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magazine

CANADIAN FITNESS PROFESSIONALS

March/April 2016

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Interrupted

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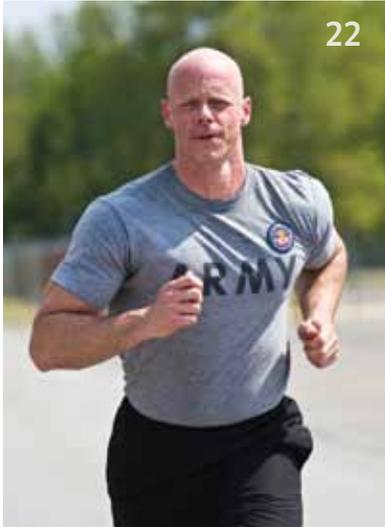
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**EDITORIAL DISCLAIMER:** We recognize that fitness professionals look to **canfitpro** for current and reliable information about the fitness industry. There are many opinions on every topic we cover, which is one of the reasons our industry is so interesting. However, the opinions of authors may or may not reflect those of **canfitpro**. In addition, **canfitpro** reserves the right to refuse any advertising and bears no responsibility for advertisers' messages. When applying information learned here to themselves, their clients and their class participants, we expect readers to think critically and to use common sense.

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## The Official Magazine of Canadian Fitness Professionals

### OUR VISION

As the leading global provider of fitness and wellness education, **canfitpro** empowers people to lead passionate and fulfilling lives through safe, fun, and effective physical activity.

### OUR MISSION

United as members, **canfitpro** delivers the world's best, accessible, affordable, and attainable fitness education and experiences.



MARCH/APRIL 2016

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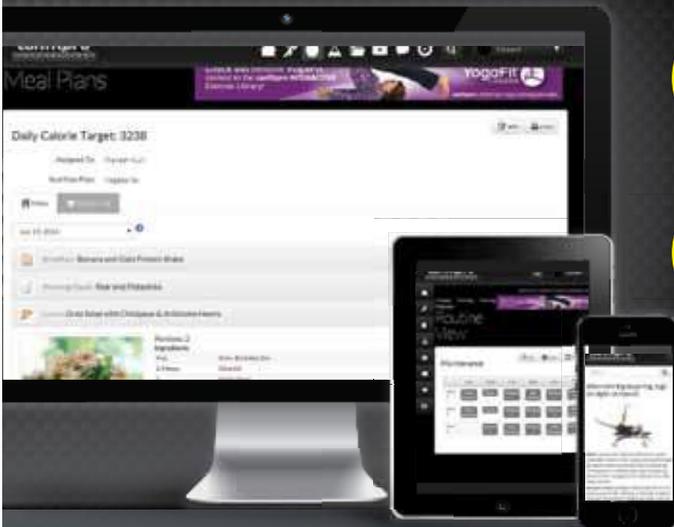
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ROD MACDONALD  
EDITOR

“With experience, you will learn that in all your relationships, there is a direct correlation between how much effort you put in and the outcome.”

# The Principle of Diminishing and Expanding Returns

In exercise, we accept the principle of diminishing returns as a necessary evil of how the body adapts. This principle suggests that even as we apply more and more effort, the benefits we get will become incrementally smaller. For example, a sedentary person will need comparatively little exercise stimulation to see substantial improvements in health and performance; compare this to the massive amount of effort an international level athlete needs to put in just to get a small improvement in performance, and you start to understand diminishing returns. As it relates to the body, the principle of diminishing returns applies in more or less the same way to cardio, strength, and flexibility, as well as all the secondary components of fitness. But does this principle apply to other areas?

Where this principle doesn't apply in the same way is in the area of rapport and relationship building, which as any experienced fitness professional knows, is far more important. When you have great rapport with a client or entire class, you can tap into a deeper level of their commitment, which will result in more effort which will translate into more results overall. This is called the principle of expanding returns, where you get more results with less effort over time.

So how can we capitalize on this to both our benefit and the benefit of those in our care? With experience, you will learn that in all your relationships, there is a direct correlation between how much effort you put in and the outcome. Here is a simple outline that, when followed, will almost assuredly result in greater relationships, greater results, and greater financial success.

- 1. Create a safe, welcoming environment wherever you meet your clients and class participants.** This includes sound, lighting, scents, as well as how you present yourself.
- 2. Get to know your client beyond the numbers.** Yes, you will do some testing with PT clients, or watch them all warm-up in a class environment, but spend a few minutes actually getting to know why they are there, and what they want to achieve. This is a huge component and the more you can learn here, the better you will serve them.
- 3. Connect the effort with the desired results.** One workout or class can sometimes seem pointless and it is our job to help them understand how every step matters.
- 4. Reinforce effort and results.** We are a very results-oriented industry, so we must remember to recognize that those who struggle with fitness need lots of reinforcement, even when the results don't appear to be measurable.
- 5. Show gratitude outside the traditional means.** A technique used by many life coaches is to connect with the client outside sessions by way of a phone call, email, text message, or other means to communicate the value of the relationship and gratitude for it.

When you employ these and other techniques, you'll soon find the principle of expanding returns encourages you to establish a great relationship and maintain it with small but meaningful effort. This will result in a long and lucrative professional relationship with your clients and class participants.

Rod



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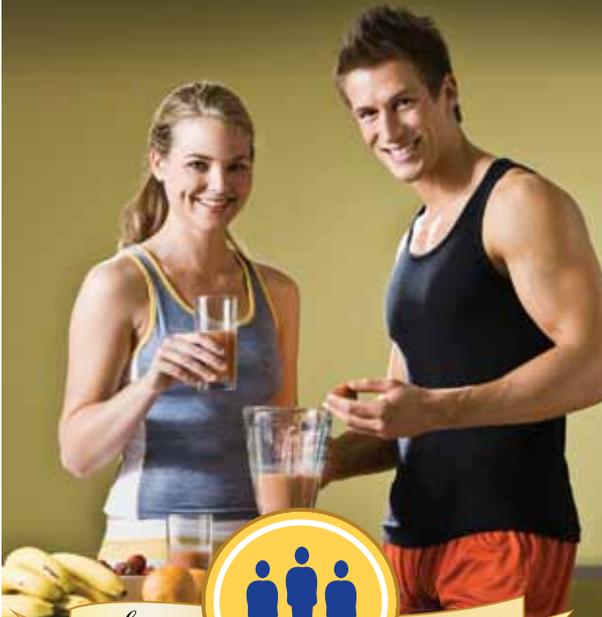
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# canfitpro UPDATES

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- **October 13-16** - Calgary
- **November 19** - Toronto 1-day Summit
- **December 1-4** - Vancouver
- **Coming soon:** Halifax

## ACADEMY EVENTS

- **Certified Coaching Practitioner**  
ROBYNN NIEROP-Saturday April 2 & Sunday April 3
- **Neck to Knees - More Than Just Core (W/S)**  
LYNNE SKILTON-HAYES-Saturday April 9
- **Taijifit Instructor Training (W/S)**  
DAVID-DORIAN ROSS-Saturday April 16
- **TaijiFit Power Boost (W/S)**  
DAVID-DORIAN ROSS-Sunday April 17
- **COREFX Conditioning Specialist Certification (Level I) (W/S)**  
KENNEDY LODATO-Saturday April 23
- **Common Medical Conditions and Exercise Prescriptions for the Older Adult (W/S)**  
ONA MCDONALD-Friday April 29
- **Kelani Fitness Instructor Certification**  
IOANA ABOUMITRI-Saturday April 30 & Sunday May 1st

Visit [canfitpro.com](http://canfitpro.com) for event information and updates.

# Maureen Hagan receives the 2016 Woman Leader Award from IHRSA

Maureen (Mo) Hagan has received the 2016 Woman Leader Award in honour of Julie Main, from The International Health, Racquet & Sportsclub Association (IHRSA). Hagan, who has worked in the fitness industry for more than 30 years, is Vice President of Program Innovation for GoodLife Fitness and **canfitpro**.

"I am incredibly humbled and honoured to win this award," said Hagan. "I got into the fitness industry because I wanted to help people be the best version of themselves. While there is still plenty of work to be done, I am thankful that I get to play a continued role in helping fitness consumers and my fellow colleagues reach their full potential."

Mo began her career as a clinic-based physiotherapist (BSc PT) and maintains her license which brings a high degree of professionalism and a unique perspective to her role in the fitness industry. She is a multi-certified fitness professional through Les Mills International, **canfitpro**, and the American Council on Exercise, and has received numerous industry awards, including CAAWS Top 20 Most Influential Women



Photo: Liana Louzon Photography

in Sport & Fitness (2014), IDEA International Fitness Instructor of the Year (2006), IDEA International Program Director of the Year (1998), and Europe's BodyLife Educator of the Year (1996).

"Mo is so deserving of this incredible award," said David 'Patch' Patchell-Evans. "When Mo joined GoodLife in the 1980's I could immediately see her passion for helping our members and her fellow associates. The work she has done in creating a world-leading group fitness portfolio for GoodLife and in helping **canfitpro** become one of the largest fitness education companies in the world has been remarkable and very inspiring."

"IHRSA celebrates the legacy of Julie Main by presenting the Woman Leader Scholarship Award to a woman who exemplifies what Julie stood for: courage, perseverance, excellence, and professionalism," said Joe More, IHRSA President and CEO.

The Woman Leader award is given in Honour of Julie Main, the late co-owner and President of the West Coast Athletic Clubs in California and former Board Member and past president of IHRSA. The award was created when Main passed away after her long and courageous battle with breast cancer, in 2009.

Hagan will officially receive the award at IHRSA 2016, March 21-24 in Orlando, FL.

