

**Live the dream!**

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## Welcome

### Chris' Corner

Welcome to the first edition of FIT News, a quarterly newsletter to keep you inspired to be the best you can be, whether you are a personal trainer, studio manager, FIT student or client.

We are fortunate to be working in the fastest growing industry in the world. While this growth is a bonus for anyone in the industry or planning to enter it, it's also one of the most exciting and fulfilling careers you can choose.

At FIT, we honestly believe we are living the dream and it's what we want our students and clients to also achieve. Seeing our students graduate and start living their own dreams makes our role as educators and motivators a very rewarding one. While we've been delivering fitness qualifications for more than 14 months, our existence as Fitness Industry Training only commenced in May 2009. In the past 9 months alone we've seen rapid growth and success within the business. 2010 promises to be an even bigger year for us.

We have also spent considerable time consolidating our back-of-house processes, and improve course delivery and assessment. As the industry continues to grow and adapt to changes in demographics, society and technology, we need to ensure our courses not only keep up with industry expectations but lead the way in providing personal trainers with skills that the industry needs. Our focus on nutrition as a major component of our qualifications is just one example of the work we do to ensure we produce the highest quality, and most relevant personal trainers in the industry.



Chris Haseman & Diana Saffigna officially launch Fitness Industry Training in September 09.

In 2010, we will concentrate on enhancing our already strong relationships with industry, and continue to build our reputation as the leading fitness training provider in Brisbane.

Enjoy the newsletter. Live the dream.  
Chris Haseman  
Managing Director, FIT

### Monthly Motivator

**"Nothing can stop the man with the right mental attitude from achieving his goal. Nothing on earth can help the man with the wrong mental attitude."**

[ Thomas Jefferson ]



### Feature

## Ultimate fight requires ultimate preparation

On 21 February, Australia will host its first Ultimate Fighting Championship, featuring an exciting fight card that will see the return of Chris "The Hammer" Haseman.

Chris will take on long-time rival "The King of Rock and Rumble" Elvis Sinocic, in what has the potential to be Australia's biggest fight event ever.

Mixed martial arts is intense and involves forms of fighting such as jiu-jitsu, judo, karate, boxing, kickboxing and wrestling. Many believe it to be the most demanding and physical sport on the planet, so what does it take to prepare for such a sport? Chris Haseman takes us through the key aspects of his training and fight preparation for UFC 110.

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# What is CrossFit?

Training Toolkit

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

CrossFit delivers a fitness that is, by design, broad, general and inclusive. The CrossFit specialty is not specialising. Combat, survival, many sports and life reward this kind of fitness and, on average, punish the specialist.

Designed for universal scalability, it is the perfect application for any committed individual regardless of experience. I use the same routines for my most de-conditioned client and my fittest client. In CrossFit we scale load and intensity; we don't change programs. The needs of Olympic athletes and our grandparents differ by degree not kind. The SWAT police and retirees I have trained with have achieved their greatest fitness levels employing the CrossFit method and you see the changes week by week.

CrossFit can be explained by a couple of simple equations. Constantly Varied Functional Movements performed at Intensity (CV+FM+I=CF), or moving large loads long distances quickly with the desired outcome of increasing work capacity across broad time and modal domains. In simple terms, being able to do more work across a great variety of tasks and over a variety of timeframes.



Sharif Deen demonstrates CrossFit techniques to FIT students.

## CrossFit is Constantly Varied Functional Movements performed at Intensity (CV+FM+I=CF)

Why functional movements? Functional movements are used because people should be able to move as nature intended in the broadest context. Combined with this is the notion that the more functional your body (the greater your range of motion and freedom in your movement) the greater the power you can produce and the greater your preparedness for life.

The CrossFit standard for fitness is described in "Fitness in 100 words" by Coach Greg Glassman founder of CrossFit. "Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: deadlift, clean, squat, presses, clean and jerk, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports."



Nutrition

## Dee's Kitchen

Welcome to Dee's Kitchen where I will endeavor to share healthy recipes that will inspire you to spend more time in your beloved kitchen. I would like to open this opportunity to anyone who is reading this to share their favourite healthy recipe with us so we can 'feast together'.

It would almost be a crime not to commence this issue with the FIT signature breakfast that is taught to all of our Cert III and IV students and Nutrition students.... Breakfast Dee-light. Breakfast is one of the most important meals of the day and yet so many people get it wrong by choosing boxes off the supermarket shelves that are high in calories comprising of mega processed carbs and fats, and full of empty promises such as "high in protein iron man food"... really now!! This breakfast is easy to prepare, a great source of quality carbs (long acting), low in fats, high in protein and superb in taste... you will be addicted. Awesome... let's go to the kitchen!

