

The InFormer

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MONTHLY RECIPE: Magic Miso Marinade

Greetings!

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Last month marked Charles Darwin's 200th birthday, the still sometimes-controversial author of *The Origin of Species*. He questioned creationism and spent almost two decades observing nature and the process of natural selection--an extraordinary feat given the fact no one knew anything about DNA at the time.

Iconoclasts like Darwin inspire me to hold my ground on counter-intuitive, somewhat contentious concepts. When old-time strongman and York barbell founder [Bob Hoffman](#) introduced "slow and measured movements" in the 1960s, other "experts" in the fitness industry scoffed at his ideas.

The [Power of 10](#) is an evolution (pun intended) of Hoffman's and others' works, which support the irrefutable evidence of successful results when you train with intensity, rest, and slower, safer movements. Thousands of InForm clients across the country "get" the logic of the Power of 10, and one of them is Richard Zeltmann. Find out more about Richard in this month's feature article, "Play Ball."

InForm Certification Program, v1

Number of Certified Trainers Growing

Our Power of 10 certification program is coming together. We recently certified a third trainer outside the InForm Fitness family. Ultimately, we will offer group classes to meet growing client demand.

During the past few years, we've been developing training manuals, along with videos that follow the lesson plans. Soon trainers will be able to earn the exclusive Power of 10 certification by attending weekend workshops.

Mastering the counter-intuitive and complex ideas involved in our approach requires students to dig deeply into the Power of 10 concepts and learn how to present them to clients in an exacting, understandable way. Once practiced and skilled, a certified trainer can work with clients in any setting, whether in their home or in a gym, even without access to our special equipment.

This marinade takes minutes to whip up and is equally good on fish, chicken or tofu. If you have extra, it will keep in the refrigerator for up to a week and is great as a salad dressing. Add a little olive oil when using for dressing if desired.

Rich in vitamin B-12, zinc, copper and manganese, miso is thought to protect against breast cancer. It also supports the immune system, energy production in the body, and healthy bones, joints and blood vessels.

Ingredients

> 4T White Miso Paste (Any flavor miso will work, but white has the most mellow, 'neutral' taste. Look in the refrigerated section of your store; you shouldn't use dehydrated miso meant for instant soup.)

> 2T apple cider vinegar, white wine or apple juice

> 1T Honey, Agave or Brown Sugar (I usually use Agave, but if you're pan searing and want it to caramelize, the brown sugar is nice.)

> 2-3 Garlic cloves, smashed

> 1/4-1/2" Grated fresh ginger or 1 tsp ginger powder

> 3-4T Tamari (a natural form of soy sauce; look for Tamari or Shoyu)

> 2-3T Fresh squeezed lemon juice

> Tabasco or Red Pepper Flakes to taste

Directions

Mix all ingredients together and use to marinate your

As we develop our materials further, participants will be able to study on their own and complete the training in a single weekend workshop.

Look for more information as we expand access to the Power of 10 workouts.

Play Ball!

Slow, Steady and Safe Helps Client Live His Dream

by Adam Zickerman

Richard Zeltmann's extraordinary story of his 10-day vacation at the Yankees' Fantasy Baseball Camp deserves a feature spotlight. Like thousands of InForm clients, Richard realized his dream thanks to InForm's slow, steady and safe training.

The first of the year has come and gone, along with most of the New Year's resolutions people make to "exercise more."

The fact is few people have the physical, or mental, stamina to maintain strenuous daily workout regimens. Most people simply burn out, especially when they've added the word "more" to their exercise program.

Four years ago, Richard Zeltmann found out that the Power of 10 program was quit-proof. He contacted me after seeing Leslie Stahl report on InForm Fitness in "48 Hours Investigates."[\(see link: CBS News, "Feel the Power"\)](#) He was intrigued with the possibility of getting in shape by working out just 30 minutes once a week.



As Richard recalls, "I was doing absolutely no exercise. I've joined 20 gyms but never been able to stay with an exercise program for four weeks. I knew I could stick to this because I knew I could find a half-hour a week."

Dream Come True

A huge Yankees fan, Richard signed up for the team's fantasy baseball camp last year and started playing catch with his daughter to practice. Not having thrown a baseball in more than 20 years, Richard experienced shoulder pain and went to a doctor, who diagnosed a torn rotator cuff.

Faced with either surgery, followed by 12 weeks of recovery, or three months of physical therapy, Richard chose the latter. His physical therapist and InForm trainer Mike Rogers worked in tandem to help him reach his goal of playing in the fantasy camp.

While his therapist helped improve his flexibility to throw a baseball, Mike tailored his workouts to protect and strengthen his

favorite fish, meat or protein alternative. Add olive oil to use as a dressing, if desired.

