

# WESTIN WORKOUT SPEAKS OUT



AUGUST 2010

## 3RD ANNUAL NORTH SHORE RUN- AUGUST 2010

**August Event:** Come and join us for our 3rd Annual 5 mile run on the North Shore on **Tuesday at 6:30am August 17th and Friday at noon on August 20th.** We will proceed to the North Shore and the 9th street bridge. The course will head out past the 31st street bridge proceeding to the 3 Rivers Rowing Association Boathouse (there is a tree in the middle of the path,) pass this and go until you hit the stop sign next to the skateboard park, you will turn around there and then head back to the 9th street bridge on the North Shore Trail. Contact Chris if you are planning to attend one or both of these runs. We will be doing these low key races once per month until September, getting you ready to run the Great Race 10k on the last Sunday in September. In September we will do a 6 miler. See if you can do them all and improve at the same time!! See Chris for more information and/or if you are interested in joining the group.

INSIDE THIS ISSUE:

- WESTIN WORK-OUT UPCOMING EVENTS & RESULTS 1
- REFERRAL PROGRAM FOR MEMBERSHIP 2
- INDOOR TRIATHLON BENEFITING LEUKEMIA SOC. 2
- WESTIN WORK-OUT SWIM COMPE 2
- TRAINING GOALS BY JACK HOLCZER 3
- MANAGER'S CORNER- BY CHRIS GIBSON 4

**Results from the July 4-miler held on July 14th-**

Bob Ostrowski-	26:40 (6:40)
Frank Rondinelli-	27:10 (6:48)
Nico Glorieux-	27:30 (6:53)
Chris Gibson-	27:47 (6:57)
Sara Woodings-	28:52 (7:13)
Jack Doyle-	29:52 (7:28)
Audrey Burgoon-	30:20 (7:35)
Mohammad Naderi-	32:58 (8:15)
Gary Abbs-	50:00 (12:00)

**Results from the June 3.1 miler:**

Bob Ostrowski-	19:57 (6:26)
Chris Gibson-	20:47 (6:41)
Markus Gibson-	21:45 (7:00)
Sara Woodings-	21:55 (7:03)
Jack Doyle-	22:30 (7:15)
Audrey Burgoon-	23:15 (7:30)
Mohammad Naderi-	23:35 (7:37)
Jay Lyden-	23:55 (7:44)



HOURS OF OPERTION  
CONTACT INFORMA-  
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Club Hours  
Weekdays- (Mon-Fri)  
5:30am-10:00pm  
Weekends-(Sat & Sun)  
7:00am- 9:00pm  
Contact Us:  
412-560-6406  
chris.gibson@westin.com

## WESTIN WORKOUT MEMBER REFERRAL PROGRAM

During the month of August, we be \$360 for 6 months. Your re- would like to offer our members a ferral may try out the club for a \$30 WW Gift Certificate if they re- couple of visits before they fer a new member to our fitness make a decision. The certificate center. Your friend or co-worker can be used for pro-shop items can join for \$499 which includes or other services, such as mas- the gold membership for the first sage or private training. Your 6 months. The pool or aerobic referral must identify you as the dance (silver) membership would referral during their sign-up.

### Summer Special Program:

Level:	Gold	Silver
1 month-	\$ 90.00	\$ 70.00
2 months-	\$170.00	\$130.00
3 months-	\$240.00	\$185.00

Restrictions: New members only.

Once membership is completed you will need to pay an initiation fee to continue your membership.

Student discounts are available.

Please see Staff for more details.

## Upcoming Indoor Triathlon to benefit Leukemia Society

You have a great chance to test your fitness skills with the upcoming Leukemia Society's Indoor Triathlon here at the Westin Workout. Do it as an individual and/or be part of a team. \$50/Individual or \$200/team. Our distances are the following:

\*Swimming 500 yards and/or

\*Row 2000 meters.

\*Air dyne 4 miles.

\*Treadmill run of 2 miles.



This event will be held on Thursday, November 12th at the WW from 4pm-7pm. Help raise money for the Leukemia and Lymphoma Society of America. If you have a time conflict, you may schedule with Chris to do it before the event. Applications available at the Westin Workout.

