

WESTIN WORKOUT SPEAKS OUT



WESTIN WORKOUT

DECEMBER 2009

21st Annual Indoor Triathlon—benefiting Leukemia Society

Thanks to all those who contributed to this annual fundraiser for the Leukemia Society. Special thanks to our major sponsor- Federated Investors. They have been here every year since we started in 1989! Plan on participating in 2010-it's a lot of fun!

Results from members and staff who participated in the Indoor Triathlon:

Biking Times:

Wayne Shipley- 9:27.9
 Brian O'Brien- 9:28.2
 John Gentry- 9:31.7
 Nico Glorieux- 9:50.5
 Chris Gibson- 9:52.3
 Frank Rondinelli- 10:11.7
 Bob Ostrowski- 10:33.9
 Mohammad Naderi- 10:40.0
 Julie Wahl- 10:50.0
 Audrey Burgoon- 11:15.4

Running Times:

Bob Ostrowski- 10:20.8
 Nico Glorieux- 10:51.2
 Chris Gibson- 11:26.5
 Audrey Burgoon- 13:07.7

Rowing Times:

Brian O'Brien- 6:52.0
 Mark Dipietrantonio- 7:08.7
 Donald Ellenberger- 7:16.3
 Nico Glorieux- 7:19.1
 Chris Gibson- 7:25.0
 Bob Ostrowski- 7:28.5
 Mohammad Naderi- 7:55.7
 Jack Holczer- 8:25.1
 Julie Wahl- 8:28.8
 Audrey Burgoon- 8:49.4



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Upcoming Westin Workout Charity Events-

19th Annual Indoor Rowing Challenge benefits Juvenile Diabetes Foundation

Please join us on Wednesday, January 20th at 12 noon for the 19th Annual 1 Hour Indoor Rowing Challenge. You can

do a 15:00 segment or the whole 60:00 if you have the endurance! Be a part of a team, either of friends or fellow company staff. You can also join us on Wednesdays at

1pm for a 30-45:00 rowing class to help get you into rowing shape. See Chris.



Indoor Race to Anyplace benefiting Leukemia and Lymphoma Society

Once again the Westin Workout will be organizing a team for this fun event occurring on

Saturday, February 27th from 8am until 2pm. This is a 6 hour relay race where each team

member will ride the airdyne bike for 15 continuous minutes. Each team will have 6-12 per

sons so each person will be required to ride 2-4 rides. Our team usually has 12 riders, so 2

rides would be required. We would like to get enough riders to do 2 teams. Each team has

an entry fee of \$500, so if don't want to ride, you are welcome to contribute and help sponsor

our team! Remember: our airdyne classes Monday/Friday at 1pm- signup required. See Chris.

HOURS OF OPERTION AND CONTACT INFORMATION

- Pool Hours:
Weekdays- 5:30am-10pm
Weekend- 7:00am- 8pm
- Equipment Hours:
Weekdays- 5:30am-10pm
Weekend- 7:00am- 8pm
- Contact Us:
412-560-6406
chris.gibson@westin.com

WESTIN WORKOUT MEMBER REFERRAL PROGRAM- REFER A NEW MEMBER AND RECEIVE A \$25 GIFT CERTIFICATE!

During the month of December we would like to offer our members a \$25 WW Gift Certificate if they refer a new member to our fitness center. Your friend or co-worker can join for \$499 which includes the Gold membership plus initiation fee for the first 6 months. The pool or aerobic dance (Silver) membership would be \$359 for 6 months. The other option would be your first month's dues and the initiation fee special: Gold membership: \$149 Silver membership: \$129. Your referral may try out the club for a couple of visits before they make a decision. See staff for more details.

POOL UPDATE

Due to unforeseeable circumstances, the pool rehabilitation has been met with many snags. In so many words, our gutter system that takes the water that skims over the side of the pool back to the recirculation pump has been compromised to the point that it can't be repaired. The issue was how to replace it and how to do so in a timely and affordable method. The system was not created for this situation to occur. We had some outside engineers who would attempt to rectify this problem. We needed them to come up with a solution that would be affordable and would be a long-term fix. We have received the approval to begin the work, and we are now getting the contract signed to begin work. We are now under the impression, with the feedback given to this point, that the pool may reopen the first week of the New Year. As with this entire situation, we can not promise any reopening dates until the work begins and the major portion of the renovation has been completed. I was told that it would take about 3 weeks, and I'm not sure how Christmas and News Year will impact this schedule. The hotel is pushing hard to re-open by New Years Eve if they could 'will it' to be done. We are truly sorry for any inconvenience this has caused.

