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magazine

CANADIAN FITNESS PROFESSIONALS

March/April 2017

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what's inside

FEATURES

Augmentez Votre Rapidité par la Pensée / THINK Yourself™ FAST **22**

Franchissez votre plateau de course / Break through your running plateau

3 Common Deficiencies That Could be Hindering Your Client's Success **24**

Support and encourage your clients to not only meet their goals, but to smash them!

Modifying Your Circuit Training to Honour the FMS **28**

How can we ensure a personalized program in a small group training environment?

Kids and Fitness **32**
Teaching kids fitness as an activity

Body Leverage Training: No Equipment - No Problem **34**

Plyometric Training on the Fitness Trampoline **38**

Do you UFIT? **42**
Supporting inclusivity in fitness



Fitness Kickboxing for the Personal Trainer **46**

Improving Exercise Performance with Thai Yoga **48**

You Should Squat **50**
The squat: One of the most important movements for optimal human function

Finding Balance with the Koshas **52**
Creating harmony in all aspects of self

ON THE RUN: STOTT PILATES® Exercises for Endurance Runners **56**

regulars

Generally Speaking **8**

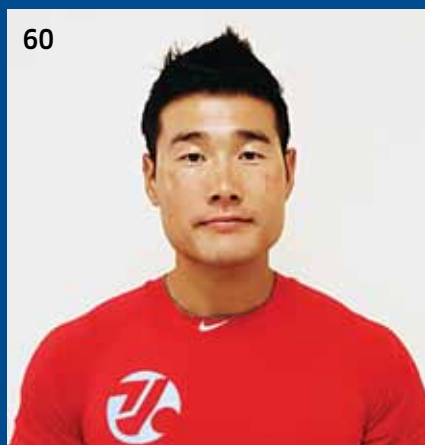
WARM-UP

canfitpro Updates **12**
The Toolbox **14**
Membership Matters **16**
The Pulse of Certification **18**
PRO TRAINER Showcase **20**



Excerpt **58**
Prevent Injuries

Member Spotlight **60**
Balanced Approach: Sangil Jo



Daily Reminder **62**
What can I possibly gain from working out in the cold?

The Official Magazine of
Canadian Fitness Professionals

OUR PURPOSE
Inspire Healthy
Living Through
Fitness Education

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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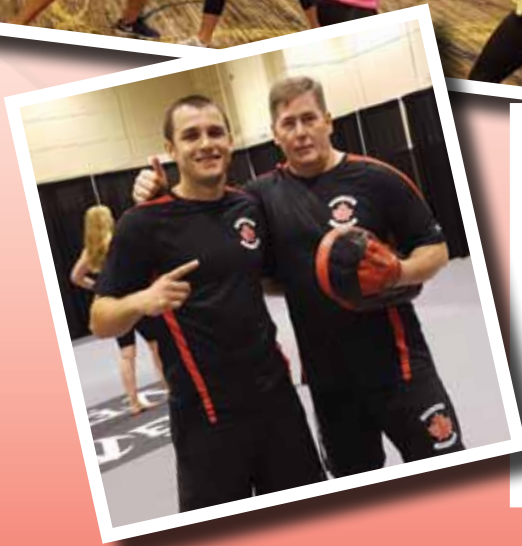
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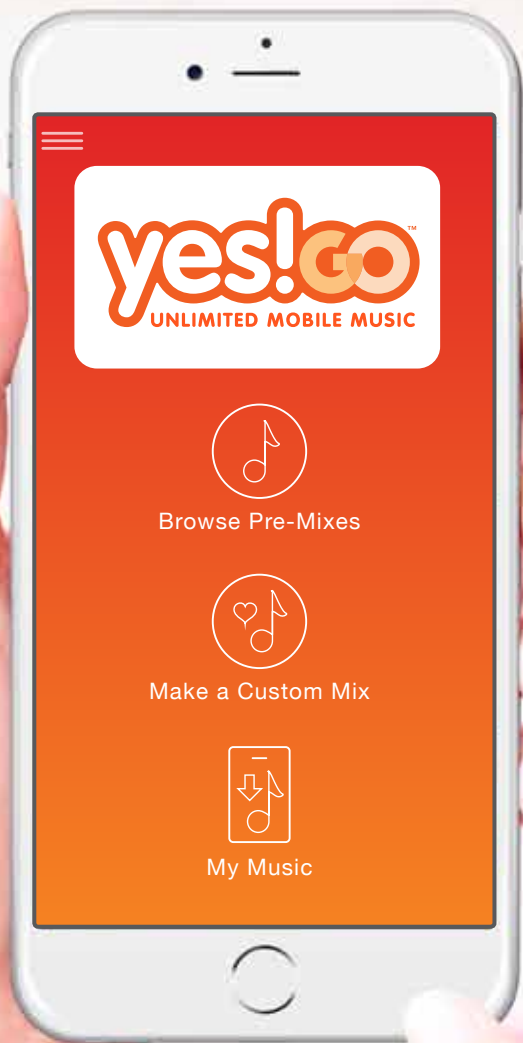
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ROD MACDONALD
EDITOR

“Fitness is not just for the fittest. Fitness is for everyone and there is a way to integrate fitness into anyone’s life.”

Inclusivity Matters

In this issue of the magazine, you’ll notice both on the cover and in an interview, we introduce you to UFIT and discuss briefly the importance of inclusivity in the fitness industry. What is inclusivity, you might ask? Inclusivity, as applied to the fitness industry, is the belief that any person should feel included as it relates to access to participation in fitness.

At any time, there is a minimum of 14% of the Canadian population reporting a disability, with the percentage skyrocketing if the number included unreported disabilities as well as “invisible” disabilities such as major depression, anxiety disorders and other challenges to mental health. What is even more striking, is that 100% of the population will experience a disability over our life times, accelerating as we age.

canfitpro is proud to be the first Canadian organization to sign the “Marseille Declaration,” a UNESCO initiative, stating that we support inclusivity and will be part of the solution to this challenge, and we are inviting you to be part of the solution as well. This means that as a start, simply saying, “Yes! Inclusivity is important” is the first step.

Fitness is not just for the fittest. Fitness is for everyone and there is a way to integrate fitness into anyone’s life. Does this mean you will have to retrofit your facility with an elevator or spend hundreds of thousands of dollars on equipment? Not necessarily. What it does mean is that we all play a role in understanding what disability is in general and what we can do about making fitness more inclusive for those with disabilities.

I have worked with ultra fit athletes as well as individuals with disabilities, and for those of you that have done the same, you know that there is no greater feeling than seeing someone who is or had been struggling with a disability regaining their spark because they not only found something that they thought was lost, but because they “belong” again to something they were marginalized from. With 100% of the population eventually suffering from a disability, if we don’t do something about it, you will eventually wish we had.

It starts with the agreement that fitness should be inclusive. Then it becomes a conversation about what we know and what we need to know. And then we talk about our fears of the unknown and how to overcome those fears, because on the other side of those fears is a place where more people get to enjoy fitness.

One of my favourite quotes is “Courage is not the absence of fear, but taking action in the presence of fear.” In this case, we can all have the courage to make fitness inclusive.

Learn more about UFIT and what you can expect in the interview later in the magazine.

A handwritten signature in blue ink that reads "Rod".

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canfitpro UPDATES

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New CPR and First Aid guidelines were rolled out at the start of this year. This roll out includes updates to stroke assessment, compressions, anaphylaxis treatment, and wound care, to identify a few areas. Ensure you register with your local PRO TRAINER, as soon as possible, to get this updated information. Find all upcoming dates at canfitpro.com.

canfitpro is proud to have certified over 11,000 Canadians in CPR last year! Ensure you're up-to-date and ready for an emergency.

