

Maki Performance Training Newsletter V1, I12

Like the MPT E-Blast? Pass it along to a friend!

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Openers

Ageless Xtra

As mentioned in the last newsletter, I was introduced to a product that I greeted with some scepticism. I had been working 70-80 hour weeks for several months (in addition to training myself as many as two times a day for 5-6 days a week). As a result, I was sleeping, at most, 5 hours a day, and was consuming roughly 10 cups of coffee along with other energy supplements. I was chronically tired, and spent close to 14 hours of my day-off sleeping.

Clearly I was not in a healthy state and the grind of work and training was beginning to take its toll. I started each day off at 5 am with a Venti dark coffee at Starbucks with 2-3 shots of Espresso followed by some more coffee about 30 minutes later. After a while the effects of the caffeine wore off, and my body adjusted to the amount it was receiving. I would begin feeling sluggish after a couple of hours.

I realized that this cycle had to stop, and I was determined to find a solution—though I didn't know what that would be. Going back to my client (Vivian), she introduced me to the product and asked me to give it a try. I was very reluctant and said I highly doubted it would make any sort of impact on my energy levels. After several weeks of hearing it promoted, she gifted me a month's supply.

I was to take the juice twice a day, once in the morning and again at around 2 PM. Within one week I started to notice a huge difference. I was able to wean myself down to three cups of coffee and then, during the second week, stopped drinking it altogether. By the third week I was starting to feel a buzz of energy after taking the drink and felt rejuvenated and a sense of well-being. What I felt after taking Ageless Xtra was not like that jittery feeling you get after drinking a cup of coffee. It can best be described as a "clean" feeling of energy.

I can honestly say that this product made a big impact on my body. It also has a number of other beneficial effects upon the body as well. It was, for me, a successful way of getting off coffee while leaving me feeling healthy and with a sense of well-being.

Ageless Xtra and Xperiamay help:

- 1) Improve mental clarity and focus
- 2) Enhance cellular energy
- 3) Aid in joint comfort and flexibility
- 4) Help the body's management of stress
- 5) Provide an exceptionally rich source of diverse antioxidants, as well as substances that activate natural anti-oxidant activity in the body.

A few research based potential benefits of the individual ingredients:

- 1) Supports improved blood lipid profile
- 2) Prevention of atherosclerosis
- 3) Heart and vascular protection
- 4) Prevention of cellular mutation
- 5) Improved stamina in both physical and mental performance
- 6) Improved healing time from injury
- 7) Enhanced nutrient absorption
- 8) Enhanced connective tissue/protein repair
- 9) Improved blood sugar metabolism
- 10) Anti-bacterial, anti-viral activity

In the next issue I'll explain more about this product which might be of benefit to you.

Fitness Boot Camp

Boot camp starts up this coming Monday morning. It runs from March 23rd to April 17th. Don't worry if you can't make all the sessions. I have a punch card you can purchase that is good for 5 sessions (\$75). You can use it anytime, and there is no expiry date.

Also, don't forget about the referral discount; if you bring a friend who signs up for the whole boot camp there is 50% off the cost of the boot camp. Sign two people up and you're free!

Fit Bits:

"Fit bits" are pieces of information pertaining to the fitness industry which I have found to be interesting, humorous or just plain ridiculous.

Muhammad Ali (A Living Legend)

People who are familiar with the name, Muhammad Ali, have heard that he was a great boxer, but his accomplishments both as an athlete and outside the ring are monumental.

Awards /Accomplishments

- 1959 National Golden Gloves Light Heavyweight Champion
- 1959 National Amateur Athletic Union champion
- 1960 National Golden Gloves Light Heavyweight Champion
- 1960 National Amateur Athletic Union champion
- 1960 Gold medal, Rome Olympics, light-heavyweight boxing
- 1964-67 World Heavyweight Champion
- 1970 Dr. Martin Luther King Memorial Award
- 1974 Sportsman of the Year, Sports Illustrated
- 1974 Fighter of the Year, Boxing Writers Association
- 1974-78 World Heavyweight Champion
- 1978-79 World Heavyweight Champion
- 1979 Honorary Doctorate of Humane Letters, Texas Southern University
- 1979 Street named after him in Louisville, Kentucky
- 1985 Recognized for long, meritorious service, World Boxing Association
- 1987 Elected to Boxing Hall of Fame
- 1990 Inducted into International Boxing Hall of Fame
- 1996 Lights Olympic torch, Atlanta
- 1997 Arthur Ashe Award for Courage, ESPN
- 1997 Essence Living Legend Award

Nutrition Tip:

Power Food

- Pumpkin meat is very high in carotenoids. They are really good at neutralizing free radicals, nasty molecules that can attack cell membranes and leave the cells vulnerable to damage.
- Pumpkins are also high in lutein and zeaxanthin, which scavenge free radicals in the lens of the eye.
- Besides carotenoids, lutein, and zeaxanthin, which are all antioxidants, pumpkins have a lot of common nutrients, like iron, zinc, and fiber. Iron, of course, is needed by red blood cells. Zinc deficiency may be related to osteoporosis of the hip and spine in older men. And fiber is important for bowel health.
- Pumpkin seeds are very high in protein; one ounce of seeds provides about seven grams of protein.
- Pumpkin seed oil is high in essential fatty acids (EFAs). EFAs have many benefits, among them the maintenance of healthy blood vessels and nerves, and the lubrication of all tissues, including the skin. And they can help reduce cholesterol levels in the blood.