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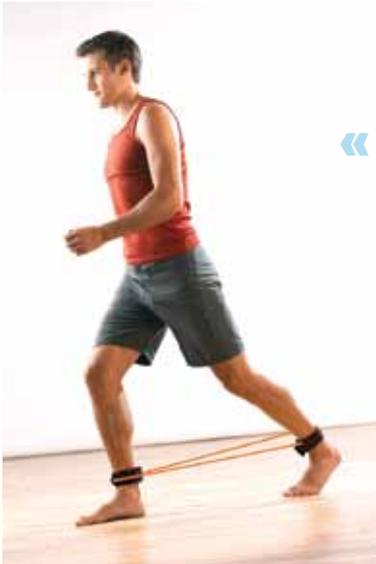
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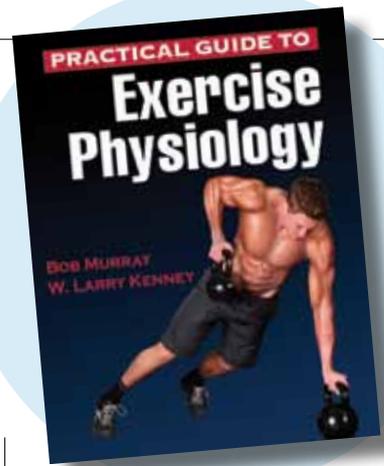
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- August 10 - Toronto, Ontario (Level 1)\*
- August 11 - Toronto, Ontario (Level 2)\*
- September 24 - Montreal, Quebec (Level 1)
- September 25 - Montreal, Quebec (Level 2)

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**Keystone Fitness** can satisfy your business and personal fitness equipment needs by providing Canada's largest assortment of new and reconditioned commercial grade equipment. Check out the complete inventory of Life Fitness, Precor, Star Trac, Hammer Strength, Keiser, Stairmaster, Nautilus and Schwinn products on [www.canfitpro.com](http://www.canfitpro.com). Members receive a 15 percent discount on all products.

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**CAA** offers a Corporate Group Membership Program for canfitpro members in south central Ontario. Save on your first year membership!

**Choice Hotels Canada** - Choice is Canada's largest hotel network, with over 280 hotels coast to coast. Members receive a 20 percent discount off applicable rates.

**Park'N Fly** offers canfitpro members preferred rates across Canada at select Park'N Fly locations. Canadian cities include Vancouver, Edmonton, Toronto, Ottawa, Montreal, and Halifax and in some locations members have the option of choosing between two distinct service options: Self Park or Valet.

**VIA Rail Canada** - Plan your next vacation around stress-free train travel. Members are eligible for the corporate fare and enjoy spacious seats, quick boarding, downtown-to-downtown travel, spectacular views, enticing menus and impeccable service

## MUSIC

**CardioMixes** offers energized 32 Count Fitness Music at great prices. Established in 2001, we offer selections perfect for step, kickboxing, pilates, cycling and more! canfitpro members receive 20 percent off all regular priced CDs or Downloads! Check us out today and you just may find the right mix for your next class! Visit our booth every year at canfitpro trade shows.

## WELLNESS

**Clear Medicine** - Dr. Natasha Turner is one of Canada's leading naturopathic doctors and founder of Clear Medicine Wellness Boutique. Bright, energetic and practicing what she preaches, her goal is to inspire others to make positive lifestyle choices in order to enjoy healthier lives. Members receive 10 percent off the Clear Medicine line of products.

**FitWipes Canada** is a Canadian owned and operated company providing fitness professionals with top of the line products to help their business. FitWipes Canada provides a Health Canada registered Disinfectant Surface Wipe, DIN#02395509. Serving fitness professionals with orders from one roll to many cases. canfitpro members will receive a 5 percent discount on all FitWipes Canada products.

**RockTape** promotes stability and improved circulation while assisting in both injury prevention and recovery. It is hypoallergenic, water resistant and stays on the skin for 3-5 days allowing full range of motion. Members receive 25 percent off Rock Tape, Rock Sauce and Apparel.

**THI - The Health Institute** is a group of health care specialists focused on ensuring Canadians have access to the ground work for a healthy lifestyle via preventative manual therapy, physical activity, balanced wholesome nutrition, and mental wellness. Members SAVE 15 percent off products and services.

## STUDIO RENTALS

**McMaster Fitness** - Two studios available for rent fully equipped ideal for functional training, yoga, pilates, dance or bootcamps and, parking is free! Members save 10 percent on all studio rental fees. Contact Carol McMaster for inquiries 416 480 9736 or email [mcmasterfitness@hotmail.com](mailto:mcmasterfitness@hotmail.com).



# THE PULSE OF CERTIFICATION



**Nathalie Lacombe**  
membership and certification director



Thank you again to everyone who took the time to fill out our recent certification survey! We are always grateful to our members who share their feedback in order to help shape upcoming education products and service.

With over three quarters of you planning on taking additional education soon we wanted to share some exciting news!

- **Over 30%** of you are very interested in **HIIT Training** and another 25% in **Boot Camp programs**. Thankfully our new Boot Camp Instructor Course in partnership with SGT Ken is being offered across Canada!
- **Over 30%** of you want education to work with **active older adults**. See below for some exciting news...
- **Nutrition** was once again one of the hot topics with Clean Eating a topic of interest for 39% of our members; I hope you're pleased that Tosca Reno's Eat-Clean Foundations is now available!



## Nouveautés

Quel plaisir de vous avoir retrouvé en grand nombre à FitMontréal en février. Merci à tous ceux qui ont pris le temps de venir me saluer et de partager votre passion avec moi. J'espère que vous avez « faite le plein » pour retourner à vos centres de mis en forme remplis d'énergie et de motivation.

## « Joie de vivre »

“Spring is a time to find out where you are, who you are, and move towards where you are going.”

~ Penelope Trunk

## COMING SOON: Active Aging Certificate

We are so pleased to soon offer our members a brand new way of becoming prepared to work with this ever growing and incredibly diverse population! From the latest screening methods, management of age related conditions, coaching tips, training priorities, to healthy eating approaches you'll grow your teaching and training opportunities.

Be sure to take advantage of our pre-sale of this program to be the first in your area to be confident in helping all clients and participants in their active aging goals.

For details about this new online educational program, please visit the Certification pages at [www.canfitpro.com](http://www.canfitpro.com).



Follow me on **Twitter** for my latest news, announcements, and information @NathalieLacombe



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a playground!**

canfitpro has committed \$100,000 over the next 5 years towards building the canfitpro Outdoor Recreation Space at the Pacific Autism Family Centre (PAFC). This incredible space will support individuals and families with Autism Spectrum Disorder (ASD) and related disorders integrate physical activity into their time at the Centre. Autism occurs 1 in every 68 children making it the most common neurological disorder affecting children. The cause, or causes, of ASD are still unknown and, for now, there is no cure.

Through this fundraising initiative, we will create an outdoor environment where youth and adults feel safe, comfortable, engaged, and gently stimulated to socialize and have ample transitional spaces. This play area will also be equipped with outdoor fitness equipment that is intended to improve strength, coordination and balance.

**Please donate**

through your registration form, online,  
and through upcoming events!

[pacificautismfamily.com/donate](http://pacificautismfamily.com/donate)



## WHAT'S YOUR FAVOURITE SECTION OF THE PERSONAL TRAINER SPECIALIST COURSE AND WHY?

My favorite section of the PTS course is cardiovascular concepts. I have observed that many personal trainers focus mostly on resistance training and overlook the importance of their role in cardiovascular conditioning. In this section of the course, I present ways to make cardiovascular conditioning more interesting and enjoyable. With my background in rowing, I teach the class how to use the rowing machine properly and how to structure their training sessions in a way that makes the time go by quickly. I also introduce the Woodway curve, Concept II ski ergometer, and Jacobs ladder as examples of variety and new ways to challenge their clients.

## WHAT MOTIVATES YOU TO BE THE BEST PRO TRAINER YOU CAN BE?

What motivates me to be the best PRO TRAINER I can be is looking at the impact these new trainers we are certifying can have on people's lives. I love getting feedback, from those who have attended my courses, on how they have helped people in their lives! Whether it is reaching a new personal best, obtaining body composition they are happy with, accomplishing a goal they set out for themselves, or by simply living a healthier active lifestyle.

## IN A YEAR FROM NOW, WHAT DO YOU HOPE TO ACHIEVE?

In a year from now, I hope to further develop a stream of continuing education courses helping new trainers and instructors apply themselves and obtain practical experience through their certifications. Central to this education, will be a mentorship program where trainers/instructors shadow and contribute in training clients and instructing classes. It will be a practical hands-on learning experience which I hope will accelerate their opportunities for employment and successes as a trainer or instructor. It will also provide them with the professional development they require to keep their certifications in good standing.

# PRO TRAINER *Showcase*

## » ANDREW BELLERBY

**canfitpro PROGRAMS TAUGHT:**  
PTS, FIS, HWL

### WHY DID YOU BECOME A PRO TRAINER?

As the Fitness Program Coordinator, at the University of Toronto Mississauga, I was looking for the best way to train and certify our student body as instructors and personal trainers. canfitpro has proved to be a great fit in helping us accomplish this task. As a PRO TRAINER, I use the course and the exams that follow as an extended interview process in selecting and hiring our student staff. Out of the hundreds that attend our courses each year, I am able to select the best in joining our team of trainers and instructors.

### WHAT HAVE YOU LEARNED AS A PRO TRAINER?

Coming from a competitive background as an elite rower and coach, I was great at training athletes and those who are highly motivated. As a PRO TRAINER, I have learned

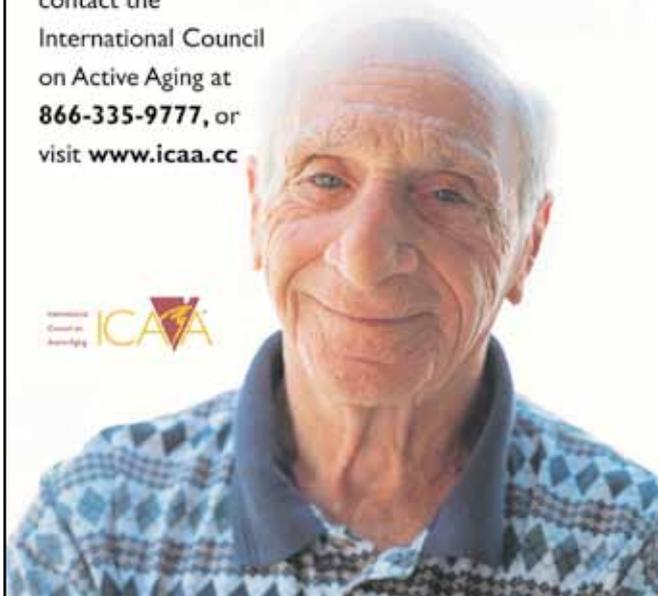
how better to work with all levels, particularly beginners who require a lot more support and gentler progressive approach. Beginners have the most to gain and benefit from the services of a personal trainer!

“What motivates me to be the best PRO TRAINER I can be is looking at the impact these new trainers we are certifying can have on people's lives.”