AEROBIC DANCE PROGRAM UPDATE

Michaela Morgan, our morning and Friday noon instructor, will be fulfilling a void in our spinning program by rejuvenating her Tuesday morning spinning class which will include interval training, hills and total endurance. The class will be 6:30am-7:15am, finishing with Stretching and abs until 7:25am. RSVP by Monday at 4pm is required to the Westin Workout to replenish your competitive juices ...

Meet Lori Defilippi, our new aerobic dance instructor- Lori will be teaching every other Friday at noon and will sub when needed. Lori works at Federated Investors as an Internal Wholesaler for New York City. She lives in Freeport, PA and is the mother of two children: Meredith, 11, and Josh, 9 AND a 4 month old Cavalier King Charles Spaniel puppy, Charlie. She has been a Fitness Instructor for almost 10 years and has taught a variety of classes including: Step, ResistaBall, Body Sculpting, Pilates, and Boot Camp. In her spare time, she enjoys traveling, photography, and a variety of outdoor activities with her family... most recently she has taken up Mountain Biking, and loves the challenge of trying a new sport!!!!

Chris Gibson is considering adding another airdyne and/or rowing class on Tuesdays and Thursdays at 1pm. I would like to offer a novice class for those that are interested in joining up, but may feel intimidated with the more advance classes taught. This will be a good opportunity to develop the skills and understanding of these very challenging pieces of cardio equipment. See Chris or contact him as soon as possible.

WESTIN WORKOUT MEMBER INFORMATION



Christmas Holiday Hours:

12/19- Saturday- 8:00am-7:00pm
 12/20- Sunday- 8:00am-7:00pm
 12/24- Thursday Christmas Eve: 5:30am-6pm.
 12/25- Friday Christmas Day: Closed.
 12/26- Saturday- 8:00am-7:00pm
 12/27- Sunday- 8:00am-7:00pm
 12/31- Thursday New Years Eve- 5:30am-7pm
 01/01- Friday New Years Day- 8:00am-6pm

(FAT) BURNING LIES

BY JACK HOLCZER

There's a simple math in weight loss and fat loss: more calories burned and fewer calories consumed. Another straightforward fact is that a pound of muscle burns more calories in an hour by simply existing a hundred times more than a pound of fat does. So why is there an aversion to building muscle? It would seem to me that a person who wants to reduce their over-all weight and transform their physique into firm and not soft would be more enthusiastic about weights and weight machines than treadmills and ellipticals. The dislike for the former pieces of equipment and preference for the latter is mostly an issue of comfort. Most women and some men feel intimidated by the "meathead" form of exercise caused either by a lack of knowledge or coordination or both. And sadly, they are missing a key to fitness wholeness.

Oh. Before I forget to mention, I measured 11% body fat on December 1st which translates into losing 16 pounds of fat while gaining 15 pounds of muscle ---which means I essentially weigh the same as I did in August. In that time, I probably did a half dozen sessions of cardio. No lie.

Building lean weight, muscle, is really simple- if you understand the principles of the methods. However, it is far more than just consuming more protein as I discuss in the pdf file "A Diet Solution." The "lie" in cardio exercise to the weight loss -goaled individual is that they may first see results ---fantastic results! So, psychologically, they start to think, "Hey! This really works!" They then try harder by increasing the intensity, duration and frequency of that aerobic exercise thinking it will be better. Because of this concerted effort, overtraining easily sets in and

when it does, valuable muscle mass is lost which means their 24-hour calorie burner becomes diminished. Then the exerciser will either stagnate or reverse their fat loss. Again, no lie.

Men have the advantage over women by having naturally high BMI because their hormonal "soup" is more suited to build and preserve 24-hour calorie burning muscle. This doesn't mean women can't build muscle, quite contraire! Women just build it differently, less massively and more progressively. Moreover, women can have the very same ability of fat loss like men if they focus more on preserving and building up their current muscle mass through weight training.

I've had the privilege of learning these ins and outs from a variety of people. Some of my best tutelage came from a woman by the name of Staci Longo. She is a professional, experienced natural body-builder who has trained an array of individuals the principles of how our physiology really works. She taught me not to be a "sissy" when it comes to weight lifting never really paying attention to my legs and lower body. This woman trained me to deadlift 500 pounds and squat 400 pounds! Of course I've only done it once and never since, but I did it! That's the truth. It's amusing that she trains men as women instinctively train and she trains women as men instinctively train. Secret to her success.

What are these principles of building muscle? They aren't very different for training for a marathon or for any other casual, amateur sportsperson. And they also work for the individual who wants to look and feel better. There's another pdf file in the works that describes why "body building" for the non-body builder, construction of a workout and the theory behind body transformations.

The Manager's Corner— by Chris Gibson

Here we are in a very unique corner as this year is winding down— coming up to the wonderful Christmas and Holiday season, the advent of a New Year and for the football fan, the mad rush for a playoff or bowl football game. How do these items play together? You will see that the similarities by the end of this article.

