



September Newsletter

VOLUME 1, ISSUE 8 SEPTEMBER 23, 2013

SPECIAL POINTS OF INTEREST:

- Cover Story
- Favorite Recipes
- Client Corner
- Randomness Fun
- Trivia Question

INSIDE THIS ISSUE:

Sean's Journey: Perspiration Turned Inspiration	1
Alleigh's Recipe	2
Meet Sherri Zeller	3
Randomness Fun	3
Trivia Question	3
Contact Info	4

Sean's Journey: Perspiration Turned Inspiration

By Aaron J. Allie, CPT

If you think deeply about it, a good personal trainer more closely mirrors a great artist than a barking, muscle-clad, whistle-blowing drill sergeant. Often you are given a dusty canvas, then asked to understand how it reacts to different tools and techniques, hopefully creating a blossoming portrait of shapes, lines and curves. Occasionally the right canvas finds the right artist at the right time, and the end result is magnifique. Enter Sean from Littleton, Colorado.

Sean's father contacted me to motivate his son physically and mentally as high school graduation loomed in 4 months. "Sean had been so athletic for many years when he was doing gymnastics, it was difficult to watch him become so sedentary and gain weight so quickly," said Fred. In a slump, he gained 40 pounds, traded the rings for the remote and pondered the impending decisions a high school senior must make. Of course the first task was convincing Sean to do something his parents wanted him to do.

A lot of learning happens by both parties during the first meetings of the personal trainer and client relationship. My first impressions were that Sean was nervous, frustrated with his appearance, a "mesomorph" and he had an artsy, deep-thinking aura to himself. The term "mesomorph," coined by mid-1900s psychologist William Sheldon, describes individuals with a wide body frame at the hips and shoulders, often protruding pot belly and capability of producing large amounts of force and power. This explains why as a gymnast, Sean excelled at the vault. "I really didn't think I would lose any weight," explained Sean. However, he enjoyed the exercises and my "not-too-light, not-too-harsh teaching style."

Like a painter or sculptor developing a direction before getting their hands wet, Sean and I sketched a program outline and made a short-term goal of first losing 17 pounds. This gave him a better chance of being accepted into the Navy. The program design early on covered the whole spectrum of the color wheel: bodyweight exercises, dumbbells, "prison walks," resistance tubes, the skier, the slideboard, the Stairmaster, suspension training and the earthmover tire. We talked a bit about getting the junk out of his diet, and early obedience was rewarded with a father-son-and-trainer yoga session.

Our first checkpoint was 2½ weeks in. Sean was down 1 pound and barely 1 inch, and I



Sean's Journey: From Perspiration to Inspiration

felt the room deflate. Ugh! Frustration is a hard thing to hide and Sean sensed it. "It was an awful feeling for me, and I was disappointed in myself," said Sean. But really that was the turning point in our journey.

The strongest alliances are formed working side-by-side. In the past when I thought people were possibly dogging it, I jumped into the workout with them. Sean and I duled climbing the Pyramid of Giza on the

Stairmaster and shared the weight of the 85-pound earth-mover tire over our heads. This partnership opened up stories from our personal lives, we discussed music, being a teenager, spiritual things and we basically became pals.

The next checkpoint was at 6 weeks in. Sean worked too hard for this to be disappointing again, and he was down 12 pounds and 4 – 5 circumference inches. Suddenly the potential of this portrait was taking shape. As a reward some gymnastics rings were obtained to work on the Iron Cross which was an additional goal of Sean's.

The third checkpoint was at 9 weeks. Sean reached the 17 pounds goal and lost a few more inches. "I think after I started to realize that I made some bits of progress that it sorted of shined a light that this is something I can and should do," said Sean. However the conquest hit another roadblock as Sean picked up an illness and had his wisdom teeth pulled. The 17 pounds were in jeopardy and working out of any sort seized.

maybe some creative stalemate, we agreed on some program changes. First, we changed studios for some fresh surroundings and second, Sean could earn a free training session with the completion of 7 pull-ups and the scale reading 195 or lower. Together we gutted out some dead lifts and sprinted some 30-second intervals. Sean rebounded from sickness and tooth-loss, muscled through the pull-ups and posted his lowest weight ever at 192 or 25 pounds since the first brushstroke.

You can often get to a point with a project when you are too excited to stop working on it, in an attempt to perfect it. I wanted Sean to learn some more technical exercises so we progressed through Thursday night power cleans. Finals week hit and there was a gaping distance between artist and portrait. However, soon after he graduated, warm weather pressed us outdoors for a final 2-week surge on the bike trails. Our final workout concluded this pleasantly unexpected story with Sean at 31 total pounds lost and 12 circumference inches thinner.

