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MARCH/APRIL 2018

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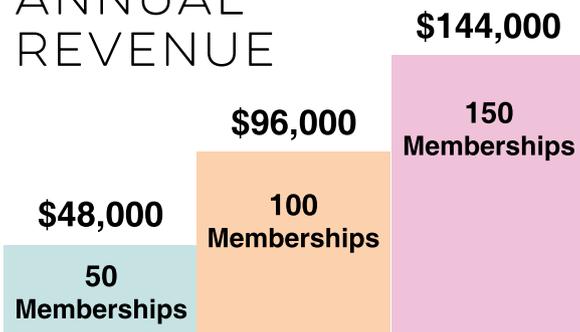
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# what's inside

## ON THE COVER

### 14 Train Outside and Give Yourself a Raise

Training in nature is like making an extra \$20,000 a year

### 16 Metabolism: Ideas and Applications

Facilitating weight loss with new research



## FEATURES

### 12 Become the Mountain

Overcoming Cyber-Bullying

### 20 Activity and Exercise: What's the Difference?

Understanding the role of exercise in an active lifestyle

### 22 Unleashing the Power of Resistance Bands

Leveraged correctly, bands are more than just a tool for rehabilitation

### 26 Touchy About Touch

Building a touch-vocabulary to have safer and more sustainable movement practices

### 28 Réveiller à nouveau l'esprit - Partie un

Utiliser l'intéroception et le mouvement somatique pour le succès du vieillissement

### 30 Who is Your Wingman?

Find the right accountability partner to keep you on track

### 32 Reawakening the Mind -Part 1

Using interoception and somatic movement for successful aging

### 34 Start Them Young

Mindfulness practices teach kids to deal with stress and restore equilibrium



### 36 Sweet and Savoury Breakfast Options

Get your nutrition on with two very different recipe options to satisfy your palate

### 38 Outdoor Family Training Fun!

Give the family the gift of health (and laughter) with a fun and easy fitness circuit

### 40 Navigating the Fitness Industry

Develop a game plan for a successful and lucrative career in fitness

### 42 Outdoor Training and Insurance Concerns

Minimize the risks of outdoor training with effective planning

## REGULARS

6 Note from the VP

8 Updates

10 PRO TRAINER Showcase

11 Preferred Education Provider Trainings

44 Member Spotlight

*Mark Campbell: Full Immersion with Purpose*



46 Daily Reminder  
*Stress Resiliency*

**The Official Magazine of  
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Our Purpose: Inspire Healthy Living  
Through Fitness Education

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# Spring is in the Air



Every Canadian handles winter differently; some of us thrive during this season of fun in the snow while others bundle-up and hibernate with a hot toddy until the groundhogs tell us otherwise. For all of us however, the early blooms of Spring are rejuvenating! To show our love for the warmer breezes ahead, this issue brings you one really big reason to take your training outdoors in the article “Train Outside and Give Yourself a Raise” on page 14. Whether it’s for the benefit of your

clients or yourself, the happiness effect adds another level to fitness that extends beyond just the physical benefits. Once you have your outdoor space picked out, turn to page 22 for “Unleashing the Power of Resistance Bands”, and page 38 for “Outdoor Family Training Fun” for some fresh ideas on equipment and exercises that can be taken out into the fresh air.

The transition at this time of the year also brings a certain amount of stress as ‘bikini ready’ and ‘beach body’ ads begin to filter into our social media accounts. Although we appreciate the increase in business this can bring, we also spend a lot of time debunking myths related to spot-reduction, as well as strategizing long-term goals that have staying power. As fitness professionals, staying on top of the latest research and techniques is vital if we’re to successfully help our clients through the physical and mental aspects of fitness. “Metabolism: Ideas and Applications” (page 16) presents more options than ever before for us to facilitate weight loss, and as the author Fabio Comana puts it, exert influence, remain relevant and help individuals attain goals. Who doesn’t want more success for their clients, more referrals, more clients/participants, and a booming business?

We help individuals each and every day to find success in fitness. We love what we do and if you’re one of those people who may have wondered how to have a successful and lucrative career doing what you love, then you need to read “Navigating the Fitness Industry” on page 40. Just like you would do for your fitness participants, develop your game plan and set your benchmarks to give longevity to your fitness career.

As we continue to celebrate canfitpro’s 25th anniversary, I encourage you to keep celebrating your successes and milestones, keep dreaming and planning your futures, but more importantly, take a pause to appreciate where you are in this minute. Success doesn’t happen in the past or future, it is a product of the present moment.

Nathalie Lacombe  
Proud member and Vice President  
canfitpro



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# PRO TRAINER Showcase

Dee Miller

**canfitpro Programs Taught:** PTS, FIS, HWL, FMA, BODYSHRED™, CPR & AED

**Why did you become a PRO TRAINER?**

As a fitness professional, with over thirty years in the industry, I felt I wanted to share my knowledge and experiences on a larger scale. I started as an Associate PRO TRAINER and soon realized how much I loved working with students, helping to turn their passion into a career. I soon started to build my own territories and adding more disciplines as a PRO TRAINER. My territories now run from St. John's to Vancouver. I love knowing that by teaching canfitpro programs, my students are getting the best training available and in turn we are setting them up for success!

**What have you learned as a PRO TRAINER?**

Over the years, I have really never stopped learning. Every course I teach, I learn something new. It could be a new way to communicate an idea or a new way to meet the need of a student. With each student bringing their ideas and experiences forward in class, there are always new learning experiences. Every student learns differently, so as a PRO TRAINER, I want that connection with my student so that I can deliver the canfitpro program in the best learning environment possible.

**What is your favorite section of the Fitness Instructor Specialist (FIS) course and why?**

My favorite part of the FIS course is Components of a Fitness Class. Teaching students and having them understand how a fitness class should be designed, and the function and practical application of each component. I love watching them go through each component when they are working in groups in the studio. Soon, what usually starts out as a "I don't



think I am going to get this" slowly turns into that 'Aha' moment and "now this makes sense". Watching my stu-

dents take the theory and turn it into a practical class is the highlight of teaching.

**What motivates you to be the best PRO TRAINER you can be?**

My students! From the first time I meet my students, I want them to know that I am there for them and will do everything I can to help them succeed! I love watching them grow from passionate students to certified professionals. It puts a smile on my face every time one of my students check-in with me and let me know how their fitness career is going. Being honoured with the 2016 canfitpro award "GOING ABOVE & BEYOND" was one of my greatest joys of being a PRO TRAINER.

**In a year from now, what do you hope to achieve?**

I am hoping this year to continue to grow my canfitpro business. I would like to add five new Associates to my team and continue to increase my number of territories throughout Canada. I am also developing canfitpro Continuing Education Credit (CEC) programs and I am looking forward to my latest cookbook launch.

Log into [canfitprointeractive.com](http://canfitprointeractive.com) and visit the Member Benefits tab to obtain member discount codes and instructions to access all Member Benefit Provider products and services.

# Preferred Education Provider Trainings

## FITNESS KICKBOXING CANADA



### Alberta

- Mar. 10 - MMA Fitness - Level 1 Instructor's Course - Spruce Grove
- Mar. 24- Fitness Kickboxing - Level 2 Instructor's Course - Calgary

### British Columbia

- Mar. 10 – Fitness Kickboxing - Level 1 Instructor's Course – Richmond
- Mar. 11 – MMA Fitness -

Level 1 Instructor's Course – Richmond

### Ontario

- Mar. 10– FKCI Bootcamp Canada – Level 1 Instructor's Course - Toronto
- Mar. 10 - Fitness Kickboxing - Level 1 Instructor's Course - Sturgeon Falls
- Mar. 14 - FKCI Bootcamp Canada - Level 1 Instructor's Course - North York
- Mar. 24– Fitness Kickboxing – Level 2 Instructor's Course - Toronto
- Mar. 25– Fitness Kickboxing – Level 2 Instructor's Course - Kingston

- Mar. 31– Fitness Kickboxing – Level 1 Instructor's Course - Toronto
- Apr. 15– FKCI Bootcamp Canada – Level 1 Instructor's Course - Markham

### Saskatchewan

- Mar. 11 - Fitness Kickboxing - Level 2 Instructor's Course - Estevan



Fitness Kickboxing Canada is the Preferred MMA Certification Provider for canfitpro. For full course calendar, visit [fitnesskickboxingcanada.ca](http://fitnesskickboxingcanada.ca)

## NAVINA



### Manitoba

- Mar. 16-18 – Module 1: Essentials – Brandon
- Mar. 23-25 – Module 2: Expanding – Brandon
- Apr. 13-15 – Module 3: Customizing – Brandon

### Quebec

- Apr. 21 – Thai Yoga Stretching for Exercise Pros 1 – Quebec City
- Apr. 22 – Thai Yoga Stretching for Exercise Pros 2 – Quebec City
- May 26 – Thai Yoga Stretching for Exercise Pros 1 – Montreal
- May 27 – Thai Yoga Stretching for Exercise Pros 2 - Montreal

Navina hosts a variety of Thai Yoga Therapy courses, workshops, and retreat intensives throughout Canada and internationally (CECs available for PTS and FIS). For full International Course Calendar, visit: [navina.ca](http://navina.ca).



NAVINA  
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## YOGAFIT CANADA



### Alberta

- Mar. 17 - Level Two: Communication - Edmonton
- Apr. 7 - Level Three: Introspection - Calgary
- Apr. 19 - Level Four: Tradition - Edmonton
- Apr. 28 - Level One: Foundations - Edmonton
- May 3 - YogaFit for Emotional and Physical Trauma - Calgary

### British Columbia

- Apr. 21 - Level Three: Introspection - Vancouver

### Manitoba

- Mar. 10 - Level Two: Communication - Winnipeg
- Mar. 17 - Ayurveda 2 - Winnipeg
- May 2 - YogaFit Yoga Nidra - Winnipeg
- May 3 - Level One: Foundations - Winnipeg

- May 3 - Meditation and Mindfulness - Winnipeg
- May 3 - YogaFit for Warrior (PTSD) - Winnipeg
- May 4 - Working with the Chakras - Winnipeg
- May 5 - Anatomy and Alignment - Winnipeg
- May 5 - YogaFit for Warrior Kids (Childhood Trauma) - Winnipeg
- May 5 - YogaFit Props-Winnipeg
- May 6 - YogaFit Prenatal - Winnipeg

### Nova Scotia

- Apr. 6 - YogaFit Seniors - Halifax
- Apr. 7 - Level Two: Communication - Halifax
- Apr. 26 - YogaFit Props - Truro
- Apr. 26 - YogaFit Restorative - Truro
- May 3 - Level One: Foundations - Halifax
- May 5 - YogaFit Kids - Halifax

### Ontario

- Apr. 4 - Thai Energy 1 - Toronto
- Apr. 5 - Anatomy and Alignment - Toronto
- Apr. 5 - Level Four: Tradition - Toronto
- Apr. 5 - Level One: Foundations - Toronto

- Apr. 5 - Positive Psychology - Toronto
- Apr. 5 - YogaFit Healthcare 1: Assessing the Physical Body - Toronto
- Apr. 7 - Anatomy and Alignment 2 - Toronto
- Apr. 7 - Working with the Chakras - Toronto
- Apr. 7 - Yoga Fit and Focused Kids - Toronto
- Apr. 8 - YogaFit Seniors - Toronto
- Apr. 15 - Meditation and Mindfulness - Stittsville (Ottawa)
- Apr. 21 - Level Three: Introspection - Ottawa
- May 5 - Level Two: Communication - Toronto

### Prince Edward Island

- May 5 - Level One: Foundations - Charlottetown

### Quebec

- May 5 - Level Two: Communication - Pointe-Claire
- May 17 - Level One: Foundations - Pointe-Claire (Montreal)

### Saskatchewan

- Mar. 17 - Level One: Foundations - Saskatoon
- Apr. 28 - Level Two: Communications - Regina

Register for one of these upcoming YogaFit® trainings in Canada! Begin your journey with Level 1 or any of our specialty trainings. All trainings are eligible for canfitpro CECs and canfitpro members save 10% off trainings with code TTR-canfitpro. For information or to register, go to [yogafitcanada.com](http://yogafitcanada.com).





# Become the Mountain

## Overcoming Cyber-Bullying

By Dione Mason, 2017 canfitpro Fitness Instructor of the Year

In 2004, when I first began my journey as a fitness professional, I taught Group Fitness as a side activity. I worked as a Customer Service Representative at a technology company, while volunteering as a Fitness Instructor at the corporate gym, in exchange for a free membership.