After this weekend of football disappointment, I was speaking with my wife Peggy about trying to come up with a topic for my manager's corner for this month. She suggested how teams and athletes bounce back from adversity. I immediately thought how our Steelers would bounce back from their loss to the Kansas City Chiefs but then ended up losing to another inferior team, Oakland Raiders. I thought, "Chris, not a good example!" I was thinking more in the way of the 2005 Steelers when they won out after starting 7-5 and finished as Super Bowl Champions. That was classic!

Watching the Pitt-Cincinnati football game showed incredible power of motivation for the players to withstand the emotional swings as the score shifted from one team to another. After Pittsburgh powered to a 31-10 lead with a few minutes remaining in the first half, Cincinnati came roaring back with a kickoff return to put them only 14 points behind at halftime, with the momentum going into the second half. What a turnaround of events. It was the power of the team to actually believe that they were not out of the game. Even though this was a huge, albeit temporary, setback, Cincinnati players were not going to be defined as losers. That is why you play the entire game. I believe, or I at least hope, every one of you that are reading this, has one day to recall that they were able to overcome a series of setbacks but still stayed focus on the objective to achieve something great. This had to be the team concept of the Oakland Raiders in the 4th quarter of their recent football game with the Steelers. That 4th quarter was arguably the craziest finish of any football game I have seen. What a roller coaster ride. 35 points scored in the last 15:00 of played compared to the 16 points scored in the first 45:00 of the game. They kept on saying that they could still win this game.

But at what point do we say, "this is just way too hard? Why should I continue this if I am not getting anywhere with this effort?" Winston Churchill once said— "Success is the ability to go from one failure to another with no loss of enthusiasm". What a great concept -to follow in our own lives. No matter what our goals are, they are never too great for us not to attempt to reach them. Though sometimes we do have to be careful on how realistic we are with our goals, we can always be 100% in attempting to reach them. If I said my goal was to run a marathon fast enough to qualify for the USA Olympic Trials, I would have to run the 26.2 miles in a pace of 5:25/mile. So when I was in my peak racing shape, I could run a 10k (6.21miles) at that pace. So would it be a realistic goal? Well if I could do that many miles, maybe I had the ability to push this pace for another 20 miles? Realistically not too probable, but defi-

nately something tangible to push toward. What would be the downside? Putting a lot of emotional and physical effort and sacrifice to be able to run that fast without meeting the goal? Maybe I would put myself at risk for injury. The upside? Getting into even better shape, becoming a more competitive runner, establishing a stronger foundation, being able to see results from great efforts to possibly reaching a pinnacle in running that seems to be harder to do than to become a professional athlete in the arenas of baseball, basketball, football, or hockey. But of course if I couldn't reach that goal at 35. How would I ever be able to reach that goal at 57 when I can barely sprint a quarter mile at that pace (81 seconds)? So you have to make sure your goals are age-considered or life-considered. But I can make any goal that would give me the desire to sacrifice and put that goal on the priority list of things to accomplish.

I remember when I had surgery on my knee, a torn medial meniscus back in 2002. I had lost about 5 months of active training, (2 1/2 months before surgery and 2 1/2 months after surgery). This is basically an eternity in competitive running. I had to re-teach myself how to race again and retrain my body to be able to develop the systems to run competitively. Being almost 50 at the time, I knew I was going to take time to get the change I needed. This included reestablishing my fitness base. Last year, 2008— 6 years after the surgery I finally felt that I was back, actually even better than ever before the surgery as a relative measurement.

The point of this Managers Corner is that you don't have to be a professional athlete or a competitive participant in order to overcome adversity to help you reach your goals. You just need to feel that you have the tenacity to dig down deep and go after those things that you feel are important to you in your development or for your well-being. No matter what your goal— losing weight; becoming more active; educating yourself to a higher level; completing challenging physical activity; becoming more spiritual; getting promoted to a more respected job or career; reestablishing your home life— becoming a better parent and/or spouse—whatever the goal you establish, hopefully there will not be a reason to lose that drive to achieve your goals or lose the enthusiasm if you falter. I also once read in a book called *The Athletes Instruction Book by Wayne Mazzone*— "it is your own job to increase your motivation and will to win". This could be a way to look at your own life; it is your job to get anything that you think you deserve. Nothing of any value is received if you don't put the hard work and effort into reaching the goal. Another quote that I read that summarizes the intent of this article is "if the road to success had no bumps at all, it would not be so sweet to reach the destination". In conclusion I would like to leave you with this final quote— "more often than not, you will become what you think. This can be good or bad." So always think that you are worthy of any of your dreams and that success is dependent upon your commitment to reaching your goals. Remember these as you approach the New Year when you decide on making change in your life. Good luck and have a great holiday season.