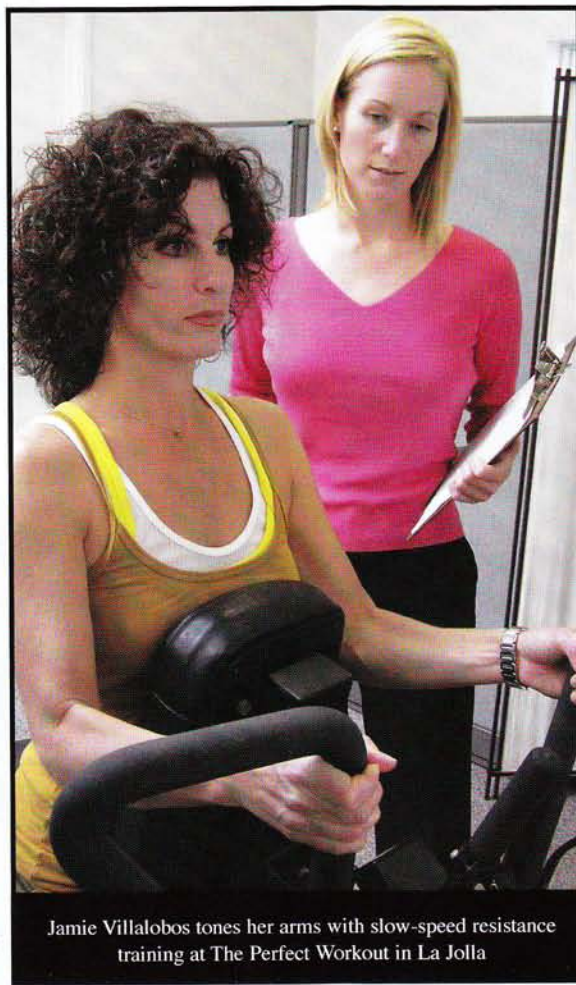


PREVENT OSTEOPOROSIS & DOUBLE YOUR GOOD CHOLESTEROL IN 20 MINUTES

BY JOHN COLMAN

Jane Fletcher feared osteoporosis. The 60-year-old San Diego resident had watched her mother's body become so weak and frail that her mother actually broke bones just from coughing or sneezing. Although she was already a regular swimmer and walker, Jane's doctors told her to start weight training in order to avoid suffering the same fate as her mother. She knew that she had to do something, but her life is so busy that she couldn't see herself spending a lot of additional time on exercise. Then Jane happened to read about a local company that specializes in a unique slow-speed method of weight training that would strengthen her body (and bones) with just two 20-minute workouts per week. Despite never having participated in weight training before, she enrolled with a personal trainer at The Perfect Workout in La Jolla. In the beginning she noticed that because she



Jamie Villalobos tones her arms with slow-speed resistance training at The Perfect Workout in La Jolla

was getting stronger, lifting and carrying things in everyday life became a lot easier. But the real payoff came at her next bone density scan - showing a 13% improvement over her previous test. The specialized strength training had not just slowed her march toward osteoporosis, it had actually reversed her bone density loss, making her bones stronger than they were before. "I feel optimistic looking forward," says Jane. "I no longer expect to suffer the way my mother did."

A number of studies have shown that effective strength training can increase bone density, including the recent Bone Estrogen Strength Training study at the University of Arizona. One of the exciting things about the special slow-speed strength training is that it might be even more effective than other methods of lifting weights. Dr. Philip Alexander, physician and faculty member at Texas A&M University's College of



10 Week Study of 73 subjects - Wayne Westcott, Ph.D. (50% better improvements in the slow-speed group)

Medicine, recently did some work with post menopausal women using slow-repetition strength training. The women increased an averaged of 1% per month in bone density from the unique 20-minute routine performed once or twice a week.

