



# FIT TO BE TIED

THREE OF DENVER'S TOP TRAINERS SOUND OFF ON THE WORLD OF FITNESS

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every year, Colorado ranks as one of the fittest states in the nation. By and large, it's a place where people like to be active, where the population takes pride being physically fit. Along the way, someone is helping out with this effort, providing the motivation and expertise. That's where the trainers fit in. These are the folks at the gym giving advice and barking instructions. To get a sense of what's happening in the world of workouts, *MHSM* sat down with three of the best in the business, getting their take on the state of fitness.

## THE PARTICIPANTS



**DOMINICK DEVENCENTY**  
Fitness Manager  
24 Hour Fitness (Tiffany Plaza)



**RONNIE SMITH**  
Director of Operations  
Genesis Fitness Camps (Capitol Hill / DTC)

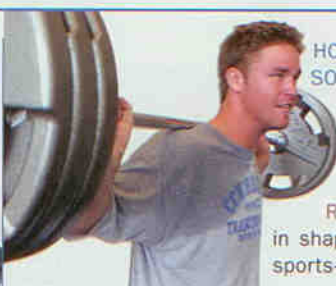


**JACQUELYNN PUDELWITTS**  
Trainer  
Mountainside Fitness (Westminster)

## THE QUESTIONS

**WHAT'S THE BIGGEST MISTAKE PEOPLE MAKE WHEN TRYING TO GET IN SHAPE?**

- D: Doing too much the first time they come in. They end up either hurting themselves or are so sore they don't come back.
- J: Repetitive exercise – too much cardio, not enough RT (resistance training). You need strong muscles to burn fat effectively and efficiently.
- R: Giving up because they do not see instant results. It takes a few weeks, Be patient.



**HOW MANY HOURS PER WEEK SHOULD SOMEONE WORK OUT?**

- D: I would recommend around the same, two to three times per week.
- J: Five to 10, again depending on their goals.
- R: Five to six, if they are training to stay in shape. It varies if you are training for a sports-specific item.

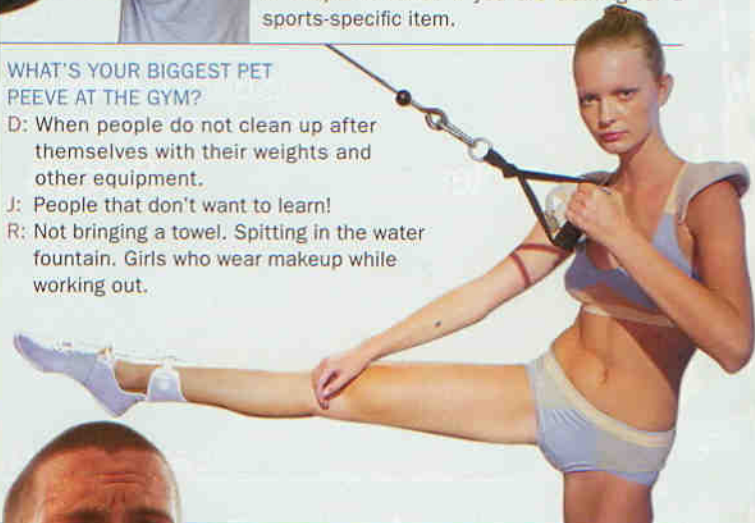
**WHAT'S THE MOST IMPORTANT FOOD PEOPLE SHOULD ADD TO THEIR DIET?**

- D: Any food high in fiber and nutrients. Look for a food that is colorful and dense, like broccoli.
- J: Lean protein.
- R: More protein! Chicken, beef, shakes.



**WHAT'S YOUR BIGGEST PET PEEVE AT THE GYM?**

- D: When people do not clean up after themselves with their weights and other equipment.
- J: People that don't want to learn!
- R: Not bringing a towel. Spitting in the water fountain. Girls who wear makeup while working out.



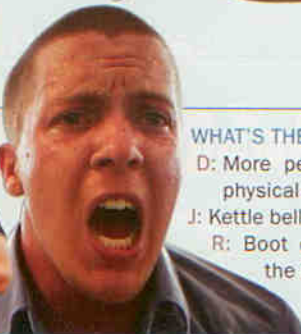
**WHAT'S THE ONE THING PEOPLE SHOULD STOP EATING/DRINKING?**

- D: Completely stopping something is tough, so I would recommend starting to cut back on high-calorie and sugar-filled liquid drinks.
- J: Caffeine and alcohol.
- R: French fries.



**HOW MUCH CARDIO SHOULD SOMEONE DO PER WEEK?**

- D: I recommend a minimum of two to three times per week.
- J: Four to five days on average, depending on their goals.
- R: Cardio is your friend, at least three hours.



**WHAT'S THE NEXT BIG TREND IN FITNESS?**

- D: More people getting into multiple cardio and physical agility training programs.
- J: Kettle bells, and new innovative core training.
- R: Boot camps. They are showing up all over the country.