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# East to West

## Yoga

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A two-part certification.  
**Part I: YES**  
Toronto March 19-20  
Ottawa Region TBA  
Pickering TBA

**CONTACT US FOR PART II COURSE DATES AND FOR INFORMATION ABOUT OUR RYT200 & 500 PROGRAMS.**

## Retreats

**Summer Yoga Retreat**  
**At:** Harmony Dawn, Rice Lake  
**Date:** July 22-24, 2016  
**Cost:** \$325 plus HST inclusive

**Winter Mexico Yoga Retreat**  
**At:** Mayan Palace Resort  
**Date:** January 21-28, 2017  
**Cost:** \$950 plus HST (flight and lunches not included)

## Pilates

**Pilates Mat Specialist (PMI)**  
A two-part certification.  
**Part I: PMI**  
Ottawa region March 19-20  
Sudbury March 5-6  
Toronto April 16-17

**COST FOR ALL WEEKEND COURSES \$250+HST - \$282.50**

## Barre

**Barre Exercise Specialist (BES)**  
A two-part certification.  
**Part I: BES**  
Barre courses are scheduled based on demand. Let us know if you are interested.

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### 2016 Workshops

Penticton, B.C.—April 15, 16, 17 (9am-5pm)  
Toronto—May 6, 7, 8 (9am-5pm)  
Halifax, N.S.—June 3, 4, 5 (9am-5pm)  
Vancouver, B.C.—June 17, 18, 19 (9am-5pm)

**Other dates and locations will be posted as they become available.**

*A limited number of practitioners will be licensed per population demographic and workshops are limited to 15 participants. For complete details, visit the site today and become a practitioner soon.*

# Running on Resilience

» Use these tips to help you perform better on the running track, streets, beaches, or trails. Run resiliently, and make each run or hike something to rave about!

By Ken Weichert (aka “SGT Ken®”)  
US Army Master Fitness Trainer, Master Resilience Trainer

**A**fter serving in the military for nearly three decades, I have learned a thing or two about being prepared. I find it peculiar that there are people who perform routine runs or huge hikes without considering their own safety. I am reminded of how a flight attendant routinely says, “In the unlikely event of a sudden loss of cabin pressure, oxygen masks will descend from the ceiling. Be sure to secure your own mask before assisting someone else.” The reason is that you will be useless to others if you’re unconscious or dead from hypoxia.

The same can be said about the individuals that I have unexpectedly run into on trail runs, lost, without water, and close to giving up all together. How would your family feel if you decided to spring outside for a run in the brisk twilight air without any safety gear and got injured, or worse?

You may say, “It’s only a short run. I will be fine.” You may think that you are a resilient person, but your environment may not be so kind.

## THE TOP 5 TIPS FOR RUNNING SAFELY

**1 Carry identification and a cell phone (urban), and sometimes carry a first aid kit (wilderness)** - One time I was trail running in Muir Woods, just north of San Francisco while training for an outdoor adventure race. On the tenth mile of my run, far away from any road or ranger station, I came across a hiker that had broken his ankle from a fall. I always kept emergency numbers recorded on my phone, including the number for the nearest ranger station. I was able to call for help. By the time the ranger arrived, I had already splinted the hiker’s ankle and carried him to the nearest fire escape road.

*WORDS OF WISDOM: Always be prepared! It may not be you that needs the phone or first aid kit, but someone else in distress. Franz Kafka once said, “It is better to have and not need, than to need and not have.”*

**2 Dress for the occasion** - Always check the weather report prior to your training. Don’t be the runner or hiker that overheats in hot climates as the result of wearing too many clothes, or the person that gets frostbite or hypothermia from not wearing enough clothes in cold climates. Don’t forget some sort of reflective belt or flashing light of some kind. It is always best to wear clothes that can easily be seen by others.

*WORDS OF WISDOM: It is best to run indoors when the weather is poor.*

**3 Face the traffic** - Running against the traffic provides you the opportunity of seeing potential dangers coming at you.

**4 Stay hydrated** - The night before I perform a long run or hike, I consume a great deal of water without overdoing it. I drink an electrolyte replacement drink during my long runs or hikes in order to maintain proper blood sodium levels. Always consume enough water and salt to replace what you lose.

**5 Be alert** - When I am outside, I never use a music-playing device of any kind. Listening to music while running outside will make you less aware of traffic, potholes, or many other potential dangers. For those that simply have to listen to music while running, always leave one ear uncovered and exposed to the environment in order to remain alert and alive.





## THE TOP 5 TIPS FOR PROPER RUNNING FORM

**1 Look where you are going** - A common mistake made during running fatigue is dropping your head into your chest. Maintain focus on the ground 20 feet in front of you and strive for running in a straight line. Your head and neck should remain relaxed at all times.

*WORDS OF WISDOM: Especially when running in cold climates, it is best to inhale through your nose and to exhale through your mouth. This warms and cleans the air that you deliver to your lungs.*

**2 Lean into it** - Another common example of poor running form is when people lean back while running. This creates a pulling action in the hips that is very counterproductive. Use gravity to your advantage lean slightly forward, but maintain proper alignment with your head, shoulders and hips.

**3 Strike in the center** - Use your center of gravity to your advantage. Strike the ground with your foot directly under hips.

**4 Run at a modified double-time cadence** - In order to improve your running scores, you must achieve a modified double-time cadence. Average runners are known to perform approximately 70-80 strides per minute, while professional runners maintain as much as 100 strides per minute. Spend more time in the air than on the ground.

**5 Maintain grace in your stride** - Even when world-class runners are performing their best speeds, they make it seem like it requires little or no effort. Remain relaxed while you run and allow your muscles to do the work. Perform an unforced and compact stride to a modified double-time cadence. Large strides can impede your momentum. Use the forward movement that you produce to your advantage.

“Perform better on the running track, streets, beaches, or trails. Run resiliently, and make each run or hike something to rave about!”

SGT Ken® is coming to a community near you! Don't miss your chance to get certified as a **Boot Camp Instructor** in 2016. For more information, you can email [sgtken@sgtken.com](mailto:sgtken@sgtken.com). **HOOAH!**



# Fasted Cardio

## IS IT REALLY WORTH IT?

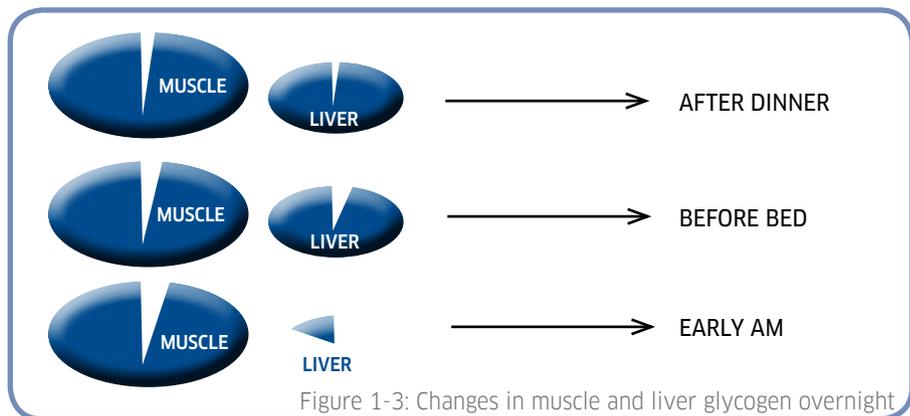
By Fabio Comana

**W**e see it, read it and perhaps even witness it – fasted cardio for weight loss that is currently trending in many exercise circles, but does it really stand up to all the hype?

Let's examine this concept through a series of practices – say for example you consume a dinner this evening containing carbohydrates. This will replenish (to varying levels) your two primary glycogen stores; the muscles and the liver within the ensuing hour or two. While we all understand the reason for storing carbohydrates within muscle, one might ask why we store carbohydrates within the liver? The reason lies with the fact that once carbohydrates enter the muscle, they cannot be released back into circulation. By contrast, liver cells can release glucose into the blood which is critical to our survival given how little glucose is stored in the blood at any time. The blood serves as a medium to constantly deliver glucose to various cells (e.g., brain, central

nervous system) and as a source of glucose for our red blood cells which can only fuel with glucose. In other words, it is the role of the liver to preserve blood glucose, but the challenge lies with the fact that the liver only stores about 75-100g of glycogen (50g / Kg or mass) or 300 – 400 kcal worth of energy which can be depleted relatively

quickly. After eating, you may not retire to sleep, but may spend a few hours awake, skimming glycogen from both muscle and liver before bed as illustrated in Figure 1-3. However, during your overnight sleep, while your muscle stores do not deplete, your liver tank empties due to ongoing metabolism. Lowering your glycogen stores within the



liver overnight triggers the release of cortisol, a glucose-preserving hormone that responds to the biological stress of lowered liver glycogen stores.

Let's use an analogy to help explain concepts - imagine driving around a strange part of town and your gasoline warning light comes on - how will you modify your driving? I imagine by driving more conservatively to preserve gasoline and avoid being stranded. Think of your body in the same manner. When our liver nears empty, our body strives to do the same by conserving energy and sparing glucose.

This is achieved by elevating cortisol levels which promotes greater levels of lipolysis (fat breakdown) which helps spare blood glucose (remember, this has nothing to do with muscle glycogen stores which are adequately stocked, but with the rest of your body which relies on liver glycogen). Unfortunately, cortisol also promotes gluconeogenesis, the breakdown of proteins to manufacture glucose which could prove to be an undesirable consequence. Furthermore, cortisol can also have a temporary suppressing effect on



**“The primary idea behind fasted cardio is to promote greater fat utilization while performing a moderate-intensity workout.”**

your metabolism, resulting in fewer calories being expended by your body.

Let's put this in perspective. The primary idea behind fasted cardio is to promote greater fat utilization while performing a moderate-intensity workout. For example, a 300 kcal fasted session at that intensity may shift your fat calories from 180 kcal to 240 kcal, netting an additional 60 more fat calories. While this may seem impressive at first, consider that 3,500 kcal represents one pound of fat, which would require an additional 58 more sessions. That is hardly impressive, but let's also examine the other costs associated with elevated cortisol levels:

- As previously discussed, elevated cortisol may increase unwanted breakdown of muscle tissue, albeit small.
- Elevated cortisol can suppress meta-

bolic rates during those fasted hours until food is eaten, reducing the calories expended in the exercise session and the early part of the day.

- The accumulation of ketone bodies in the blood also decreases blood pH and to manage acidosis, the body uses its lactate buffer to maintain normal blood pH - this reduces the capacity for higher-intensity exercise.

- Elevated ketones can also reduce levels of serotonin and dopamine in the brain, which is associated with greater levels of anxiety and depression.

