



FORTITUDE - October 2007 - Issue #15

Welcome back everyone! Fall is here!

Thank YOU

I want to thank my great friend Dominick whom has helped me in organizing and setting up for our Long Island Kettlebell Club event held on October 20th. Dominick was also extremely kind enough to bring his van so we were able to lug all our kettlebells to the park! I want to also thank you all for giving me feedback on my newsletters! Keep them coming as we can use it to help us improve our quality for you. Our website is coming along and you will love it when it comes out!

Exercise Drill of the Month

With fall season here our training continues to advance. How about performing some explosive movements? Explosive training is advanced training used to enhance your current skill level. You **MUST** have perfect technique on basic and intermediate exercises before you perform these movements!

So here is another method advance your strength training in developing more total body performance:

- 1a. Hang Power Clean 5x5
- 1b. Push Press 5x5
- 2a. Double Sledge Hammer Slam 3x10
- 2b. KB Swing 3x10

This is an advance power style superset drill. The first exercise, 1a, is the hang power clean done with a barbell held in your hands about knee height with a moderate

challenging weight for 5 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper power clean technique. The second exercise, 1b, done immediately after the hang power clean is to perform push press also with a barbell loaded with a moderate challenging weight. Then after your push press rest for about 1 to 3 minutes as this is the power stage so make sure you are well rested to perform the next set. So here you will be performing 5 sets of 5 repetitions for hang power clean and push press.

For the third exercise, 2a, take two sledge hammers one in each hand, 2lb, 5lb, 8lb, 10lb, 12lb or 16lb. Setup up an object you will be hitting, such as an old tire, a log, or even a large chunk of concrete. You will have to adjust where you place your hands on each handle, the further away from the hammer head the harder it gets. Make sure you place each of your hands on the handle equally away from the hammer head on both sledge hammers. Now set yourself up properly far enough for the object and slam on that object as hard as you can for 10 reps straight. This will build total body slamming power as well as grip strength. IMPORTANT: if you are hitting an object that will break into pieces, such as concrete, PLEASE wear safety clothing and safety goggles! The best thing to use is a large log as I do in my training to prevent injuries. The fourth exercise, 2b, is the kettlebell swing which was described in issue #13 May 2007 FORTITUDE newsletter. Here is the video where I describe details of the kettlebell swing:

<http://www.youtube.com/watch?v=g3IsA-YzUEU>

Please make sure you maintain perfect technique for all these exercises as I cannot stress this enough!

Holistic Healing

Many of you may wonder how we can continue to stay healthy in life besides training well. Well one thing I do in for my spine is see a great Chiropractor once or twice a week in proactively keeping me healthy. I have been going to my Chiropractor for over seven years now and he is great! He was one of my first clients at Equinox Fitness Clubs when I started out as a personal trainer on April 2000 located at 43rd Street and 5th Avenue. He obtained outstanding fitness results with me back then because he stuck with his custom program I designed for him. In training him then I was introduced to Chiropractic and I found it to be amazing! He also does Contact Reflex Analysis, <http://www.crahealth.org/>, which is a powerful holistic technique to heal your body of any ailments. Since then I have not taken any antibiotics or medication because of these two amazing holistic mechanisms! His name is **Doctor Michael Smatt**. Please go see Doctor Michael Smatt to learn more about the amazing benefits of Chiropractic and Contact Reflex Analysis:

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Green Tea – Article taken from:

<http://chinesefood.about.com/library/weekly/aa011400a.htm>

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

- cancer
- rheumatoid arthritis
- high cholesterol levels
- cardiovascular disease
- infection
- impaired immune function

What makes green tea so special?

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

Links are being made between the effects of drinking green tea and the "French Paradox." For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Americans. The answer was found to lie in red wine, which contains resveratrol, a polyphenol that limits the negative effects of smoking and a fatty diet. In a 1997 study, researchers from the University of Kansas determined that EGCG is twice as powerful as resveratrol, which may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.

