

April 2015

Volume 1, Issue 1

Inside this issue:

<i>Staying Connected</i>	1
<i>Strength Training vs. Cardiovascular Training</i>	1
<i>6 week Fat Loss Program</i>	2
<i>Why to love your veggies!</i>	2
<i>Meet Dave Smith</i>	3
<i>Supplements - benefit or no?</i>	3
<i>Andy's Corner</i>	4
Trainer DJ	4



Staying Connected

www.trabuccofitness.com

Welcome to Trabucco Fitness's first Newsletter.

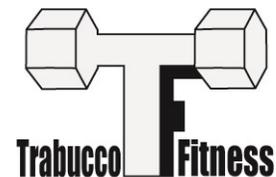
Our goal with the newsletter is to keep you all connected not only to what is happening at Trabucco Fitness but also with the rest of your Trabucco Fitness Family.

In addition to the newsletter there will be video and audio recordings of testimonials and responses from Dave or the other trainers to questions or topics that clients have presented to them.

We will discuss topics that many of you have shown interest in. We will offer our perspective and insight into different questions that many

of you have asked. There will be a topic board that you can write down any question or topic that you would like more information about and we will respond either in the next newsletter or on our website if it requires a more detailed response. This will allow everyone to share in the information and expand on it if you would like.

We are looking forward to many interesting topics!!



Special Events:

- 5/02/15—Capital City Half Marathon for the National Blood Clot Alliance in memory of Paul Englert Jr.
- 5/1, 5/2—Tribute to the Rat Pack—East Aurora High 5/1, Sweet Home High 5/2. \$20.00 admission. See Denise for questions.
- 6/13/15—Hope Chest Dragon Boat race. See Denise with any questions.
- 6/6 & 6/7- Ballroom Dance Competition—Niagara on the Lake
- 6/27/15—Ride for Roswell. Join Team Cyclone!!! See Doug for any information.

Strength Training vs. Cardiovascular Training

People are always asking me "What are the benefits of strength training verses aerobic training?" My answer to that question is usually a bit multi-faceted. I understand the confusion because most people associate getting in shape with walking, running or beginning an aerobics class. These activities are great when you are young or have the muscle on your body to protect your joints. When we are 18 years old our bodies are in a growth and development mode. Outside of any medical problems our bodies are putting on muscle pretty easily regardless of

what we are doing. As we get older this changes. The body doesn't naturally put muscle on like it did when we were younger and it even struggles to maintain muscle unless we do something that aids it to do so. Strength training allows you to build muscle safely. It helps to isolate areas that might be compromised and build around them to make them stable and strong. With this approach it will allow you to be able to stabilize and strengthen your joints which will then allow you to perform more repetitive movements without further damaging any weakened areas.

In addition, resistance training focuses on putting lean muscle on your skeletal frame. This begins the process of body fat loss and toning that most people are really in search of. I think it is important for people to distinguish between cardiovascular fitness and muscular skeletal fitness. They are both very important but also very different. If you would like to hear more of the response to this question please go to our website Trabuccofitness.com Go to Newsletters and click on the link Resistance Training vs. Cardiovascular Training.



Feedback from this program!!

"Much higher energy and mental clarity...better sleeping and happier"

"I lost 2 inches on my waist and gained muscle"

"More energy, better mood, more confidence...results were fast"

"I dropped a clothing size!"

"It's easy to follow, everything you eat is decided for you"

"You don't realize how much better you can feel until you start to eat cleaner"

"I have not had as many headaches or bloating issues"

"Totally worth it and changes the way you think about food"

"Excited to wear clothes that have been shoved in the back of the closet"

6 Week Fat Loss Program

There is no question that one of the biggest components of our overall health and wellness is what we put into our mouth. There is no successful training routine that doesn't focus on a healthy nutrition plan to go with it. Most people will tell you that they feel like this is the hardest part for them. Even if they come to the gym 3 times a week and kill themselves during their training sessions, their diet is still the hardest part in reaching their goals. Of course, since you have committed to your exercising in having a personal trainer, the work-out part of your health and fitness routine is already taken care of. This leaves you with being able to focus on your diet.