It wasn't until my company downsized in 2008, costing thousands of lost jobs, including my own, did I begin to seriously think about my purpose and dream of working for a LOVING, not a LIVING.

Shortly after losing my job, I decided I would do something completely unorthodox, something I was not conditioned to do – I decided to take a RISK! I decided I was going to stop wading in the pool of being a full-time fitness professional and dive right in.

The few classes I taught on a weekly basis brought me a deep sense of satisfaction with the impact I made in the lives of those that attended. I wanted more.

I began vigorously investing in fitness certification programs as a Personal Trainer Specialist (canfitpro), Nutrition & Wellness Specialist (canfitpro), Certified Spinning Instructor (Mad Dogg Athletics), and Fitness Kickboxing Instructor (Fitness Kickboxing Canada). I attended workshops and trainings to enhance my skills as an instructor with Zumba Basics 2, Zumba Toning, Zumbatomic, Zumba Gold, and more. I then began to strategize on how I could make a career in fitness.

One week after I completed a training for a fitness brand, that I was quite excited would add flavour to my repertoire of grow-

ing fitness modalities, I came across my first major road block. I was sending out messages and notices through my personal and social media networks, promoting my new career shift and giving teasers of the newest classes I would be teaching, in hopes of creating a buzz. Before my first class was taught, a colleague sent me a lengthy negative message. Even though she had never attended any of my classes, she went into great length to tell me how unskilled I was, that no one would be interested in attending my classes, and I should just quit advertising as I would fail.

Besides being shocked and hurt, I was perplexed as to why someone who barely knew me, and whom I had little interaction with, would send me such a message. Little did I know at that time that this was only the first of many hate messages to come. Rather than allowing this to bring me down, it breathed within me a fire to prove her wrong. I was going to find a way to not just improve my skills, but I wanted to be the best. My vision was to build a brand that would put me in demand in the Toronto fitness scene. With a background in marketing, I brought together my creativity and intuitiveness and got to work.

In just one year, I formed partnerships and created the Warm Up Rally concept for major running/walking events and fitness challenges. This had never been done in Toronto before. This gave me exposure to thousands of people. I began hosting innovative fitness workshops and events that often gave me media exposure.

**“I chose to use the negativity as motivation to build a better and stronger me, therefore becoming unshakable and strong in my conviction, vision, and passion.”**

Then the hate mail and cyber bullying began coming in a down pour. My social media account was hacked. An instructor began calling clients, colleagues, and vendors, spreading salacious information about me, in an attempt to block business opportunities and ruin relationships I had developed. Negative postings about me and my fitness projects were being posted on social media groups to try and discredit me.

And then I took a pause.

I realized if I was going to get through this and fulfill my original vision, I had to become bigger than all the obstacles I was facing. I had to become a mountain that no one could shake. I believe it was at that moment the universe began to conspire for my success. Doors began opening, ideas began flowing, and most importantly, I realized what I was doing was bigger than myself. I was given a gift and I had to fulfill it.

There are many that, when faced with “mountain” like obstacles, would just turn back and not even try to get through, around or over them.

Today, I am glad I chose another way to deal with the mountain – I became it – that is, I chose to use the negativity as motivation to build a better and stronger me, therefore becoming unshakable and strong in my conviction, vision, and passion.

If you can't get through, around or over the mountain – become it.

## HOW TO BECOME A MOUNTAIN

### 1 Embrace challenges, don't hide or run from them

With physical training, we build muscle by adding load. Avoiding resistance training will never lead to stronger muscles.

Likewise, when you are trying to achieve great things, be ready and willing to deal with any challenges that will come your way and view them as strengthening tools. As you learn to deal with smaller obstacles (i.e. a participant walking out of your class), it will train you on how to handle larger obstacles (i.e. losing a major contract).

### 2 Use critics as free advisors

Have you received a hate message, someone trolling you on the internet or a class “cricket” stirring up negative talk? If the person is willing to have an intelligent dialogue, engage with them and ask questions. For example, “Hi Susie, thank you for taking the time to comment. I appreciate constructive feedback. When you say my group fitness class “sucked”, I would love to hear your suggestions on how I can improve the class experience for you and future participants. Please let me know specifically what improvements you would like to see.”

### 3 Never take things personally

We are humans with real emotions. It can be hurtful when someone carelessly taps their keyboard and sends a message or posts something that seems very personal, attacking your business and/or reputation. But ask yourself, does this person even know you? Have they ever sat across from you and had a meal with you? Could they even pick you out from a crowd? So how could it be about you? I have rarely received a negative comment to my face. It's often some person behind a screen.

When you begin to achieve great things, you become like a bright light. Instead of appreciating your brilliance, people in a dark place resent the light and will project their own fears on you. Don't let them. The Sun doesn't ask permission to shine, it just does. Others can either bask in its glow or put on sunglasses. So, shine bright and keep pushing forward.

### 4 Remain focused by ignoring the noise and remember your WHY

Although it's important to engage with your clientele and others that can help transform you, ensure you're not wasting energies on just “noise”. My Grandmother used to say, “If you waste time stopping at every dog that barks, you'll never get to where you're going.” My Grandmother lived deep in the countryside of Jamaica and most of the neighbours had several dogs. If you were not cautious, you would waste time fussing with the dogs and forget WHY you left the house – to fetch water. These wise words from a woman ahead of her time are fitting today. If you waste time answering and arguing with everyone who barks their opinion, and presents an obstacle in your way, you'll never achieve your goals.

### 5 Never quit, but be willing to pause

Basketball players do it when they dribble. Boxers do it when they clinch. Body builders do it when they take rest days and long-distance runners do it when they take walk breaks. Basketball players often do it to read their opponents and figure out a strategy to score. Boxers do it often when they are tired or cornered. Taking a pause isn't giving up on your vision, but part of the journey. Taking a pause for self-care, self-reflection, strategy re-direction, and self-investment allows you to become a stronger mountain.



Dione is a Fitness & Lifestyle Coach and 2017 canfitpro Fitness Instructor of the Year with over 15 years' experience in the Health and Wellness industry. For more information or to connect with Dione, visit her website at [dioneMASON.com](http://dioneMASON.com), Instagram: @dione\_mason, Twitter: @dionemason, and on Facebook: Dione MASON Fitness

# Train Outside and Give Yourself a Raise

Training in nature is like making an extra \$20,000 a year

By Nathalie Plamondon-Thomas

## **Happiness Effect of Being Outside**

Studies in Ontario showed that spending time outside or simply living where green space was in immediate sight contributes to elevate someone's mood and decrease their stress level, as much as a twenty thousand dollar raise in salary would.

## **The Science Behind 'Fresh Air'**

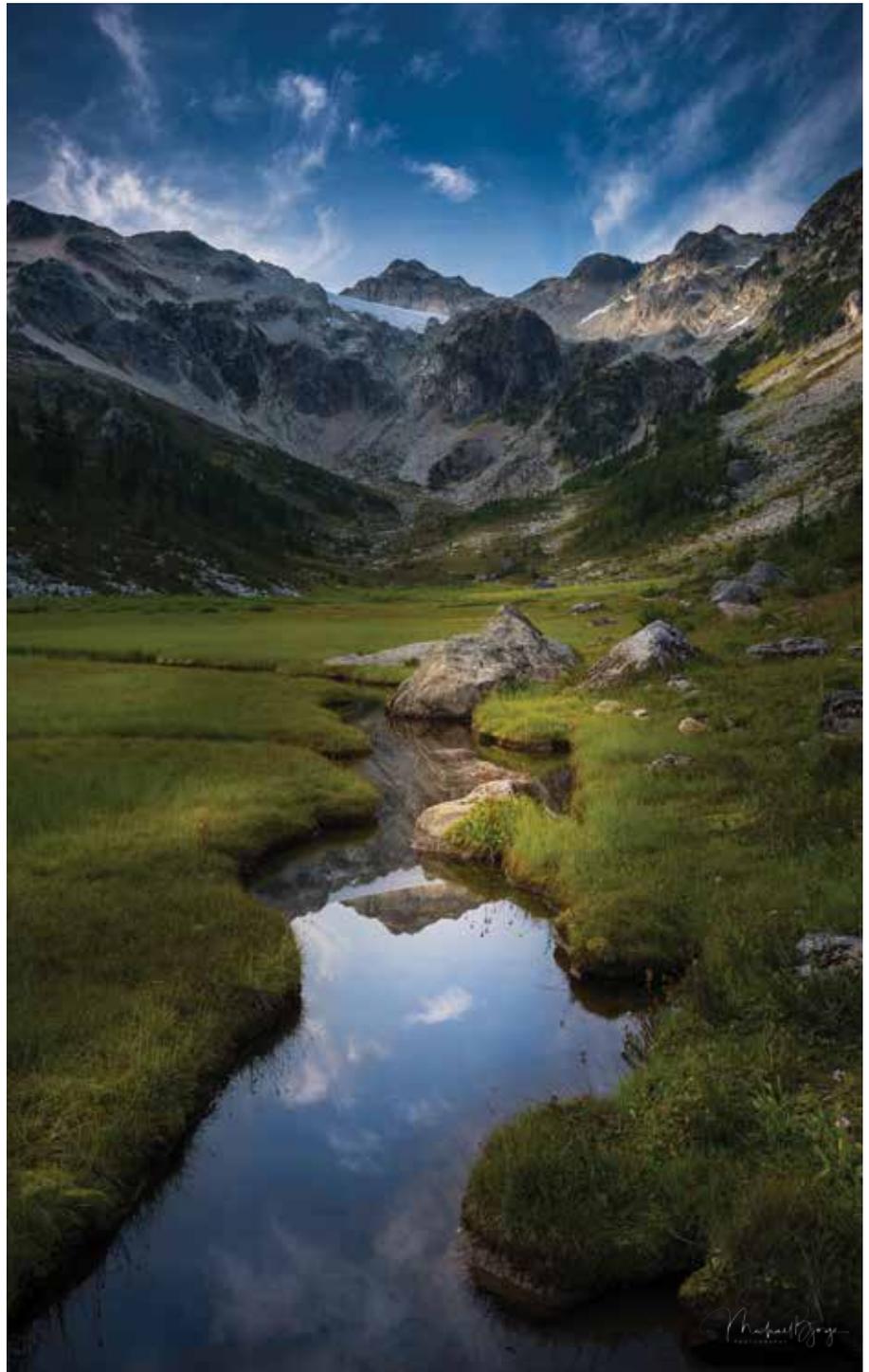
Outdoor space contains electrically charged particles, created when the air molecules come in contact with sunlight and water. "Fresh air" basically means air that is fully charged, unlike the air inside an air-conditioned gym. As we exercise through these ions present outdoors, we become more alert, gain mental clarity, and elevated mood.

**"...[even] exercising in front of a window where you can see trees and green space increases positive brain function."**

Measuring stress hormone behaviours when sweating outdoors, also showed an increase in performance. A Japanese study at Chiba University showed the difference of people walking in city centers vs. in the forest. The later showed less cortisol (stress hormone) and lower blood pressure. Even a fifteen minute walk in the woods causes measurable changes in physiology. Of course, being outdoors also boosts your Vitamin D level.

## **Outdoor Training**

Find a way to take your clients outdoors. Not only does it provide variety, but it also generates higher levels of endorphins. Find an outdoor area, a tree or a small piece of grass, where you can run to as a



warm up or a final sprint. Use this space for the after-session stretch.

Use the bleachers or soccer goal posts in a nearby sports field to attach your suspension trainer or tubes. Use the stairs to run up and down, and use the ramps for pull ups. Carry empty gas tanks and fill them up with water at an outdoor fountain for added strength training. Use park benches for tricep dips and decline push-ups. Carry jump ropes or heavy chains to pull behind them in the grass as they come up and down a slope.

In the summer, if you are close to a beach, or when your clients travel down south, put together a program for them to do right on the beach. There's nothing worse than going to a tiny indoor gym when you are on holidays by the ocean. My husband and I have a great workout on the beach as we race each other carrying a lounge chair, we lift the chair as a dead-row while the other sits in it, we lift the chair for overhead presses, use it for decline pushups, tricep dips, jump overs, etc. Imagination is the key! Make sure you carry your business cards with you as the people around you will be inspired and intrigued. Take advantage of this free marketing opportunity!

