Sonshine Fitness News

For friends of Sonshine Fitness  Summer 2001

About Us
Sonshine Fitness (SSF) is a professional Personal Fitness Training company servicing the Pittsburgh, Pennsylvania area. It is owned and operated by Larry and Stasi Longo. Larry and Stasi are certified by the National Federation of Professional Trainers (NFPT) and have over 20 years of experience designing personalized fitness training programs for every type of client, from beginners to professional athletes. We specialize in goal-oriented exercise programs to meet all of our clients’ needs, including:
- Diet and Nutrition
- General Conditioning
- Weight Loss or Gain
- Sports Specificity Training
- Bodybuilding/Fitness/Figure
- Rehabilitation

If you are interested in signing up for training sessions, e-mail Stasi at sonshinefitness@aol.com or call 412-922-2929.

SURVIVORS

You’ve probably heard of the popular TV show that pits people against the elements—and each other—to see who emerges as the ultimate survivor. But you probably don’t know that three very courageous Sonshine Fitness clients have waged their own personal version of survivor against a much deadlier opponent.

PEGGY FINNEGAN was a popular TV news anchorwoman when she received the grim news that she had breast cancer. Fortunately, Peggy had been vigilant about getting regular check-ups—her family had a history of breast cancer—so she caught the disease in its early stages. Still, it was a devastating blow.

Like anyone who has ever been diagnosed with cancer, Peggy was frightened. But throughout her treatment, she drew heavily on the love and support of her family, especially her younger sisters Kelly and Kathy, who had beaten the disease, and her husband Mike Donnelly.

Today Peggy is cancer-free and enjoys her life more than ever. She works part-time at WPXI so she can devote more energy to her husband and their four kids—Michael, Maura, Ryan and Shannon.

Peggy also makes staying healthy a priority and works out with Stasi twice a week in her home. It also gives her a chance to talk about spiritual issues.

“When you have a potentially fatal illness, it gives you a greater sense of your relationship with God,” she says.

Like Peggy, TRINA BRANDY was a healthy, vibrant woman when she was stricken with Hodgkin’s Lymphoma.

A woman of great faith, Trina believed that God would see her through her ordeal. But while the kemo and radiation therapy cured her cancer, her healing came at a terrible price. She was no longer able to have children.

Trina and husband Dominic—a prominent plastic surgeon—were heartbroken. But once again she trusted that God would provide a way, and her faith was rewarded when the Brandy’s were given a chance to adopt a twin boy and girl, B.J. and Olivia. Three years later they adopted a second girl, Cece.

Trina feels that she is a better person today—with a stronger faith in God and a greater appreciation of life.

“I don’t sweat the small stuff any more,” she says with a smile.

With three little ones to look after, Trina is very protective of her health. She trains once a week with Stasi, and also enjoys sharing her faith while strengthening her muscles.

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MARIANNE DEAN

Marianne Dean had worked with many personal trainers over the years, but was never able to achieve the results that she desired. Happily, that all changed when she signed up with Sonshine Fitness in March.

“I could see right away that this was a partnership,” says Marianne. “Stasi really took the time to listen to my goals and designed a nutrition program that was tailor-made for me. And Larry created a workout regimen that was just right. I knew if I stayed the course I would achieve my goals.”

And achieve them she did. After three months of intense training, Marianne looks and feels like a new woman. She’s decreased her body fat by almost 11 percent, while building the “hard body” she’s always wanted! And perhaps most importantly, she’s enjoying her new-found healthy lifestyle.

“I’m going to continue the program,” she says with a smile. “It’s a lot of fun and it works!”

JOHN HIRAS

Every once in a while a client is so intent on achieving their goals that they surprise even Stasi and Larry. Such is the case with John Hiras.

John had two very specific goals in mind when he came to Sonshine Fitness in June of 1999. He wanted to shed 15 pounds and he wanted a 32-inch waist. Nothing worthwhile comes easily, and John was prepared to work extremely hard to attain his goals.

Larry put him on a rigorous schedule that included weight training twice a week and tons of cardio. John dedicated himself to making a total lifestyle change, and he strictly adhered to Stasi’s prescribed diet.

