. I was dying but who cares, in about six seconds I could lay down and go to sleep if I had to. I clicked down two gears, stood up and gave it everything I had. I passed both guys and won the gold medal by only two seconds. I was stunned. It was over. I had just become the 20k National Senior Road Race champion. I couldn't believe it.

When I got to my van to recover I heard the announcer talking about me, "John was a drummer who played with Cher and also was a Romance Novel Cover model, etc. etc." I was confused. How did this guy know this all this stuff? I changed and rode to back to the start finish and saw that the announcer was Bruce Hildenbrand who had been a guide on the "Etape de Tour de France" trip I had participated in 2005. We spent two weeks together and like the good journalist he is, he remembered what we had spoken about.

Within about an hour I was standing on the first winner's podium of the games receiving a gold medal. It was such a good feeling. No matter what happened in the next three races I was a gold medal winner, a national champion. The pressure was off.



## **40k Road Race**

Since everyone now knew who I was, I waited until everyone had staged and entered in the back of the pack at the last minute. Once again we had a neutral start. Since I was in the back of the pack no one noticed me. At the bottom of the hill the referee waved the flag and, off to the



races we went. My plan almost bit me in the rear because there was a nasty crash in front of me that almost took me out. I was able to brake, ride over a guys wheel and although my foot came off of the pedals I was able to stay upright. In a bike race, if you hear a crash, the pack will always step on it. It's a great opportunity to get rid of everyone who fell and anyone who is caught behind the crash. Since we had just been waved to start the race, along with the crash, the pack was hauling ass! I put my head down and was able to catch on. A few of the other racers were not so lucky. It was super windy and the national time trial champion, John Novitsky who had gotten seventh the day before, kept trying to get away. I would let him stay away, but if he got more than ten seconds from the pack I would drag the pack up to him.

Once again, the real race began at the corner of the climb. This time, I got a better position. Once again everyone was flying at the bottom of the hill and at first I thought I had lost the race. I kept my cool, stayed in the saddle and spun up the hill, picking off one guy after the other. After the last turn I was in third. I clicked down into a bigger gear, stood up and stomped past the same guy who got second the day before in the last millisecond. It was that close. We ended up with the same time, but I was now the 40k National Senior Road Race champion.



### **Time Trials.**

I got sixth in both the 5k and the 10k time trials but it didn't matter because I had two shiny gold medals to take home. Sometimes it's not always the strongest that wins a bike race, but the craftiest. That had been me.





## Personal Trainer of the Month Annette Pursley

By Hamed Hamad

### Personal Trainer of the Month

#### Annette Pursley

By Hamed Hamad

It's such a habit for people to complain about the smallest things in life: getting up early, going to work, or feeding our belly even when we're hungry! But try waking up at 5:30 every morning, walking the dogs, running your business till 6:30pm, caring for your two teenage kids, and doing it all BY YOURSELF. That is exactly the case for Annette Pursley. This beautiful 45-year-old businesswoman, mother, and personal trainer is an engineer in her own right, creating a life and body for herself that people in their twenties would long for. And with her outlook on life, she'll be holding on to that title for quite a while.

As a kid, Annette always enjoyed being out and about. She liked sports, playing outside, and just utilizing her body as much as she could. At the time, her father (who serves as one of her inspirations in life), was a factory worker. As much as he worked and as big as the responsibility was at home, she said "He never whined about anything." Annette took that mentality, and little did she know that years later, she would turn fun, fitness, and her father's attitude into a way of living.

The one thing that makes Annette stand out is that she creates no filter as to who she trains and doesn't train, even though the majority of people she works with are women. Aside from her average age group of clients, Annette also devotes her time to the elderly. For over six years, she has been splitting herself between Senior Citizen Facilities in Sherman Oaks and Woodland Hills. She says, "There's something special about helping the elderly...they're happy to be moving." At the facility, she comes up with unique and easy-to-do forms of exercise such as playing the maracas and using tennis balls to target the upper body, playing catch, and even using simple chair exercises. It's all about movement she says. But more importantly, it's the gratification she gets from working with the elderly. "When I leave the senior citizen facility," she says "they're happy...I feel like a hundred bucks no matter how bad my day was."

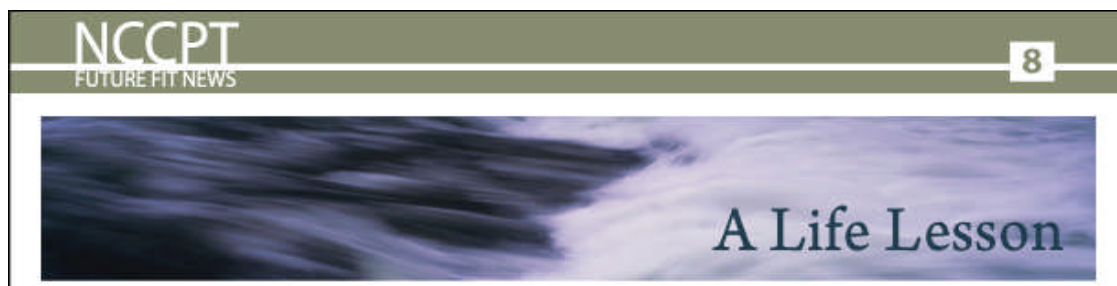
But for every sense of achievement, Annette can easily share stories of challenge. Despite her fitness expertise and ability to handle all age groups, she frequently gets the "know-it-alls." And that, to her, is probably the biggest work-related challenge. Annette even says that

it's hard to get a client to break a barrier that they have. She calls it a "mental breakthrough to understand the meaning behind what they do and why...they want [results] fast."

And as of this past year, Annette picked up a few new clients...male clients! More than a challenge, she considers this as empowerment. She confesses that giving orders and advice to a man is not easy, but she loves what she does too much to let anything stop her. Her motivation is to enjoy life and not to dwell on things, which to her is the key to get through life, and not only through a workout. And with this outlook and enthusiasm, Annette plans on taking her career a step further, in hopes of sharing her skills on a TV show such as The Biggest Loser. (dubbed as her favorite).

So for all the complainers out there...things are probably not as challenging as you thought!

**Annette Pursley is a one-of-a-kind individual and we're honored to have her as our NCCPT Personal Trainer of the Month for November, 2009.**



### **A Life Lesson**

I've seen this many times. Don't **ever** be like this. You may reverse the words, "boyfriend and girlfriend" if you want. Don't want you to think I'm a misogynist.

There was a blind girl who hated herself just because she was blind. She hated everyone except her loving boyfriend. He was always there for her. She said that if she could only see the world, she would marry her boyfriend.

One day, someone donated a pair of eyes to her and then she could see everything, including her boyfriend. Her boyfriend asked her, "Now that you can see the world; will you marry me?" The girl was shocked when saw her boyfriend was blind too, and refused to marry him.

Her boyfriend walked away in tears and later wrote a letter to her saying, "JUST TAKE CARE OF MY EYES PLEASE."

This is how some humans change when their status changes. Only a few remember what life was before and who has always been there in their most painful situations.