### Can't Get Outdoors?

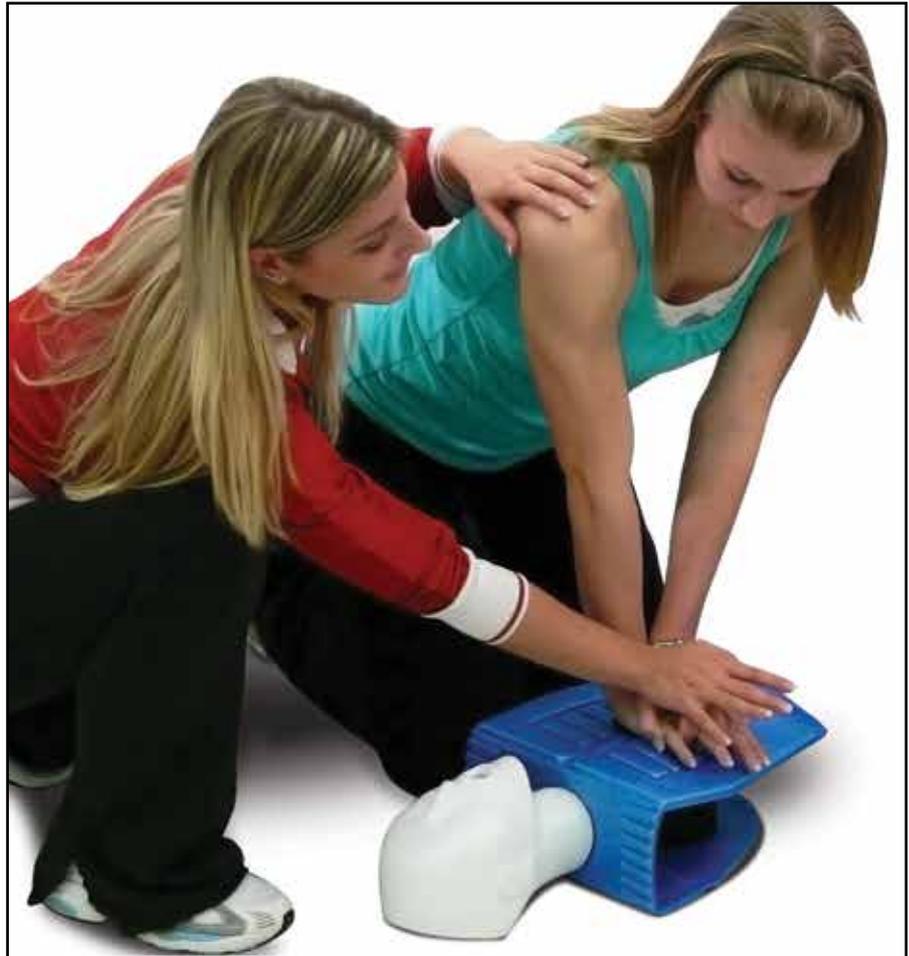
Neuroscience research also shows the differences in the brain when looking at images of cities. The brain sent more blood flow in the amygdala part of the brain (where fear generates). Instead, when looking at scenes from nature, it was the anterior cingulate and the insula that were flowing and lit up. These areas make us calmer, nicer, and generate empathy. Therefore, exercising in front of a window where you can see trees and green space increases positive brain function.

If you are restricted with outdoor options and must stay inside, position yourself strategically in the gym. Brighter lighting will have a positive effect. Stay away from television monitors. Position your client facing the windows, if possible. Train them in front of pictures of nature or around green and blue colours.



Speaker, Life & Executive Coach and No.1 Best Selling Author, Nathalie has been in the fitness industry for over 30 years. She combines her fitness background with motivational concepts and the brain programming processes she practices as a Master Practitioner in Neuro Linguistic Programming.

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# Metabolism: Ideas and Applications

Facilitating weight loss with new research

By Fabio Comana, M.A., M.S., NASM CPT

The mere mention of the word metabolism certainly captures attention, given how personal and relevant it is in most of our lives. What comes to mind for most is the transformation from fat-to-fit or flab-to-fab. More scientifically, enhanced caloric expenditure and lean body mass, greater fat utilization and weight loss, and ultimately improved health, functionality, and aesthetics. So, how do we achieve these changes and what primarily influences these outcomes? The reality is a myriad of events, some of which are beyond our control, while others are well within our command.

## What We Generally Cannot Control

Age, genetics, and even biological adaptations are just a few non-controllable events. For example, age-related reductions in our resting metabolic rate (RMR) can decrease by approximately two percent per decade after peak growth is attained (late teens for females, early 20's for men). Considering how RMR contributes around 60 to 75% of our total daily energy expenditure (TDEE), in practical terms this equates to about 25 to 30 calories per day for the average adult or 2½ to 3 pounds (1.1-1.4 Kg) per year.

Genetics and epigenetics can also play a significant role. Over 100 different genes have been identified by scientists that are related to obesity. The fat mass and obesity-associated gene, the FTO gene, can cause people to overeat due to low satiety. Eating behaviors associated with a low satiety include eating larger portions, preferring calorie-dense foods high in fat and sugar, enjoying palatable foods like appetizers and snacks, and snacking more frequently. This FTO gene can also alter RMR by up to 160 calories per day. This amounts to almost 17 pounds (7.5 Kg) over the span of a year. Epigenetics is the field of study that examines inheritable changes within our genetic expression that occurs without change to our under-



lying DNA sequence. It is both a regular and natural occurrence and is influenced by age, environment, diet, geographical location, lifestyle, and disease. Research continues to examine potential links between epigenetics and TDEE, considering how it can influence food uptake and overall metabolism – possibly altering RMR by a few percentage points or 60 to 75 calories daily.

Evidence also supports 'adaptive thermogenesis', where energy and fat stores

are actively 'defended' against losses by bioenergetic and neurobiological physiologies. This can impact both temporary losses, as we witness during starvation, or caloric restriction when RMR can slow up to 20% or also be associated with more sustained losses such as a weight loss greater than 10% of original weight (i.e., a 10% weight reduction may be accompanied by a 20 to 25% decline in TDEE – weight maintenance calories become 10 to 15% lower than expected). ▶



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**What We Can Control**

This list is potentially endless, but the reality is that most fitness professionals usually limit their thinking and interventions to exercise and macronutrients/calories consumed, and largely ignore emerging and simpler evidence-based solutions that might facilitate goal achievement. Regardless, let's briefly examine the traditional domains of diet and exercise/activity, as new ideas are emerging here as well.

Throughout the evolution of our species (i.e., Paleolithic/Mesolithic eras up to today), humans have followed many different diets based upon geographical location and climate, and have not only survived, but have thrived. Considering this fact, would it be fair to equivocally state that no one best diet exists for weight loss? A meta-analysis conducted by John-

**“A meta-analysis conducted by Johnson and colleagues of 49 different diets ranging from low-carbohydrate to low-fat examined long-term weight loss and discovered no real significant differences over time...”**

son and colleagues of 49 different diets ranging from low-carbohydrate to low-fat examined long-term weight loss and discovered no real significant differences over time, although adherence proved to be the greatest challenge with the lower carbohydrate diets. Interestingly, although blended diets (i.e., all macronutrients in moderation) demonstrated slightly less weight loss by comparison, overall, they showed the best adherence. Starvation diets on the other hand retarded or slowed weight loss by the largest margin (refer to adaptive thermogenesis).

Evidence supports a temporary thermogenic-boosting effect by four-to-five percent with edibles like caffeine and capsaicin (an active component of chili peppers) that can amount to 15 to 25 calories in a day, but food preferences and physiological safety (i.e., sympathetic stimulation) should always be considered.

The practice of consuming smaller, more frequent meals throughout the day

**TABLE 1-1**

**Weekly caloric expenditure estimates of various exercises and activities.**

MEASURE	MEN (195.5 lbs. / 88.9 Kg)	WOMEN (166.2 lbs. / 75.5 Kg)
<b>Cardio Program:</b> • 4x/week x 30 min @ 5 mph <i>Time needed to target 2,000 kcal:</i>	1,616 kcal Another 28 minutes/week	1,373 kcal Another 55 minutes/week
<b>Traditional Resistance Training:</b> • 4x/week x 60 min • 1-to-2 work-to-recovery ratio <i>Time needed to target 2,000 kcal:</i>	1,245 kcal Another 145 minutes/week	1,057 kcal Another 214 minutes/week
<b>Metabolic Resistance Circuit:</b> • Integrated or whole body • 3x/week x 40 min higher-intensity • 4-to-1 work-to-recovery ratio <i>Time needed to target 2,000 kcal:</i>	1,270 kcal Another 69 minutes/week	1,078 kcal Another 103 minutes/week
<b>Walking:</b> • 3x/week x 45 min @ 3 mph <i>Time needed to target 2,000 kcal:</i>	692 kcal Another 255 minutes/week	588 kcal Another 324 minutes/week

can certainly prevent unwanted derailments to metabolism. Although total calories ingested rather than number of meals consumed plays a larger role in influencing the thermic effect of food (TEF) (i.e., the energy cost to chew, swallow, digest, absorb, store food), macronutrient composition does play a small role. Proteins temporarily elevate TEF more so than fats and carbohydrates, and although proteins contribute to improved health, their

overall contribution to weight loss remains inconclusive (assuming adequate protein intake to prevent unwanted loss of muscle mass often witnessed with dieting).

Exercise has long been considered the primary modality to increase energy expenditure. The added benefit of resistance training can potentially increase lean mass, in turn, elevating RMR. Over the past few years however, researchers have begun to question whether exercise,

**TABLE 1-2**

**Estimate caloric expenditure from standing vs. sitting at a workstation.**

MEASURED PARAMETER	MALE (195.5 LBS.)	FEMALE (166.2 LBS.)
Kcal expended sitting (light office work)	2.33 kcal / minute	1.98 kcal / minute
Kcal Expended standing (light office work)	3.56 kcal / minute	3.04 kcal / minute
Adding 2 more hours of standing / day	~148 kcal more / day	~127 kcal more / day
Weight change in year: (50-wk work year)	10.5 lbs. (4.8 Kg)	9.1 lbs. (4.1 Kg)

as a standalone, is sufficient to contribute significantly to weight loss for the average person. Successful weight loss needs to target 2,000 calories per week, a number that far exceeds what most individuals can do or care to do. **Table 1-1** presents the calories expended from various exercise and activity programs for the average American adult male and female. The table also illustrates how much more time is needed each week to attain a total caloric expenditure of 2,000 kcal.

Non-exercise activity thermogenesis (NEAT) refers to the energy expended for everything we do that does not include sleeping, eating, physical activity or exercise, and ranges from simple standing, to fidgeting and moving about – this has now become the focal point in the weight loss challenge. One landmark study demonstrating its efficacy was conducted by Levine and Yeager who examined Body Mass Index (BMI) scores between exercisers and non-exercisers, and discovered that the lean, non-exercisers moved on average 150 more minutes each day, averaging approximately 352 kcal more per day or 36.7 pounds (16.7 Kg) per year. The

takeaway here is relatively simple – rather than squeezing another few precious hours out of an already hectic week to exercise, consider inventorying the day(s) to examine time spent performing seated activities and seek opportunities to perhaps do some standing (i.e., don't look for more time to exercise, change the way current activities of daily living are performed). As illustrated in **Table 1-2**, if the average male or female could accumulate just two hours of standing each workday in a year (e.g., 5 days per week, 50-weeks per year) while performing light office duties, it would translate to a weight loss of approximately 10.5 pounds (4.8 Kg) for men and 9.1 pounds (4.1 Kg) for women a year, without even breaking a sweat or having to find more time to exercise. The caloric equivalent here would be an additional 106 and 123 more gym visits using an average expenditure rate of 300 calories per session.

There is a myriad of other parameters that merit consideration including stress, fluid intake, and sleep. Sleep deprivation, defined as sleeping less than six hours per night, can disrupt our appetite hormones and slow metabolism by five-to-20%.

Why not then, take time to examine your client's sleep quantity and quality? Adults should strive for at least seven hours of quality sleep each night to preserve metabolic harmony.

In closing, the emergence of new research and ideas to boost or preserve metabolism, and facilitate weight loss provide fitness professionals with more options today than ever before. While scope of practice should always be respected, additional avenues extending beyond our traditional practices exist, in which to exert influence, remain relevant and help individuals attain goals. This adds value to the services that we as practitioners provide. Perhaps, the time has come to rethink the way we train and retrain the way we think.