Another fascinating aspect of Dr. Alexander's work was the ability of the slow strength training to improve HDL cholesterol (the "good" cholesterol) in his patients whose levels were dangerously low. (The higher your HDL cholesterol, the better it is for your heart health.) He tested the effects of slow-speed strength training on 29 patients with abnormally low levels of HDL cholesterol (a normal HDL level is about 45). In 28 of the 29 patients he was successful in more than doubling their HDL values, typically taking them from levels in the low 20's (correlated with premature death) to the mid 50's (better than normal) in just 6 weeks.



Business executive Sally Zoll more than doubled the strength of her legs in her first four months of slow-motion strength training.

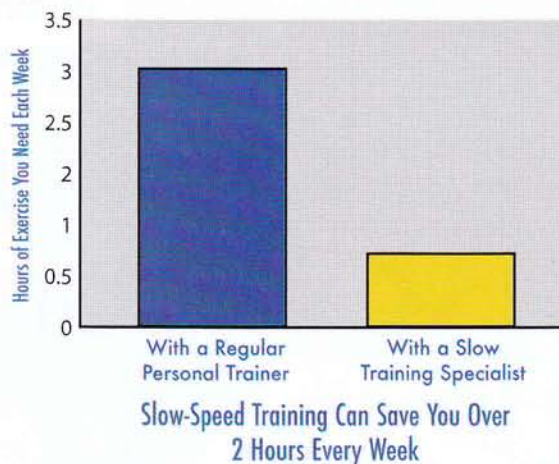
HOW CAN SLOW-SPEED STRENGTH TRAINING WORK QUICKLY?

This unique strength training protocol is a high-intensity/low-impact exercise method requiring brief and demanding workouts. The basic concept? Lift relatively heavy weights excruciatingly slowly (ten seconds to lift, another ten seconds to lower) for as many repetitions as you can until you're unable to move the weights anymore. And when you learn to challenge your muscles as deeply as a skillful trainer can teach, it's impossible to workout much longer than 20 minutes, even if you try. Dr. Alexander explains that it's the intensity of exercise that stimulates greatest changes. "A slower repetition loads the muscles more effectively and efficiently. It's harder!" exclaims Alexander. "That's why it can stimulate such a great total response in the body." Other members of the medical community are also taking notice. Dr. David Menche, M.D., of the New York Hospital for Joint Disease, calls slow-speed strength training, "The most effective, most efficient, and safe way to strength train."

Further research suggests that they're on the right track. In two large-scale studies conducted by Wayne Westcott, Ph.D., trainees using the special slow-speed repetitions averaged 50 percent better strength gains than the control groups using traditional weight training methods. And best selling fitness author Ellington Darden, Ph.D., documents that slow repetitions produce 59 percent better improvements in his research subjects when compared to normal strength training.

NOW EVEN SALLY HAS TIME FOR EXERCISE

Sally Zoll, 56, wanted to start working out to keep her body healthy. The only problems were that not only had she never done anything athletic before in her life, she works out of town all week as a business executive, leaving only the weekends to spend in her



hometown of San Diego. Referred by a friend, seven years ago she decided to try the slow-motion strength training program at The Perfect Workout in La Jolla, only able to commit to 20 minutes every Saturday. After a couple of years in the program she happened to have a full physical done at the Scripps Executive Center. "The doctors said I had the HDL cholesterol of a marathon runner," says Sally. "And since I also maxed out on the treadmill test at 6.4 miles per hour and a 24% incline, they wanted to know how much I jogged. When I said I don't do any running for exercise, they were skeptical, but I'm not! And 20 minutes is something that fits into my busy travel and work schedule."

The Perfect Workout has 6 private studios in San Diego County that specialize in one-on-one personal training with the slow-motion strength training method: La Jolla (858-729-9901), Del Mar (858-755-8868), Carlsbad (760-438-1400), Poway (858-748-7402), Chula Vista (619-216-0077), and Mission Valley (619-298-7900), www.ThePerfectWorkout.com.



Attorney Rose Thomas performs slow repetitions on the leg press machine