



Newsletter

VOLUME 1 ISSUE 4



Welcome to bfit4life monthly newsletter

February 2008

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Hi All,

Thanks for taking the time to read the newsletter. This month it is time to reflect that the same basic principles for success whether it is in the weights room, relationships or work apply to all. Read how Damham applied these principles to gain 3 stone in muscle as he fulfilled his goals on my Scrawny to Brawny program. And consider how best practice in the weights room can be applied to personal relationships in Valentine Dynamo!

"Determination today leads to success tomorrow."

Success Story

Damhan Scully



I like most people on this planet want to look and feel my best, who wouldn't want to be muscular, have the discipline to constantly eat well and best of all have the confidence and good health that goes with it.

Well, my motivation or sole reason for training and wanting to better myself all stems from New Years eve two years ago. I was no doubt a break away teen, I loved drinking, smoking, doing all sorts of other things and staying out till all hours and just generally making a mess of myself as regularly as possible. Well New Years eve 2 years ago, after consuming a ridiculous amount of alcohol, I was walking home at about half 4. Whilst walking home a group of guys said something to me and me being as drunk, as I was had to respond! What ultimately came of that was the worst beating I had ever gotten, chipped teeth, burst lip, black eyes, and just sore all over really, the worst thing about it was I didn't remember a thing, nothing. Well after I had woken up on my bed (which was soaked in blood) I decided that I 'm no longer going to live the life I have up until now, I'm going to take up a martial art, start going to the gym or just do something about it cause I'm never going to let that happen to me again, not if I can do anything about it anyway.

At the start going to the gym was easy because I had bags of motivation to get the body and the strength I really wanted and that these websites on the web told me was 'easy'. Well after 6 months of dedicated training and what I thought was good eating and nothing but a rise in body fat had come of it. I was beginning to lose motivation. Easy they said it was!



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So one day I'm attempting to do chin ups, and I'm literally struggling to squeeze out 3, and not to mention the fact that I'm doing them completely wrong when Damien comes over and noticing my weakness gives me a tip to do negatives, I listen and do, usually I wouldn't take advice from someone in the gym but going up to Westwood 4 - 5 times a week you'll see Damien a lot and you'll also understand just by watching him with his clients that

- A) He gets a lot of respect and
- B) He's a part of a handful of people who train up there that's in great shape and are really strong.

So I took his advice with pleasure. Once I finished my set I watched Damien do 8 or 10 weighted chins with relative ease and I just straight out asked him would he coached me. He said he would, we exchanged numbers and within the next couple of days he sat me down in the evaluating room and explained to me a few of the requirements of training under him.

He explained to me that this isn't going to be easy like those internet sites say, If I didn't give 100% effort and commitment to both my diet and training he'd refuse to train me, and he guaranteed me that If I do what I say get the head down I'll reach my goals quicker than expected and most importantly of all he explained that training, eating healthy and the discipline that goes with it should be enjoyable and a lifestyle as supposed to something you just want to do. You have to follow it religiously.



I was psyched about having someone who could guide me and school me in the gym, I really was, my motivation was back my diet which couldn't have been any worse was completely overhauled by Damien, I now had to record all the food I ate and basically give 110% in and outside the gym If I wanted to get to my goals. And I did, I quit drinking & I quit smoking and whilst yes it was really difficult I was genuinely really happy with myself for the first time in a long time, something which I can't put a value on.

The results came thick and fast too, after a year and a couple of months training under Damien I had gone from a 69kg (10 stone & 12lb) to 88kg (14 stone) on the button.....in just over a year! That's a gain of 19kg or 42 lb's and what's more I dropped my body fat from 12% to 7% while doing it! So I had all but reached my goal which was a pretty big feat considering what it was, I had originally set out to get to 90kg (14 stone 2lb's) with a body fat of 6%. Fact of the matter is, since I've come in contact with Damien and learned how to train & eat. I've achieved amazing results in minimal time,

YES it took hard work. YES it took a lot of commitment but you can't argue with results! What's more, after completing 2 music courses in college a year ago I'm now going back to study Nutrition & Dietetics in a leading college in Dublin.