Fabio is a part of the SDSU and NASM faculty, and scientific advisor for OrangeTheory, Core Health and Fitness, Stroops, and Turbostrapp. He is the original creator of ACE's IFT™ model and live educational workshops and is an international presenter, media spokesperson, and accomplished author.

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# Activity and Exercise: What's the Difference?

Understanding the role of exercise in an active lifestyle

By Gray Cook, MSPT, OCS, CSCS, RKC

Recently, I was asked to lecture at an event organized by Equinox. I was both honored and humbled to be in the presence of many wonderful speakers. At the end of the day, we all looked forward to the panel discussion, in which the audience, who had been waiting patiently and letting us speak all day, got to ask us questions. One of the questions came to the panel phrased like this:

“All of you travel abroad and speak at international conferences. What is the biggest difference between the United States and the rest of the world in regards to how we look at exercise, fitness and active lifestyles?”



The activities that you enjoy doing should take the precedence and exercise should be the vehicle that makes everything easier.

I looked around the room and nobody was reaching for the mic, so I grabbed it and replied:

“One of the things that I became immediately aware of in my international travels was the fact that, in the U.S., we speak of someone’s ‘exercise’ program. When I’m working with individuals outside of the U.S., more often than not, people don’t ask about exercise. They ask, “What is your activity? What activities do you enjoy?”

I think that mindset is more representative of an active lifestyle than any exercise. Obviously, there’s nothing wrong with exercise and many of us define ourselves by the exercises that we enjoy the most. But, that is only one part of our active lifestyle. It’s almost like asking someone, “What are your favorite supplements?” as opposed to asking them, “What foods do you like to eat? What meals and food combinations do you enjoy?”



**“...if you focus your life only on exercise, you’ll have to constantly be reminded to ‘take your vitamins and supplements’.”**

Internationally, I think there might be a slightly more authentic appreciation of an *active* lifestyle, whereas, in the U.S., where we spend much more time working and entertaining ourselves than actually focusing on mindful movement, we often want to package that in sets and reps and quick little trips to the gym. The activities that you enjoy doing should

take the precedence and exercise should be the vehicle that makes everything easier.

In the book *The Rise of Superman*, Steven Kotler tells us that the flow state (the zone) is one of the most important factors in action/adventure sports. He also used flow as a way to describe why surfers and skateboarders don’t have to be begged to practice—they don’t even have to schedule it—practice spontaneously occurs through the love of the flow state that is generated by participating in that activity. They don’t need fitness monitors to remind them of the need to skateboard or surf today. But, those aren’t the only activities that create a flow state. For some people, it is a conveniently put together exercise package. We have to ask ourselves: “Is it sustainable and will it fulfill our active needs throughout our entire lifespan?”

My good friend and accomplished strength coach, Jon Torine, and I have weekly conversations, talking about everything from high-end performance training, the next teams we’re going to consult with, and ways to fix physical education. Jon has recently been involved in climbing, because both of his sons are engaged by that activity. He’s challenged himself to start climbing as well, and it has revealed many things (in some of the most astounding ways) that his performance and conditioning background hadn’t seen.

If you focus on an activity, you will quickly identify the exercises that will help you with that activity, but if you focus your life only on exercise, you’ll have to constantly be reminded to “take your vitamins and supplements.” Sometimes, I feel guilty because I haven’t been in the gym enough. But I never feel guilty that I haven’t hiked or paddle boarded enough, because every time life gives me an opportunity to do either of those activities, I will do them.

I would hope that no matter how involved you are in the exercise profession or the exercise life, you don’t let the focus on exercise overshadow the flow state or the reason you like moving in the first place.



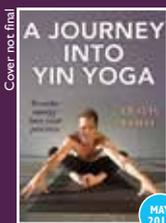
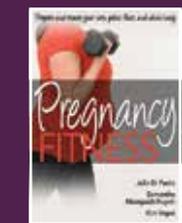
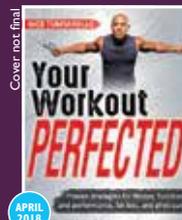
Gray is a practicing physical therapist, orthopedic certified specialist, certified strength and conditioning specialist, and an RKC kettlebell instructor. He is the founder of Functional Movement Systems. His work and ideas are

at the forefront of fitness, conditioning, injury prevention and rehabilitation.



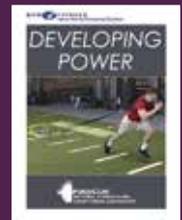
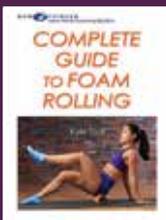
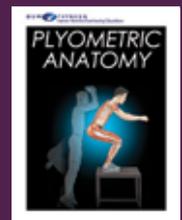
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# Unleashing the Power of Resistance Bands

Leveraged correctly, bands are more than just a tool for rehabilitation

By Vu Nguyen

## Heavy Construction

Every construction project requires tools and every tool is intended for a specific purpose. Yes, the head of an adjustable wrench could be used as a hammer, but it would be much more effective when used to tighten bolts. Even when wielding the correct tool, there is a very specific technique to maximize its utility. Any competent craftsman will tell you that when starting a nail, you want to grip the handle of the hammer closer to the head for more

control, and when driving a nail, you want to grip the handle of the hammer closer to the end for more leverage and power. This is before we even begin talking about the different types of hammers!

The construction of your client's body is subject to the same theory. Your resistance toolbox consists primarily of free weights – dumbbells, barbells, etc. - and resistance bands ("bands"). The question of which is "most effective" is commonly asked, but this is a load-

ed question that can't responsibly be answered without more context; "more effective" at what? Is a hammer or a wrench more effective? It depends on the application - are you driving a nail or tightening a bolt?

## A'band'tages

For the purposes of this article, we'll look at bands and how they compare against free weights - a side-by-side comparison of the two. The advantage of bands is often relegated to a few obvious points.

### Bands:

- are cheaper than free weights
- consume less space than free weights
- are more portable than free weights



**Bands offer the proper feedback required to resist and simulate the side-to-side, forward and backward, rotational, and multi-directional movements of life.**

All true, but the advantages extend beyond that. Leveraged correctly, bands are more than just a tool for rehabilitation - the area in which they are most frequently used. By leveraging and utilizing them properly, you will unleash their awesome potential and position your clients to achieve their functional goals.

What is this awesome potential? Let's start with the unique properties of bands that make them different from their free weight counterparts.

**Bands:**

- are not gravity dependent
- are elastic in nature

Bands are not gravity-dependent which means they offer resistance in all planes of motion – vector resistance. This fact alone separates them from free weights, which only offer resistance in the vertical plane. Why is this relevant? This is relevant because our lives demand that we move through all planes of motion. Therefore, functional training, the training of everyday movements, should incorporate resistance outside of the vertical plane. Bands offer the proper feedback required to resist and simulate the side-to-side, forward and backward, rotational, and multi-directional movements of life. This property of bands is overwhelmingly undervalued.

Yes, bands are important in the world of physical therapy. The vector resistance and the elasticity make bands a safe, low-impact tool for strengthening joints and the stabilizing muscles around them.

The elasticity - continuously variable resistance - offers maximum control and encourages movement through greater ranges of motion. As a result, more muscle fibers are engaged, including the joint stabilizing muscles, which are often forgotten or overlooked.

For these reasons, bands are coveted in physical therapy, which simply is the restoration of functional movement patterns. But, there's more to bands. Their potential extends beyond restoration and rehabilitation and, as a personal trainer, you are selling your clients short if you stop there.

**Let's Dig Deeper - Why We Train**

The exact reasons that make bands great for physical therapy also make them great for overall development. However, few personal trainers maximize this potential. Outside of therapy, those who use bands typically do so as a warm-up or as a convenient alternative to free weights. Leveraged correctly, bands are not only a great compliment to free weights but, for many clients, the more practical alternative.

Clients that pursue health and fitness to achieve an exaggerated level of physique represent a small population. Many clients pursue health and fitness with the aspiration of making their everyday lives easier; functioning better, moving better, performing better, and with less risk of injury. Of course, self-image still exists at large, but it is defined more so by functionality than by aesthetic.

So, as their personal trainer, you should build programs that not only develop strength but also develop intrinsic qualities such as stability, mobility, agility, and proprioception. This should include ►



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training that is beyond moving resistance in a uniplanar motion. As humans, we certainly don't operate in uniplanar motion, so why train our clients this way when training them for better daily function?

You can't get better at striking nails with a hammer if your program involves tightening bolts with a wrench; different tool, different application.

### Train for Life

Training for function is less about the training of specific muscles and more about the training of specific movements. To truly train a specific movement, we must replicate said movement while challenging and progressing through the movement under a controlled stimulus. This requires resistance in the same plane of motion as the movement in question; horizontal resistance for forward-backward and side-to-side movements, vertical resistance for up-and-down movements, rotational resistance for rotational movements, and vector resistance for multiplanar movements. This applies whether your client is training to enhance daily activities such as lifting or getting up off the ground, or to enhance sports specific activities such as swinging a bat or throwing a ball.

As previously mentioned, the elastic property makes the resistance offered by bands continuously variable in nature – increases as the band is stretched and vice versa – and thus engages and stimulates more muscle fibers as a greater range of motion is achieved. This unique property also prevents your client from using momentum, i.e. cheating, to move the weight. When momentum is used, muscles are not doing the work. With bands, there is no physical weight to be moved - the resistance is only activated by “stretching” the band.

### Everyday Simulation

Bands not only allow you to replicate your client's everyday movements but also their everyday scenarios. For example, if your client is a parent, they are likely to find themselves carrying their child in one arm while reaching over head to grab an item off the top shelf at the grocery store. This may seem overly complex, but the reality is that we are always being pushed and pulled in different directions and by unequal loads, and unless adequately prepared and conditioned, we leave ourselves extremely vulnerable to injury. As trainers, it is our responsibility to best prepare our clients for life.

The use of one or several bands can provide the directional and situational resistance(s) necessary to simulate such scenarios and to condition the muscles and joints to be prepared should such scenarios arise – and they certainly will.

## Here are a few examples of exercises with bands that will take your client's game to the next level:



## Squat

**Purpose:** overall strength, core development, transfer of power, level changing (moving up and down), mobility, stability

**Application:** jumping (any sport), running (any sport), contact absorption (football, hockey)

### Sports Simulation

For many of our clients, physical demands are beyond the duties of the household and the grocery store. Many of our clients take to the playing field on a daily, weekly, or monthly basis. Whether competitive or non-competitive, their functional requirements are amplified when playing sports. Functional movement training with bands will not only help to limit their risk of injury but also to elevate their performance.

### All in the Application

So, free weights or resistance bands, which are more effective? The intention was not to sway you in one direction or another. The intention was to articulate that, whether you're a personal trainer who trains others or you simply train yourself,

you have options in your toolbox. It is a reminder that resistance bands are not just tools for rehabilitation and restoration and that, when leveraged correctly, resistance bands are extremely practical for functional movement development. But, as it pertains to the question of which tool is more effective, the real question should be: “more effective at what?”



Vu is the founder of Calgary-based Evolution Health and Wellness, a company founded upon a vision of helping both clients and personal trainers succeed. He is an associate PRO TRAINER, Professional Engineer, and is also the inventor of the Evolution, a functional movement training apparatus.



## Press *(horizontal and vertical)*

**Purpose:** pushing strength, core development, shoulder stability

**Application:** chest pass (basketball), overhead volley (volleyball), jabs and crosses (boxing, MMA)



## Woodchop

**Purpose:** rotational strength, core development, transfer of power

**Application:** swinging a golf club (golf), throwing (football, baseball), spiking (volleyball)



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# Touchy About Touch

Building a touch-vocabulary to have safer and more sustainable movement practices

By Drew Hume, Founder, Navina

**H**uman physical contact is largely avoided in our culture. And the fitness industry is no different. With many club and gym spaces being zones where touch-avoidance is strongly recommended. This is the opposite of what we need to be doing.

## The Problem

The issue lies with the fact that we've been touch-averse for so long that we no longer have the touch-vocabulary or the verbal communication skills surrounding touch that we need in order to feel comfortable, respectable, and safe in situations of human physical contact. This has led to a larger problem: our disconnection from one another.

