

fitness

MANAGEMENT

ISSUES & SOLUTIONS FOR FITNESS FACILITIES

MAY 2007

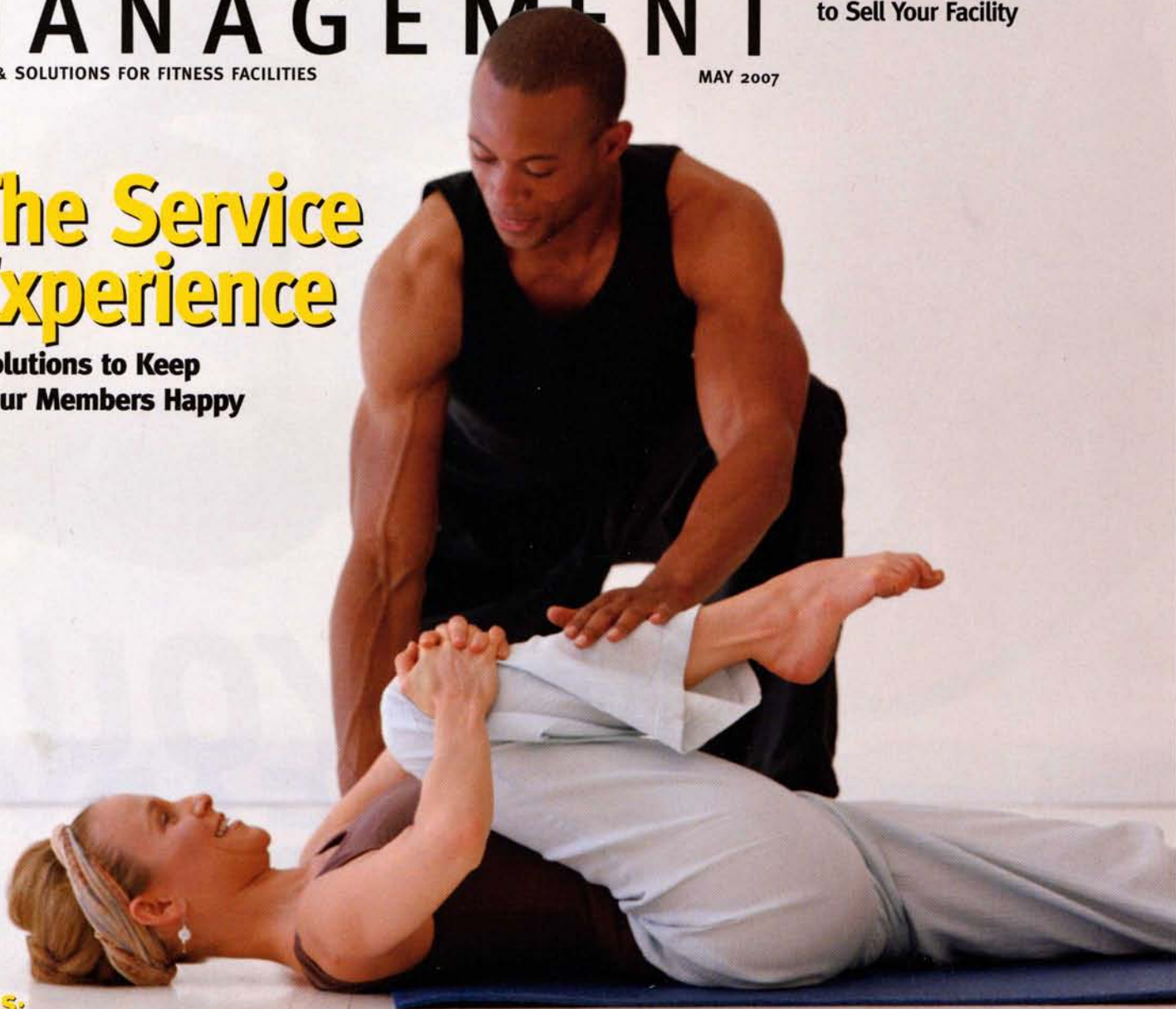
**FRONT DESK
OPERATIONS**
Empowering Your
Front Lines to Serve

MANAGEMENT
Ego-Surfing to Gauge
Member Satisfaction

WEBSITE DESIGN
Making Web Impressions
to Sell Your Facility

The Service Experience

**Solutions to Keep
Your Members Happy**



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- A Pilates Primer
- Cashing In on Beverage Bars
- Purchasing Guide: Flooring

Can a food label state that it has “0 grams trans fat” when it also lists “partially hydrogenated oil”?

