

DECEMBER
2008



THE FIT EXPERIENCE



FIT University

Beginning Dec, 10th at 7pm, The Fit Experience will launch, Fit University, with the first of hopefully many phenomenal lectures.

"FIT U" was started to help our members stay healthy and exceed their expectations, by attending lecture series dedicated to a variety of health issues.

These lectures will be given by local Doctors, Physical Therapists, Chiropractors, Personal Trainers, and FIT X Members with expertise in their particular fields. They will be held the 2nd Wednesday of each month. All of these sessions will be free to members and the public.

Our kick off lecture "Your Foundation: The Feet" will be presented by Doctor Gary Mascilak, Clinical Director of Physical Therapy for Integrated Health Professionals.



In this lecture you will learn how abnormal structure and function of the foot predisposes

you to develop foot, knee, hip, and chronic back pain, as well as arthritis. Plus, it increases the likelihood of falls. You can learn how simple interventions can reduce the incidence of these problems.

In addition, you can receive

a complimentary Gait Scan of your feet. This consists of a digital scan of the feet that gives the clinicians unprecedented 3 dimensional information, resulting in enhanced accuracy in fabricating the orthotic and thus insuring its effectiveness.

If you are unavailable for this lecture and are still interested in receiving a Gait Scan, leave your name and number with the front desk staff for IHP to contact you directly.

Please remember even though these lectures are free, advanced signup is required with the front desk staff since space is limited. This can be done in person, by email to staff@myfitx.com, or by phone (973) 579-FITX (3489).

BODYPUMP™ Update

On November 14th, 15th, and 16th The Fit Experience hosted a 3 day, 36 hour extensive initial certification for BODYPUMP™. Tara Gally represented Les Mills as the instructor and coach. The 6 Fit X instructors who participated were Breanna Croucher, Deb Farbo, Lauren Huffman, Carl Lantz, Sandra Sica, and Wendi Sweatt.

This intensive certification was to learn the overall beliefs and concepts of the Les

Mills program, as well as memorize a 60 minute, 10



track, fully choreographed total body barbell workout.

The instructors now have 90 days to learn all the material before their final video assessment.

The Fit Experience plans to launch BODYPUMP™ at the end of January. Completion of the new remodeled group exercise room will precede the launch. More details will follow soon.

Remember these classes are free with a membership!!

Inside this Issue:

Chef's Corner	2
Trainer's Corner	2
The Truth about Stretching	3
A Ballroom Dancing Celebration	3
Coming Events	3
December Birthdays	4

**HAPPY
HOLIDAYS**

Chef's Corner

Thyme & Black Peppercorn Crusted Venison Loin with Cranberry Port Wine Glaze served with Braised Red Cabbage & Sweet Potato

Serves 2

Venison Loin:

2 - 8oz. venison loins
pinch of salt
2 tbs. freshly crushed black peppercorns
4 sprigs finely chopped fresh thyme
1 oz. Canola oil

Combine dry seasoning and rub into both sides of the venison loins. Heat oil in pan over medium high heat and sear venison on both sides until brown and carmelized. Serve rare

directly from pan, or place in 400° oven for a few minutes for medium well or well done.

Cranberry Port Wine Glaze:
2 tbs. sun dried cranberries
1 cup Port wine

Heat ingredients over a low flame in a small uncovered saucepan until reduced to a **glaze (about ¼" of liquid)**. Drizzle over venison before serving.



Roasted Red Cabbage:

¼ head red cabbage, thinly sliced
1 oz. olive oil
½ small red onion, thinly sliced
1 medium Granny Smith apple, peeled, cored and thinly sliced
4 sliced dried apricots
juice of 1 orange
1 cinnamon stick
1 bay leaf
1 oz. red wine vinegar
2 oz. Port wine
1/2 tsp. fresh ground nutmeg
salt and pepper to taste
water as needed

Heat olive oil in pan and sauté red onion until translucent. Add apples and apricots and

continue until apples are soft. Add cabbage and continue to sauté until cabbage is wilted and limp. Add all remaining ingredients and stir into cabbage. Cover pan and reduce heat. Continue covered on low heat until cabbage is fully cooked. If all the liquid cooks out, add water little by little until done.

Roasted Sweet Potato:

Roast medium sweet potatoes, with skin on, on tin foil in 350° to 400° oven until knife tender.

This recipe is courtesy of Ken Salmon. If you have any questions, please feel free to call him at (973) 222-2888.

Trainer's Corner

When looking around the gym, people have all different types of shoes - some look new, some look old and some just look worn. It is really important to regularly change your shoes because usually shoes are worn out before they appear to be. The mid-sole of a shoe, which is the part unseen that provides the support and cushioning your foot needs, typically is worn out before the tread - the rubber bottom. On average, shoes should last you about six months. Although, depending on your body weight and how often your shoes are worn, they could only last about three months. Just keep in mind, wearing old shoes too long can lead to foot, ankle, knee, hip, and back problems.

What do you look at when buying a pair of running shoes: brand, color, or price? The first place you should do is look at your feet and figure out what type of arch you have - high, low, or possibly no arch at all. Then you can match it up to the appropriate shoe type.

1. Motion-Control Shoe: You have flat arches and probably pronate heavily (roll your foot inward) when you

stride. You need a shoe with severe pronation control.