It appears that fasted cardio involves several steps backwards just to increase the number of fat calories by a small amount. Much like you would only need a small amount of gasoline (e.g., 1/4 tank) to safely drive out of that strange part of town, the body only needs a small amount of carbohydrates to restore liver glycogen to the level that would reduce circulating levels of cortisol and restore a healthy metabolism. This can be easily accomplished by ingesting 20 - 25 g (80 - 100 kcal) of a moderate-to-high glycemic carbohydrate source. The small amount of added protein serves as an exogenous supply of protein (i.e., from food) for cortisol to catabolize until its levels return to baseline which minimizes unwanted protein breakdown. This can be easily accomplished by ingesting 5 - 10 g of a fast protein (branched-chain amino acids or a whey isolate).

Now think to the following scenario and how you might address this situation - a client is contemplating following a low-carbohydrate diet to lose weight because she read that carbohydrates are what make people fat. Coupled with her diet, she plans to participate in fasted cardio to achieve her goal. Given your understanding of the energy pathways and the need for carbohydrates, how would you address this situation?

**Takeaway:** Although fasted cardio may shift your fuel utilization marginally to utilizing more fat, the associated costs should always be considered. Help your body restore metabolic homeostasis with a little meal containing small amounts of carbohydrates and some fast proteins first thing in the morning. This will help return your metabolism to normal burn rate and correct key hormonal imbalances that occur as a result of an overnight fast.



Fabio Comana, M.A., M.S., is a faculty instructor at San Diego State University, and University of California, San Diego and NASM. Previously as an ACE exercise physiologist, he was the original creator of ACE's IFT™ model and ACE's live PT educational workshops. Prior experiences include collegiate head coaching, strength and conditioning; and opening/managing clubs for Club One. An international presenter, featured in multiple media outlets and accomplished chapter and book author.

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# YogaFit for Warriors: A Healing Modality

By Lisa Greenbaum E-RYT 500

**A**t the close of 2015, 39 first responders and 12 military members had committed suicide in Canada; add another 10 first responders and 2 military members at the end of February 2016 (Tema.ca). In addition, Statistics Canada has revealed that between 2004-2014, more military personnel committed suicide (160), than soldiers killed in combat (138) through the entire Afghan mission (2002-2014).

Post-traumatic stress disorder (PTSD), is described by Veterans Affairs Canada as “an anxiety disorder caused by experiencing traumatic events, such as combat situations, physical or sexual assaults, disasters, terrorist attacks and serious accidents.” Veterans Affairs also state that approximately 9% of Canadians and 7.2% of military veterans will have PTSD in their lifetime. Additional research claims that PTSD will affect first responders during their career at a rate of 25% for correctional officers, 22% for paramedics, 16.5% for firefighters, 9-12% for police officers and 5% for military members. These are the people that put their lives on the line for the safety of our communities, cities and country. However, PTSD not only af-

fects the individual suffering, it also impacts those closest to them: their husbands and wives, children, family members, friends and co-workers. In addition to those on the front lines diagnosed with PTSD are those who have suffered trauma; “everyday people” who have experienced tragedy, loss or abuse in their lives.

In an article published by CBC on May 27, 2015, the dispatcher for the Moncton RCMP shooting calls out the Canadian government for more support for those with PTSD. This sentiment is echoed by countless other media reports. There are support groups and resources available where one can talk about their experiences, but what about those who are not ready, or willing, to talk openly about it? What about the memories that are deeply suppressed? Or those who believe they will lose their job, their family, their supports due to the stigma of PTSD if they come forward? For those suffering with PTSD or unresolved trauma, there is a loss of connection to one’s true self, the feeling of living inside the mind or emotions, and outside of the body. This disassociation can lead to self-abuse such as unhealthy relationships, substance abuse and in extreme cases, suicide.

To move into a state of healing one must experience a union between mind and body, to get back in touch with one's own body. This is also known as the practice of Yoga. Yoga in Sanskrit means Union. In its simplest terms, just by noticing our breath (Prana, or life energy) moving in and out of our body can lead to a greater mind-body connection. By utilizing the three-part breath (breathing only through the nose, slowing the breath down and then allowing the belly, ribs and chest to fully expand with our inhale and compress with our exhale) we provide an instant way to calm our parasympathetic nervous system. This actively releases our bodies from a state of stress, or commonly known as fight, flee or freeze.

Gaining in popularity in the western world over the last twenty years as a way to release stress, gain strength and flexibility, clarity of mind and empowerment, Yoga has actually been practiced for over six thousand years. Could Yoga, an ancient science of the mind, be the answer? Yoga's slow methodical flow, linking breath to movement, taking time to feel and listen to the body is being proven by research to be at the forefront of healing trauma. The fact that Yoga can be practiced in any form by anybody, no matter one's ability or mobility, is empowering and innately healing. In practicing Yoga, we are able to awaken our own inner physician. We learn to listen to the subtle whispers of our body, to acknowledge feelings and movement. We learn to trust ourselves on our journey of healing.

Neurological research is showing that when trauma occurs, we store these memories not only in our mind, but also in our body. Many of us experience stress to some degree in our daily life, and we can often recognize the signs of stress we are carrying in our body through tension headaches, stiff neck and shoulders and sometimes accompanied by digestive upset. As a protection mechanism for the body, trauma moves deeper. Just as memories can either be suppressed or rise as flashbacks, the body stores trauma deep in the psoas muscle or hip. The psoas muscle attaches to the femur (leg

bone), travels up the front of the pelvis and carries underneath the obliques (side waist) to insert into the lumbar spine. Issues with the psoas muscle can be felt either in the hip itself, it can translate to achy knees and/or ankles, or present as lower back pain. Also interesting to note, in the world of Yoga, this area of our body below the navel and above the pubic bone is our 2nd or Sacral Chakra. This Chakra is represented by our emotional body, the ability to be in touch with our emotions, our creative centre and also our connection to our sexual being. As a way to balance this area of the body we want to create flow and ease, hip openers and gentle stretches. Essentially, the same focus in a trauma-informed class.

In practicing Yoga as a healing modality we need to focus on HOW we practice. Those who have experienced deep trauma may further increase anxiety in starting class laying in stillness with eyes closed such as Restorative Yoga, while at the same time a powered-up Vinyasa or Hot Yoga class may be entirely inappropriate. To fill this gap, YogaFit for Warriors was created by Shaye Molendyke, a Lt. Col. with the US Air Force, 23 year vet and RYT-500 YogaFit Master Trainer. As Shaye describes, "This deeper, scientific understanding of exactly how Yoga can affect our neurological and neurochemical pathways in the body has allowed us to create a powerful yoga therapy program, YogaFit for Warriors, to truly help those suffering from Post-Traumatic Stress Disorder (PTSD) as well as anyone with unresolved physical or emotional traumas. This advancement of understanding of what makes Yoga efficacious includes: slower mindful movement to awaken the emotional or limbic center of the mind; ujayi breath focus to stimulate the vagus nerve; and a physical focus on psoas and grounding postures to help release the allostatic load of traumas stored in the body. This combination creates the opportunity for organic healing through therapeutic yoga and provides a new path forward for those suffering from not only PTSD but mood disorders such as depression and anxiety." >>



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 and to **FIND A TRAINING NEAR YOU!**

YogaFit for Warriors is made up of 5 programs that can be combined with YogaFit's Level 1 foundation course to make up the new 100-hour certification program. These individual 2-day training workshops can be taken by anyone interested in teaching the program, and/or self-discovery and personal learning. Yoga for Warriors, Balancing Moods, Restorative Therapeutics, Healing Physical and Emotional Trauma, Yoga for Addictions and the new Warrior Kids are currently being offered in Canada and the US along with International military bases including Germany and Italy. Further to that, YogaFit has developed the Warrior Ambassador Program as a way to link Teachers of the YogaFit Warrior program to Students, by placing teachers in Addiction rehab facilities, hospitals, mental health clinics, and military bases among others.

A typical YogaFit Warrior class is a combination of flowing movement along with restorative and therapeutic poses towards the end. After 1-2 minutes of deep breathing to centre the mind and body and become present, we begin a slow flow movement aimed to warm and increase mobility in the muscles and joints. In keeping with this slow pace the focus of the class is on creating rhythmic movement, linked to breath and designed to help discharge energy as well as facilitate the release of deeply held tension. In keeping with the YogaFit Essence of breathing, feeling, listening to our bodies, letting go of judgment, expectations, competition and staying in the present moment, we emphasize that the student is always in

control of his or her own practice. A safe and nurturing environment is maintained throughout class. Emphasizing that the student is always in control of his or her own practice effectively connects the mind with the body while releasing trauma stored in the psaos.

As Shaye notes: "A mindful yoga practice leads to a healthy balanced body and mind. Over time yoga decreases emotional reactivity as we learn to embrace life more fully. Yoga practice helps us reframe situations so that we find more meaning even from difficulties and challenges. Essentially, yoga helps us to reclaim lost power, which is very important in healing trauma. Yoga teaches us that while we cannot control external events, we can control our reaction. Yoga gives us the tools to activate the innate healer within all of us."

More and more, Yoga is being sought out for its innate healing properties. The practice of Yoga can be followed through many forms including Asana (poses) or the physical practice, meditation, pranayama (breathing exercises) or in reading Yoga Philosophy. No matter your chosen path, with an open heart and open mind we all have the right to live the life we chose, to release pain and move forward with acceptance, joy and gratitude.

YogaFit Warriors 2-day Training will premiere as an Intensive to the canfitpro world fitness expo in Toronto, August 10-11th taught by Shaye Molendyke. Registration is now open, please contact canfitpro directly.

## YogaFit Trainings in Canada

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 [www.yogafitcanada.com](http://www.yogafitcanada.com).