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- **Savasannahh Foundations** - March 19
- **Common Medical Conditions and Exercise Prescriptions for the Older Adult** - June 3
- **Thai Yoga Stretching for Exercise Professionals Part 2** - June 25 and November 4
- **Falls Prevention & Balance Training** - October 20
- **Chair Fitness Ideas** - October 20

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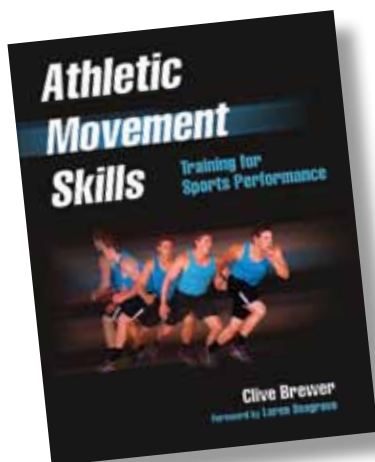


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By: Clive Brewer

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Fitness Kickboxing Canada (FKCI) is Canada's leader in MMA Fitness education and certifications, offering workshops/courses and licensee programs across Canada. Members receive a 10 percent discount off all instructional workshops and 15 percent discount off MMA and fitness equipment.

Human Kinetics is an online education provider committed to providing quality information and educational products in the physical activity and health fields. Approved Human Kinetics courses provide four canfitpro CECs each. Human Kinetics offers discounts and special offers on top products! Visit www.humankinetics.com/rewards to learn more about this opportunity!

inhometrainer offers courses for personal trainers eager to increase their personal training business by up to six figures! As a member of canfitpro, you are eligible for a 10 percent discount off this course.

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YogaFit® is designed to improve overall health, performance and mental acuity in all individuals interested in improving their level of fitness. With a very "user-friendly" format, YogaFit® is specifically designed for the fitness industry. YogaFit® Teacher Trainings and programs are now offered in Canada! Members receive a 10 percent discount on a selection of trainings.

Navina™ Thai Yoga Therapy offers a comprehensive training system that blends the Eastern wisdom of Thai massage with a Western understanding of anatomy and physiology helping students quickly develop expertise in compassionate touch. Members receive 10% discount on all professional certification courses.

TECHNOLOGY

canfitpro INTERACTIVE is a research-based, health and fitness portal filled with stunning media content and interactive tools to help you be more successful in the areas of personal training, group fitness, strength and conditioning, exercise physiology, nutrition, injury prevention, and client retention. Members receive a free 60 day trial and retain a more limited feature set to canfitpro INTERACTIVE as part of their annual canfitpro membership.

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Nathalie Lacombe
membership and certification director



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Thank you for your feedback!

We are grateful that so many of you took the time to fill out our **2017 Certification Survey**; it helps chart the course for our programming in the months to come. We were thrilled to see that some of our recent releases meet your needs; over a third of you are planning on taking education related to Clean Eating.



As a follow-up to my clarification between our different education programs related to nutrition in our January/February magazine, here is some feedback from former participants in these courses:

Healthy Eating and Weight Loss Coach

"I would highly recommend this course for several reasons; it has shown me so much more to food and its purpose to the body than I had ever seen. It takes an evidence based approach which you can appreciate, and backs it up with results and knowledge for you to keep and share. The aspects I found most useful was that it was offered online so I could take my time and really dive into this and learn at my own pace and understanding." ~ **Joey C**

"I whole-heartedly recommend the Healthy Eating and Weight Loss Coach course. It not only provides you with the foundations of proper nutrition, but also explains how our bodies break them down and use them to either increase our energy and overall well-being or deter us from being the best we can be. This course is a wealth of information!" ~ **Kimberly R**

Tosca Reno's Eat-Clean Foundations

"I would definitely recommend this course and it was very user friendly, the information was relevant, interesting and easily adapted into your life. Tosca Reno captured my attention that is for sure! I loved the percentage graphs, the sample menu, the videos were pleasant to watch and did not go too fast and the information I received was very helpful." ~ **Kelly J**

"I would recommend this course to others because knowledge is power, and once you have the knowledge about what you are eating and the choices that are presented to you, you can then decide to make a positive difference that will set you up for a healthy future. This course, in simple terms, explains not only how to eat clean but why it is so very important to start doing today!" ~ **Tammy S**

Tosca Reno's Eat-Clean For Wellness : cancer, anti-aging, and sex

"I would definitely recommend this course to people. I think in today's society people don't really understand the effect food has on our body, and what it is we are putting in to our bodies. In this video Tosca speaks, not as a scientist, but as a regular person. She uses terms and language for all to understand. She teaches in a fun manor, ads interesting facts, and the videos are NOT long, nor boring." ~ **Christina M**

"What aspects of this course did you find most useful? I think the areas about minerals and what foods to find them in. Most people know vegetables, for instance, are good for you but explaining what it is that is in those vegetables is very helpful." ~ **Gerri M**

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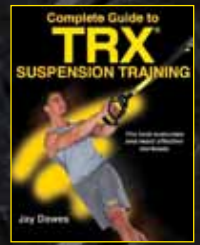
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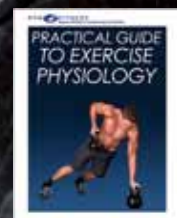
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Coin franco

Quel plaisir d'être entouré de mes collègues les plus chers lors de **fitMontréal** en février. Une gros merci pour votre ouverture d'esprit envers un nouvel hôtel et un nouveau concept! Je vous merci également d'avance pour votre rétroaction pour qu'on puisse poursuivre nos aventures à Montréal en remplissant vos besoins.

Enfin, à ceux et celles qui ont participé à ma première présentation de Yoga, de la gratitude du fond du cœur.



« Joie de vivre »

“Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the moral.” ~ *Elsa Schiaparelli*

PRO TRAINER *Showcase*



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Lisa Mastracchio

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Why did you become a PRO TRAINER?

I decided to become a PRO TRAINER because I wanted to share my passion for fitness and group exercise with those on the same mission as myself. Having over 20 years' experience in the field, I knew I had plenty to offer my students to help equip them with the tools, mindset, and motivation to start them on their journey!

What have you learned as a PRO TRAINER?

I've literally learned a ton with every course I've delivered, but the one thing that stands out from the rest is that effort and determination always pay off! When my students step out of their comfort zone and learn new skills it isn't always easy. And let's face it, as certified instructors we make teaching look effortless and fun. And it is... with practice!

Coaching my students through the

sometimes very difficult skills of musicality, verbal cueing, and coaching has been so rewarding. Watching them push through, try and try again while keeping a positive learner's mindset proves to me that hard work always pays off. I always knew this of course, but now I get to witness it first-hand!

What's your favourite section of the Fitness Instructor Specialist course and why?

My favourite part of the course is muscle anatomy. Maybe because I love strength training for myself personally and I also love teaching muscle conditioning classes. It's not simply muscle anatomy in terms of diagrams, types of fibers, and functions but more so how to coach strength training exercises in a group setting environment. I often use an activity with index cards and various exercises written on them. Students then 'teach' the class, with technique cues, modifications, and coaching others how to execute the exercise... to the beat of the music of course! This section often brings with it many questions, comments and plenty of interaction within the group.

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

The role as a PROTRAINER ultimately means passing the torch to others. This is my motivation. I want my students to be fully equipped to begin their teaching career with the confidence and knowledge base to match their passion. Representing canfitpro and upholding our standards in the industry motivates me to offer the best courses possible and lead my students through the certification process with success.

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

I hope to have more certified students who take my course and not only learn but have fun in the process. Perhaps adding on another agency to increase my business as well!

“The role as a **PRO TRAINER** ultimately means passing the torch to others. This is my motivation.”

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By Nathalie Plamondon-Thomas

Je n'ai pas le temps de courir cette semaine, ça fait des années que je cours au même rythme, on dirait que je n'arrive pas à améliorer mon temps, je suis trop fatigué pour courir aujourd'hui, ça me prends beaucoup de temps pour arriver dans ma zone.