Sounds easy enough, right?

Well, the reality is that our goals change what we should be eating pretty dramatically. We all know the basic differences between healthy eating and not so healthy eating. Most people know that if you had the choice between pepperoni and cheese pizza with a bottle

of Pepsi, or a grilled chicken breast with a baked potato and some asparagus, I think most people would know that the latter is a much healthier choice.

But there is a real difference in our nutrition needs based on what our goals are. For instance, healthy eating is not the same as eating to lose weight. And eating to lose weight is not the same as eating to lose body fat. Our bodies are an amazing example of a divine chemistry lab. If we aid it in the right way we can get all kinds of different results. It reacts to what we put in it.

The most common result that people look for is to lose body fat. In order to help our clients with this we have developed a 6 week Meal Plan which provides you with a detailed 6 week plan of what you can eat. It has delicious recipes along with snack and breakfast choices. It even has weekly shopping lists so you can ensure you have all of the ingredients to prepare all your meals. Each

day is designed to provide you with the correct amount of macronutrients (protein, fat and carbs) while keeping your calories under 1350/day. This program has been incredibly successful for even the clients that struggle the most with body fat loss. The recipes are delicious and healthy and this program takes all of the guessing work out.

See comments on the left from clients who did this program. If you are interested or know



Interested in learning more about this program?? Just ask any of the trainers!!



Why to love your veggies!!!

What do you see when you look at these two plates? I see the plate on the right being vibrant and full. Where as the plate on the left looks bland and boring. The old saying goes "You are what you eat". Would you guess that the veggies shown here have less than half of the calories as the pasta shown? Also, would you eat this

pasta as shown or would you add something to it for flavor? Thus adding additional calories. There is no question that if you are trying to lose body fat, and feel more vibrant and energetic you are always better off choosing your carbohydrates through vegetable sources. The benefits go far beyond just weight loss.

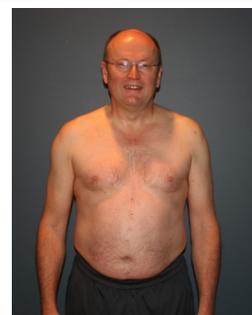
Meet Dave Smith

We would like you to meet Dave Smith. Dave has been training with us for about 8 years. When Dave first came to us he was facing some very serious medical situations that he wanted to face proactively. We helped him put together a plan which included exercise, nutrition and supplements. Dave has been very successful

in achieving not only the goals he had set when he started but he has surpassed even things that he thought he would be able to do again. Dave is very dedicated and works very hard consistently to maintain all of his progress. Please take the time to listen to his testimonial on our website at Trabuccofitness.com/videos. We are con-

fident that you will find great inspiration from him and his success.

Dave will be performing at the Ballroom Dance Competition in the beginning of June at Niagara on the Lake. See office for more details.



Before



After

Supplements

We get asked all of the time about our feelings on multi vitamins or supplements. There are many different opinions about this topic depending on who you are talking to.

There are many medical doctors who do not feel the need for nutritional supplements. But there are also many that do. The reason for skeptics could have something to do with the fact that there is no real monitoring of the supplements on the market. Supplements are not approved or monitored by the FDA so many medical professionals do not feel comfortable suggesting them.

The Supplement industry is a multi-Billion dollar business. No, that is not a typo, I said multi-BILLION dollar business! As you can imagine, because of this, you need to be diligent as to where you are going to get your supplements from.

Just like any business there are going to be reputable companies and ones that are not trustworthy. It is our responsibility to educate ourselves and be sure we know what we are buying. We would much rather take this responsibility on ourselves than to rely on the FDA to do it for us.

What happens is that many of the supplements that are on the market will claim to have certain vitamins or minerals in them but when you test them they only have trace amounts of the active ingredient (if any) and the rest is fillers. The only way to make certain that this is not happening is to use companies that provide Certificate of Analysis for each product. These are normally done by a third party and ensure that what is labeled on the bottle is actually in the bottle. This is one of the reasons that we carry and recommend Life Extension. We also like Life

Extension because they are a Foundation run by Medical Doctors whom we have access to if we need additional advice in regards to a particular clients needs.