### Ontario

- Toronto Mind Body Fitness Conference, April 7-10: Level 1, Level 2, Level 4, Therapy 2, Seniors, Meditation and Mindfulness, Anatomy 2
- Indo Balance Board Workshop - April 16 - Toronto
- Level 1 - April 23/24 - Ottawa
- Kids - May 6 - Ottawa
- Level 2 - May 7/8 - Ottawa
- Level 1 - May 14/15 - Warton
- Level 2 - May 14/15 - Toronto
- Kids - June 3 - Toronto
- Level 3 - June 4/5 - Toronto
- Level 1 - June 18/19 - Toronto
- 200-hour Intensive - July 4-27 - Toronto
- Level 1 - Sept. 17/18 - Sarnia
- Senior - Sept. 30 - Warton
- Level 2 - Oct. 1/2 - Warton
- Senior - Oct. 28 - Ottawa

- Level 3 - Oct. 29/30 - Ottawa
- Level 1 - Nov. 19-20 - Hamilton

### Nova Scotia

- Kids - July 8 - Halifax
- Level 2 - July 9/10 - Halifax
- PreNatal - Aug. 26 - Halifax
- Anatomy & Alignment - Aug. 27/28 - Halifax
- Senior - Sept. 30 - Halifax
- Level 3 - Oct. 1/2 - Halifax
- Level 4 - Nov. 8-11 - Halifax
- Level 5 - Nov. 12/13 - Halifax

### New Brunswick

- Level 1 - April 28/29 - Hampton
- Level 2 - April 30/May 1 - Hampton

### Quebec

- Senior - April 29 - Montreal
- Anatomy & Alignment - April 30/May 1 - Montreal
- Niveau 1 - May 21/22 - Montreal
- Kids - June 4 - Montreal
- YogaProps - Aug. 20/21 - Montreal

- Montreal Mind Body Fitness Conference, Sept 22-25: Level 1/Niveau 1, Level 2, Pranayama, Warriors, Senior, Prénatal, Working With The Chakras, Balancing Moods
- Niveau 2 - Oct. 22/23 - Montreal
- Level 3 - Dec. 3/4 - Montreal
- Level 1 - Dec. 10/11 - Montreal

### British Columbia

- Level 3 - June 4/5 - Delta

### Alberta

- Level 1 - May 28/29 - Calgary
- PreNatal - Aug. 19 - Edmonton
- Anatomy & Alignment - Aug. 20/21 - Edmonton
- Level 1 - Sept. 24/25 - Edmonton

### Manitoba

- Winnipeg Mind Body Fitness Conference, May 5-8: Level 1, Level 2, PreNatal, Seniors, Working With The Chakras, Restorative, YogaProps
- Warriors - Sept. 29/30 - Winnipeg

- Balancing Moods - Oct. 1/2 - Winnipeg
- Anatomy & Alignment 2 - Nov. 5/6 - Winnipeg

### Saskatchewan

- PreNatal - April 15 - Regina
- Level 3 - April 16/17 - Regina

### Yukon Territory

- Level 1 - April 28/29 - Whitehorse
- Anatomy & Alignment - April 30/May 1 - Whitehorse
- Level 2 - Aug. 26/27 - Whitehorse
- Level 3 - Aug. 28/29 - Whitehorse
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- PreNatal - Sept. 18 - Whitehorse

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# Training Interrupted

When illness or injury puts you on the sidelines, take some of that ‘free’ time to properly plan your recovery strategy

**By Tosca Reno**

**T**he best laid plans for running your next marathon or competing in your next physique show will often be interrupted by life events, including injury or illness. In fact it’s hard to imagine life without these repeated interference fouls - a move, the birth of a child, a family event, the boss’ crushing deadlines and more. How and when do you make your return to training?

When I started my Eat Clean and training lifestyle, my then coach, Robert Kennedy, warned me, “If you train seriously you will get hurt. Almost everyone I know has an injury they are nursing and learning to train around.” He himself was nursing a “dicky deltoid.”

I laughed it off thinking I would never need to worry about such a thing, until I damaged my rotator cuff. My shoulders were never quite the same again.

There are few of us who have managed to avoid even a small injury or illness during our training careers but they are the lucky few. It is better to count on such interruptions so you will not be so completely derailed that you will never return to your physical pursuits. And while specific advice for marathon running or triathlon conquests is available, there are certain common strategies we can use to gauge our readiness to reengage in exercise.

I will be employing these strategies myself after missing three weeks of training due to moving house and becoming severely ill with a chest infection recently. Used to working out 6 days a week, after these, among the biggest of life events, I can safely say, I had

# 6 STRATEGIES FOR RETURNING TO TRAINING AFTER ILLNESS OR INJURY

## 1. KNOW THAT PAIN IS A WARNING

If you are still experiencing pain, know that this is a clear sign from your body to STOP. Don't train under these circumstances or you will simply injure yourself further or prolong your illness.

## 2. FOCUS ON HYDRATION AND NUTRITION

This is an ideal opportunity to nourish your body like never before. Depend on clean, whole foods to do the healing work. Avoid processed foods filled with sugar that only serve to inflame rather than heal. Your immune system needs optimal hydration and nutrition to attend to its' task of healing you.

## 3. RELEASE YOUR EGO

Releasing the ego is a critical first step. None of us can make up for lost time by doing three weeks worth of effort in one training session. Know that time lost is time lost and it's not a deal breaker.

## 4. STOP WORRYING ABOUT FITNESS LOST

Squeezing in extra workouts or longer running times, destroys the body's precise recovery mechanism, making you prone to injury and/or illness once again. Know that while you may not have made fitness gains in the time you were off, you did not lose that much either. A few light workouts and you will be back in the game.

## 5. MISSED WORKOUTS ARE NO REASON TO CRY

It's all too easy to become depressed over missed workouts and particularly gains, when injury or illness happens. Instead of focusing on what you can't do, why not focus on the good? You are healing. You are giving your body a chance to fortify itself for upcoming workouts. Concentrate on nourishing yourself well with whole, nutrient dense, properly prepared, clean foods so that recovery happens as quickly as possible and so that the rest of your body is strong enough for physical activity when you have recovered.

## 6. MAKE A PLAN TO GET BACK ON TRACK

While you make your recovery, plan the workouts you will follow when the time is right to train again. That time will be unique to each of us, as a 7 day hiatus from training is different than a 21 day, or longer, break. It makes good sense to use the first two to three workouts as "easing back into it" workouts.

become a slug. I barely had the energy to climb even five steps. My lungs were straining so hard from the infection, I worried I would never be able to run or lift again. Any effort felt impossible.

After three weeks, when the anti and probiotics had done their best work, I began to feel that old familiar urge to get physical again. I worried how to accomplish it without pushing myself back into a relapse of illness again. What I did was follow a basic strategy, of which the first requirement was, to hang my ego on the door. Easier said than done, but necessary nonetheless.

## Training Intensity

Train at an intensity of 75 - 80% of your normal level if you have only missed a week. If your hiatus was injury related, be sure to lift a little lighter and perform fewer reps to get back into the groove, particularly for that injured area. When returning to running, run at a pace that is lighter than normal for the first three sessions, particularly if your break was illness related. Although you may feel better, your body is still making a recovery for at least 5 days post illness.

If you have missed two weeks pace yourself to 60 - 70% of your normal intensity. Again, adjust weights to a lighter load and perform minimal 8 - 10 reps to get the muscles accustomed to the movement again. The same applies to running. Your first few sessions after illness or injury should be performed at an intensity that does not overly tax either the injured area or the cardiovascular system as recovery gains are still being made, no matter how "good" you may feel.

Anything past 3 weeks of training will require you to adjust your training significantly. You will need at least two weeks of a modified return to training plan to bring the body back at a reasonable pace. A good weight lifting workout would be to perform 2 sets of 20 reps using a very light weight, for the entire body. Do this for at least 2 to 3 workouts before increasing your intensity.

For runners, 3 weeks off is enough time to have lost your usual fitness intensity. Your early runs should be easy, 60 to 70% intensity efforts for about 3 days. Make gradual 10% increases and do some sprints when you feel healthy enough. Consider doing a fartlek of 6 x 3 minutes for 5 K, then walk it out for 5 minutes. Follow up with two days of a normal, easy run pace.

After my workout interruption, I began with a flow yoga class. I worried that my lungs wouldn't be able to keep up with the demand of the poses but there was plenty of time to get into and out of them without losing my breath. Also, flow yoga counts on the rhythm of breathing to drive you through, so it was helpful for me to do this particular class. The yoga teacher did numerous chest opener poses to encourage proper breath work. The next day I followed up with a 20 minute trampoline session. I had worked my way up to an hour on the rebounder but found that even 20 minutes was a good challenge for me without losing too much breath. I have scheduled weight workouts and some running over the next 5 days. Here's to good health!

Use these simple strategies to plan your own return to training. The good news is that the body retains muscle memory and makes fitness gains quickly. Giving up on fitness is not an option. The rewards are too great! By expecting the interruptions and having a strategy in place, you will be prepared for the inevitable and not derail your fitness goals.



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# Pregnancy, Hormones and Mental Health

Understanding your pre- and postnatal clients

By Tracie Smith-Beyak

**M**any women discover they are pregnant with an ‘at home’ pregnancy kit that tests for levels of hCG (Human chorionic gonadotropin). This hormone is manufactured by the placenta and can be detected as early as 11 days after conception. There are four primary hormone players during pregnancy and they are hCG, human placental lactogen (hPL) made by the placenta, estrogen and progesterone which are made by the ovaries and placenta. Morning sickness or nausea and fatigue are usually associated with the hCG hormone. hCG levels double every few days for most of the first trimester before they level off. This rapid

increase in hCG is why the typical duration of pregnancy nausea is usually limited to the early stages of pregnancy. hPL assists with nutrition for the fetus and is a lactation signaler. An increase in this hormone will enlarge breasts and prepare the body for breastfeeding.

Most women survive the “prenatal hormonal roller coaster” suffering only from fatigue, moodiness and klutziness, but that is not always the case. The World Health Organization published a study that revealed about 10% of pregnant women and 13% of early postnatal mothers experience some type of mental disorder, most commonly depression or anxiety. Women with a previous history of mental illness are at a greater risk of experiencing a relapse that could include more serious mood disorders such as depression and >>

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bipolar disorder. It is also common to see similar symptoms during menopause and peri-menopause when estrogen and progesterone levels change yet again.

"I went through a really hard time – not right after the baby, but when (Coco) turned 6 months," Courtney Cox, 41, tells USA Today. "I couldn't sleep. My heart was racing and I got really depressed. I went to the doctor and found out my hormones had been pummeled." Postpartum depression affects roughly 10-15% of women during pregnancy and over the year following childbirth. Research carried out at the University of North Carolina concluded that when reproductive hormones were removed or controlled, premenstrual symptoms disappear. This is exciting research but more studies are needed to better understand why some women are more vulnerable than others to depression during normal life hormonal shifts.

### Why exercise?

Exercise is therapeutic. When we exercise we release endorphins that release stress, boost energy and make us feel good. Exercise is recognized to improve memory, cognition, sleep, self-esteem and resilience. When a woman is feeling down in the dumps or empty, a 'bout' of exercise can make all the difference.