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shoulder. "When the therapist gave me some muscle groups she wanted me to work on," said Richard, "Mike was already focused on the same areas, always making sure I had no pain during the workouts."

'Put Me in, Coach'

Richard hired a batting coach in preparation for camp and learned how to stand at the plate to protect his shoulder. "He was a college coach and ran a few fantasy camps. He told me to expect about a third of the players to get hurt the first day."

When Richard arrived at camp, his teammates ranged in age from 30 to 85. At 50, he was among the oldest, but both he and his body were prepared.

"By the end of the week, half my team couldn't run at all, so I was the designated runner for five of 12 players, in addition to myself," he said. "I sent Mike a text telling him that everyone was breaking down but me. My body hung in for 10 days, and I was able to play the whole camp, every inning of every game."

The key, Richard says, was allowing good professionals to get him in the best shape to achieve his goal. "They knew what I wanted to do, and everything they did was focused on helping get there. It was the best vacation of my life."

Train the Brain

The Power of 10 workouts are a marriage of both the body and the mind, delivering high-intensity strength training with built-in protections that keep clients from overtraining or falling off the exercise wagon.

At InForm, we're about consistency, not speed. Like the Tortoise and the Hare fable, the turtle won the race with mental focus. He plugged along and concentrated on his goal, getting stronger with each step. Meanwhile, the hare's speedy take-off left him exhausted and in second place.

We'd all like quick and easy fixes in our lives, especially when it comes to improving our health and fitness. While the workouts aren't easy, the Power of 10 program takes minimal time, which makes it almost quit-proof.

Richard achieved his goals by reprogramming his approach to exercise. Positive motivation and focus maximized the physical results and profoundly impacted his confidence, allowing him to play baseball for the first time in almost 32 years.

Congratulations, Richard, on your fantasy camp success.

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Why Weight? Diets Don't Work

By Jennifer Kaye

We're constantly bombarded with promises of quick weight loss. Incessant messages assure us the latest diet fad will be the FINAL solution to body perfection.



Whether low fat or no fat, high protein or pre-packaged meals, 50% of Americans are on a diet at any given time. So it's hardly surprising the weight-loss industry spends millions of advertising dollars pushing their products on TV, radio and Internet. In 2007, these companies enjoyed healthy returns on their marketing investments, boasting combined revenues of more than \$35 billion.*

Yet, even as our culture fixates on finding a quick solution to losing pounds through diet pills, convenience foods and trendy eating fads, 64% of Americans are overweight, and 35% are considered obese.* Clearly, the false guarantees of these diets steer us away from common sense. We dig deeply into our pocketbooks, only to realize few, if any, lasting results.

Why Diets Fail

Each person is unique, with different needs based on gender, age, ancestry and lifestyle, making it impossible for one particular eating regimen to be the answer for everyone to reach their desired weight.

Another reason dieting doesn't work is because it's an extreme solution. Like the natural reaction of a pendulum, an extreme swing one way causes an equally extreme swing back in the opposite direction. A diet may produce weight loss results for a short period of time, but research shows that as soon as a person returns to normal eating habits, his or her weight will swing back up an average of 10 pounds.

Finally, diets don't work because they require restrictions healthy human bodies cannot sustain. People who fail on diet plans are not flawed and weak; their bodies simply cannot tolerate the nutrition constraints.

The Natural Solution

Most people point to their "bad" eating habits as the culprit for weight gain without considering other causes, such as emotional imbalances. We're so busy trying to keep up in our fast-paced and hectic world that we lose sight of how other aspects of life can nourish both our bodies and our souls.

Simple lifestyle changes, like slowing down, eating a home-cooked meal, and spending quality time with loving people can help us to eat more consciously and release us from the endless cycle of dieting.

Believe it or not, a balanced life and a sustainable weight are your birthright. By taking all of the outward energy you expend on

diets, fads and gimmicks and turning inward, you'll be able to listen to your heart and inner wisdom. Your body will respond by settling into a natural equilibrium and you'll discover all it needs is your attention.

Throw out any illusions of a quick fix and save your money. You already have everything you need within you to feed yourself wisely. Making a lasting shift, however, may require evaluating your support system and working with a coach, counselor or loved one, who can help you tap this knowledge and create new, healthy habits regarding food and nourishment.

By completely nourishing your body, you'll realize real results in the forms of increased energy, stabilized weight and sustainable health.

* pcq-advisors.com/marketfocus/general_statistics.html

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Many thanks for taking a peek at our newsletter. Feel free to pass it along to friends and family, and we look forward to seeing you soon at your next training session.



Wishing you much health and happiness,

Adam



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