Training Tip:

Lower Body Blast

Here's a quick and very efficient way to build up some lower body strength and muscle endurance simply using your own bodyweight.

24 body weight squats

24 alternating lunges

24 froggers (Taking a frog stance with your feet wide apart and sitting deep with your bum down to the ground, spring up and turn 180 degrees mid-air and land back down in the bottom of the squat. This counts as one rep, now repeat this 23 times.)

These exercises are done back-to-back with no rest. Once you've finished the first set rest as long as it takes you, and repeat 1-2 times. Good luck walking the next day. This workout is a killer!

Maki Performance Training: A Testimonial

During my annual physical with my doctor, she told me I was putting on a pound or so a year, every year and had been doing so for ten years now. When I explained to her that I was having trouble staying on an exercise/weight lifting schedule, she suggested I get a personal trainer.

I googled "Personal Trainers-Richmond" and liked Maki's website, so I went in to talk with him and we decided that a weekly personal session with him for three months would be about right to get me on track. I started right away.

Maki had me complete a two-week diet log for him to review. I thought I was eating a healthy diet and he wouldn't have much to say, but he noticed I was eating a high carb diet with not enough protein and he made some specific recommendations. I started following those diet recommendations immediately and have maintained them all these eight months now and have seen rather dramatic improvements in my stamina through the day, plus in my ability to complete a workout.

In the past, I would often quit in the middle of a workout, thinking I just wasn't in the mood that day or whatever, but the real reason was that I hadn't eaten properly before weightlifting and didn't have the energy required to complete a proper session. Now, I can complete a good workout every time I go into my fitness room at home.

I have been working out three times a week for eight months now and my waist is slimmer, my shoulders are broader and my weight is gradually decreasing. I have no more of the daily aches and pains that were plaguing me before I started with Maki and after a hard day of physical labour (in my garden or working on my house, etc.) I am no longer stiff and sore the next day.

When I started with Maki, I was concerned that my age might be a detractor to really positive results (I'm 59), but that wasn't the case. I feel ten years younger in many ways and have experienced no ill effects from getting in shape. Maki was knowledgeable about dealing with someone my age and we worked on my conditioning together in a way that I have found quite easy to maintain.

I talk about my experience with a personal trainer (and Maki, specifically) to everyone I know who says they feel out of shape or old or whatever their complaint. Most of my suggestions about getting a trainer fall on deaf ears because I think we are all the same in that we need to feel totally ready before we accept an idea like this. For me, it was my doctor telling me I shouldn't be putting on a pound or two every year forever. For others, maybe its seeing an unflattering photo of themselves, or getting back out into the dating world. Regardless of the motivator, its usually a sudden, rude awakening and if acted upon properly, can virtually change your life.

Bob Chambers - Retired

Powerful Quote

"Through the years, I have combined meditation, action, and the Iron into a single strength. I believe that when the body is strong, the mind thinks strong thoughts. Time spent away from the Iron makes my mind degenerate. I wallow in a thick depression. My body shuts down my mind. The Iron is the best antidepressant I have ever found. There is no better way to fight weakness than with strength. Once the mind and body have been awakened to their true potential, it's impossible to turn back."

-- Henry Rollins

Business and Class Updates

If you have any suggestions for a Specialty Class you'd like to see offered, please drop me an email.

Here are the dates for some upcoming classes:

March 2nd 2009 – Basic Boot Camp

Basic Boot Camp: This boot camp is a basic entry-level class for people who don't feel they are in good enough shape to join a regular boot camp. It's also for people who want to get back into fitness, and people who may be recovering from an injury.

This boot camp will build a foundation that will provide you with a solid base of fitness, so you can participate at a higher level or take part in more structured classes that will bring greater results!

Days: Monday & Wednesdays

Time: 6:45-7:30 pm

Duration: 8 sessions

Location: Sport Central (2611 Viscount Way)

Cost: \$72 or \$10 drop in

March 2nd 2009 – Maki Fit

Maki Fit: Small groups and intense workouts. Take your physical conditioning to the next level.

Days: Monday to Friday & Saturday (8 am and 10 am class)

Time: 7:00-8:00 pm

Location: Sport Central (2611 Viscount Way)

Cost: \$75 for a 5 session punch card or \$20 drop in

Fitness Boot Camp: This isn't an ordinary boot camp. If you're up for a challenge you'll love Fitness Boot Camp!

March 2nd 2009 – Fitness Boot Camp: 7 pm Session

Time: 7:00-8:00 pm

Duration: 8 sessions

Location: Sport Central (2611 Viscount Way)

Cost: \$100 or \$15 drop in

March 23rd 2009 – Fitness Boot Camp: 6 am Session

Days: Monday/Wednesday/Friday

Time: 6:00-7:00 am

Duration: 12 sessions

Location: Sport Central (2611 Viscount Way)

Cost: \$150 or \$15 drop in

March 2009 - Spinning

Spinning: Spinning is an aerobic exercise performed on a specially-designed stationary bicycle called (obviously enough) a spinning bike. Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast.

Days: Monday

Time: 7:30-8:30 pm

Location: Sport Central (2611 Viscount Way)

Cost: \$45 for a 5 session punch card or \$10 drop in

Until next time,

Maki Riddington

<http://www.dynamicconditioning.ca>