We will focus on a different supplement in each newsletter to help educate on it's uses and benefits. We typically feel the only time you should be supplementing is if you are experiencing a deficiency. For example, it is very likely that if you are living in Buffalo you are going to be very deficient in Vitamin D. Because your body doesn't make it, it is essential that you supplement with it. But every supplement regiment should be customized to each individual's needs.

If you are wondering about anything in regards to supplements be sure to talk to your trainer and we will let you know what we think.



Trabucco Fitness and Life Extension share the same Mission:

To help you stay younger and healthier longer.

Trabucco Fitness Inc.

Trabucco Fitness Inc.
5940 Goodrich Road
Clarence Center, NY 14032

Phone: 716-741-3488 (FITT)
E-mail: trabuccofitness@verizon.net

We're on the Web!

www.trabuccofitness.com

*Helping to make you stronger and healthier so
you can live an active and full life and be able
to go out and serve others*

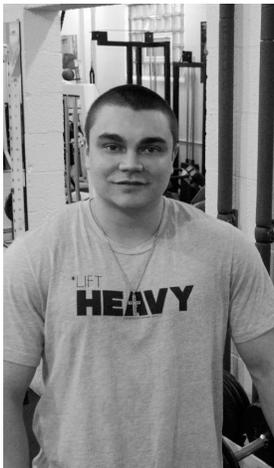
Andy's Update

Andy sends his "hello" to everyone. He is VERY busy with his classes. He just completed another semester that was 28 credit hours. The classes that he just completed were:

Spinal Anatomy Osteology/Osteology Lab
Histology/Histology Lab Embryology
Principles of Chiropractic Philosophy of Chiropractic
Medical Terminology Biochemistry

He got all A's & 1B this semester. He unfortunately caught a very bad flu during exams but is feeling better. He said the weather is beautiful there (I think he was rubbing it in) and he enjoyed visiting his brother and little nephew during his break. His new semester has started and the classes are more difficult but also more interesting. He misses everyone here and hopefully we will see him over the summer during his break. Keep him in your prayers!

Trainer DJ



DJ Trabucco

Most of you have known DJ for many years. A lot of you have watched him grow up and have seen the incredible transformation that he has made. DJ never has ceased to amaze us. From the time that he was very little we knew that DJ would be successful in whatever he did. He had that certain commitment and dedication to whatever he was working on that is just a gift. Some of you might not know that DJ was homeschooled from Kindergarten through High School. He completed high school a year early and went to ECC for Engineering. Once he began his classes he began to realize that his interest was more focused in the Mathematics field so he switched his major to Math Theory. He was invited to compete in a competition called the Beacon Award (a competition comprising all 2 year colleges in 5 states) and won first place. He was the first person to ever achieve this at ECC. DJ then completed

his years at ECC and was awarded the Chancellor's Award upon graduation. He then attended UB and received his Bachelor's Degree in Math Theory. Needless to say DJ has the ability to succeed in whatever he chooses to do.

Around the time that DJ was finishing up his last year in college, one of the trainers that had been working with us (Matthew) decided to change careers and was leaving. DJ would cover when we needed him to. He began to take on more and more appointments. It wasn't long after this that DJ talked with us about wanting to train with us at the gym. Now training was second nature to DJ, since he had been training with his Dad since he was 5 years old. But admittedly we had some reservations about this. This is a field that does not offer a lot of profit and he could certainly make more money following the path that he was on. But DJ showed us that he was more like his father

than we thought. He realized after working with those clients that he really wanted to work with people and help them become healthier and stronger. He said he felt like he was making a difference and that made him happier than he thought he would be sitting behind a computer and doing research every day. We were overjoyed at the thought of being able to work with DJ every day and knew that he would be an incredible asset to the business. DJ has a deep understanding of the physiology of the body and has a strong desire to continue to learn how the body responds and heals. DJ became certified and continues to study and take classes to further educate himself in all aspects of Health & Wellness. We see DJ applying the same dedication and effort to training that he has always applied in his studies and we feel so blessed that we are all able to be the recipients of that gift.