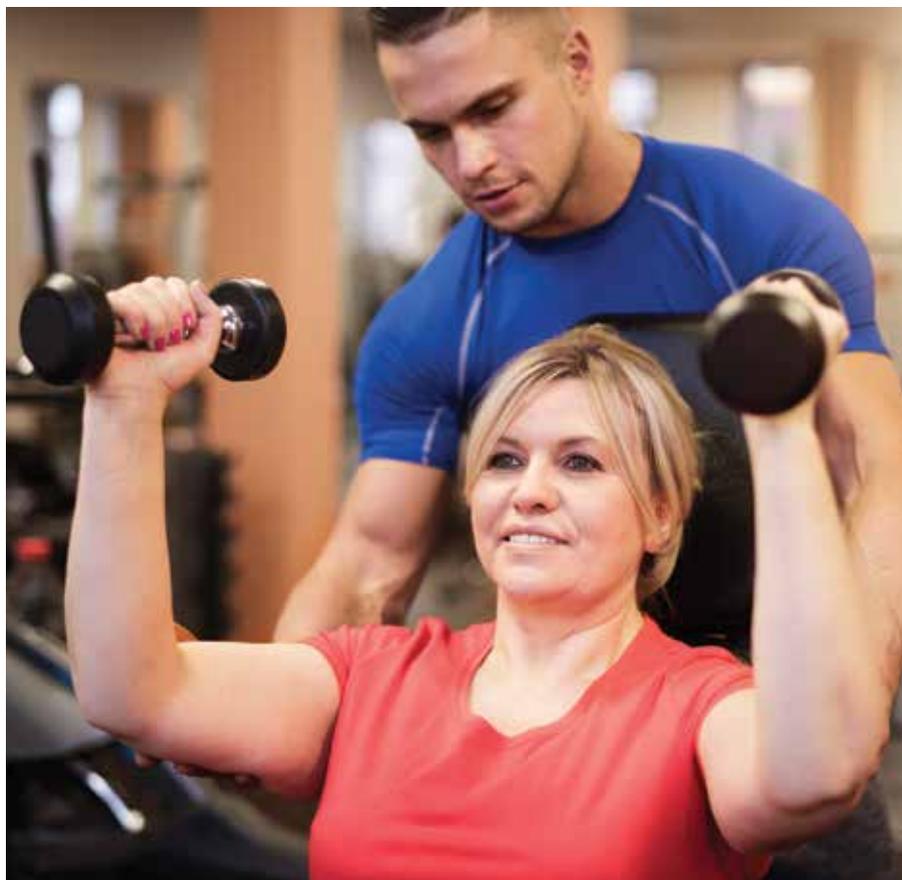
## Why This Matters

If you think about a movement-based environment, the use of touch can be incredibly valuable. When thinking about the movement of bodyweight or the lifting of artificial weight, touch can be a powerful catalyst for movement awareness. Internal awareness of position and action can be a difficult thing to come by. Utilizing conscious touch can inform (and therefore influence) such an awareness, to build safer and more sustainable movement practices.

On top of this, an even more important than this, physical contact builds greater connection (both literally and metaphorically) with our people. Whether we like to think of it this way or not, we have relationships with our clients and our fitness groups. That's why they keep coming back. It's the people that come back, who provide us the opportunity to do what we do. This means that we really should be nurturing and further developing the interpersonal relationships we have with our clients.

## The Challenge

Changing our habits is a difficult thing to do; we all know this. It's even more



**“The issue lies with the fact that we've been touch-averse for so long that we no longer have the touch-vocabulary...”**

challenging to learn a new language, which is essentially what building a touch-vocabulary is like.

## The Solution

First and foremost, it requires commitment and perseverance to learn a new language. So keep that at the fore of your mind.

**1. Start talking about it.** Talk with your clients about the addition of contact in your sessions, and ask for permission. Opening the conversation helps to ensure clarity and even if it's a shaky start, you've already started the dialogue and that makes it easier to discuss.

**2. We don't expect to learn new languages without some kind of teacher - whether in a classroom or by experience.** Take a massage workshop or an

education workshop designed around physical contact. In an open learning environment, you can catalyze the process of developing your touch vocabulary amongst like-minded people.

**3. Building a touch-vocabulary requires practice.** Set a dedicated, daily practice time (it could be 5 minutes) with family, friends or clients. Practice facilitates the process of developing new habits (and also learning a new language).

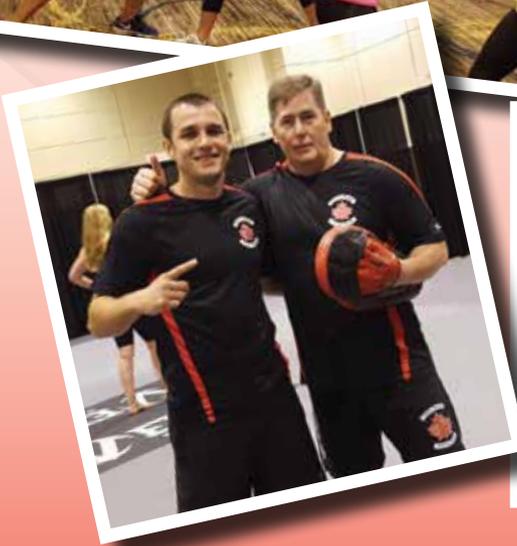


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# Réveiller à nouveau l'esprit

PARTIE UN



## Utiliser l'intéroception et le mouvement somatique pour le succès du vieillissement

Par Lisa McLellan

Travailler avec des participants non entraînés et non athlétiques de 50+ est un défi surprenant. Les problèmes sont plus complexes, les systèmes plus faibles, plus rigides et souvent plus fragiles — spécialement dans les phases initiales de l'entraînement. Ces corps plus âgés ne sont pas prêts à sauter dans un entraînement de conditionnement physique. Nous devons reconditionner leur système sensorimoteur, améliorer la posture, reprogrammer les voies neuromusculaires primaires et mobiliser

les lignes aponévrotiques. Ils ont besoin de prendre contact avec leurs corps et eux-mêmes. Comme solution, j'ai adopté le travail avec l'intéroception et le mouvement somatique.

L'intéroception est notre habileté innée de noter et donner un sens aux sensations internes. Le mouvement somatique est un processus kinesthésique qui conduit à une expérience entière de nos sensations, mouvements, émotions et pensées. L'intéroception décode la signification de ce que notre corps nous communique par

la conscience du corps. Le mouvement somatique assemble le tout. Ils travaillent main dans la main. Ils sont la clé du succès du vieillissement, car ils aident nos clients à faire des changements dans leur façon d'être en étant présent à ce qu'ils pensent, ressentent et font. Pratiquer le conditionnement physique sous une perspective holistique nous permet de développer la santé et le bien-être si vitaux pour ce groupe démographique.

La détérioration physique que nous associons au vieillissement est due en partie à ce que Thomas Hanna appelle l'amnésie sensorimotrice (SMA). La SMA est une perte de mémoire de la sensation de certains groupes de muscles et de comment les contrôler. Quand le système sensorimoteur commence à faillir, la vie

devient fondamentalement diminuée. Des exemples des effets de la SMA sont les distorsions de posture, la limitation de l'amplitude du mouvement, la faiblesse musculaire, une pauvre technique biomécanique, la douleur chronique, la fatigue et le manque de vitalité.

Intégration des processus d'intéroception et du mouvement somatique dans l'entraînement pour vieillissement actif :

- cela apprend à nos clients à écouter leur corps, à cultiver la conscience du corps et à réactiver la fonction sensorimotrice ;
- cela aide nos clients à prendre conscience de leurs tendances limitantes (être avachi) et à les corriger consciemment (se tenir droit) — sentir et bouger les muscles est une boucle de rétroaction sensorimotrice qui est essentielle pour améliorer la technique biomécanique ;
- cela permet à l'habileté de nos clients de s'auto-soigner par l'auto-inquisition et l'apprentissage ;

- cela cultive l'habileté interne de nos clients pour l'autocontrôle en activant leur intelligence innée d'esprit/corps pour la guérison et l'équilibre de vie ;
- cela entraîne nos clients à être responsables de leur santé et leur bien-être.

**« Pratiquer le conditionnement physique sous une perspective holistique nous permet de développer la santé et le bien-être si vitaux pour ce groupe démographique. »**

Les résultats d'un sondage canfitpro en 2018 sur les 10 principales tendances du conditionnement physique placent les adultes plus âgés en troisième position. 75% à 80% des adultes plus âgés ne sont

pas physiquement actifs. Cette clientèle n'aime pas l'exercice. Ils n'aiment pas forcer ou suer. Certains en fait, détestent l'exercice. Ils sont cependant ceux qui en ont le plus besoin. Si nous voulons que « l'exercice est un remède » soit une réalité, nous devons nous adapter aux besoins de cette clientèle. Pour répondre à cette réalité et tirer avantage de cette excellente occasion d'affaires, nous devons adapter notre pensée et nos méthodes. Incorporer l'intéroception et le mouvement somatique dans l'entraînement pour vieillissement actif crée une expérience plus douce et plus significative qui fait le pont entre le conditionnement physique et le bien-être. Cela transforme l'exercice en une expérience positive et agréable.



Lisa, fondatrice et PDG de « Age Smart Fitness », facilite le vieillissement en santé avec des programmes d'entraînement novateurs, efficaces et agréables qui transforment la pensée et les attitudes en plus d'améliorer la qualité de vie et de donner un sens à la vie.

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# Who is Your Wingman?

Find the right accountability partner to keep you on track

By Trish Tonaj

I recently attended a weekend health and wellness seminar and we began to discuss the concept of an “accountability partner or wingman.” Ok, to be gender neutral, Wing Person, someone who holds you accountable for an actionable goal.

We all have goals and for those of us who work in the fitness biz, we know our clients usually have more than one item on their list. Here is the challenge: when was the last time you wrote down your goals? As fitness professionals, wouldn't it be great to find someone who can assist us with staying on target to achieve our goals and work toward success? In today's fast paced lifestyle, this is a useful tool when we find ourselves constantly evolving, developing, and creating.

I recently read an article about a small business owner who wanted to double their sales. They had a sound plan but wanted someone who would hold them accountable for the actionable items. As you can imagine, they found a wing person, and reached their objectives on time and within budget.

**“Find a wing person that brings a smile to your face, even when the goals are challenging...”**

Sounds like a great tool with a sound strategy and it can be used for any personal or professional goal. It applies to many different aspects in life and if we take a second or two to make a mental list, I'll bet you will be able to think of many different areas where it can be applied.

## The Opportunity

Find the right person who will hold you accountable. An accountability partner or wing person will be a partner on your achievement track. It will be someone who will inspire and motivate us towards success and perhaps share a few tips and tools along the way. Find a wing person that brings a smile to your face, even when the goals are challenging, someone who is respectful, approachable, and knowledgeable.



A recent article in Entrepreneur magazine offers the following tips for finding the right wing person:

- Look for someone outside your industry (someone with experience in many different industries, as they may bring a fresh perspective).
- Choose someone who will be “brutally” honest with you.
- Be clear about your expectations (perhaps you may consider using the SMART Principle for maximum results).
- Agree on consequences (with action items).

As a fitness professional, I would suggest that the same rules apply to you

when you are looking to maximize your own successes. After all, this person will assist you with reaching your goals and help you to take care of your most valuable asset – YOU!

Here's to you, and your next step!



As an author, coach and speaker Trish is the “Coaches Coach.” She is a Certified Personal Trainer, Nutrition/Wellness Specialist, Certified Yoga Specialist, a member of canfitpro and CCF. She is a painter, loves to travel, and will readily admit that life is a work in progress.  
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# Reawakening the Mind **PART ONE**

Using interoception and somatic movement for successful aging

By Lisa McLellan

**W**orking with untrained and non-athletic 50+ participants is surprisingly challenging. The problems are more complex, the systems weaker, more rigid, and often, more fragile - especially in the initial phases of training. These older bodies are not ready to jump into fitness training. We need to recondition their sensorimotor system, improve posture, reprogram primary neuromuscular pathways, and mobilize fascial lines. They need to get in touch with their bodies, and themselves. My solution has been to work with interoception and somatic movement.

Interoception is our innate ability to both notice and give meaning to internal sensations. Somatic movement is a kinesthetic process that forms a whole experience of our sensations, movements, perceptions, emotions, and thoughts. Interoception decodes the meaning of what our body is communicating to us through body awareness. Somatic movement puts it all together. They work hand in hand. They are the key to successful aging because they help our clients effect change in their way of being, by being present to what they think, feel, and do. Practicing fitness from a holistic perspective allows us to build the health and wellness that is so vital to this demographic.