### Detecting Depression

How do you know if someone has postpartum depression or mental illness? The following list of symptoms are typical, and if someone is experiencing them for more than two weeks they should consult a doctor.

#### Symptoms of depression:

- Sleeping long hours but not rested
- Crying regularly at times for no reason
- Feeling sad, hopeless, useless
- Low or no energy
- Lack of motivation to do anything
- Feeling constantly overwhelmed
- Eating too much or too little
- Memory problems
- Feelings of guilt
- Withdrawing from family & friends
- Loss of interest in things you love
- Headaches, body aches or stomach pains that won't go away
- Inability to focus, indecisive

There is no single cause for depression but it is usually the result of a combination of factors. Having a family history of mental illness, experiencing a stressful life event (E.g. death in family, loss of job, financial difficulties, abuse, drugs & alcohol, poverty), changes in brain chemistry, health of mother and/or child and hormonal life shifts can all contribute to depression in women.

The first few days after birth, a new mom can feel down, sometimes referred to as the baby blues. The symptoms of the baby blues are mild and do not require treatment or medications. Postpartum depression (PPD) usually presents after birth as well but it can also show up during the third trimester and make the end of the pregnancy challenging. A woman experiencing PPD may feel tired, unable to sleep or sleep deprived, overwhelmed, doubt her ability to be a mother, feel unworthy, become a perfectionist and feel she has no time for herself. She may even have thoughts of hurting herself or the baby or may have little or no interest in the baby. Women with a history of bipolar disorder or schizophrenia are at a greater risk of developing postpartum psychosis (PP) which requires urgent medical care to protect the mother and child. PP can start between one to three months postpartum and symptoms may include: losing touch with reality, hallucinations and delusions, insomnia, agitation, anger and irrational guilt and they may be at risk to themselves or others. If symptoms of baby blues or PPD persist for more than two weeks, the mom cannot care for the baby, she has thoughts of

harming herself or the baby or she is unable to function, the need for medical care is indicated. My advice is 'if unsure, refer' and keep communication open.

In a study published in 2006, a sample of women with a history of mental illness were followed through their pregnancy and postnatal year. Of the 82 women who maintained their medications during pregnancy 26% relapsed however, out of the 44 women who discontinued their meds 68% relapsed. Data collected over the past few decades does suggest that some medications are safe to use during pregnancy but more studies are needed to continue to log the risks and assess new medications being released. When asked her opinion on whether a woman with a mental illness history should stay on her medications during pregnancy Dr. Leslie Flynn, an associate professor at Queens University, stated "it is absolutely in the best interest of the patient and the fetus to stay on their treatment during and after their pregnancy. When you are depressed you don't eat, sleep, focus, cope or function well and this can be detrimental to the pregnancy and child particularly just after birth."

Communication with their caregiver can be very helpful. Obstetrics/Gyn physician check-ups take place at six weeks postpartum, therefore quite often missing the onset of illness. Psychiatrists/Psychologists see patients once referred after onset or prior if there is a history. They tend to take a gentle approach, with validation and great listening. They encourage self-care, rest, good nutrition and set clear boundaries for communication. Midwives have great opportunity to see symptoms progress during pregnancy and shortly after. They have a close relationship with the mothers but again the association is brief after delivery and at the final six week checkup. Family doctors see the mother and baby from pregnancy, birth and postpartum and therefore have more opportunity to see the symptoms present. The usual solutions are to prescribe: meds (for moderate to severe symptoms), exercise, sleep, friends, baby groups and getting outside.

### Role of the Trainer

Modern family physicians value the role of the personal trainer in the healthcare system. The role of the personal trainer when working with clients with mild to moderate mental illness includes exercise prescription, nutritional counselling, self-esteem and positive body image coaching, motivation and inspiration, listening and support.

#### Exercise prescription should include:

- Daily activity 20 - 30 minutes minimum
- Low to moderate cardiovascular training such as walking, swimming, cycling, paddling
- Functional muscle conditioning & posture training
- Flexibility & posture training
- Core stability & pelvic floor training
- Whenever possible, get outside

If you work with the pre- and postnatal demographic expect to see challenges and struggles from time to time, be prepared to recognize signs and symptoms of mental illness and most importantly, listen, give support and refer the mother for help if you are in anyway concerned.



A guru in the world of pre- and postnatal and youth fitness training, Tracie works closely with researchers, educators, and healthcare professionals in these areas. A fitness columnist, author, presenter, and award-winning entrepreneur, she also owns Conquer Training Centres, an international company that specializes in training and educating mothers, youth, families, and athletes. With over 30 years experience, Tracie has been training, teaching, and certifying trainers worldwide for the last 19 of those years.

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# Balancing Act

STOTT PILATES® helps runners keep up the pace



David Taylor

to do the bulk of the work. “I also developed endurance in those muscles so that as I approached the end of a race, whether it was a 10k or a marathon, I felt confident that I could execute my plan.”

The nature of speed and distance running—the stress on the joints, the repetitive movements, the required reserves of endurance—means that picking up a running habit can mean developing a host of common physical issues, from damaged Achilles tendons to Patellofemoral Pain Syndrome, or pain in the knees. Pilates makes an excellent addition to a runner’s regimen, because it works on alignment, balancing and muscle activation around the joints, says Lauren Dubeau MERRITHEW Master Instructor Trainer. Pilates can help mobilize the ankle and provide a greater range of dorsiflexion, which can help address Achilles tendon issues, she says.

“Another thing is the overall body conditioning,” says Dubeau. “Runners tend to focus on technique and the running part of it, and not work on the upper body strength, the core strength, the integration of all the body parts together. Pilates helps with integrating the whole body, rather than only looking at the lower kinetic chain.”

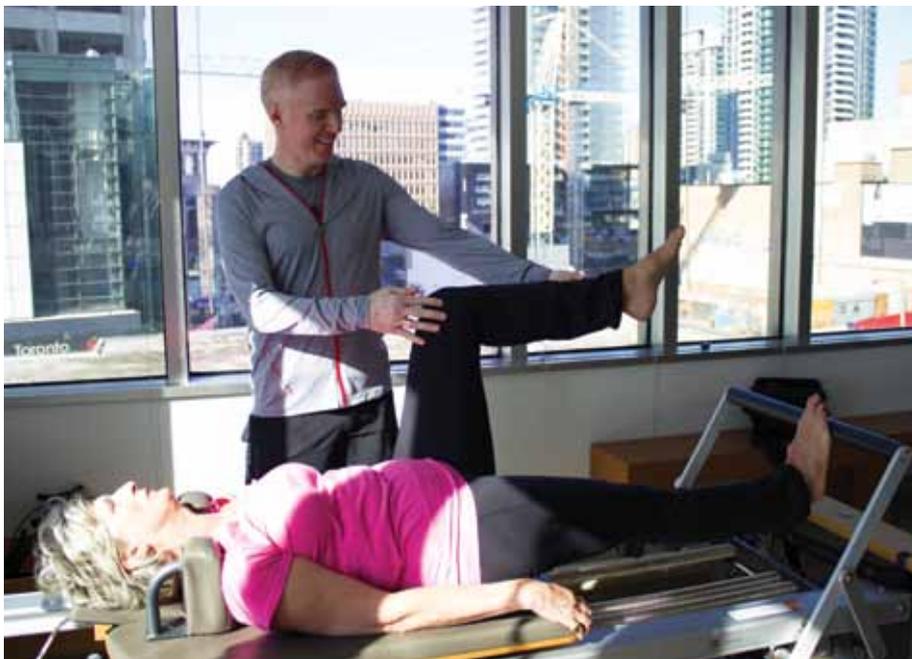
It was this integration that helped Taylor, who already had several marathons under his belt, when he decided to begin training for the notoriously challenging Ironman triathlon, a feat he has accomplished nine times and counting. “I knew Pilates would have to remain in my program,” he says. “I started to see faster times in all three of my disciplines. My swim times were getting faster as a result of having a better body position in the water, my bike times improved and my running felt more comfortable.” Even after a

“What do you have to lose?” asks Taylor. “Pilates is the best thing I ever did, not only for my athletic side, but also for my overall well-being.”

## By the MERRITHEW™ team

Adding Pilates to a running practice has extraordinary benefits. The attention to building up strength in the core, the ability to locate and work on specific, weak muscles, and the focus on the connection of body and mind all combine to significantly increase a runner’s game.

Before David Taylor became a STOTT PILATES® Certified Instructor, he was a runner. He was originally drawn to the MERRITHEW™ premium Pilates brand as a way to help his running performance. “And it did,” he says. “I started to feel stronger overall and gained some much-needed flexibility, particularly in my hamstrings.” Taylor was able to recruit the proper muscles to improve his form, rather than relying on larger muscles



grueling day of swimming 3.8kms, riding 180kms and then running a full marathon, Taylor was tired, but his body had the strength and endurance to perform at his best. He plans on running his first ultra-marathon, the Cayuga Trails 50 in Robert H. Treman State Park in Ithaca, New York.

When Taylor decided to become a STOTT PILATES® Certified Instructor, he realized a whole new world of training opportunities at MERRITHEW, and utilized them to hone his body for his races. "I learned how to use the MERRITHEW™ Cardio-Tramp™ Rebounder to help increase power and endurance in my legs as well as getting an added cardio workout," he says.

Pilates' focus on bringing symmetry to the body makes it an ideal addition to any running program, says Dubeau. "Running is a symmetrical movement," she says. "If you look at playing a sport like hockey or tennis or baseball or something like that, it's very one-sided." Different mobility and strengths are required on different sides of the body, but when running, both sides of the body are used in the same way. "You need to train the body that way," says Dubeau.

Though balancing muscles isn't necessarily the same as symmetry, it's related, says Dubeau, and also has implications for runners. "For example, we'll look at the quadriceps muscles, and we want to have enough strength in the medial quad as in the lateral quad to make sure that the knee joint is functioning in the most efficient way it can."

Without balanced muscles and physical symmetry, runners may be prone to overuse injuries, she says. When a muscle is weak, or an aspect of the body or movement asymmetrical, the body will find a way to compensate. "Which isn't always the most efficient way of doing it," says Dubeau. "So, if the muscles and the joints aren't working optimally, the body is going to find another way to get the activity done, which is going to cause more stress on the structures,

on the soft tissues of the body. You have repetitive use injuries, and at times, traumatic injuries as well."