Avez-vous déjà entendu ces affirmations de vos clients ou même de vous?

Comment êtes-vous programmés

Que vous ou vos clients ne fassent que commencer à courir, qu'ils viennent de s'inscrire à leur premier 10km, ou encore aient plusieurs marathons derrière eux, tout le monde développe ses propres croyances et superstitions autour de la course à pied.

La course, comme la plupart des disciplines, n'est pas une pratique à laquelle on excelle immédiatement la première fois qu'on essaie. Ça requiert de la pratique et de la répétition. Il est possible que des croyances limitatives aient été créées durant l'apprentissage telles que: "Courir est difficile", "C'est dur mais on se sent bien après", "Continuer même si ça fait mal", "Essayer de ne pas être le plus lent", "La douleur n'est que temporaire". Même si certaines de ces pensées ont une bonne intention, elles programment votre cerveau négativement avec les mots: difficile, dur, mal, lent, douleur, etc.

THINK Yourself™ FAST

I don't have time to run this week. I have had the same pace for years. I can't seem to get faster. I am too tired to run today. It takes me a long time to get in my zone...

Have you ever heard any of these statements from your clients or even yourself?

How are you programmed?

Whether you or your client are just starting to run, just signed up for a 10km, or have many marathons under your belt, you all

Surveillez votre langage

Votre cerveau est toujours à l'écoute et vous donne raison. La portion la plus puissante de votre cerveau est comme un serveur au restaurant, en attente de votre commande avec un bloc-note. Il court à la cuisine et place la commande au chef qui vous cuisinera exactement ce que vous avez commandé. Si vous continuez de commander difficile, dur, mal, lent, douleur, c'est exactement ce que le serveur va livrer à votre table.

Changez vos croyances limitatives au sujet de la course. Changez votre langage pour "être prêt à apprendre comment on se sent quand on court vite", "se sentir bien pendant la course" (au lieu d'après seulement), "devenir rapide" (en fait, vous l'êtes toujours beaucoup plus que quelqu'un d'autre, certainement plus vite que ceux qui ne courent pas du tout et qui sont assis devant leur téléviseur).

Établir l'esprit & le corps suit

Une fois que vous bien programmés et vous courez sur une base régulière, comment pouvez-vous augmenter votre tempo?

Il semble qu'il faille aussi défaire nos croyances au sujet de notre rapidité. Disons que vous courez un 10km à un rythme de 6 minutes par kilomètre. Il existe une croyance inconsciente commune qui nous pousse à penser que notre prochain objectif de courir un demi-marathon s'exécutera probablement à un tempo plus lent, n'est-ce pas? Il serait logique de penser qu'un demi marathons, qui est deux fois la distance d'un 10 km engendrera une performance plus lente. C'est exactement à ce moment que notre mentalité devient cruciale. Pendant que vous vous entraînez pour votre demi-marathon, vous courez davantage. Vous parcourez de plus longues distances bien sûr, et vous améliorez également votre tempo. Non seulement votre résistance devient plus grande, votre rapidité se développe aussi.

Il est donc très probable que votre rythme de demi-marathon soit meilleur que celui de votre 10km. Il se peut que logiquement ou mathématiquement, cette théorie aillent à l'encontre de votre ancienne croyance, c'est pourquoi votre effort mental est requis. Dès que vous brisez la barrière mentale, votre corps suit.

Parlons de vos croyances limitatives en ce qui a trait aux côtes. Combien de temps est-ce que les côtes sont censées nous donner du fil à retordre? Est-ce qu'il se peut qu'avec le temps les côtes deviennent plus facile? Et le temps d'échauffement? Il me fallait auparavant au moins 20 minutes avant d'être 'confortable', jusqu'à ce que je pense qu'il était probablement possible que je puisse améliorer mon temps d'adaptation et entrer dans 'ma zone' plus tôt, même dès que je mets le pied dehors.

Notre physiologie répond à nos croyances mentales. Rappelez-vous de qui est en charge. Continuez de courir et... améliorez votre rapidité par la pensée!

have developed your own beliefs and superstitions about running.

Running like most disciplines, is not something we excel at right away on our first try. It requires practice and repetition. There might be some negative limiting beliefs created while learning to run. Things like: "Running is hard", "It is painful but it feels great after", "Hanging in there even if it hurts", "Trying not to be the slowest", "Pain is temporary". Somehow, even if some of these thoughts have good intentions, they are negatively programming your brain with *hard, painful, hurt, slowest, pain*, etc.

Watch your language

Your brain is constantly listening, trying to make you right. The most powerful part of your brain is like a server at the restaurant, waiting for your order with a notepad. He then runs to the kitchen and gives the order to the chef who will prepare everything you ordered and brings it back to you. If you keep ordering *pain, hurt* and *slow*, that is exactly what the waiter will deliver to your table!

Focus on changing your limiting beliefs about running. Change your language to "being willing to learn how it feels to be fast", "feeling great during the run" (vs. at the end only), "getting faster" (you are always faster than someone, certainly faster than those who did not show up and are sitting on their couch).

Set the mind & the body will follow

Once you are programmed and set to run, how do you get through your plateau? How do you get faster? Somehow, we also need to breakthrough the limiting beliefs about our pace. Let's say you run 10km at 6 minutes per km pace. There is a common unconscious belief that makes us think that our next goal to run a half marathon will more likely be at a slower pace right? It would make sense to think that a half marathon, which is twice the distance, would be performed at a slower pace. This is when our mindset becomes crucial. Somehow, as you train for your half marathon, you are running more. You are running longer distances, of course, and also, your pace is improving. We are not only getting better at improving the length of time we can run, we are also improving our speed. So very likely, it may happen that your half-marathon pace be faster than your 10km pace. It may not make sense logically and mathematically, and that is when your mindset comes into play. As soon as you break the mental barrier, soon your body will follow.

How about your limiting beliefs about hills? How long are hills supposed to be challenging? Could there be a time when running uphill gets easier? And the time it takes you to 'warm-up'? It used to take me about 20 minutes to get comfortable, until I thought that maybe I could learn to adapt faster and get into 'the zone' as soon as I am out the door. Our physiology responds to our mental beliefs. Always remember who gives the call. Keep running and... THINK Yourself™ Fast!

Conférencière, Coach de Vie et Coach Exécutive, Auteure No.1 Best Seller, Nathalie célèbre sa 30e année dans l'industrie du Fitness. Elle combine son expérience d'instructeur et d'entraîneur avec les concepts de motivation et de programmation du cerveau qu'elle pratique en tant que Maître en Programmation Neuro-Linguistique (PNL). Elle ré-entraîne votre cerveau pour vous permettre de prendre votre vie en charge et être inspiré de l'intérieur. "On peut conduire un cheval à l'abreuvoir mais non le forcer à boire". Nathalie peut, en quelque sorte.



Speaker, Life Coach & Executive Coach and No.1 Best Selling Author, Nathalie has been in the Fitness Industry for over 30 years. She combines her fitness background with motivational concepts and the brain programming processes she practices as a Master Practitioner in Neuro Linguistic Programming. She retrains your brain to allow you to take charge of your own life and get inspired from within. "You can take a horse to water but you can't make him drink". Somehow, Nathalie can.



3 Common Deficiencies That Could be Hindering Your Client's Success

By Kathy Smart

*"I am so tired."
"I am too tired to do my workout."*

How many of us in the fitness and nutrition sectors have heard these statements or similar statements from our clients? According to statistics, 10-15 percent of the population feels 'exhausted'. Think about that. About **1 in 10 people** are tired.

In the fitness and nutrition sectors clients come to us for our expertise in helping them reach their goals. Let's use the example of our client wanting to train for a 5km race. Fantastic! But, if that client is already feeling exhausted due to a nutritional deficiency, having them train more or adhere to a running schedule will only further their fatigue.