2. Stability Shoe: You have a normal arch. You probably pronate slightly (roll your foot inward when you stride). You should look for a shoe with light or moderate pronation control.
3. Neutral/Cushioning Shoe: You have high arches. You probably

don't roll your foot when you run. If anything, you underpronate or supinate (roll outward). You should look for a soft, shock-absorbing shoe.

All of the major shoe brands make a variety of shoe types. Asics and New Balance shoes come in a variety of widths making it easier to find the right shoe for your foot type. Mizuno shoes are on the more narrow side as are Nike shoes. Adidas shoes are great for the price.

The most important part of buying a new pair of shoes is trying the shoes on to make sure they fit correctly. Try to walk, run, or even lunge around the store; whatever assures that your shoe fits correctly and comfortably.



The Truth about Stretching

Stretching is a very controversial subject. Many in the exercise field argue what type of stretching is the best to perform (static or dynamic) and when is the best time to stretch (pre or post exercise). Being in the rehabilitation field for over 21 years, I can say from experience that each person presents with unique needs that truly need to be assessed on an individual basis.

Although not extremely common, there are certain people that possess excessive mobility in their ligaments, a condition referred to as "hypermobility" that should avoid endurance stretching, but should still be advised in how to properly and safely warm up prior to

activity. The majority of individuals however demonstrate insufficient range of motion and flexibility that gradually progresses over the years until the body is no longer able to compensate for this lack of mobility in the performance of everyday tasks, which is when symptoms typically arise.

To ensure your safety and present the best opportunity to reach your fitness goals, The FIT Experience offers its members the ability to engage in a Pre Exercise Screen to identify the unique needs each member is presented with to assist them in setting up their exercise program.

Additionally, we have invested in state of the art equipment, the True Stretch station, which allows the



body again to effectively stretch multiple body parts 3 dimensionally and simultaneously to achieve superior results. This equipment is utilized by professional athletes and fitness members in the most recognized exercise facilities in the country.

Our Physical Therapists and rehabilitation specialists are trained in the use of this equipment and are available for individual consultations.

Inquiries can be directed to Integrated Health Professional (IHP) at 973-940-8680. Also, keep an eye on our Fit U Lecture series in '09 where the topic of Stretching will be addressed in further detail.

This article was written by Dr. Gary Mascilak, director of Physical Therapy.

A Ballroom Dancing Celebration

Mark your calendars for Friday, Dec. 19th at 7pm. Our ballroom students will be demonstrating their fresh, new dancing skills. Plus, their amazingly talented and funny instructor, Arturas, will reveal his many talents as he and his partner show off their dance expertise.

Family, friends, and members are invited to a wine and

cheese celebration with dancing demos. Please feel free to bring a choice wine and any special cheeses you enjoy.



The current session of 6 classes will conclude on the 8th of January. The next set of 8 classes will begin on the 15th of January and end on the 12th of March.

Prices: \$160 single members, \$300 couple members, \$240 single non-member, \$450 couple non-member.



There will be two classes: 7:10pm-8pm and 8:10pm-9pm. Remember to sign up early to reserve your dance spot.

Coming Events

Dec. 10th
Lecture by Dr. Gary at 7pm
Your Foundation: Your Feet

Dec. 19th
Wine & Cheese party for the dance students, their family and friends from 7pm to 9pm

Dec. 24th
Holiday Hours: 8am-12pm

Dec. 25th



Dec. 31st
Holiday Hours: 8am-12pm

Jan. 1st



COMING IN JANUARY. . .

New Group X Room

BODYPUMP™

Tai Chi

Line Dancing



540 Route 15 - Sparta, NJ - 973-579-3489 - www.thefitx.com

Fitness Center Hours

Monday-Friday 5am-9am Saturday 6am-5pm Sunday 8am-4pm

Happy Birthday to the Following Members

Ann Pearce	Daniela Jandoli	Andrew Kattermann	Patricia Foley
Zoe Ozbek	Joyce Lang	Lou Brown	Michael Gaughran
Josh DeLea	Erik Hein	Gayle Link	Brian Conway
Craig McMickle	Robert E Poust	Brittany Bogle	Karina Hein
Louis Roselle.	Olivia Infante	Kim Hawke	Rachel Muller
Donna Omelio	Nancy Spetz	Anthony Sobiechowski	Casey McMickle
Lisa Detri	Chris CoFrancesco	Edward Schlaffer	Sandra Budz
Kurt Morris	Bill Gancarcik	Sarah Friedland	Kelly Lally
Susan Hartman	William Brower	Rob Aldina	Kasey DeGasperis
Jayne Scymanski	Richard Murray	Garrett Kazar	William Sousa
John McGraw	Alessandro Bronzini	Caitlin Rafferty	Jenna Wetmore
Brian Oleksak	Allison Gaspari	Ashley Lally	Holly Kearney
Tracy Leal	Gayle Kellam	Kim Burns	
Gina Worman.	Doris Doyle	Lauren Hurley	
Ryan Greenfield	Vicky Belden	Christine Dehnel	
Colleen Smarth	Janet Berardi	Ryan Pepe	
Jessy Price	Zach Johannes	Tom Oddo	
Mary Elyn Bigos	Nicole Samons	Lorena McClary	
Lori Bertoline	Sara Delorenzo	Sherry Sutherland	
Jean Krull	John DeGasperis	Julia Brand	
Maggie Chanin	Andreas Drosos	Sue Mulvaney	