Continued on pg. 3



Feeling some vulnerability and

"I think after I started to realize that I made some bits of progress that it sorted of shined a light that this is something I can and should do," said Sean.

Alleigh's Chopped Salad

By: Alleigh Allie

Ingredients:

Romaine lettuce
1 carrot
1 celery stalk
1 slice red onion
1/4 cup raisins
1/4 cup pecans
2 TBSP gorgonzola cheese
Low-fat Ranch salad dressing
Serving Size: 2 people

Directions:

Chop the carrot, celery, onion and pecans. Arrange a bed of romaine lettuce on 2 plates. Sprinkle the chopped veggies and pecans over the lettuce. Add the raisins and gorgonzola cheese and top with a couple tablespoons of ranch dressing. (or dressing of your choice...low-fat of course!)

Add grilled chicken or steak for additional protein!



Client Corner: Sherri Zeller



Question: What’s your occupation, or how do you stay busy?

Answer: During the day I spend my hours identifying new and innovative ways to create demand for natural gas. After that I’m mom, wife, chef, housekeeper, travel agent, and errand/kid driver ;-)

Question: Do you have a favorite/funny physical fitness story?

Answer: No.... ha... I can tell you the very first time I went to a gym, about 13 years ago, I was crazy nervous. It was a big intimidating place with all kinds of equipment I had no idea how to use.

Question: What is your favorite exercise to perform?

Answer: Since Aaron is no longer in Colorado, I rely on me and Jillian Michaels videos. At the gym or over lunch, my favorite way to get my heart rate up is climbing stairs. On the weekends you could find me outdoors mostly biking or on the lake.

Question: How has regular exercise affected your life?

Answer: The distraction from all the pulls and stresses is hugely beneficial, confidence in my appearance, and I get to enjoy shopping. Having a regular fitness routine leads to healthy eating, so we spend more time cooking great tasting meals at home.).

Question: What have you learned while working with Aaron?

Answer: Given all the things going on in our lives today spare time is a premium. Aaron spent our weekly 2 hours together working on pushing me to my limits and refining my posture, stance, hold, etc. My workouts are approached today with a clear mind, and focus. I’m not just going through the motions, but really putting a best foot forward.

RANDOMNESS:

Random Fact: If humans had the metabolism of a hummingbird, they would have to intake 155,000 calories a day.



Continued from pg. 2

I’m sure every starving or fully-fed artist has a trash heap or unfinished projects pile, and this project nearly ended up there as do a suggested 95% of people’s weight loss attempts. What made the difference? He had some



physical and environmental qualities including his age, exercise history and supportive family contributing. Looking thoroughly through the battles and successes of this 5 month journey, I saw trust and humility as

qualities that defined Sean’s progress. There were 2 or 3 times when I thought I might be losing him because of internal or external influences. I feel like I took myself off the pedestal of clipboard carrying teacher and moved into the desk right next to Sean. We breezed through the easy exercises and fell to our knees gasping for air after the tough ones. Call it sweat equity, but we were there for each other with high fives and words of encouragement no matter what. The experience “shined a light that I can accomplish things I put my mind to which will help with goals later in life,” said Sean. Fred was also happy with the investment saying that “he fits into his clothes better and carries himself with much more confidence. He just seems happier.”

TRIVIA QUESTION

For a prize of Aaron’s choice! Where did the phrase “bug in the system” come from?

Email answers to:

aaron@personaltraineraaron.com

First correct answer wins!



Aaron J. Allie, CPT

Waupaca, WI

www.personaltraineraaron.com

Phone: (920) 410-9895

Email: aaron@personaltraineraaron.com



**Follow me on
Twitter and
become a fan on
Facebook!**

After reshaping my body as a teenager, I've continued to exercise and help many others in the process. The backdrop has been the beautiful aspens, spiraling streams and towering mountains of Colorado, and cackling birds and blowing grasses of Wisconsin. Let me help you train indoors or outdoors for a personal conquest, muscle strength, improved flexibility, weight loss or that wonderful feeling of accomplishment.



Aaron trains at:

- Your in-home gym or exercise space
- Snap Fitness of Waupaca & Amherst
- Parks and recreation areas

Also, come see Aaron at Adventure Outfitters of Waupaca at 106 S. Main Street.



Todd H. Schatz, DVM
Lakeside Animal Hospital

1834 Algoma Boulevard

Oshkosh, WI 54901

Hospital: 920-235-5040

Office: 920-235-7922