As trainers and healthy eating coaches we are paid for our observation skills. We, at all times, need to be tuned into our clients and ensure that we are giving them all the tools they need not just to hit their goals, but to smash them!

So, how do we help that 'exhausted' client get prepared for the 5km race? First, let's make sure they are equipped to put their full effort into their training. In my 20 years of experience in both the nutrition and fitness sectors, time and time again I have seen three nutritional deficiencies create a domino effect on my client's goals. My job is to ensure that I have given YOU all the tools YOU need as a fitness professional to succeed. Learn from some of the mistakes and things I have missed through the years.

Here are two common nutrition deficiencies and what to do about them to ensure that no matter what the goal, you have your client's needs top of mind.

Iron

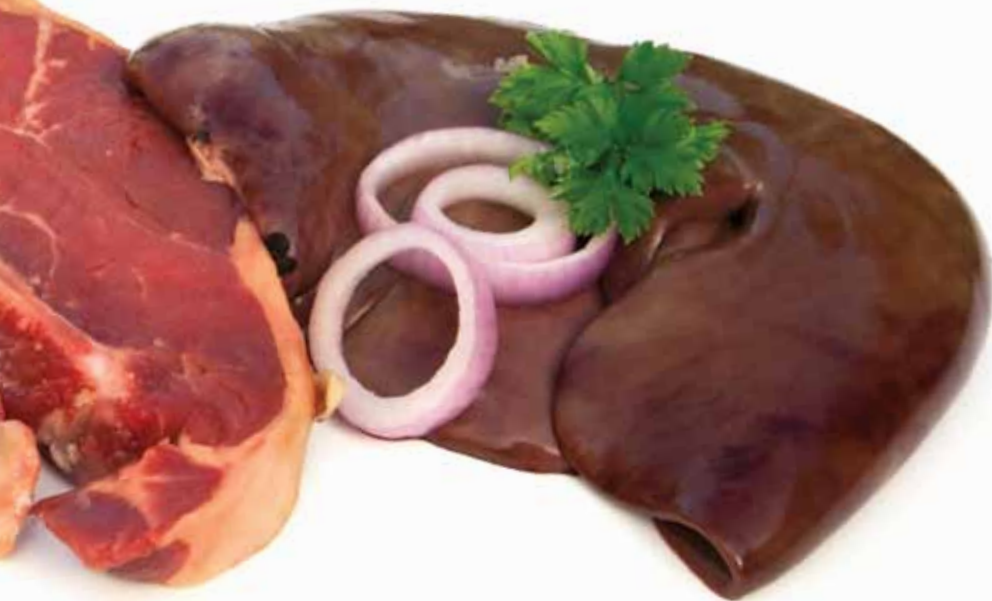
As much as 80 percent of the population (1) is iron deficient. According to the World Health Organization, iron deficiency is the most shared and widespread nutritional disorder in the world. When I had a nutrition practice, I would often see people walking around with severely low iron.

These include:

- Women of childbearing age
- Women with heavy menses
- Pregnant or lactating women
- People with nutritionally poor eating habits
- Individuals who donate blood frequently
- Vegetarians and vegans who don't replace meat with another iron-rich food

Some of the symptoms to watch for in your client if you suspect low iron are:

- Fatigue
- Pale skin
- Dark under eye circles
- Shortness of breath
- Inability to recover from exercise
- Dizziness
- Frequent colds and flues
- Brittle nails



- Cold extremities
- Tingling feeling in the legs
- Headaches
- Celiac Disease, Crohn's Disease

If you suspect low iron, ask your client to go to their MD to have their iron checked. In the mean time, start encouraging your client to eat more iron rich foods such as:

- Red meat
- Seafood
- Beans
- Dark green leafy vegetables, such as spinach
- Dried fruit, such as raisins and apricots
- Peas

B12

Vitamin B12 plays a vital role in how your body creates energy and helps to fight fatigue. B12 keeps your cells fed and healthy. Without B12 an individual feels moody and exhausted. It's estimated nearly 40%(2) of the American population suffers from B12 levels that are too low.

When your B12 levels are low, you cannot think clearly, and you struggle to recover from exercise and constantly feel tired.

Vitamin B12 or Cobalamin is a very complex vitamin, and even a slight deficiency can cause a domino effect of energy and concentration issues.

Since your body doesn't make vitamin B12, we need to get it either from a supplement or animal-based foods. B12 needs to be consumed on a regular basis. The following factors can make your client a higher risk for B12 deficiency:

- Vegan

- Vegetarian
- Pernicious anemia (a condition that makes it hard for your body to absorb B12)
- Weight loss surgery
- Parasites
- Immune system disorder (like Lupus/ Graves)
- Heavy alcohol consumption
- Atrophic gastritis
- Celiac Disease, Crohn's Disease

Symptoms of B12 deficiency to watch for include:

- Fatigue
- Pale skin
- Constipation
- Depression
- Memory loss
- Heart palpitations
- Nerve problems like tingling or muscle weakness

Ask your client to go to their MD and have their B12 levels tested.

In the meantime, encourage your client to start including more B12 rich foods such as:

- Fish, beef or chicken
- Liver and organ meats
- Eggs

If your client is vegetarian or vegan, encourage them to take the sublingual form of B12. If an individual is diagnosed as B12 deficient, a standard multivitamin will not be sufficient. Ensure they follow their MD's instructions on supplementation or B12 shots and encourage them to include more B12 rich foods as listed above. ►

“When your B12 levels are low, you cannot think clearly, and you struggle to recover from exercise and constantly feel tired.”



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» NUTRITION

Sleep

Nearly one third of us are sleep deprived. Sleep is THE most important consideration when you have your client's goal in mind. Quality sleep is often an overlooked step to consider outside of nutrient deficiencies. Quality sleep refers to the restorative sleep as opposed to the length of sleep.

Symptoms of sleep deprivation include:

- Inability to recover from exercise
- Foggy thinking
- Irritable
- Feeling overwhelmed
- Depression

Questions to ask your client:

1. What time do you go to bed?
2. Do you wake up feeling rested?
3. Do you snore?

If your client isn't going to bed at a decent hour, encourage them to do so. If your client does not wake up feeling rested or is known to snore, their fatigue could be caused

by sleep apnea. Quality sleep is imperative to your client's health and ultimately, reaching their goals. I would even put this as the #1 thing to talk to your client about if they are finding it hard to maintain their fitness routine due to exhaustion. Ensure they are getting restful and rejuvenating sleep to better prepare them for the training ahead. If your client does not have sleep apnea but is still not having quality sleep, suggest taking a hot bath with 2 cups of Epsom salts with a few drops of lavender to promote relaxation.

Above all remember we are here to support and encourage our clients and offer suggestions to the best of our ability. We truly do have the best 'job' in the world as fitness professionals (in my humble opinion)!

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Kathy Smart is a registered holistic nutritionist, best-selling cookbook author of *Live The Smart Way*, Canada's Holistic Nutritionist of the Year 2016, and *canfitpro* 2015 Fitness Presenter of the Year. Best known as the National Health Activist of Canada and North America's Gluten-Free expert she is a popular speaker, health and fitness presenter and the go-to media expert in all things health and wellness.

Cherry Chia Smoothie Bowl!

Another important mineral, like iron, is zinc. When an individual is deficient in zinc, one will experience frequent colds and flu, feeling tired and run down, have poor concentration, and an inability to heal wounds.