Trans fat — or “trans fatty acids” — is formed when liquid oils are made more solid in a chemical process called “hydrogenation.” Most trans fat is found in shortenings, stick margarine, cookies, crackers, snack foods, fried foods, doughnuts, pastries, baked goods and other processed foods made with or fried in partially hydrogenated oils.

Consumption of trans fat increases low-density lipoprotein (the “bad” cholesterol) and decreases high-density lipoprotein (the “good” cholesterol). This clogs arteries and heightens the risk of heart disease. No more than about 10 percent of an individual’s caloric intake should come from saturated fat and trans fat combined.

As of Jan. 1, 2006, companies were

required to list trans fat on a separate line on the nutrition facts panel of all packaged foods (just below the line for saturated fat). There’s a loophole, though: Companies are allowed to list the amount of trans fat as “0 grams” on the nutrition facts panel and/or claim “zero trans fat” or “no trans fat” if the amount of trans fat per serving is less than 0.5 grams. So, if the label states both “0 grams trans fat” and “partially hydrogenated oil,” it means that the food has less than 0.5 grams of trans fat per serving. **FM**



Does grunting help someone lift more weight?

Not too long ago, reports spread about an individual who was escorted from a Planet Fitness location by local police for grunting, a violation of the facility’s policy. In fact, the story made the front page of *The New York Times*, and was the subject of *Fitness Management’s* February 2007 Editor’s Note (p.10) and a letter to the editor (p.13). Among other things, the incident triggered intense debate about whether a fitness center should have a “no grunting” rule. Lost in the shuffle, though, is whether there’s any



merit to grunting while lifting weights.

One study involved 31 men (15 athletes and 16 non-athletes, ages 17 to 35). Their maximal decibel level was measured and averaged for three maximal grunts. On a later day, the subjects made three grunt and three non-grunt efforts while performing an isometric deadlift. To be characterized as a “grunt,” the decibel level had to be more than 90 percent of maximum; a “non-grunt” was less than 25 percent of maximum.

The researchers found that grunting produced a non-significant improvement in peak force (2.3 to 5.0 percent) compared to not grunting. So it seems as if grunting does help, but not as much as might be thought. **FM**

Does oxygenated water improve aerobic performance?

Another one of the countless products that’s purported to have ergogenic properties is oxygenated water. Since oxygen is so critical to the muscles, having access to more of it would be highly beneficial. But can the body do anything with the additional oxygen?

In one study, 20 subjects were randomized

into two groups that performed exhaustive tests on a stationary cycle. Group A drank 1.5 liters of oxygenated water, and Group B drank 1.5 liters of untreated water every day for two weeks. Both groups then performed a second exhaustive test. Following a two-week “washout period” in which no experimental water was consumed, both groups performed a third exhaustive test. This time, Group A drank 1.5 liters of untreated water, and Group B drank 1.5 liters of oxygenated water every day for two weeks, then did a fourth exhaustive test.

The oxygenated water and the untreated water were bottled in a similar fashion so that the subjects — and those supervising the tests — were “blinded” to which water was being consumed. The researchers found that oxygenated water had no effect on aerobic working capacity. Incidentally, researchers in another study noted that “a single breath of air contains more oxygen than a bottle of oxygenated water.”

Bottom line: The belief that oxygenated water enhances performance is full of leaks. **FM**

Matt Brzycki is coordinator of recreational fitness and wellness programs at Princeton University, Princeton, N.J. He has more than 22 years of experience at the collegiate level and has authored, co-authored or edited 14 books.