Snow Patrol

It's that time of the year when people start counting down the months, weeks or days to the adrenaline filled holiday known as skiing. As thousands escape the office, people tend to forget that skiing is a sport, not merely a holiday and injuries are souvenirs that you don't want to bring home. Roy Keane used the motto "Failure to prepare, prepare to fail" and if you choose to embark on a skiing holiday without prior conditioning you will put this saying to the test.

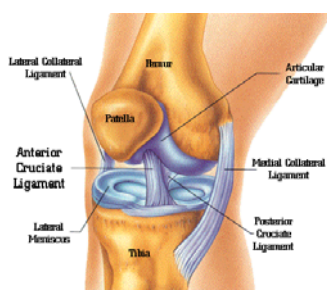
Heavy promotion of ski resorts as a weekend break alternative has seen the escalation of injuries because of improper training or no training at all before embarking on the slopes. Skiing works you at an intensity that can only be sustained for a couple of minutes before the build up of lactic acid begins. Your body must be prepared! A day on the slopes can consist of 4-6 hours of sustained physical activity; if you are not prepared fatigue will lead to bad technique and poor decision-making resulting in injury.



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It is un-trained females that are more pre-disposed to knee injuries skiing than men. The angle of women's hips to knees known as the Q angle, to accommodate childbirth puts more strain on the knees especially on jumps. This problem is exacerbated as the mainstream exercises and classes that females participate in train the wrong muscles needed for skiing and cause muscle imbalances. Imbalances are caused as females tend to perform exercises like spinning, running and aerobics that train the front of the thighs, i.e. the quads and no work for the back of the legs i.e. hamstrings to help stabilize the knee joint. This leaves women in particular vulnerable to serious knee injuries; mostly involving the anterior cruciate ligament that holds the leg bones together

Collisions with tree's, obstacles or human being's can only be prevented as you improve your skill at skiing. But if you turn up at the Formula 1 track with a beat-up Lada you aren't going to be able to handle the track and you may end up back in the pit lane long before the race is reaching its climax. So if you feel the need for speed on the slopes make sure you consider the following recommendations.

★ Skiing is a predominantly lower body sport so you've got to address your muscle imbalances. A Poliquin level 2 coach could perform a Lower Body Structural Balance Test, which can identify the weak muscles and design an exercise program to target these muscles and prevent injury. ★ Preparation is Key. Allow at least 6 weeks of training for preparation of your skiing holiday

★ Hamstring muscles extend the hip and bend the knee. These muscles tend to be always trained in the wrong rep schemes 12-15 reps or else they are merely not trained hard enough. ★ Training the calf muscles help prevent knee injuries, they provide a cushion to prevent the knees from reaching too acute an angle as they jet down the mountain.

★ Learn how to perform a front squat. Weak muscles on the inside of the knee called the VMO i.e. tear drop shaped muscle help stabilise the knee and because few people squat deep enough, they are not at their potential to perform their task. For this reason. I would do front squats as they allow you to go deeper than back squats.



★ If you are a beginner, book into ski-school. Skiing was a humbling experience for me. The first two days you may feel like Bambi, and this feeling is not helped as young kids came down the slopes on one leg. Be prepared and never give up.

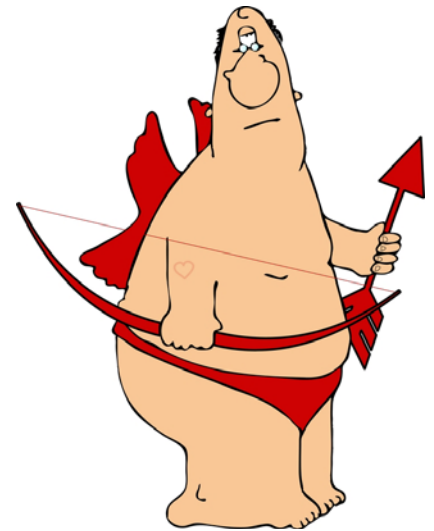
★ Train hard, the more experienced the skier you are, the bigger & longer you're ski runs, this means you will produce more lactic acid. Prepare your body for lactate training. Perform 3 leg exercises in a row where you don't get rest until you have performed all three. E.g. 6 Front Squats, 12 Lunges, 25 leg presses take 2 min's rest, repeat 4 times.