### Ingredients:

Rolled oats (ensure these are the traditional oats which are less processed than quick oats), low carb/low fat protein powder, Nestle No Fat Yoghurt or Yoplait No Fat Yoghurt, berries, Carman's Fruit-Free Muesli

- Measure 30g rolled oats and place in breakfast bowl (or container to take to gym in the morning)
- Pour hot water (just boiled) to cover oats and wait till heat comes off and oats swell a little
- Add one scoop of protein powder and mix well
- Add Carman's toasted muesli (sprinkle)
- Add Nestle No Fat Yoghurt or Yoplait No Fat
- Eat straight away or cover and refrigerate over night
- Tip - can be made a few days in advance! Also add berries when in season.

### ENJOY!

Ingredient	Carbs	Protein	Fat
30 g rolled oats	20g		
30g Body Science WPI or Hydroxyburn Protein powder	0.79g	25.8g	0.4g
10-15g Carman's toasted fruit-free muesli	6 - 7g		3g
100g Nestle No Fat Yoghurt	4.2g	4g	Less than 0.1
10 raspberries (approx.)	2.3	0.2	0.1
<b>TOTAL</b>	<b>36.29g</b>	<b>30g</b>	<b>4.5g</b>

# Ultimate fight requires ultimate preparation

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## Conditioning

The UFC requires the physical conditioning to be able to dominate your opponent for three five-minute rounds. This aspect alone challenges even the most conditioned athlete let alone coupling it with the technical demands associated with striking and grappling.

So you know when you take on a fight at this level, your condition has to be at a world class elite standard. When the legendary wrestler Carl Gotch was once asked what he thought the best hold was, he replied "conditioning". This quote stands true, even today. Condition is the baseline component that supports and services every other aspect of the fighter's game. I spent the first 6 weeks of my 12-week preparation phase concentrating on baseline strength and conditioning. Preparation during the 6 weeks leading up to the fight becomes very specific to the fight, and to the game plan you want to employ.

## Nutrition

The demands of MMA require fighters to undertake large volumes of training during some phases of fight preparation. This is because MMA has so many physical and technical aspects that every fighter needs to be efficient at. Nutrition should not only support the fighter through training sessions but also be enough to service the body's recovery and development. There are certain phases in the training cycle where supplying my body with sufficient nutrients becomes quite difficult. This is where I rely on supplementing my diet with nutritional supplements to ensure optimum training benefit by way of muscle recovery and development. This consists of a variety of protein, fat and carbohydrate blends. The training effect is only as good as the recovery you provide it.

## Experience

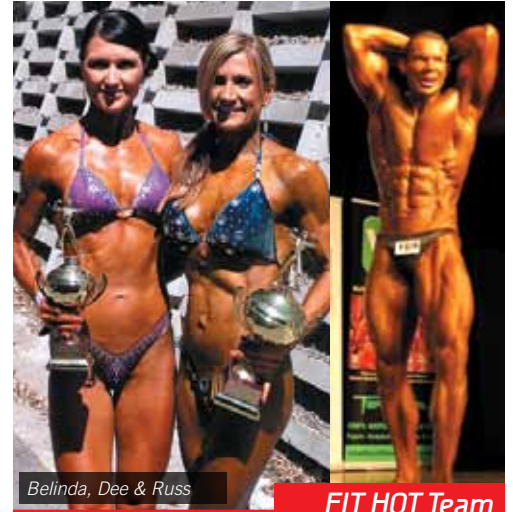
It has been more than four years since I have been actively fighting in the sport. The game has changed and standard is now higher. I have had to make some changes to my game and now being 40 years of age, my approach to training needs to be more systemised and technical with (I hate to say it) a more scientific tone attached to periodising my training volume. It is the classic case of more is not necessarily better.

Now that I am teaching in the fitness industry, I have incorporated many of the principles that are at the forefront of our training courses into my fight preparation. This is an advantage that I now have that I wish I had many years ago when I was fighting regularly as a professional.

## UFC 110

It is a great honor to be fighting on the UFC 110 card. I had no intention to fight again but when the opportunity presented itself I don't think I hesitated for a second. Elvis and I both fought in Australia's very first cage fight in 1997. Although Elvis seems to have a poor recollection of the fight, we have fought before and "I won". Both of us have much more fight experience and it should be a great fight and one I am really looking forward to.

UFC 110 will be televised free-to-air on ONE HD, 21 February.



Belinda, Dee &amp; Russ

FIT HOT Team

## FIT HOT Team on stage

During 2009, three FIT HOT Team members took to the stage, each achieving success in their individual categories. The trio demonstrated they don't just talk the talk, but are prepared to take on their own personal challenges and walk the walk.

Once again, Russell Brereton achieved success on the national stage, taking out 1st place (Men's Under 90kg) at the ANB Australian Titles and 2nd place (Men's Under 90kg) at the Asia Pacific Natural Bodybuilding Championships.

Also competing in 2009 were Dee Saffigna (2nd place, Figure Masters 40+, INBA Queensland State Titles) and Belinda Wasowski (3rd place, Figure Novice Tall, INBA Queensland State Titles, and 2nd place, Ms Figure International, INBA Natural Olympia).