Why don't other Chinese teas have similar health-giving properties? Green, oolong, and black teas all come from the leaves of the *Camellia sinensis* plant. What sets green tea apart is the way it is processed. Green tea leaves are steamed, which prevents the EGCG compound from being oxidized. By contrast, black and oolong tea leaves are made from fermented leaves, which results in the EGCG being converted into other compounds that are not nearly as effective in preventing and fighting various diseases.

Other Benefits

New evidence is emerging that green tea can even help dieters. In November, 1999, the *American Journal of Clinical Nutrition* published the results of a study at the University of Geneva in Switzerland. Researchers found that men who were given a combination of caffeine and green tea extract burned more calories than those given only caffeine or a placebo.

Green tea can even help prevent tooth decay! Just as its bacteria-destroying abilities can help prevent food poisoning, it can also kill the bacteria that causes dental plaque. Meanwhile, skin preparations containing green tea - from deodorants to creams - are starting to appear on the market.

Harmful Effects?

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. However, green tea contains less caffeine than coffee: there are approximately thirty to sixty mg. of caffeine in six - eight ounces of tea, compared to over one-hundred mg. in eight ounces of coffee.

There are as many answers to this question as there are researchers investigating the natural properties of green tea. For example, *Herbs for Health* magazine cites a Japanese report stating that men who drank ten cups of green tea per day stayed cancer-free for three years longer than men who drank less than three cups a day (there are approximately 240 - 320 mg of polyphenols in three cups of green tea). Meanwhile, a study by Cleveland's Western Reserve University concluded that drinking four or more cups of green tea per day could help prevent rheumatoid arthritis, or reduce symptoms in individuals already suffering from the disease. And Japanese scientists at the Saitama Cancer Research Institute discovered that there were fewer recurrences of breast cancer, and the disease spread less quickly, in women with a history of drinking five cups or more of green tea daily.

It gets more confusing. A University of California study on the cancer-preventative qualities of green tea concluded that you could probably attain the desired level of polyphenols by drinking merely two cups per day. On the other hand, a company selling a green tea capsule formula insists that ten cups per day are necessary to reap the maximum benefits.

How can you make sense of these conflicting claims? Given all the evidence, it is probably safe to plan on drinking four to five cups of green tea per daily. If you're a real devotee, by all means drink more; but whether or not you'll derive added health benefits remains to be determined by further research.

How to Brew a Cup of Green Tea

Producing the perfect cup of green tea is a tricky process. If not handled properly, those same polyphenols that provide health benefits can ruin the flavor, making the tea taste "gassy." It's particularly important not to overbrew. While it's best to follow the manufacturer's instructions for each variety of green tea, here are some general instructions:

- Use one tea bag, or 2 - 4 grams of tea,* per cup.
- Fill a kettle with cold water and bring to a boil.
- After unplugging the kettle, allow it to stand for up to 3 minutes.
- Pour the heated water over the tea bag or tea, and allow it to steep for up to 3 minutes. If using a tea bag, remove the bag.
- Allow the tea to cool for three more minutes.

*One to two teaspoons, depending on the variety of green tea you are brewing.

I drink a lot of green tea everyday as you can ask my family, friends, co-workers and they will tell you! Here is a source where I buy my green tea:

<http://www.intelligentsiacoffee.com/>. My favorite green teas here are loose leaf Jasmine Green Tea and loose leaf Organic Dragon Well. You may have to do a search on their website to find these teas.

Long Island Kettlebell Club

On September 21st 2007 FORTITUDE Fitness was proud to announce the opening of the Long Island Kettlebell Club! Please go to: <http://www.meetup.com/Long-Island-Strength-Club/> to become a member of this club and read up on all details. It is free to join.

On Saturday October 20th we held our first kettlebell workout and we had a great turnout of eight people! See picture below.

Our next meeting is on Saturday November 17th at 1pm at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Hope to see you all there!



Quote of the Month

As German born Joseph Pilates (1880 – 1967) once said: *“Physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure.”*

Enjoy!

Christian

“My heart and soul is vibrating like a volcano, and I am breathing like a dragon, The Fire of Life.”