## 1ST ANNUAL SWIMMING CONTEST

Since we always seem to have contests for the land sharks, how about something for those of you who are water sharks? We want to offer you swimmers a chance to shine or glisten! During the months of August and September we are offering the following competitions:

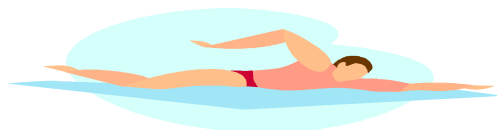
**Most distance swam between the dates of September 1st and September 30th- just record your daily distances at the Westin Workout front desk and we will let you know on Oct. 1st who swam the most!**

**The longest distance swimming underwater without taking a breath.** This must be supervised by a staff member prior to being tested.

**The fastest time for freestyle for the following distances: 100 yards (5 lengths), 200 yards (10 lengths), 440 yards (22 lengths), and finally the mile (88 lengths).**

**The fastest time for the 80 yard medley: 1 length of butterfly, backstroke, breaststroke, and then free style.**

Each winner of these 6 events will receive a \$25 gift certificate to the Westin Workout. Only one certificate maximum per participant. If a person wins more than one event the next place person will win the certificate. Sorry, we just want to have as many different winners as possible. We will still count the winning time, but you just won't be rewarded. But we will give an additional \$25 certificate to the participant who is the most valuable. (subjective results determined by the Westin Workout staff. All results final.) See Staff for more details.



## TRAINING GOALS-BY JACK HOLCZER

As a trainer, I find it amazing how varied fitness goals can be. Fitness goals, it appears, are as unique to an individual as their fingerprints. Some people want to lose weight whereas others want to be stronger or both. The rewards are directly reflective of the amount of effort and commitment given. But what makes fitness goals a reality is the same as any other objective in life, in business or with family: a need, a desire and a plan coupled with consistency, persistency and flexibility. My job as a trainer simply gives the client the tools and the motivation.

Two Westin Workout members and a Westin Workout employee recently challenged themselves and called upon me. At first, they told me where they wanted to go. We agreed upon how we would measure it ---with numbers, and I continued to hear a small voice in them saying that their goals were almost insurmountable. Day One does look daunting, but as the old Chinese proverb says, "A journey of a thousand miles begins with the first step." And looking back, these three people not only reached their goals but found a new perspective of who they are.

Years ago, I trained DC (not her real initials, she wants to stay anonymous). She came in very disconnected with her coordination and wanted so badly to lose some weight. Less than a year later, she lost 25 pounds and felt comfortable with doing athletic oriented activity. Then, DC's job took her away for a period and she returned with the same goal in mind. What was amazing is physically she had not forgotten how to do things. She's comfortable with the weight room and knows exactly how to perform the exercise ---it's like riding a bike! She immediately went on her diet and is now training with a vengeance! She's proving "getting back into it" is not difficult at all!

Dan, our faithful Pool Attendant and expert, came to me and asked if he could get into better shape for a

concert he wanted to attend. This was this past October and his goal would finish six months later. I created a workout plan taking into account his level of desire and his time constraints. As the weeks rolled by, the evolving results were getting him motivated to eat more balanced diet (he gave up Pepsi/Mountain Dew for six months) and trying new and refreshing routines. He finished the cardio portion of his routine while watching his favorite television program, and he joined a weekly soccer league. At first, he found working out with weights three times a week difficult because he naturally does exercise to supplement his soccer and basketball which requires little strength. He now works out with weights at least three times a week, 45 minutes each without batting an eye while improving his endurance and recovery from soccer! In March, his strength increased almost 100% and had lost 16 pounds overall!

Another member who I have been working with consistently since February chose her "unit" of measure as an article of clothing she wanted to wear again. Like everyone else I train, she balanced running with her dog with a sensible free-weight routine performed twice a week for thirty minutes and eating more regularly throughout the day. She told me that yard work around her home had become easier and less tiring. She lost 12 pounds overall and she fits into her favorite clothing with room to spare! She looks and feels great!

As you see, each individual had different goals and different ways of achieving them. The point is, they all achieved them -sometimes changing them and adjusting them! Consider your desire and look at your plan ---do they match?