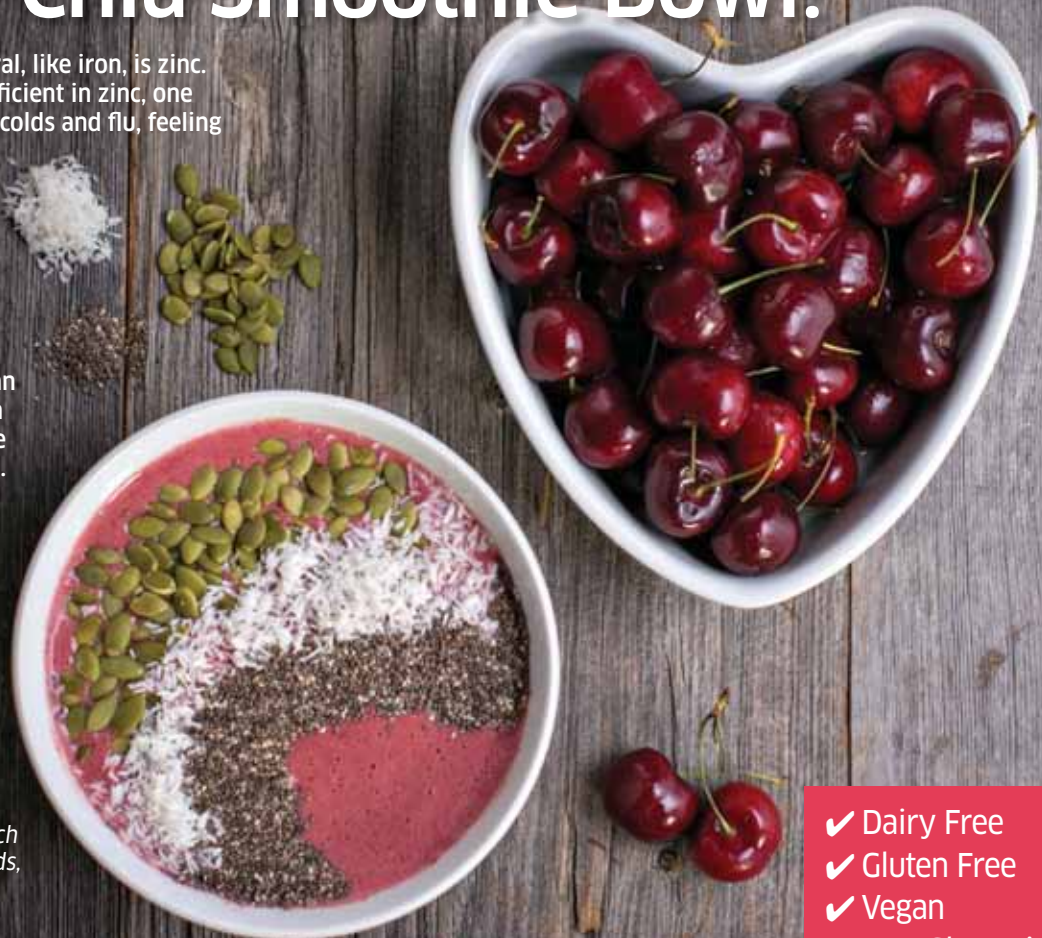
This recipe uses one of nature's highest sources of zinc - pumpkin seeds! Pumpkin seeds are also an excellent source of vegan protein for proper muscle recovery after a workout.

SERVES 2

- 2 cups of dairy free milk
- 1 cup of frozen cherries
- 1/3 cup of pumpkin seeds and oatmeal
- 1 frozen banana

Blend all of the above and pour into a bowl. Top with 2 tablespoons each of coconut flakes, chia seeds, and pumpkin seeds.

Photo by Gord Weber



- ✓ Dairy Free
- ✓ Gluten Free
- ✓ Vegan
- ✓ Low Glycemic



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Modifying Your Circuit Training to Honour the FMS

By Diane Vives, MS, CSCS*D, NSCA-CPT, FMS

Prescribing HIIT workouts in a small group training environment is arguably the most popular programming trend in the fitness industry today. As such, we are often asked how to honour the Functional Movement Screen (FMS) principles with multiple athletes performing different exercises at one time. How can we ensure a personalized program despite its fluidity? It is probably easier than you think. In fact, the FMS allows professionals to take a

simple, effective and appropriate approach to programming, regardless of the athlete or limitation.

The first step in building a program is to determine what an ideal circuit looks like. Design the circuit that you would prescribe to an athlete with NO limitations and assume every movement is a green light.

Next, introduce the FMS. In a majority of clients and athletes, the FMS will reveal a limitation. Use the screen to highlight weak patterns and make those patterns a primary

consideration in what to program and, more importantly, what NOT to program.

Look at our second movement principle to Protect, Correct and then Develop. Our first responsibility as health and fitness professionals is to protect. How do you make that determination? Just look at the FMS score sheet. The results of the FMS will reveal patterns or exercises that we, as professionals, should remove from an athlete's program because of a lack of competency in the area. By not removing these exercises, we run the risk of loading dysfunctional patterns and counteracting work already done regarding corrective strategies.

It is worthwhile to note the importance of your tone when discussing limitations with your athletes. Always take a positive approach to the coaching process and present it as an opportunity to improve.

Pre-Session Routine

One of the things we should do when programming is to create a pre-session routine. The athlete does not need the fitness professional to be present during this step. It could include targeted breathing programs,



Building Conditioning Circuit

Level Changes

- Hinge
- Squat
- Lunge
- 1 Leg

Ub Movement

- Push
- Pull

Core Stability

- Rotary Stability
- Trunk Stability

Locomotion

- Deceleration/Acceleration
- Speed, Agility, Quickness

ment pattern, we might work on breathing and have a lower body focus to soft tissue work. We might prescribe an assisted Straight Leg Raise Stretch or Half Kneeling Hip Flexor Stretch, in addition to basic mobility drills, such as a Core Activation Leg Raise. We can introduce these in the first session and then re-check the ASLR to see if they are making a positive change. *This helps us evaluate the athlete's progress and confirm whether we are providing the right drills and strategies for pre-session work.*

Movement Prep

Once we have established the pre-session routine, movement prep is next. The exercise professional should be present during this work. We want to make the best mobility gains possible and then apply some static motor control to feed into that new range of motion with an exercise or a drill. The key is to sufficiently challenge the athlete, but allow them to be successful.

We study these concepts in our revamped FMS Level 2 seminars. Since shifting our Level 1 seminars to an online format, we have created more opportunity in Level 2 to focus on case studies and practical application of screening and correctives. We explore various limitations and discuss improvement strategies. We tackle important problems such as how to identify the difference between a limitation that is related to mobility versus motor control. Once you have the tools to 1) identify dysfunction or limitation and 2) target the issues, then writing exercise programs is fairly straight-forward.

Once the pre-session programming and movement prep are completed, the clients are in an excellent position to begin circuit training. They have the advantage of those positive gains that can be further applied to motor control strategies in the training session to challenge the movement patterns. Our goal is to take them as far down the corrective path as possible in each session. Again, it is important to create the right mindset.

If we are working one-on-one, it is fairly easy to create an ideal corrective path

and make adjustments as needed. Small groups are more of a challenge, but we use the SMARTset training system. It helps us design a circuit based on Four Pillars of Human Movement:

1. Level changes (hinge, squat, lunge)
2. Upper body push and pull
3. Rotary stability or rotation
4. Biomotor skill or balance work

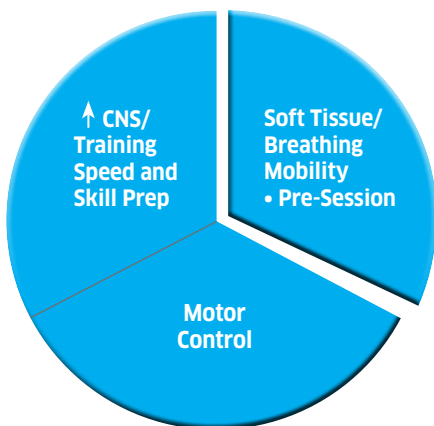
Knowing a client or athlete's FMS scores helps us make adjustments within the circuit. In keeping with the example above, assume the athlete we are working with demonstrates a limitation in the ASLR. Protecting that athlete is priority one. We will back off deadlift variations, Olympic lifts or exercises that require an efficient hip hinge because they simply do not have the prerequisite movement. *Instead of avoiding the issue altogether, we can substitute the exercise variation with a corrective exercise that will actually improve the athlete's movement.* For example, we might ask the athlete to perform an exercise in a half-kneeling position, such as a Halo. Exposure to movement corrections and getting back to the original exercises is the end goal, especially when the FMS lets us know the athlete is ready.