The physical deterioration that we associate with aging is in part due to what Thomas Hanna calls sensorimotor amnesia (SMA). SMA is a memory loss of how certain muscle groups feel and how to control them. When the sensorimotor system begins to fail, lives become fundamentally diminished. Examples of the effect of SMA are: distortions in posture, limited range of motion, muscle weakness, stiffness, poor bio-mechanical technique, chronic pain, tiredness, and lack of vitality.



Practicing fitness from a holistic perspective allows us to build the health and wellness that is so vital to this demographic.

Integrating interoception and somatic movement processes in active aging training:

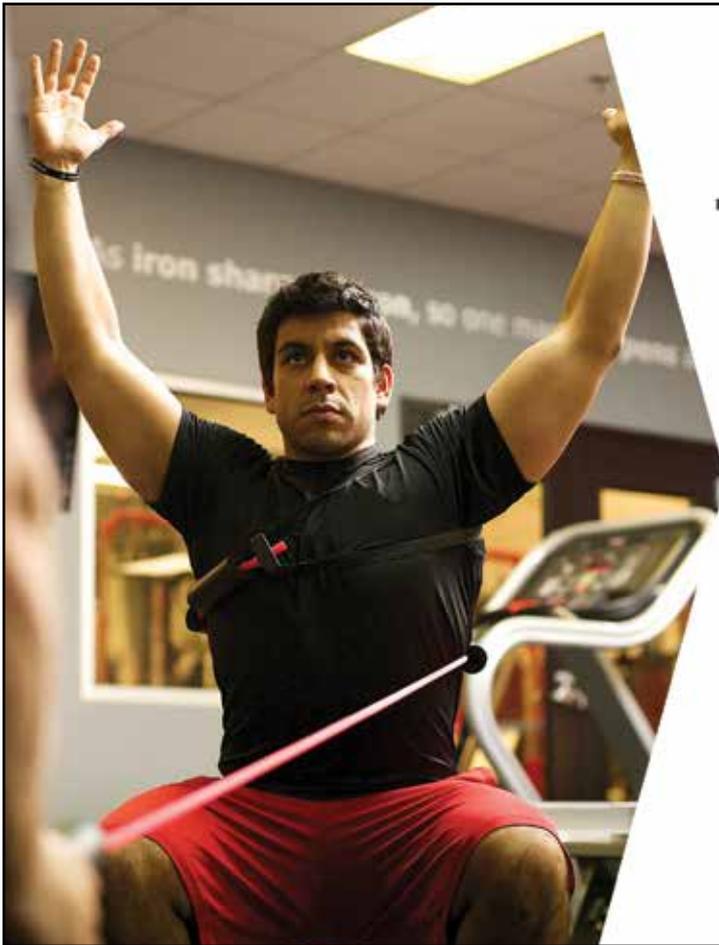
- teaches our clients to listen to their bodies, to cultivate body awareness, and re-activate sensorimotor function
- helps our clients become aware of their limiting patterns (i.e. slouching) and how to consciously re-pattern them (i.e. stand straight) - sensing and moving muscles is a sensorimotor feed-back loop that is essential to improving bio-mechanical technique
- empowers our clients' ability to self-care through self-inquiry and learning
- cultivates our clients' internal ability for self control by activating their innate mind/body intelligence for healing and life balance
- trains our clients to be responsible for their health and well being

canfitpro's 2018 survey results of the Top 10 Fitness Trends puts Older Adult training in the #3 spot. 75% to 80% of

older adults are not physically active. This clientele does not love to exercise. They do not love to push or to sweat. Some actually hate exercise. But, they are the ones who need it the most! If we want "exercise is medicine" to be a reality, we need to adapt to the needs of this clientele. To answer to this reality and to take advantage of this amazing business opportunity, we are going to have to adapt our thinking and our methods. Incorporating interoception and somatic movement in active aging training creates a gentler and more meaningful experience that bridges the gap between fitness and wellness. And, transforms exercise experience into a positive and enjoyable one.



Lisa, Founder and CEO of Age Smart Fitness, enables healthy aging with innovative, effective, and fun training programs that transform thinking and attitudes, and help prevent disease, improve quality of life and support meaningful living.



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# Start Them Young



## Mindfulness practices teach kids to deal with stress and restore equilibrium

By Lisa Greenbaum, E-RYT 500, C-IAYT, YACEP

I've been struck recently by the importance of the TD Bank ads targeted at teaching our children about money. Speaking for myself, I can certainly say that I learned the hard way. Interestingly enough, until the last few years, we've also maintained the same attitude around mental wellness and self-care. Making the same assumptions that kids will figure it out along the way, because that's how we did it, and our parents did it, etc. The problem with this is that the world is a very different place now. We've made a consolidated effort in the western world to deal with the epidemic of childhood obesity by getting our kids outside, getting them involved in sports, and educating the public on the dangers of a sedentary lifestyle. This is amazing and it's helped so many kids find an outlet for their energy, get fit, and by default (because lucky for us, exercise does this) has improved anxiety and mental wellness as well.

But there is something else many of us have discovered over the last few years - that working out is just not enough to deal with the daily built up stress in

our lives. Certainly, it works in the short term, but what about long-term stress? What about the triggers that occur that bring up memories and past-traumas that we need to cycle through, or the sudden challenges we find ourselves in: illness or loss of a parent, ending of a relationship, financial stress, etc? Countless people that I meet (including myself) say, "I wish I had discovered Yoga sooner", and my reply is always: "Yoga finds you when you need it the most." This makes us all feel better in the moment, and at the end of the day we can only work with the tools we have at the time. But what if we took that feeling and instead of throwing it into the wind, we did something about it? What if we taught our kids Yoga tools before they needed them? What if we taught our kids about mindfulness to help them become more resilient to stress/anxiety before the stress or anxiety occurred? I don't know any parent who hasn't wished for their child to have a better life than theirs. So, isn't this the ultimate gift?

Children learn by mirroring the behavior of the people around them. According to research by Bruce Lipton in *Biology of Belief*, our brains are hard-

wired by the time we are seven. Certainly, the latest neuro-science proves we can continue to learn amazing things and create all sorts of adaptations for as long as we live, however, what is hard-wired is our default system. One of the things we learn by default is how to cope with stress based on how our care givers dealt with it: by going for a run, reaching for a drink, by shutting down, or by making the effort to talk about it. When under stress, the human brain tries to rationalize first, depending on either the stress itself (losing car keys vs. being involved in a car accident) or amount of times stress has occurred (losing car keys on the way to a court hearing), both of which are entirely subjective. When rationalizing becomes impossible, we move into our emotional or limbic brains and our emotions take over. Most of us spend a lot of time in this state, ruled by our emotions. When even our emotions can't make sense of what is happening, we move into our survival brain or fight/flight mode. This all happens in nanoseconds and is controlled by our autonomic nervous system, the same system that controls heart and organ function. In other words, it is built in.

In children, their rational or cognitive brain doesn't begin to develop until after the age of three, and doesn't reach full maturity until around the age of 25. This explains temper tantrums in toddlers and

also teenage angst. Their brains haven't grown enough to properly comprehend and process different levels of stress. My definition of stress here is vast and based around any requirement of the brain to assess a new situation. This can also arise from hunger and lack of sleep to actual events like being told no or being bullied at school. I also want to be clear that stress isn't necessarily bad. A healthy brain and nervous system can and will navigate between the two quite easily, creating a resiliency, to a certain extent, in the brains ability to process what is happening over shutting down or acting out. Mindfulness practices can pull us out of our emotional/survival brain or sympathetic nervous system and back on line very quickly, or as stated above, better maintain the equilibrium so we react appropriately when needed. Understanding these experiences must be felt on the inside to be true - someone can look calm but be completely shut down or in a rage on the inside.

**“Mindfulness practices can pull us out of our emotional/survival brain or sympathetic nervous system and back on line very quickly...”**

Mindfulness practices at any age help restore this equilibrium. A young brain that is currently developing receives the ultimate benefit. In teaching the coping skills required to map out the greater challenges and trauma that life brings, they learn resiliency and therefore the ability to more easily navigate daily stresses. Mindfulness practices consist of anything that allows us to connect to our self in a quiet and calm way. From *The Sutras of Patanjali*, the oldest known text on Yoga: “Yoga is the cessation of the mind-stuff.” The following mindfulness techniques can be practiced at any age, but have been categorized based on age as a guide post for what to introduce when.

**Age 3-8**

- Teach them how to breathe. This should be done when the child is in a good frame of mind and already calm so that they can rationalize the process and understand how this makes them feel. Trying to tell a kid to breathe while they are in the middle of playing is about as useful as telling them to stop crying when they are having a tantrum. Easy breathing techniques for kids are ujjayi breath

or whisper breath, three-part belly breathing, and choo-choo breath.

- Set up daily quiet time that doesn't involve the iPad. As a 'TV kid' myself, I have nothing against using screens for relaxation, however, I am also grateful for the love of books that my Mom ingrained in me at a young age (led by example). Quiet time can also be quiet play with toys or just cuddling and talking.

**Age 9-15**

- Journaling and writing down one's thoughts on paper, perhaps a locked diary. Suggest somewhere that is private for them to move through thoughts and emotions that feel very intense, with the ability to read back through entries from the past to understand that emotions are fleeting and that sometimes the biggest events (loss of first love, failing a test) lose their impact quite quickly.
- Meditation and spending time in stillness. Finding the same time every day, perhaps when they come home from school or before starting homework, taking 3-5 minutes of stillness to be fully present, without talking or screens.
- Time in nature. Between the fear of leaving our kids alone to the distraction of screen time, our older kids aren't getting enough time outside. No matter the season, find activities you can do as a family that help everyone get some fresh air. Walk through the zoo or go hiking, camping, tobogganing or to the beach. There are a wealth of places to explore no matter where you live.

**Age 16+**

- Practicing traditional Hatha or Vinyasa Yoga, whether finding a class or doing videos from YouTube. Yoga poses offer a great physical workout on its own or as a compliment to any sport. Yoga also offers the mental benefits of calming and clearing the mind with focused breathing.
- Meditation, but now increasing the time spent to 10 minutes + daily.
- Establishing a self-care routine that involves adequate sleep, proper nutrition, physical exercise, and time for social activities and fun.



Lisa is E-RYT 500, YACEP and the Director of YogaFit Canada. Known for bringing an easy-going style to her teaching by encouraging everyone to honour and listen to their bodies, Lisa has been teaching group fitness and yoga in Toronto since 2001.

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# Sweet and Savoury Breakfast Options

Get your nutrition on with two very different recipe options to satisfy your palate **By Angela Wallace**

## PB & J OVERNIGHT OATS



I don't know about you, but I love peanut butter and jam! This breakfast meal is inspired by the classic PB & J, but it's high in protein, fibre, and healthy fats. It will keep you feeling satisfied until your next meal and it will also help satisfy that sweet tooth.

### INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup almond milk (or milk of your preference)
- 1/3 cup Skyr or Greek plain yogurt
- 3/4 cup mashed blueberries (can also use raspberries or strawberries)
- 1/2 tsp. vanilla extract

**Serves: 2**  
**Prep time:**  
 5 minutes  
**Overnight storage:**  
 6 + hours

- 2 tbsp all natural peanut butter
- 2 tsp honey or maple syrup (optional)
- 2 tsp chia seeds (can also use hemp seeds)

### DIRECTIONS

Mix all ingredients together in a large bowl and divide into 2 medium sized mason jars. Keep in fridge overnight and enjoy in the morning! Option to top with fresh fruit pieces.

PER SERVING: Calories 305 • Total Fat 13 g • Saturated Fat 1 g • Unsaturated Fat 12 g • Total Carbs 37 g • Fibre 7 g • Protein 12 g

## AVOCADO SALMON TOAST

If you're looking for more of a savory breakfast full of healthy fats, try this delicious combination. This breakfast is a great source of omega 3s, vitamin E, and protein.

### INGREDIENTS

- 1 slice smoked salmon
- 1/2 avocado
- 1 slice whole grain bread
- 1/2 tsp. chili flakes
- 1 egg
- Black pepper and sea salt to taste

### DIRECTIONS

1. Toast bread to your liking
2. Pan fry or poach egg. If pan fried, heat a small skillet on medium. Add 1 tsp. coconut oil when heated, melt coconut oil and crack egg on top. Cook for 4-5 minutes or to your liking (I like to keep mine runny).