## Manager's Corner— by Chris Gibson

Watching the Pirates play baseball and reading about their exploits in the local newspaper, you sometimes wonder the mentality of the players as they go out and strive to be winners and put 'W's' in the win column. Lately we are putting up more 'L's'. Granted, the team is much younger, and they are trying to find their chemistry and attempt to become the winners that the city has been longing to see, actually for the past 18 years. These players have had much success at all of the levels that they have been at and now they are being denied the team success. I say denied, as I believe that the management could be doing much more to get quality and experienced players to be part of this team. So what are these athletes expected to do? Sometimes they must adapt to a different role, maybe relearn some skills, maybe try new things that will help them to become more well-rounded players, maybe be forced out of their comfort zone.

Comfort Zone- it is defined in Wikipedia as: A behavioral state within which a person operates in an [anxiety-neutral](#) condition, using a limited set of behaviors to deliver a steady level of performance, usually without a sense of [risk](#) (White 2009.) Getting out of the comfort zone is something that seems to be used a lot in many situations in our daily lives. I am training many individuals to run marathons throughout the year, and for one in particular I have used this concept. This person, who will remain unnamed, is sometimes particular about doing things that sometimes may not mesh with her feng shui. There is an alignment that we sometimes artificially put ourselves into and any deviation to this 'perfect' alignment is immediately rejected. Why is this? Another friend told me of his troubles that he was having, mentioning it was not a good period because he was "out of his element". Which of course, to me, meant he was being forced out of his comfort zone. This is not to say that we may not be efficient if we are in a comfort zone-generally, I would say you are probably more efficient in this comfort zone versus a zone that you may not be comfortable with. But....going back to the marathon training, forcing this person into another 'uncomfortable zone' will help to stimulate those cardiovascular changes that you are looking for. The main reason is those psychological changes that come with pushing yourself into a situation you are not comfortable with but finding yourself being able to be successful, these changes will help to expand your horizons and open up doors that you probably never thought would open for you. The key of course is that the stress that you are now experiencing within this new 'zone' will provide the changes that you are hoping to achieve. It is important that psychologically you have a belief

structure that ultimately, by experimenting within a new zone, will provide you with additional results. You may perceive that getting out of your comfort zone with your workouts would be easier than maybe getting out of your comfort zone and getting a new job.

Bob Webb, the author of Elements of Motivation, wrote "comfort zones are directly related to our dreams or goals, which is associated with a [self-fulfilling prophecy](#). In order to grow and change, we must first be discontent with our current comfort zone." So in order for you to increase your chances of getting out of your comfort zone and into a new one, you must fantasize about where you would like to be. What is so important to you that you will risk many unknowns? Can you visualize yourself within these new parameters? If you can't, it is a moot point. You will be directionless. If you can see yourself in this new arena, then the next steps are much easier. Mr. Webb goes on further to say that by feeling that you are worthy of this new state (goal), then you will overcome the possibility of failing by feeling unworthy of the goal. You will be more successful if you utilize the following concepts:

- Imagine the change you want.
- Build an expectation of the change.
- Mentally and emotionally, prepare ourselves for the change by anticipating what it will be like.

Mr. Webb goes on to say: "We will find ways to acquire dream and, when mentally ready, it will arrive faster than we ever thought possible. In effect, what we are doing is deliberately preparing for self-fulfilling prophecy. As has been repeated many times, that whatever the mind can conceive and believe, it can achieve."

It is interesting that sometimes we find our comfort zones that are based on negativity. In other words, we like to have failure in order to continue this self-prophecy about how life is so difficult and that the world is stacked up against us. It is our excuse not to change, as we may need to overcome one or more of the following barriers: Risk, Fear, and Failure. In order to do this, you must take risk, overcome the barriers, and complete the projects. This is the concept of learning to finish what you start.

"Just get out of your comfort zone!" is easier said than done, but sometimes this is the only way you will eventually get to the level that you feel worthy of being. Maybe you will even get to the level of achievement you previously felt that you were not worthy of being. Talk to us and see if you we can increase your success of reaching a new comfort zone!