The FMS is a valuable tool in a small group training environment. Identifying a limitation does not have to preclude an athlete from exercise, but should inform HOW they exercise.

.....

Diane Vives is Owner and Director of Vives Training Systems and Fit4Austin in Austin, Texas. She is an internationally recognized presenter who focuses on providing integration strategies based on science and 17 years of experience. Currently, she serves on the Education Team for Functional Movement Systems and has served on the NSCA Board of Directors and the Under Armour Performance Training Council. Her experience includes being a Performance Training Specialist, training director, author, programing consultant, and professional mentor.

Build MP Based on FMS Priority



soft tissue work, stretching, basic mobility, etc. based on the identified weak link for each individual. This routine creates immediate benefits for the athlete such as gains in mobility. It also puts trainers in an excellent position to start a client's movement prep.

If a client demonstrates a limitation in the Active Straight Leg Raise (ASLR) move-

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Kids and Fitness

By Kim Simpson

There are many important reasons to encourage children to get moving early in life: brain development, motor learning, overall health benefits (kids will sleep better, eat well and sit less) and perhaps the most important is the opportunity to learn to love moving their bodies for lifelong health. The earlier kids are physically active, the more likely they are to enjoy the benefits of physical activity for the rest of their lives (Public Health Agency of Canada).

By participating in a variety of physical activities, children improve their overall fitness levels, specifically cardiorespiratory and muscular endurance, strength, and flexibility. But what about teaching fitness as an *activity*? What about using fitness skills (the fitness skills we use to train our adult clients) as an activity onto itself? Kids are keen to learn and move their bodies, they want to mimic adult behaviour as they learn and grow, so let's make fitness activities one of those behaviours (in a kid-friendly way).

If you have never heard a group of 10 year olds cheer for burpees, you are missing out (I wish the adults in my fitness programs were as excited).

Only 9% of Canadian children 5-17 years old get the recommended 60 minutes of heart-pumping activity they need each day (ParticipAction Report Card 2016). In order to achieve the lifelong health benefits of physical activity, these vigorous physical activities should each be done at least 3 days a week. But most Canadian kids are not meeting the guidelines. According to Dr. Mark Tremblay, the lead researcher for the ParticipAction Report Card, there is no reason Canadian children *can't* be more active. He says the disturbing trend is because "we choose not to."

Let's change that.

Fitness activities can be incorporated into a child's weekly schedule just like any other sport...hockey, dance, swimming, karate, etc. It can be a scheduled activity that kids love and is easy to do, requires little to no equipment, and can be done anywhere. The biggest payoff is that this becomes an activity kids will want to do for the rest of



"I have witnessed, in my many years working with schools and fitness centres, that not everyone feels comfortable teaching fitness skills to children, so we need you to."

their lives. They don't need to make a team or perform a skill to a certain degree, they just need to show up, workout to the best of their abilities, and have fun!

I have witnessed, in my many years working with schools and fitness centres, that not everyone feels comfortable teaching fitness skills to children, so we need you to. We need more Children's Fitness Coaches, we need more fitness professional to add children friendly groups to their programs at their facilities. There is a confidence and expertise that children gravitate towards in their coaches, teachers and parents, and the same is true in fitness programs. Children

need passionate fitness coaches in order to fall in love with fitness.

You, as qualified fitness professionals, have the ability to influence a generation with your passion and expertise. Today, children face a potential lifetime of sedentary behaviours as technology and efficiencies in our daily life outpace our intentions to move. We need to teach, practice, and encourage movement in our children – an experience most of us did not need as youngsters.

In this industry, in gyms across the country, we see adults who understand the importance of personal fitness as they put miles on the treadmills and sweat into their



training. Wouldn't it be great if children could be active at the gym alongside their parents? There is an incredible opportunity to provide more child focused fitness activities in our facilities. Programs such as children's yoga, family boot camps and circuit training programs – programs that require little to no equipment and need a smaller

amount of organization, are all highly effective ways to get children moving. Parents feel great, children have fun, and the whole family benefits from being active. Fitness becomes a family activity, it is a language that children want to speak and if we do it right, they will want to keep doing it for the rest of their lives.

Kim Simpson is a Kinesiologist with a PhD in Health and Rehabilitation Sciences and currently works as the Program Direction for GoodLife4Kids School Program with GoodLife Kids Foundation in London, Ont. Kim is a passionate Group Fitness Instructor with GoodLife Fitness and she believes in health, happiness and play for all ages.

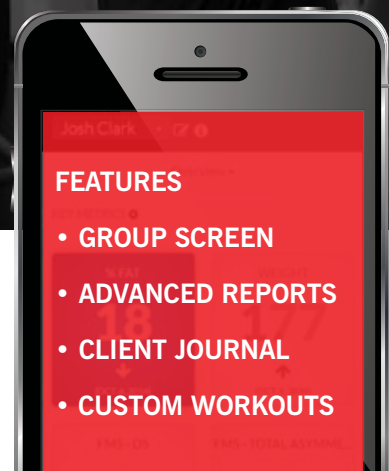
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Body Leverage Training: No Equipment – No Problem

By Mike Bracko, Ed.D., CSCS, FACSM

Even though we have been doing body leverage training for many years, this form of exercise is reemerging as a popular and exciting form of exercise. When these exercises are implemented, using single and partner drills, the energy in a class sky rockets and clients have a blast.

Push-Up Research

Cogley et al. (2005) found the narrow base “V Push-Up” to generate more force in the triceps and pecs than a wide base or shoulder width push-up. We can use the “V Push-up” for power, the shoulder width push-up for strength, and wide base for endurance or a beginning exerciser.

García-Massó, et al., (2011) looked at the differences between 1) maximum speed push-ups, 2) clap push-ups on toes or knees, and 3) kneeling fall push-ups. Maximum speed push-ups achieved a higher maximum force and rate of force. This push-up can be used to develop power.

Ebben, et al., (2011) evaluated six push-ups to find which one produced higher ground reaction force. Push-ups with feet elevated (30.48-cm and 60.96-cm) produced higher force. Push-ups with hands elevated and push-ups from the flexed knee position produced lower forces. We can increase intensity by elevating the feet, and we can modify a push-up by performing them on the knees or do a push-up on a partner’s back (while the partner is balancing on all fours).

Push-Up Variations

Partner Resistance Push-up – One partner doing the push-up, the other standing over his/her body (facing the partner’s head) using hands as resistance between the scapula’s. This exercise is perfect for doing a power set of 3 – 5 repetitions.

Spiderman Push-Up – The client maintains an abducted and flexed hip with the flexed knee to the elbow. This leg position increases resistance because the client is pushing up the body and the leg. Perform the push-ups with one leg up for 5-10 repetitions, then switch legs.

Push-Pull Variations

Standing Chest Press – partners are holding hands in a “thumb grip,” holding the same hand (right and right, left and left). Each partner is in an “athletic position.” As one partner pushes on the other’s hand the other partner gives resistance to make the “push” hard. Then the other partner pushes while the other partner resists. When the partners are pushing, they are doing the concentric phase, and when they resist, they are

doing the eccentric phase. Switch hands after the specific number or repetitions are completed.