**Serves: 1**  
**Prep time:**  
 5 minutes  
**Cook time:**  
 5 minutes

3. Mash 1/2 of an avocado, add black pepper, sea salt, and chili flakes. Spread over toasted bread.
4. On top of the avocado mixture, place 1 slice smoked salmon and cooked egg.
5. Enjoy!



PER SERVING: Calories 330 • Total Fat 22 g • Saturated Fat 4 g • Unsaturated Fat 18 g • Total Carbs 21 g • Fibre 9 g • Protein 14 g

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# Outdoor Family Training Fun!

Give the family the gift of health (and laughter) with a fun and easy fitness circuit

By Nichelle Laus  
Photos by Dave Laus

**A**fter being cooped up inside for most of the winter, it's now time to get the whole family back outside! Why sweat it out inside when you can get all the benefits of training, plus some much needed sunshine, in the great outdoors? All you need is some simple bits of equipment, like that found at your local playground, and a little open space to get the body moving.

**The workout is set up as a circuit:** Do 45 seconds of each exercise before moving on to the next one. Complete the circuit (each exercise) once, rest for 60 seconds, and then repeat the circuit. This can be done as many times as you wish, depending on fitness levels.



Nichelle is the owner of Optimum Training Centre in Toronto. She is a Transformation Specialist, Contest Prep coach for Team Laus, Figure Competitor, Personal Training Specialist, kickboxing and kettlebell instructor, and a proud Mom of four boys under the age of 11. Find out more about Nichelle at [otctoronto.com](http://otctoronto.com) and [nichellelaus.com](http://nichellelaus.com)

## **1** SPLIT SQUATS ON A BENCH OR A SWING (Quadriceps, Gluteals)

Position yourself in a staggered stance with the rear foot elevated and the front foot forward. Descend by flexing your front knee and hip. Make sure to maintain good posture throughout the movement. Keep the front knee in line with the foot as you perform the exercise. At the bottom of the movement, drive through the front heel to extend the knee and hip and return to the starting position. Repeat on the other side.

**OPTION:** For help with balance, position yourself next to another family member and hold onto each others shoulder or extended arm.

## **2** MONKEY BARS (Latissimus dorsi, Abdominals, Grip Strength)

Hop up onto a set of monkey bars. While grasping the bars with an overhand grip, and keeping your arms straight to slightly bent, make your way across the monkey bars as smoothly as possible. You can swing your legs or let them hang as you move from one bar to the next.



### 3

#### **BENCH DIPS (Triceps brachii)**

Sit on the side of bench or elevated platform. Place your hands on the edge, and position your feet away from it. Straighten arms, slide rear end off the edge, and rest heels on ground with legs bent or straight. Lower body by bending arms until slight stretch is felt in chest or shoulder, or rear end touches floor. Raise body and repeat.

**OPTION:** Have a family member come on to hands and knees slightly in front of you. Elevate your feet on to their back, taking care to make sure the family member is able to support your weight. As you perform the dips, they will perform opposite arm and leg extension.



### 4

#### **PUSH-UPS (Pectoralis, Triceps brachii, Deltoids)**

Start in a plank position, from the knees or toes, with your hands a little wider than shoulder width apart, holding your torso up at arm's length. Lower yourself down until your chest almost touches the floor. Press your upper body back up to the starting position while squeezing your chest. Pause at the top and repeat for as many repetitions as needed.

**OPTION:** For added resistance/weight, have a smaller child lie on your back as you perform the push-ups.



### 5

#### **PLYOMETRICS (Quadriceps)**

Set yourself up a couple of feet away from a line or some type of marker on the ground.

Squat down and jump up as explosively as possible, using your arms for momentum.

Try to land on the line/marker as softly as possible with a mid-foot strike. Step back to starting point and repeat.



### 6

#### **Mountain Climbers (Abdominals)**

Start in a plank position holding your torso up at arm's length. Keep your abs pulled in and your body straight. Pull your right knee into your chest. Quickly switch and pull the left knee in. Continue to switch knees always switching simultaneously so that you are using a "running" motion. As you begin to move more quickly, be in constant awareness of your body position, taking care to keep a straight line in your spine and don't let your head droop.





# Navigating the Fitness Industry

Develop a game plan for a successful and lucrative career in fitness

By Shannon Fable

**Y**ou feel blessed to have landed in an industry that is so incredibly rewarding! But, you may wonder from time to time if you're on the right path. Let's face it; there aren't many 'how to' guides about developing a sustainable career in the fitness industry, and the journey is certainly not one size fits all. Developing a game plan for a successful and lucrative career in fitness requires obtaining and maintaining base level education, continuing your education with a

purpose, evolving your skills, networking, and a bit of dreaming. Let's take a look.

## Base Level Education

Obtaining a primary certification is step one, regardless of where you've been or where you head next. And, maintaining your certification is necessary for career growth. Most fitness professionals begin with either a group fitness or personal training certification, which have similar exercise science information but diverge with programming and delivery. While a base level certification doesn't necessarily

prepare you for the hands-on part of your work, it provides a firm foundation, like that of a house. Then, specialty certifications, continuing education, and additional formal and informal educational opportunities give you the walls, the roof, and interior design.

Keeping your certification current is a sign of professionalism. A current certification implies you've spent significant time learning and honing your skills to qualify for renewal. Consumer confidence rises when they trust you are in the know with what's happening in health and

fitness. Not to mention, certification also helps tick the box for liability.

### Continuing Education

Defining your continuing education path will help you achieve more in your career. Much like a college student, it's acceptable to spend the first year or so of your career casting a wide net to find what truly inspires you before settling on a 'major.' But, at some point, you'll need to begin diving deep into a particular area of study with a few 'electives' to round out your curriculum.

You can certainly get a ton of Continuing Education Credits (CECs) by obtaining additional specialty certifications, which may be relevant from time to time. But, avoid taking full day specialty certs just because they give you the right number of CECs! For example, if you're a group fitness instructor interested in teaching indoor cycling, taking an indoor cycling certification makes sense.

You'll want to find a balance between longer, intensive courses and shorter, introductory courses. Be sure to use both live and virtual/online options; there are merits to both. And, if consolidating your CEC consumption by attending a conference over a weekend, ensure you have additional learning opportunities throughout the year. While investing in further 'formal' education may not make sense, informal education is a great option (e.g., newsletters, industry publications, taking other classes, training sessions with other trainers, evaluations, or meeting with mentors or fellow instructors). Never stop learning!

### Evolution of Skills

Constant evaluation and upskilling of practical skills needed for teaching or training is a must. Be proactive; ask for reviews from your supervisors, clients, or colleagues. Then, let these evaluations fuel your continuing education plan.

To go farther, you'll need to develop broader business skills, as well. Exploring sales, marketing, accounting, and communication will help open new doors in your career. Then, each week, set aside a percentage of your work time to put your new skills into action. Group Fitness and Personal Training professions trade time for money; and, unfortunately, you can't continue to infinitely increase the number of hours you work or the dollar amount you command for those hours! Business skills will help you devise new tactics for expanding your earning potential.

### Networking

Networking is more than schmoozing

over cocktails at a local Chamber event! It's about connecting and sharing with others which leads to potential clients and opportunities. The more people you genuinely connect with, the more options will be unveiled.

It's best to approach networking in a systematic and streamlined way by keeping track of who you've been in touch with. You can use a simple spreadsheet or a CRM (Customer Relationship Management) tool. A CRM tool helps to manage and analyze customer interactions; it can remind you who you've talked to, when, and about what. And, some can even tell you when you should follow up next.

Networking should be a calculated part of your career development, with half your time spent connecting with potential clients and the other half with colleagues, including adjacent professions.

**“A current certification implies you've spent significant time learning and honing your skills to qualify for renewal.”**

### Dreaming

While a straightforward career path does not exist in fitness, you can find many ways to 'advance' in this industry if you dream a bit. Here are a few areas to explore:

#### Expand your Current Business

Instead of opting for another lane, double down on the one you're in for the quickest growth. Gain additional credentials and experience, take on more clients or classes, search for higher-profile positions, or strike out on your own to increase earnings. Creating new ways to service clients can help you earn more in the same or even less time. Small group training, informational products (e.g. e-books, recorded workouts, webinars), virtual training, and accountability groups are options for repackaging your skills and monetizing fitness efficiently.

#### Adjacent Professions

Another logical step is to explore other jobs within the industry or in closely related fields. Instructors might find personal or small group training to be a

great fit. Main studio instructors might discover branching out to Yoga or Pilates to be of interest. Or, trainers might add a few group fitness classes to their schedule. Fitness could also be a stepping stone towards physical therapy, teaching physical education, coaching sports or becoming a trainer for a sports team.

### Management

Departmental or facility management is most often cited as a natural evolution for fitness pros. But, before you go, you must decide if you are comfortable moving behind the scenes. Effective leaders push others out in front instead of continuing to be the superstar. You'll need to learn a bit more about the industry (beyond formats, equipment, teaching, and training techniques) and leadership. Shifting into management can provide longevity if you find the right balance.

### Education

Training fitness professionals of the future is another viable career move. To be a Master Trainer or presenter, you'll need to have superior practical skills, but also be able to lecture. You will typically still continue to teach or train locally, using presenting as a way to make extra money on the weekends.

### Consulting

Finally, if you discover secrets for success and have an entrepreneurial spirit, you might want to parlay your experience into consulting. Helping others navigate the fitness industry and find ways to turn 'passion into profits' is a great way to extend your career.

The best career advice for fitness professionals is to begin with the end in mind. Always be thinking about what you need to earn, how much you want to work, and discover what keeps you passionate about your profession. Plan, prepare, and proceed. You may need to adjust from time to time, but consistently setting benchmarks down the path will help you stay motivated for years to come!



Shannon, 2013 IDEA and 2006 ACE Instructor of the Year, and VP of Fitness Programming for FIT4MOM® has helped brands such as Anytime Fitness, Schwinn®, Power Systems, and BOSU® for 20 years as a business and programming consultant. As a certified Book Yourself Solid® Business Coach, she helps fitness pros navigate the fitness industry.

# Outdoor Training and Insurance Concerns

Minimize the risks of outdoor training with effective planning

By Murry MacKenzie

Quite often physical fitness training occurs at a gym, a place of business, an in-home studio or at a client's home. In these situations, many of the elements can be controlled...the temperature/humidity, the floor, slip and falls, hazardous areas/conditions. All of these are more or less influenced by the property owner/lessor.

When training outdoors, many new factors are introduced that can make the experience more risky. Weather obviously plays a large role with respect to slip and fall hazards, ice and rain, windstorms, and light/visibility. The ground that you are training on, especially in parks, on trails and fields, is often uneven and creates tripping hazards.

**“When training outdoors, many new factors are introduced that can make the experience more risky.”**

Then there are the man-made issues such as traffic, noise, onlookers (adults and children) and others in the area. All of these items need to be taken into consideration when attempting to train an individual client or a small group of clients outdoors. Pets can also be a threat to both you and your client's safety as well. Even smog and allergens can make it difficult to perform strenuous physical activity.

The trainer must take great care and precaution when conducting outdoor activities with their clients and take into account all of these factors that may give rise to personal injury and perhaps a lawsuit. To cover off these exposures adequately, an insured should make sure their policy:

- covers them anywhere they conduct business, whether it is in their home, business, gym or outdoors



- should they be training anyone in their home/yard, trainers need to ensure they have a liability policy in place (minimum \$2M) so that their home owner's policy will not be cancelled due to operating a commercial exposure at their residence (a home owners policy is not intended to pick up these types of risks)
- limit your group training size outdoors to a workable number, with adequate instructor to client ratios
- try to conduct outdoor training when the elements are favourable in order to avoid slips and falls, smog alerts, and other weather related issues

By carefully planning outdoor training and taking the necessary precautions, physical fitness outside can be a motivat-

ing and refreshing departure from regular indoor workouts. You are not only giving your clients access to a unique workout, but you are also giving all those onlookers a reason to hire you!



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# Full Immersion with Purpose

Meet **Mark Campbell**, canfitpro 2017 Fitness Professional of the Year Finalist

## **Tell us about your fitness journey**

Wrong reasons - right results! Having originally signed up for the PTS course, after barely recovering from a devastating car accident, my intentions were to save money by not hiring a trainer and to simply learn what trainers know, but I discovered much more of a fit after the first day in course with my PRO TRAINER, Curtis Medina in Mississauga.