While Russ is out of action for the year recovering from injury, Belinda, Dee and Daniel Exintaris all plan to compete in 2010.

## News Update

### Subsidised training available

We are excited to announce we are a preferred provider of the Productivity Places Program. This Government Initiative allows employees to gain a new qualification or upgrade to a higher qualification in the areas of Fitness, Outdoor Recreation and Community Recreation. This heavily subsidised program allows employers and employees to participate with minimal costs. Contact us today to learn more about how it can benefit you.

# Inspirational

## Client Profile

He's a familiar face at FIT Studio, training up to 6 times a week, and keeping the PTs on their toes. He's a dream client. He does whatever you ask, giving 120% for every single minute of his 60-minute session.

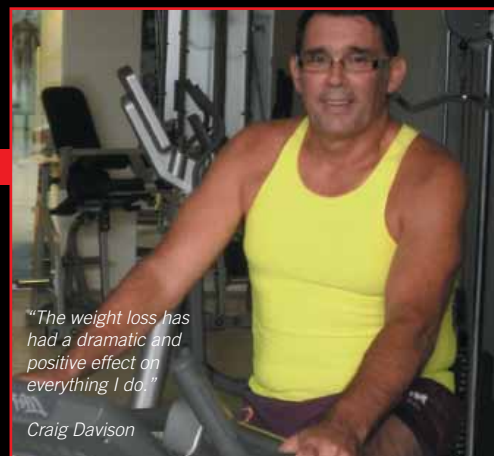
But despite his enormous efforts in the gym, it wasn't until Craig Davison committed to changing his diet that he started achieving significant weight loss. "Craig would train day after day, but advice about his diet went in one ear and out the other, so he wasn't getting the results he wanted. Then in October 2009 he came to me and said 'Chris, enough is enough', and we got him on an eating plan straight away," said Chris Haseman.

Since then, Craig has shed an amazing 16kg, and says the weight loss has had many benefits other than the physical appearance changes. "The weight loss has had a dramatic and positive effect on everything I do - from reducing my back pain to simply feeling good about myself. Overall my health / wellbeing has improved greatly and I have been really surprised at my ability to cope with extra training and my ability to continually beat previous training targets," Craig said.

As a successful businessman, Craig acknowledges fitting training around his busy schedule and interstate travel can be challenging, but says he makes his health a priority.

"I am usually on a plane at least once a fortnight, and away from Brisbane for at least a few days, so I simply need to train twice a day for at least two days a week to maintain my 6 sessions a week. If this means training at 5 in the morning, I simply make it happen. Seeing the benefit of my current weight loss and knowing how good I feel every single day makes me want to continue training," Craig said.

But it's not just his own health that is a priority. Craig encourages his staff to keep healthy too by sponsoring their participation in weekly group sessions at FIT Studio.



"The weight loss has had a dramatic and positive effect on everything I do."

Craig Davison

## Where are they now?

### Student Profile

Alex de Fina completed his Certificate IV at Fitness Industry Training in 2009, and is now establishing his own corporate wellness business. After studying with FIT, Alex joined Fitness First as a franchisee. Recently he began establishing a corporate wellness business and says that his success can be attributed to the knowledge he gained at FIT.

"The great industry exposure and first hand experiences that FIT gave me has significantly contributed to my success as a personal trainer. The team is professional and personal. Not only do they do a great job of getting to know their students personally, they are also genuinely enthusiastic about careers in fitness. The knowledge and real world experience shared by Chris and Russ was fantastic."

## FIT CEC Course Dates March - June 2010

	March	April	May	June
6 - 10th	<b>BOXING</b> ☀ Sat 6th - Sun 7th		<b>BOXING</b> ☀ Sat 8th - Sun 9th	
11 - 15th				
16 - 20th		<b>BOXING</b> ☾ Mon 19th - Wed 21st	<b>BOXING</b> ☀ Mon 17th - Tue 18th	<b>NUTRITION</b> ☀ Sat 19th - Sun 20th
21 - 25th	<b>BOXING</b> ☀ Tues 23rd - Wed 24th			
26 - 31st	<b>NUTRITION</b> ☀ Sat 27th - Sun 28th			

Please call us today to reserve your place on our next course! Phone: (07) 3862 1414 | Email: [admin@f-i-t.com.au](mailto:admin@f-i-t.com.au)

### NUTRITION CEC COURSE - 13 CEC POINTS

Great nutrition is available to everyone and this course will provide invaluable knowledge to assist you and your clients reach their ultimate health and fitness goals!

### BOXING CEC COURSE - 8 CEC POINTS

Learn correct boxing techniques that will add punch to your workout!

☀ These courses will be held over two days from 9am - 3:30pm both days.

☀ These courses will be held over two days from 12pm - 4pm both days.

☾ This course will be held over two nights from 5:30pm - 9pm both nights.