Because of the emphasis Pilates places on balancing muscles and moving symmetrically, Pilates students who want to become runners already have an edge, says Taylor. "Barring any existing injuries, people who have been doing Pilates on a regular basis should be able to add in run training." STOTT PILATES® strengthens all muscles required for running; abductors, adductors, glutes, quads and hamstrings. It also lengthens those tight muscles that most of us have—hip flexors, hamstrings and calves.

And for runners that want to start doing Pilates? "What do you have to lose?" asks Taylor. "Pilates is the best thing I ever did, not only for my athletic side, but also for my overall well-being."



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# Pre-Workout Snacks for Fat Loss

By Tatiana Vicol

“Abs are made in the kitchen” is a truism that if embraced, our clients and class participants would benefit from. Beyond the abs, this is true for the overall health and wellbeing of your clients as well. Their performance, both inside and outside the gym, is greatly affected by what they put in their bodies, including what they eat, drink, and are exposed to in other ways.

While it is tempting to look for a “magic pill” or shortcut to achieve their goals faster, there may be a cost to one’s health much greater than the benefit they might perceive from a low body fat percentage. Logically, how your clients look doesn’t mean much if their health is at risk, but emotionally they may still crave an appearance which might be attainable, but not sustainable. Although the human body is complex and unique, and one exercise and nutrition plan may not work for everyone, there are some common snack suggestions the majority of our clients can embrace safely and effectively.

If your client’s goal is to reduce body fat and you are going to eat before a workout, they should have their pre-workout snack no closer than 45-60 minutes prior to your workout; depending on the way their body processes food, to allow the food to clear the stomach. Your client won’t want a stomach full of food when they start high-intensity intervals, or any kind of workout that might be digestively problematic. Encourage them to keep their pre-workout snacks to less than 250 calories, and experiment with what your client can tolerate most easily with the best performance by keeping a journal of what works and what doesn’t.

Here are some ideas that may help you get started and on your way to healthier eating before a workout. (V) indicates a vegan option.

1. Apple slices with nut butter (V)
2. Grapes (V)
3. 8-10 almonds (V)
4. Banana and nut butter (V)
5. Slice of whole wheat bread and nut butter (V)
6. A granola bar which contains no more than 6g of sugar, at least 4g of protein and under 200 calories
7. Smoothie with 1 scoop whey protein and a handful of almonds with water or milk
8. Greek yoghurt and berries with trail mix
9. Cottage cheese and Greek yoghurt with some honey or slices of banana
10. Cheese and an apple

Adopting healthy strategies, including healthy, low-calorie snacks is a proven method to both fuel your clients’ workouts as well as stave off hunger-induced binging. Along with other lifestyle changes, your clients will be able to create the body they want and the health they need. It takes time for new habits to blossom, including reducing or eliminating some habits that aren’t supporting their goals. Your job is to encourage them, praise them, and give them good advice that will keep them on track.



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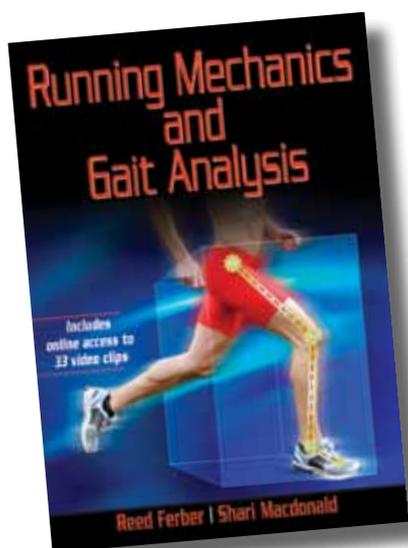
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# Does Barefoot Running Cause Injuries?



An excerpt from *Running Mechanics and Gait Analysis With Online Video* by Reed Ferber, PhD, CAT(C), ATC, and Shari Macdonald, BSc, PT, MSc.

**B**arefoot running, or running in a minimalist shoe, has received increasing attention within the popular media over the past several years. However, one must first realize that barefoot running is not new to elite runners, with Abebe Bikila winning gold in the 1960 Olympic marathon while running barefoot and Zola Budd setting the world record for the 5000 m at the 1984 Olympic games. The first research study published was in 1987 (Robbins and Hanna 1987). Since then, multiple studies have been conducted to understand the poten-

tial alterations in running mechanics when running barefoot. However, it is important to note that, to date, there is no research that either supports or refutes the injury preventative aspects of running barefoot that marketing campaigns and advertisements promote. There is only research to confirm that running barefoot is different than running shod.

While looking at the effects of running in shoes compared with running barefoot, it has been reported that running barefoot, or even running with a forefoot strike as opposed to a rearfoot strike, results in decreased stride length; increased stride rate; decreased range of motion at the ankle, knee, and hips; and a more plantar flexed ankle position at ground contact (De Wit et al. 2000; Divert et al. 2005; Lieberman et al. 2010). Moreover, Kerrigan et al. (2009) reported a 54% decrease in the hip rotational

forces, a 36% decrease in knee flexion forces, and a 38% decrease in frontal plane knee forces when running barefoot compared with running in shoes.

While these results appear impressive, a closer inspection reveals that there is no clear answer about whether barefoot running is injury preventative or causative. For example, by decreasing stride length, and increasing stride rate, more steps are taken per kilometer. For the average runner running a marathon, this would result in 1,280 more steps to finish the race but only two minutes less of total foot contact time over a 3 hr, 20 min time compared to running shod. The increased numbers of steps and increased repetitions of maximum vertical loading when running barefoot (or with a forefoot strike pattern) could be injury-causative. On the other hand, 36% to 54% less force at the hip and knees for

“...while research has been done on how barefoot running alters an individual’s mechanical patterns and joint loading, no studies have been conducted on whether injury rates or specific injuries are reduced compared with shod running.”

every step could be injury-preventative. Moreover, based on mechanical properties of the Achilles tendon (Kongsgaard et al. 2011) and when considering that a forefoot strike pattern forces the heel downwards shortly after contact with the ground (Kerigan et al. 2009; Lieberman et al. 2010), each step taken when running barefoot results in 59% of the force needed to rupture the Achilles tendon. The increased tensile loading of the Achilles tendon could result in tendinopathy, a gastrocnemius, or soleus muscle strain.

In summary, while research has been done on how barefoot running alters an individual’s mechanical patterns and joint loading, no studies have been conducted on whether injury rates or specific injuries are reduced compared with shod running. Considering the complexity of the etiology of running injuries, changing one parameter such as footwear or even eliminating shoes altogether and completely altering the mechanical pattern cannot eliminate the occurrence or potential for musculoskeletal injuries. In fact, rapid alterations in one kinematic running pattern place a runner at risk for injury. Finally, considering that the

magnitude of force applied to the system, a runner’s mass, does not substantially change whether barefoot or shod, the changes in mechanics attributed to running barefoot or running with a forefoot strike would simply result in the impact force being redistributed elsewhere within the body. Thus, while barefoot running may result in a reduction of some injuries, such as to the knee and hip, we are likely to see an increase in other injuries, such as to the metatarsals, plantar fascia, and Achilles tendon. Future research will help answer these questions.



Read more from *Running Mechanics and Gait Analysis With Online Video* by Reed Ferber, PhD, CAT(C), ATC, and Shari Macdonald, BSc, PT, MSc. Copyright © 2014 by Human Kinetics Publishers, Inc. Excerpted by permission of Human Kinetics, Champaign, IL. Available to order from Human Kinetics Canada at [www.HumanKinetics.com](http://www.HumanKinetics.com) or by calling 1-800-465-7301.

The advertisement for Cardio Mixes features a bright orange background. At the top, the "cardio mixes" logo is displayed with a musical note icon. Below this, the text "NEW MUSIC 2016" is prominently shown in white and yellow. To the right, a photograph of a woman in an orange t-shirt and black gloves is shown in a dynamic pose. Text on the right side includes "MOVING CLASSES SINCE 2001". The central text lists "STEP | BOOTCAMP KICKBOX | CYCLE PILATES | & MORE!". At the bottom, it states "DJ MIXED & 32-COUNT", "Clean Lyrics - CDs - Downloads", and "100% Satisfaction | 7 day/week support". The bottom section of the ad features a large "30% OFF ALL MUSIC" offer and the website "cardiomixes.com/canfitpro".

# Fitness Rockstar!

A group exercise instructor with over 30 years on the job, **Elaine Fitzgerald-Muise** has a life-long passion for teaching fitness and giving back to her community

## How did you first get involved in the fitness industry?

I was an Irish dancer, gymnast, soccer player and cheerleader growing up and loved being active. After high school I started going to classes at the local YMCA where I did gymnastics and loved it. I became certified that year. I taught fitness classes throughout university and worked at fitness centres during summer holidays. After university, I started training seriously and entered two body building competitions and ended up winning the Nova Scotia Lightweight Division. I have been teaching for 30 years and will teach for 30 more - I totally love it!

## Describe what you currently do.

I teach group fitness at GoodLife Fitness and I was one of the first GoodLife Kids Foundation Coaches in Halifax. I also do team training classes for Zumba Toning and Body Pump - it is so great having one-on-one time with participants - we have even gone out for dinner and drinks after our last class.

As a Coach for the Kids Foundation, I went to two schools weekly teaching fitness to kids and having a blast with them. I had so much fun and made connections with all the kids and the teachers. The drawings and thank you notes I received were amazing.

I am a people person and I love making these connections and helping people change their lives and make fitness a permanent part of that change.

I also work full time as a marketing professional for hotels which I do enjoy, but fitness is my passion and promoting fitness is something I do every single day of my life.

I created a fitness retreat weekend with the resorts I have partnered with and it is now going into its 14th year - 60 women having a blast enjoying fun and fitness for an entire weekend!

## Describe your favorite fitness routine and why you love it.

I would have to say Zumba because I feel like a rockstar when I am on stage. I also love Body Pump and Body Combat! I am quite surprised at the effect I have on participants - I have changed their lives without even knowing - truly amazing! I try to make everyone feel great in class and I guess it works - we all have a blast dancing together.

I love the event I created for the Heart & Stroke Foundation - Zumba4heart - the first year I had to do everything - the website, the domain, Facebook, etc. I had to organize the entire event including planning, logistics and execution, even writing the MC's speaking notes and media relations. It was amazing - I was presented the Community Champion Award by the Lieutenant Governor of Nova Scotia and this event is now an annual Heart & Stroke Foundation Event that I help plan and manage.

## How has your focus on fitness changed your life or that of others?

I am a healthy, happy person. I share my love for fitness every day with everyone I know. I was honored to find out how much I inspire people and make them feel good. One participant told me she loves

my classes and it is what keeps her going. She never misses my class, she feels so good when she comes to class because it is something she's doing for herself.