The results were extraordinary. In just three short months, he reduced his body fat by a whopping 16 percent and lost 9 pounds. He also trimmed 3 1/2 inches from his waistline! Way to go, John!
Wendy's has long enjoyed a reputation as the “healthy” choice among fast food restaurants, an image enhanced by warm and fuzzy ads featuring burgers and fries pitchman extraordinaire Dave Thomas. But is there more to that reputation than great commercials? Let's take a closer look.

Wendy's menu features the standard fare of most fast-food restaurants along with a spate of specialty entrees such as stuffed pitas and baked potatoes. It also offers a wide array of salads, including the healthiest item on the menu—the grilled chicken salad.

What about Wendy's burgers being more wholesome and nutritious than the competition? Is that fact or fantasy? Let's use a plain, old-fashioned hamburger as a benchmark. A Wendy's single hamburger—with no cheese or condiments—has 24 grams of protein, 31 grams of carbs, and a belt-busting 16 grams of fat. By comparison, McDonald's hamburger has 13 grams of protein, 34 grams of carbs, and 9 grams of fat. So a burger is a burger, whether you see golden arches on the wrapper or a cute little freckle-faced girl.

So what can you order at Wendy's without blowing your diet? As we mentioned before, the grilled chicken salad—sans the dressing and breadstick that come with it—contains a very respectable 25 grams of protein with only 9 grams of carbs and 8 grams of fat. If dressing is a must, try the fat-free French or the reduced-fat Italian or Ranch.

And what about everybody's favorite, the frosty? Be forewarned. A medium frosty packs 73 grams of carbs and 11 grams of fat. So indulge at your own risk.

### Fast Food Facts

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### Entree Calories

- **Sandwiches**
  - Single Hamburger — Plain: 360 calories, 24g protein, 31g carbs, 16g fat
  - Single Hamburger with Everything: 420 calories, 25g protein, 37g carbs, 20g fat
  - Big Bacon Classic: 580 calories, 34g protein, 46g carbs, 30g fat
  - Grilled Chicken Sandwich: 310 calories, 27g protein, 35g carbs, 8g fat
  - Spicy Chicken Sandwich: 410 calories, 28g protein, 43g carbs, 15g fat

- **Fresh Stuffed Pitas (includes dressing)**
  - Chicken Caesar: 490 calories, 34g protein, 48g carbs, 18g fat
  - Garden Ranch Chicken: 480 calories, 30g protein, 51g carbs, 18g fat

- **Salads**
  - Side Salad: 60 calories, 4g protein, 5g carbs, 3g fat
  - Grilled Chicken Salad: 200 calories, 25g protein, 9g carbs, 8g fat
  - Soft Breadstick: 130 calories, 4g protein, 23g carbs, 3g fat

- **Potatoes & Chili**
  - French Fries — Medium: 390 calories, 5g protein, 50g carbs, 19g fat
  - Baked Potato — Plain: 310 calories, 7g protein, 71g carbs, 0g fat
  - Baked Potato — Bacon & Cheese: 530 calories, 17g protein, 78g carbs, 18g fat
  - Chili — Small: 210 calories, 15g protein, 21g carbs, 7g fat

- **Desserts**
  - Medium Frosty (16 oz.): 440 calories, 11g protein, 73g carbs, 11g fat

### SURVIVORS

(continued from page 1)

**Charlotte Sonne** is another woman of great faith who has overcome breast cancer. The courageous 62-year-old entrepreneur received 7 months of intensive treatment and was cancer-free in one year!

Not only did Charlotte beat cancer, but she turned her entire lifestyle around. Training once a week with Al Rowicki, she does cardio every day and follows her diet religiously. And she’s made some startling changes to her physique. (In fact, she claims that Sonshine owes her a new wardrobe because her clothes don’t fit any more!)

And at a time when most of her friends are retiring, Charlotte has started a new business!

“I’m working as a distributor for Nikken magnetic products and loving every minute of it,” she exclaims.

Sonshine client **Sherri Perretta**, who lost her mother to cancer, has a simple yet inspirational poem to share with those who are suffering from the disease.