Standing Partner Row – partners are in the same position as the previous exercise, including “thumb grip”. This exercise is the “pull.” While one partner pulls, the other partner provides resistance to make the pull harder. When the other partner pulls, then it is the opposite partner resisting. When the partners are pulling, they are performing the concentric phase, and when they resist that is the eccentric phase. Switch hands to do both arms. This exercise is important for female clients to prevent or minimize the effects of osteoporosis of the thoracic spine. When our clients perform “pulling” exercises the scapula adductor tendons pull on the thoracic vertebrae stimulating bone growth.



STANDING PARTNER ROW



**SHOULDER PRESS/
FRONT DIP**

Shoulder Press/Front Dip – One partner is seated with his/her back resting on their partner’s knees. The seated partner will be performing a shoulder press, the standing partner will be performing a “Front Dip.” Use a “thumb grip.” The seated partner pushes up to perform the concentric phase of the shoulder press, and the other partner provides resistance against the shoulder press to perform the eccentric phase of the front dip. Then the standing partner pushes down on the seated partner. The seated partner is now performing the eccentric phase of the shoulder press and the standing partner is performing the concentric phase of the front dip.

Lat Pulldown/Upright Row – the partners are in the same seated-standing position. This time the seated partner, starting with elbows extended, pulls down as the standing partner resists the pull. The pull down is the concentric phase for the seated partner and the eccentric phase of the upright row for the standing partner. The next movement is when the standing partner pulls up on the arms/hands of the seated partner while he/she resists the pull up. When the standing partner pulls up it is the concentric phase of the upright row and for the seated partner this is the eccentric phase of the lat pulldown. ►

Core

McGill (2010) indicates that some trainers believe that repeated spine flexion is a good method to train the trunk flexors. However, these muscles are rarely used in this way. They are used as trunk stabilizers rather than flexors. Moreover, repeated flexing of the spine can put pressure on the intervertebral discs which can weaken the discs and put them at risk for herniating. Therefore, neutral spine core exercises are recommended.



Front Plank on Toes



Side Plank Left & Right on Feet



Bird Dog

Beginner Core Exercises:

- Wall Front Plank - hold for 10 - 30 counts.
- Wall Side Planks Right & Left - hold for 10 - 30 counts.
- Chair or Desk Bird Dog - raise opposite arm and leg - 10 - 30 repetitions.

Advanced Core Exercises:

- Front Plank on Toes - hold for 10 - 30 counts.
- Side Plank Left & Right on Feet - hold for 10 - 30 counts.
- Bird Dog - raise opposite arm and leg - 10 - 30 repetitions.

Challenging and Fun Exercises:

Front Plank “Arm Wrestle” with partner.

Wide foot stance, balance on one elbow, thumb grip with right hands, “wrestle” for 10 - 20 counts then alternate arms.

Side Plank “Arm Wrestle” – same as above except one partner is on his/her left and the other partner is on his/her right facing each other and the partners are pushing on each other’s hands. Push for 10 - 20 counts then switch sides.

Vertical Core Exercises

Arm Chops - Up & Down. Move straight arms as fast as possible for 10 - 40 repetitions. This causes the core muscles to have to accelerate, decelerate, and stabilize.



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Legs



PARTNER LEG PRESS

Hamstring Partner Exercise

(Schaech, 2012). One partner is on his/her knees holding the heels of the other partner who is also on his/her knees. The partner who is in front will use an eccentric contraction to slowly let him/herself down to the ground where he/she stops using the hands. Then using a concentric contraction of the hamstrings, pull his/herself up to the starting position. 5 - 10 repetitions.



Partner Leg Press – One Leg or Two.

One partner is on his/her back with knees and hips flexed getting ready for the partner, who is standing facing the other partner, to balance all his/her weight on the feet. The “balance” partner, who’s acting as the resistance, will hold onto the partner’s feet for balance. Once both partners are balanced, the prone partner does leg press. Two legs is a warm-up exercise or an endurance set of 15 – 20 repetitions. One leg is more resistance and a strength set could be performed of 8 – 12 repetitions.

Partner Squats – partners are facing each other, holding same hands and same feet pointing together. Using a thumb grip the partners lean back slightly, then perform a slow squat to whatever angle is comfortable. Perform 5 - 10 repetitions then switch hands and feet placement.

Almost any exercise or movement can be done either as a single or partner drill. Exercises like the upper body push/pull and the compound leg exercises are much easier to accomplish with a partner. Even the core exercises, when done with a partner, offer some variety and fun to training. Any of these exercises can have the resistance altered so that the training can be periodized and your clients can train safely and effectively for their level.

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Mike Bracko, is a fitness educator, hockey skating coach, writer, and strength & conditioning coach. He holds a doctorate degree in exercise science and is a Certified Strength & Conditioning Coach through NSCA. He is the strength & conditioning coach for the USA Men’s Deaflympic ice hockey team. Mike is the author of 32 DVD’s on fitness, high performance hockey skating, safe lifting, and back injury prevention. He presents at fitness shows such as Asia Fitness Conference, China Sports Show & Fitness Conference, IDEA World and Personal Trainer Institute, and NSCA. He writes for IDEA Fitness Journal, canfitpro Magazine and PTontheNet.com on a wide range of topics.



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Plyometric Training on the Fitness Trampoline

By Krista Popowych, B.HKin

It's not unusual for trainers and instructors to shy away from introducing plyometric training to their clients' regime. Fair enough. It has a reputation of being challenging and not the gentlest form of exercise. However, it does garner an important spot in a trainer's toolbox. When used properly, it has many benefits. In particular, its training application crosses all age groups. Plyometric training is not just for the athlete or athlete want-to-be. Research into performance has shown that poor power production is also an indicator of loss of movement speed. Training correctly can change this loss.



THROWING

OPTIONS:

- single arm throws
- overhead pass
- toss and jump cat

Plyometric exercises involve rapid and repeated, eccentric and concentric muscle contraction via movement patterning such as jumping, hopping, leaping, bounding and throwing. Plyometrics enable a muscle to reach maximum strength in the shortest time possible. In the training studio, executing plyometric exercises such as depth jumps or continuous bounding will improve jumping performance. Yet in the real world, not everyone's joints can take the impact from jumping on a hard surface. Risk versus benefits becomes a consideration. Thankfully there are options. Enter the fitness trampoline. The rebounder, or a fitness trampoline as it is also referred to, is the perfect playground for plyometric training. It provides a non-impact surface and was naturally created for jumping. It can even transform into a throwing surface.

When designing a plyometric program using the fitness trampoline, choose exercises for both the lower and upper body. Ensure that proper progressions and regressions are applied. Advancement should only occur when the exercises are done correctly. Not all rebounders are built for advanced exercises, nor can they be placed on an angle. Double check that the rebounder is sturdy and can take various impacts.

A natural starting point for plyometric training on a rebounder is basic jumping and bounding exercises. Jumps start and end with one or both feet, like hopping on the spot or jumping jacks. Bounding are leaping exercises that exaggerate normal running strides. Here are some **bounding exercises** to try. From a standing athletic position on the floor, jump from a two foot start position onto the trampoline surface, landing on two feet. Advance to landing on one foot and eventually, jumping from and landing on one leg. Focus on sticking the landing. Repeat the patterning, alternating the lead legs. To advance the patterning further, add an immediate jump into the air once the landing has happened. Next, try continuous **tuck jumps**. Start with easy two-foot bounding, progressing to continuous tuck jumps. The focus should be on core activation as well as fast movement patterning. Repeat the tuck jumps for either time or reps.

For upper body plyometrics, place the hands on the trampoline and feet on the floor. ▶

“When designing a plyometric program using the fitness trampoline, choose exercises for both the lower and upper body.”