Another participant had a serious accident and was told she would never walk again. She eventually got herself back to moving around and decided to come to the gym. She is now one of my dearest friends and tells me constantly I inspired her beyond words to move and have fun with fitness. There are many more stories that are truly heart-warming and bring tears to my eyes. I am so amazed that sharing my love of fitness has affected people in such a positive way.

## What is the most valuable lesson you have learned through your fitness or life experience?

Everything happens for a reason and everyone has their own story, their own issues. However, no matter what, when you go to the gym or start a short exercise routine, the brain releases happy endorphins and you begin to feel better. Exercise has so many health benefits! Some people take better care of their cars than they do their own bodies. Just like vehicles, the human body is a machine and it needs a regular oil change, tune up and a regular run on the highway to remain efficient. Your body should come first. Get out and get moving because it means life. Win that race!

## What has been your greatest challenge and how did you overcome it?

My biggest challenge was dealing with being diagnosed with melanoma 5 years ago. I did not want to worry my family so I kept it quiet for a while until I knew all the details. The first thing my surgeon said to me was, "You are not going to die." I had every reason to think I was going to since my doctor was not being very positive with her news.

I tell people to go to the gym, get to know your body and everything about it. I tell them to eat right and know when their body needs attention. If you eat right, know your body, and take care of it, you will only need healthcare when something is really wrong. I knew something was not right. I had gone to my doctor four times and she kept burning off the spot on my back. The last visit, I demanded it be removed and tested. I then got a call telling me it was melanoma. I continued to teach throughout the whole ordeal with stitches in my lower back from my spine to my waist. There is no need to stop exercising, it is what keeps us healthy. Like my mother always said "if you don't move it, you lose it."

## What health and fitness advice do you have for other canfitpro members to enhance their lifestyles?

Promote the benefits of fitness everyday of your life. We, as members of **canfitpro**, need to stand together and help people understand fitness is health, and health is fitness. We need to pass on our love of fitness to the younger generations. Let's change our society's idea of healthcare being "sick care." The number one prescription for your health is exercise and it should start at an early age!

“I am quite surprised at the effect I have on participants - I have changed their lives without even knowing - truly amazing!”



# Mindy Mylrea

Presenter, entrepreneur, mom and the 2015 **canfitpro** International Presenter of the Year

## Can you describe for canfitpro members what it is that you do within fitness industry?

In the early 80's I walked into a racquet ball gym armed with my boom box, sweatbands and leg warmers. I was about to teach my first aerobics class. No one at that time really knew what aerobics was. We just knew that we needed good music, a perky personality, and choreography to keep us in the steady state fat burning zone for exactly one hour. It was a time of high leg kick warm ups and "It's raining men" on long playing records. A lot has changed since then and thank goodness we now know a whole lot more about "Fat Burning". (We are still trying to figure out the clothing thing).

The fitness industry is my home and my family. I have been creating and implementing programs and products that have become fitness industry staples over the past 30+ years. After winning the National and World Aerobic Championships in 1991, I had the great fortune of being asked to develop programming for a weighted jump rope company that launched me into the convention circuit. Everything from there unfolded like a big pretty present! I am the creator of Gliding and Tabata Bootcamp, a master presenter for Bosu, Schwinn Cycling, and Savvier Fitness. I am also a convention presenter almost every weekend somewhere in the world. I have dedicated my life (and now my husband's as well as he joined me in business about 10 years ago) to this industry because I truly feel that I am making a difference. Yes I teach a mean burpee - but my mission is so much different than it was 30 years ago. Now, it is about looking at the entire package of wellness. Wellness is my message - the combination of exercise, nutrition, and behavioural change. Exercise alone is not painting with all colors and my mission now is to fill the paint palate with all the colors so that all I touch enjoy a balanced, WELL life.



## What do you love about what you do?

I love truly touching people's lives and in turn, reap every reward. I lead by example and from deep within my heart. I study, research, develop, and present from every ounce of my being. It's important that I'm available and approachable. At fitness conferences, I greet everyone at the door of my session room. I want everyone to know that I'm there for them. When I'm not teaching, I'm at the Savvier Fitness booth ready to answer questions and continue the discussion. I want to also be distributive - I want to pose questions where people have to think and question. The Tabata Bootcamp program is exactly this - out of the box wellness. We'll never change unless we disrupt the system. In creating Tabata Bootcamp, I first looked at what really works for sustained success. Just exercise? NO. Sustained success can only be achieved through nutritional support, behavioural change, and the right amount of exercise at the right time. There were no other programs offering all three components and offering a business opportunity. All I saw were cookie cutter fitness programs where there was a training fee, monthly dues, club licensing fee, recertification fee and so on. These programs are fine, but I don't settle for just 'fine'. We went a totally different route in creating Tabata Bootcamp. No fees after the initial training day fee. We offer 2 webinars a week. All Tabata Bootcamp trainers have their own website where they house their Tabata Bootcamp business. All continued support is free. And we are a wellness program speaking the truth about what really works. So this is what I love - changing the game, leading the tide and not just going along with it.

## What is the most memorable career experience for you to date and why?

I have had so very many—winning the World championship or the various industry awards (winning the award at the **canfitpro world fitness expo** this past year was for sure a huge highlight), watching someone get on the Gliding discs for the first time, or every week when someone attends my session. There are so many and I am one lucky person to have so many amazing career experiences! I would say the number one memory that I actually reap the rewards for every day was when my husband Bruce quit his job and joined me in the business. At the time, we had two boys in college and one in private school. Our expenses were quite robust to say the least. Bruce was always the financial pillar of the family and his job allowed me to travel every weekend to fitness conferences. The problem with this was the fact that the time spent away from one another was taking a toll on us. When Bruce quit his job and joined me, I discovered wholeness. My presenting became richer and my ability to give my all without yearning for what I was missing no longer existed. Bruce and I now present together both nutritional lectures, the Tabata Bootcamp program, and wellness weekends. For 2016 we are creating a Surfing Safari session sure to be a blast. My cup is full.

## What is the biggest mistake you've made and how have you learned from it?

With every mistake comes an opportunity to learn and grow. I try not to make a mistake twice and I try to move forward a better, more open person. I look back at the time I spent away from my children and that is bittersweet. Then I look at who they are today. Everything

**“Do the Work and do it well. Find your niche and your passion and don't just follow the crowd.”**

we did back then when they were young allowed them to travel with me, to interact with so many people, and to see their mom as a strong leader. I look at them today and they have all those traits—each having chosen their passion as their career. Each with a love of travel and other people, and each a giving and kind person. Not yet whole food plant based eaters as Bruce and I are but getting there...

## You've had the opportunity to travel the world experiencing fitness. Are there any interesting stories you'd like to share with canfitpro members?

I travel to Russia often teaching for a fitness chain of clubs all around Moscow. A few years ago they sent me to a sister club in SIBERIA! First off, Siberia was and is not on my bucket list. The people were very nice inside the club but I didn't dare to venture out as I received quite interesting looks. My interpreter was the head of the PT department and I was asked to provide a full day of basic Gliding and Bosu training. I started my presentation with a few sentences and then paused to let the interpreter interpret. Well instead of interpreting he looked at me with arms crossed and said “We already know that”. I tried again with another thought. Again “We already know that”. I saw a train wreck before my eyes. What was I going to do? How was I going to teach if this guy wasn't going to allow my words to be interpreted? I gathered my thoughts and asked the group to show me what they “knew”. They proceeded to show me all their circus tricks on the Bosu. Back flips, headstands, and the like. Oh my! I knew then I could control this group and get my teaching message across. I applauded and then proceeded to teach the WHY we teach HOW we teach because of WHO we are teaching to. From then on the interpreter was my best friend.

## What do you believe sets certain people apart from the rest? Why do some instructors for example, have standing room only or some personal trainers are always in demand?

Everything is a gift and if we must teach with an open heart knowing that we are the luckiest people on the planet to have this gift to give. I never take anything for granted and I never complain. What sets some apart from others is background - why we do what we do and what we want to outcome to be. I want delegates to leave my sessions different than when they arrived. I don't do the same ol' same ol'. I want to offer more than is what is expected. People who do this will make it for the long haul.

## What advice can you share to those new to the field in order to be successful?

My advice is to do the work and do it well. Find your niche and your passion and don't just follow the crowd. Be a leader and don't be afraid to be disruptive. Stay true to your values but be open to learn at every turn. Always remember that complaining or being petty is easy. The high road is always the road to travel on.

## What does it mean to you to be awarded International Presenter of the Year?

Only EVERYTHING! Being awarded this by the delegates means that I'm doing what I set out to do. If I can assist one person to be a better leader, coach, or instructor, I have done my job. This award isn't just coming from a selection committee who never attended my sessions, it's coming from the delegates, and that means a lot to me.

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For more information on Tabata Bootcamp visit [www.tabatabootcamp.com](http://www.tabatabootcamp.com). Mindy can be contacted through her website, [www.mindymylrea.com](http://www.mindymylrea.com), or email [mmylrea@gmail.com](mailto:mmylrea@gmail.com).



# The Power of Routine

Creating change can be tough, but if you borrow something from the habits you already have (whether they are good habits or not), you will find the way to make change easier. The best research on habit formation suggests that when we connect the behaviour we seek to something that happens once a day, and then stick with it for an average of 66 days, you'll be increasing the likelihood of being successful. So make a list of the behaviours you want to adopt and pair them with these times in your schedule that most of us have in common to create a routine that works for you:

As you can see, these times can be key triggers in your schedule to which you can attach behaviours and build a new routine. Examples might be drinking 500 ml of water with lemon as soon as you get up in the morning, or going for a walk after lunch, going to the gym on the way home from work, or meditating after dinner.

Don't try and change too many behaviours at the same time by creating too many new routines. It would be best to adopt one or two new routines, get them established, and add to them over time.

- ⌚ As soon as you get up in the morning
- ⌚ As soon as you get out of bed
- ⌚ Before you eat breakfast
- ⌚ After you eat breakfast
- ⌚ On the way to work/school
- ⌚ As soon as you get to work/school
- ⌚ Before lunch
- ⌚ During lunch
- ⌚ After lunch
- ⌚ As soon as you leave work
- ⌚ On the way home
- ⌚ Before dinner
- ⌚ After dinner
- ⌚ Before Bed

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+ Trans / trans	0 g
Cholesterol / Cholestérol	0 mg
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