Cancer is so limited …
- It cannot cripple love,
- It cannot shatter hope,
- It cannot corrode faith,
- It cannot eat away peace,
- It cannot destroy confidence,
- It cannot kill friendship,
- It cannot shut out memories,
- It cannot silence courage,
- It cannot invade the soul,
- It cannot reduce eternal life,
- It cannot quench the spirit,
- It cannot lessen the power of the resurrection.

* * *

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SCRIPTURE
I press on to take hold of that for which Jesus Christ took hold of me.
– Philippians 3:12

ACHIEVEMENTS
Congratulations to Carmella Antonino on writing her first book, “Beyond the Wedding Vows — Circumstances, Choices and Consequences of an Extramarital Affair.” If you’re interested in buying a copy of Carmella’s book, call 1-800-441-0313.

SYMPATHY
We offer our deepest condolences to clients who recently lost loved ones — Sharon Conley (mother), Kim Dunlap (grandmother), Katie Kennedy (grandmother) and Charlotte Sonne (sister).

SONSHINE FATTENS UP
Impossible you say? Not when it comes to adding to our training staff. We’re pleased to announce the addition of not one, but two new female trainers—Sarah Gammiere and Shelby McCall! Stay tuned for more details!

HAPPY BIRTHDAY
We’d like to extend warm birthday wishes to clients Andy Anderson (8/19), Rock Arkie (8/7), Roberta Arthur (7/15), Barbara Baldwin (7/5), Deborah Christy (7/6), Sharon Clark (7/7), Sharon Conley (8/7), Christopher Dean (7/13), Lance Dobrowski (8/23), Kim Dunlap (7/6), Roberta Dunlap (8/26), Steve Edelstein (8/21), Marsha Frazier (8/10), Fran Gargotta (8/11), Aaron Genton (8/22), Pam Giannette (7/16), Steve Guest (7/29), Patty Henderson (8/22), Rebecca Joy (7/3), Connie Kress (7/1), Mary Maloney (7/27), Linda Megaludis (7/17), Rick Mongiovi (6/23), Jennifer O’Donnell (7/12), Gary Ogg (7/1), Amy Overman (8/4), Lisa Pellegrini (8/3), Neet Raja (8/31), Kara Richardson (7/4), Arlene Romilly (8/24), Roxanne Runcio (7/29), Charlotte Sonne (8/2), Angela Spotti (7/29), Dawn Taylor (8/8), Charlene Tissenbaum (7/25) and Jane Viehman (8/16).

INSPIRATION
“A man is not old until regrets take the place of dreams.”
– John Barrymore

Sonshine Fitness
1214 Jerome Street
Pittsburgh, PA 15220

EARNING HER WINGS
Many people come to Sonshine Fitness because they want to shed unwanted pounds. But that wasn’t the case with Sherri Perretta, a flight reservationist with US Airways. Already lean and petite, Sherri had another goal in mind — to run in long-distance races.

“Even though I didn’t need to lose weight, I needed to become more toned and defined, and I wanted to have more energy,” says Sherri.

After signing on with Sonshine Fitness last August, she began to see immediate results. Training once a week at home with Stasi and diligently sticking to her prescribed “homework,” Sherri lowered her body fat by nearly 5 percent, while toning and reshaping her physique — all in just 2 short months! (Remember, Sherri was lean to begin with!) She also felt a big boost in energy to boot.

Having transformed her body, Sherri decided she was ready for the ultimate test. She competed in a 4-mile run in Fairfield, Connecticut in May and finished in 45 minutes, an excellent time for a first-time competitor.
Finally. The sale you’ve been waiting for is here.

OTOMIX

The “lite” athletic, fashion, multi-purpose sports shoe, available in 6 styles:

The Power Trainer—$89
The Power Trainer Low—$69
The Versa Trainer—$99
The Ultimate Trainer—$99
The Super Hi Hightop—$75
The Powerflex Trainer—$94

also

Slouch Socks (Black or White) —3 pair for $15

* Each style comes in either Black or White *
* Sizes available for Men and Women *
* All orders must be accompanied by a payment (Visa and MasterCard accepted) *
* Orders due by August 15, 2001 (see other side for order form) *
* Please allow 3 weeks for delivery *

ALL SALES ARE FINAL—NO EXCHANGES OR RETURNS