I planted my roots in Edmonton, Alberta about 18 years ago. There was only one gym in the city with a personal training program and they were hiring trainers with degrees only. I was forced to start my own business. After a year, I craved to learn more and wanted trainer fellowship, so I approached the gym that turned me down before with a proposal - allow me to bring in my clientele and I'll fill my schedule within 2 weeks. I not only

**“I realize that anyone will buy into something if the value is greater than the cost... so, my job is to provide greater value in the client's experience.”**

filled my schedule, I was awarded trainer of the month, then trainer of the year! My career progressed through management, and ultimately, program directorship before I began my own studio 10 years ago. This allowed me to teach other trainers and work with clients personally, while teaching courses and giving seminars across western Canada.

## **Why do you love what you do?**

I'm certain many careers are rewarding, but helping somebody learn the skills to



have a longer and greater quality of life allows me to LOVE what I do. Working with parents that will raise their children with better nutrition choices and more physical activity means I have an affect on future generations. Training youth and professional athletes to increase performance and decrease potential for injuries keeps me in the game! Creating programs for those with challenges allows me to impact people wherever they are. Traveling across North America, continuing my education and bringing it back to Western Canada, for other fitness professionals and my clients, allows me to value every moment.

### What is the best piece of advice you have ever received and why?

"A person's perception is their reality."  
Nobody knows where you've been but you. So how can I judge how you should feel? As a fitness professional, I make suggestions all the time, but I try to know more about where a person is coming from before I do. I reserve MY judgment for

MYself alone. I use empathy for others in every decision I make.

I realize that anyone will buy into something if the value is greater than the cost...so, my job is to provide greater value in the client's experience. I found the key to understanding was by asking questions - superficial questions, but questions that probed gently into creating mutual understanding so that we could share intent on what was to be accomplished.

### What is one piece of advice for aspiring fitness professionals?

Full immersion with purpose! I left a well paying job to embark in a fitness career. It would seem I didn't have a lot of choice, but I did: succeed or fail. If I had just dipped my toe in, I may never have been successful, but instead I jumped right in!

After my certification in PTS, I completed certifications in both FIS and NWS. I taught fitness classes and offered basic nutrition seminars to attract new clients. I woke up early and attended to my schedule with engagement, creating marketing

strategies, sending and returning emails before, between, and after my clients' sessions, Before long I didn't have time to market, because I was too busy training! I discovered that 'busyness equals business'.

### Why did you decide to nominate yourself for the Fitness Professional of the Year Award?

I am so honored to have been nominated for this prestigious award! I have attended several conferences each year, including world fitness expo, and have seen many deserving people receive this award. This inspired me each year to achieve more! My greatest success is helping people find self-love and build self-confidence, to feel worthy of their achievements.

I graciously accept this nomination as a practice of what I preach! I AM my best self each day. I have worked through many challenges to triumphant results. Each of us can be an inspiration to others when we are at our best. We must love others with less conditions and give ourselves a break now and then. Jump in!

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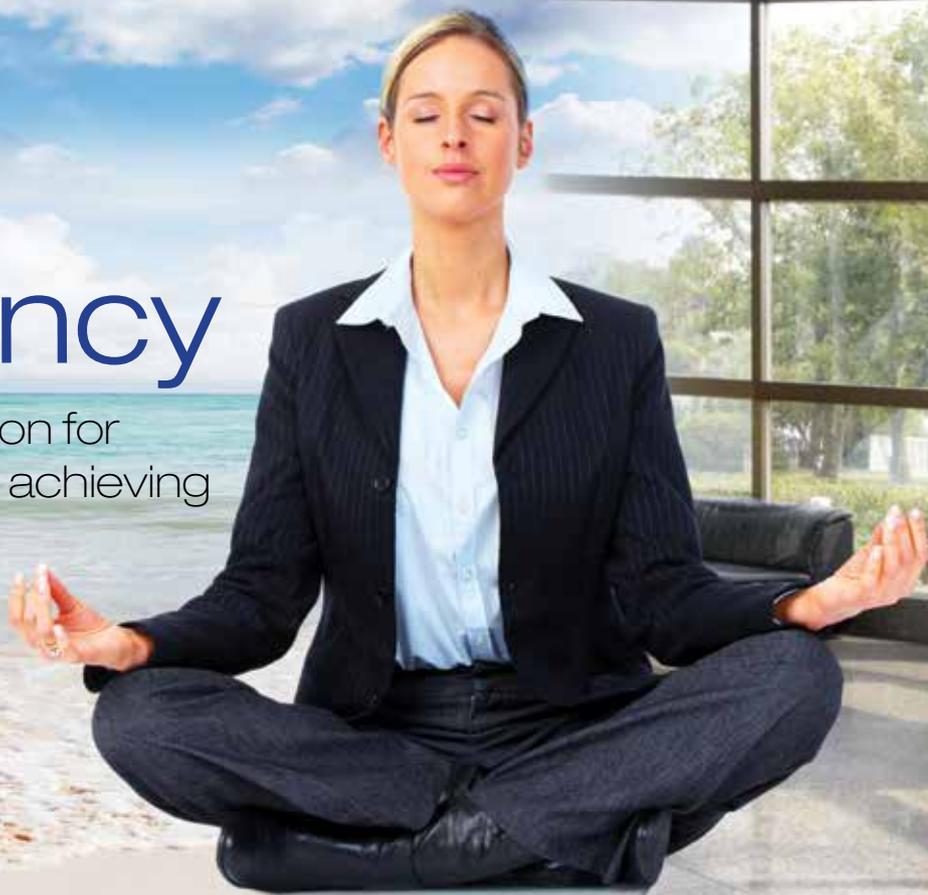
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# Stress Resiliency

A practical application for relieving stress and achieving optimum health



With 23% of Canadians aged 15 and up feeling stressed most days, it is something that all of us have experienced or will experience at some time or another. It is important that we can help ourselves, and others, relieve stress and achieve optimal health.

Stress has many effects on the body. Stress is a non-specific response by the body to any demand that overcomes, or threatens to overcome the body's ability to maintain homeostasis. Homeostasis is the body's internal sense of balance. If the body does not return to homeostasis, then it results in physical changes that are designed to maintain survival. The survival mode that the body goes through is a stress response. This stress response is often called "fight or flight", and it effects many systems in the body such as the nervous system and endocrine (hormonal) system.

## Physical Signs and Symptoms

Individuals who are stressed report having similar physical sensations. Physical stress refers to the physical symptoms that are experienced when an individual feels stressed or anxious. The physical manifestations of stress can be any of the following:

- Heart racing, (palpitations, tachycardia)
- Shallow breathing
- Muscular tension
- Perspiration or excessive sweating
- Nausea

- Tingling
- Fatigue
- Confusion
- Heat flushes
- Headaches
- Dizziness
- Butterflies in the stomach
- Physical weakness
- Shaky knees or legs
- Restless legs, hands, or limbs
- Appetite changes (increased or suppressed hunger)
- Increase thirst
- Gastro-intestinal disturbances (diarrhea, loose stools, urgency to eliminate, constipation)
- Increased need to empty bladder or colon

## Managing Stress with the Stress Triad

The three components of stress – physical, cognitive and behavioural are part of the stress triad. All three components are interrelated and always work together. One component does not occur without the other. If we want to relieve our level of stress, we must focus on managing all three aspects. We cannot just change one aspect and hope it will take care of the rest. We have to relax, change our thoughts, and change our behaviour if we want to make a significant positive impact.

## Brief Active Relaxation

This is a good technique for individuals with physical tension, a lot of mental ac-

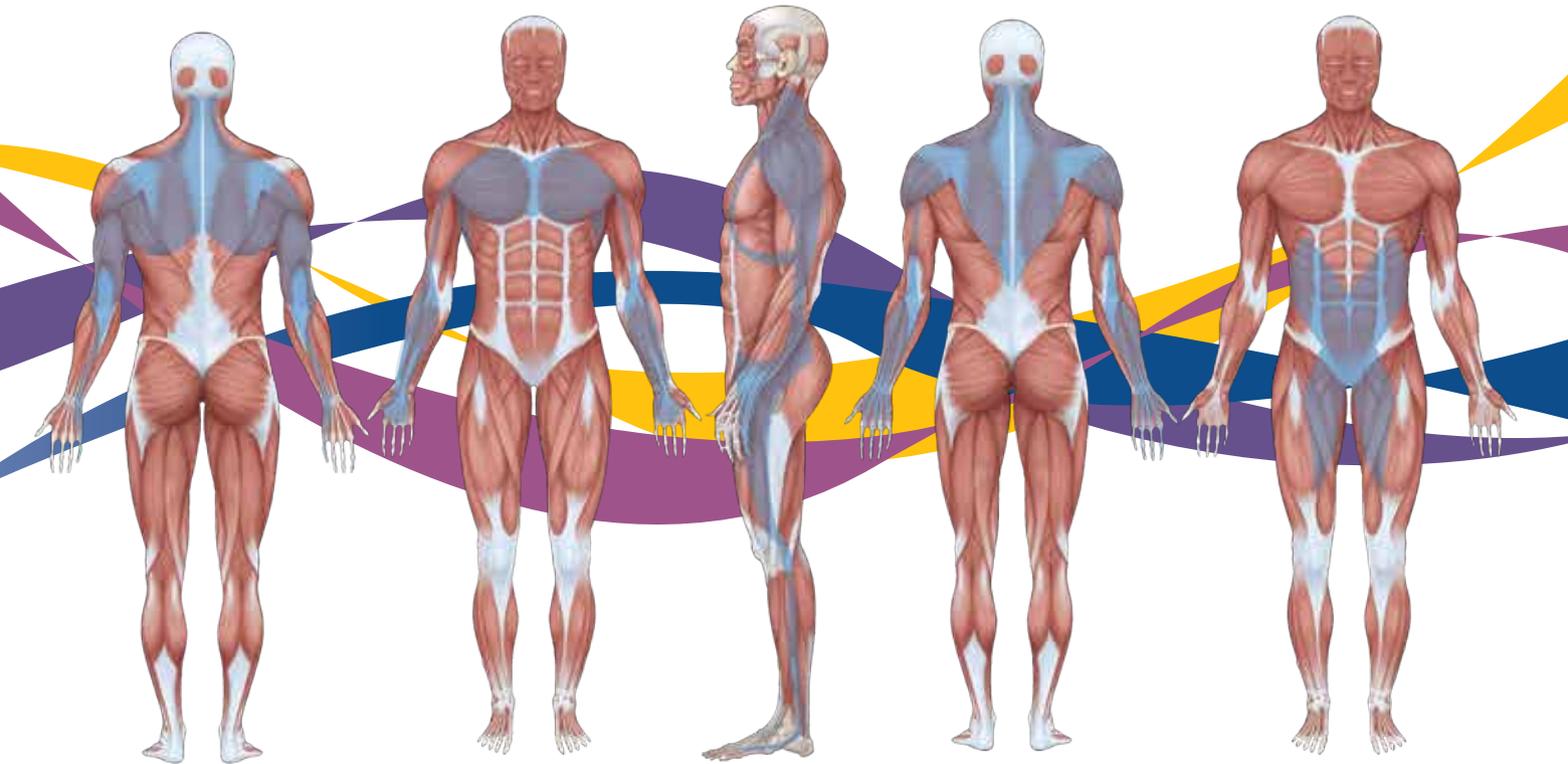
tivity, ruminative thoughts or obsessions, and/or those who like to be in control. To practice this technique, follow the steps below, in the following order of muscle groups:

1. Hands/arms
2. Neck and shoulders
3. Face
4. Chest and abdomen
5. Pelvis, legs, and feet

- Sit in a comfortable position with back against a chair, buttocks against the seat, and feet on the floor or lying comfortably on the floor.
- Begin by creating a contraction/tension in one part of the body while relaxing the other muscle groups.
- Hold the contraction for 20-30 seconds.
- Slowly release the contraction until there is no more tension on the muscle group.

If there is physical pain in any location of the body, you may skip that area during the course of the exercise. However, if possible, doing the exercise with all the steps would be ideal. You may also extract one specifically tense area (i.e. shoulders), if restricted for time.

This information is taken from the online canfitpro Stress Resiliency Certificate course. For more information and to register, visit: [canfitpro.com/en/education](http://canfitpro.com/en/education)



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