★ Be sensible, the world is full of heroes who went up on the slopes full of alcohol and Dutch courage only to come back down on a stretcher. It's a sporting holiday so leave the alcohol alone for this type of holiday so you can enjoy it more. ★ Skiing is an exhilarating experience but remember, it's not how many times you fall down on the slopes that counts, it's how many times you get back up and get back on the piste. Enjoy the ride.

Valentine Dynamo – Lean Mean Loving Machine!

The years I have spent in the gym under a bar has helped me learn that there are principles in training that you can apply anywhere in your life and be successful. These principles will not only help you become more patient and understanding to the people you love, but they will also help you understand that your love of fitness is not that much different than your love in a relationship. Since I recognized this, I realized that if I had applied some basic lessons that my love for fitness had taught me in my relationships, that some may have lasted longer, some would have never begun and some would have been finished a lot sooner.

As we approach Valentines Day, we are reminded by Hallmark that it is a time to celebrate your appreciation and affection for the people that you love in your life. For some fitness enthusiasts, it represents a day off training for a romantic night out for dinner and wine. For other's, it might be a lonely night at the gym. Whatever the case may be, the successes you create in your personal relationships with those you love in your life can be strengthened if you begin to parallel them with the love you maintain for fitness.



The first example is when you choose a partner in a relationship the criteria will be similar to that when choosing a training partner. You should find someone that you feel comfortable with, someone whom you can depend on, and someone who you can look towards for inspiration. You don't want someone who fails to commit to your agreements, devalues your time, or displays negative or pessimistic attitudes. You want someone who shares the same values and goals as you do; not someone who is just using you for the ride. This person doesn't necessarily need to be just like you, because you won't be able to excel if the person doesn't pick up the pieces in the areas where you are weak. This person should balance your weaknesses and your strengths.



In relationships, some people settle with someone who is not necessarily the best fit for them, but satisfies the love or satisfaction they need for that moment. You may remain loyal to them in the same way that you may have remained loyal to your original training partner. You both started out with the same goals, but as time went by, things changed and that person wasn't as driven and passionate as you and their goals changed. When this happens, you may need to consider changing partners. Relationships like training for a goal can hit a plateau and so it is important to continually do something new and exciting like trips abroad to prevent a routine of boredom. Doing the same thing over and over again has been defined as insanity so in your fitness you must continually update your programs and your exercises. Understand that in order to grow, you must accept instability at times whether in a relationship or in a training environment.



When you are training it is important to visualise what you are trying to achieve. You need to look at your goals whether it is to maintain weight, build muscle, lose fat, tighten skin or rehabilitate bones and joints. The same can be said for a partner. You might have an idea of what your partner looks like, where they socialise and what form of income bracket you want them to be in. Goals are important to focus on because a skilled archer cannot hit a target that they cannot see.



Valentine Dynamo continued

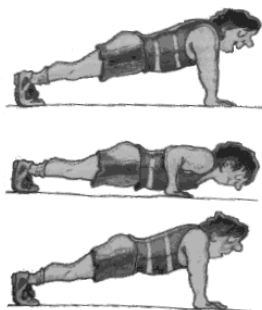
Challenging times in a relationship will cause you heartache but the true test of the relationship will be whether you quit or remain consistently supportive, understanding and thoughtful when adversity knocks at your door. Consistency is a common principle found in successful trainers. Their excuses are left at the door when they are sore from a previous training session and although they may not be getting the results they want, they train anyways and it is this consistency that will help them remain fit for life. They remain focused. Relationships only work when both partners are focused and are not tempted to stray. This is the same with your body shape. Changing your body-shape does not end in the gym because 80% of your results will be dictated by your diet, so if you stray from your nutrition you are affecting its relationship with your training.



Relationships will hit challenging times where you believe that there is no solution to your problems. Likewise, in training, there are going to be times when you are staring at the mirror and all you see is love handles, cellulite, and a beer belly: fat all over. Never give up on hope. It is when we appear to be far away from our goals that it is difficult to stay confident and on track. You have to believe that you can attain your goal. There are certain life principles that you can discover almost anywhere in life. If you want to be a lean, mean love machine you need to treat relationships and fitness like banks, you will only get out of them what you put into them.

★ Tip of the Month

If this is your first skiing holiday practice your push-ups. You will need upper-body strength as falling down quite frequently will form the basis of your 1st few skiing days. Standing up from the ground in shoes is one thing but in skis is a whole new experience.



Next Months Issue

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