BOUNDING

OPTIONS:

- 2 feet to 2 foot landing
- 2 feet to 1 foot landing
- 1 leg to 1 leg

» WORKOUTS



TUCK JUMPS

- jumping high in the air

Keeping the arms straight, the body long and core activated in a plank position, begin by bounding the hands in and out. Start slowly then pick up the speed for greater intensity and plyometric effect. Another good exercise is **plyo-push ups**. With the hands on the mat, feet on the floor, lower the body performing a push up. Explode up and add a clap mid-air before landing back down on the trampoline and repeating the exercise.

If the training studio has no cement walls to throw a medicine ball at, no problem. A fitness trampoline that is designed and securable on a 30-45° angle creates a **multidimensional throwing and jumping environment**. Facing the trampoline, begin tossing a medicine or plyoball against the mat. Observe the trajectory response of the ball on the rebound. Progress to continuous overhead tosses throwing the medicine ball harder, from further away and faster for a greater plyometric effect. In addition, add a jump either on the throw (jump up while throwing) or from the catch (jumping and catching the ball in the air) or try single arm throws.

Plyometric training has many benefits including introducing clients to a different and challenging training program while enhancing power, strength, performance, joint mobility and neuromuscular proprioception in both the upper and lower body. The fitness trampoline is the perfect environment to do all of the above. It is fun and the choice of exercises is only limited by the creativity of the trainer.

Krista Popowych is canfitpro's Fitness Presenter of the Year for 2016. Krista is a three-time (2008 and 2003) honoree of the delegates choice award and is also the 2014 IDEA Fitness Instructor of the Year. She is the Global Director of Group Education for Keiser®, is a Master Trainer for JumpSport® Fitness Trampoline's™ and shares her knowledge, enthusiasm and energy lecturing and training at home and abroad. Join Krista at the canfitpro world fitness expo August 16-20, 2017.



PLYO PUSHUPS

- hands on the trampoline, power up and land

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Do you **UFIT**?



At the 2016 world fitness expo, we announced **canfitpro's** commitment as the first Canadian company to sign the "Marseille Declaration" to demonstrate our support of inclusivity in fitness. This declaration was the work of an organization called UFIT whose mission is to increase inclusivity, and we've gotten a great response from people wanting to learn more. While there have been a number of things happening behind the scenes, we wanted to give everyone an overview of who is behind this amazing initiative, what is happening and how you can get involved. ▶



al injury Supporting people with spinal injury Suppo

» INCLUSIVITY

canfitpro: Why was UFIT created?

UFIT: UFIT was created following an identified need to help make the fitness industry inclusive across the globe. Whilst several training courses exist to create an awareness of working with people with disabilities, there was no overall program to create a cultural change in the approach to overall management, marketing, programming, training and other aspects of running a health club.

canfitpro: Who is behind UFIT?

UFIT: The UNESCO Chair in Inclusive Fitness, Sport, Recreation & PE, alongside IHRSA, form the Global UFIT Team. UFIT started as a 2-year project funded by the European Commission from 2013 to late 2015, culminating in the launch in Marseille, France in October 2015 in conjunction with the IHRSA European Congress. This project was led by the UNESCO Chair in Inclusive PE, Sport, Fitness and Recreation based in Ireland with a Global Remit under UNESCO (United Nations Educational, Scientific and Cultural Organization) in partnership with IHRSA and other partners from several European Countries.

canfitpro: Who else is involved in UFIT?

UFIT: UFIT has been supported at a national level by leaders of the fitness industry and disability sector. In the USA, UFIT has received the invaluable support of IHRSA Foundation and American Council of Exercise (ACE) for running the UFIT US pilots. Also, it has the support



of President's Council on Fitness, Sports & Nutrition, ACSM, NCHPAD, CREPS/USREPS and Special Olympics International. In Peru and Spain, there are other key players involved, such as Centre for Inclusive Sport Studies (CEDI), National Paralympics Associations and the Latin-American chain Bodytech.

canfitpro: What should fitness facilities know about inclusivity?

UFIT: UFIT uses a strengths-based approach. UFIT acknowledges that health clubs already have structures and resources to be inclusive. UFIT is about making the existing services and facilities more inclusive by maximizing existing resources without necessarily the need for capital investment. UFIT clubs will have to show

their commitment with UFIT and sign the Marseille Declaration. Also, UFIT clubs should follow all the stages of the UFIT program with active participation of their staff, members and community.

canfitpro: What should fitness professionals know about inclusivity?

UFIT: The UFIT pilot will require that current staff (managers/owners and staff) engage in reflecting and implementing changes in organizational practice with a view to deliver high quality inclusive fitness services.

The investment of staff time will positively impact the management and operations of the club by implementing practices that have been shown to increase customer and staff retention while providing high quality inclusive health enhancing fitness services.

canfitpro: What can the fitness industry in Canada do right away to support inclusivity?

UFIT: Fitness industry leaders can:

- recognize the difference they can make in the lives of people with disabilities, acknowledging their rights by “inclusivizing” their service offerings
- increase and maintain membership by building relationships with local community groups
- increase staff satisfaction and therefore staff retention

canfitpro: What kind of disabilities does UFIT address?

UFIT: UFIT is a capacity building process that guides club managers and club staff





to transform organizational practice to facilitate the inclusion of people with disabilities and achieve excellence. UFIT is aimed to increase the organizational competence to include people with physical, intellectual, sensorial disabilities, as well as mental health conditions, considering that the programme will also enhance customer service for all customers.

canfitpro: How can canfitpro members get involved?

UFIT: If your club is interested in committing to inclusion, you can sign the Marseille Declaration and contact us to express your interest in being considered as a UFIT Canada Pilot club.

canfitpro: What can we expect over the next few months regarding UFIT?

UFIT: More information on UFIT will be disseminated over the coming months. A presentation will take place at canfitpro world fitness expo in Toronto this August by the UNESCO Chair and IHRSA Global leaders, who will also be available for face-to-face meetings with Club Owners/managers and other potential stakeholders. We will also be establishing a UFIT Canada Task force which will be led by **canfitpro** with support from IHRSA and the UNESCO Chair in Inclusive Fitness, Sport & Recreation, PE. **Check out <https://vimeo.com/justdoufit> and www.justdoufit.com.**

canfitpro: Thank you so much for letting us know where UFIT came from and where it's going. We are all looking forward to making fitness more inclusive!

What is Your Client's Squat Telling You?



Some trainers call the squat "The King of Exercises". Maybe that's an exaggeration, but the squat *is* one of our Primal Pattern® movements – movement forms that were necessary for survival in our natural habitat and that we use all the time in our daily lives.

Because the squat is such an essential movement pattern, it's important to get the form right – especially in our desk-driven, sedentary world!

To help you make sure your clients are squatting properly, we've created a **special squat assessment checklist** that will help you to track down joint restrictions and muscle imbalances.

This quick and handy checklist includes:

- 3 set-up assessments
- 14 execution assessments
- 9 key indicators of joint restrictions, muscle imbalances, and muscle weaknesses
- One powerful technique to reveal hidden restrictions/imbalances

This checklist will quickly become an invaluable tool to resolving restrictions and muscle imbalances, and squatting with correct form.

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Fitness Kickboxing for the Personal Trainer



By Ross O'Donnell

Training clients for Fitness Kickboxing is a very lucrative market that is growing in popularity. Personal trainers who are offering focus pad style training sessions are increasing their marketability and income potential as well as filling up their time slots. The format of the training, with you holding pads and directing the striking combinations, make you an integral part of the program that the client cannot do alone!

Offering this type of training will not only generate new business from your current clients but will also attract new clients that typically may not be interested in group classes or do not care to exercise in a busy gym.

Trainer Skills and Requirements

A Fitness Kickboxing personal trainer does not have to be a

Competitive Kickboxer, Black Belt or martial arts instructor. However an instructor must:

- **Possess a good working knowledge of authentic kickboxing techniques.** This means that the instructor must know how to teach the punch and kick techniques safely and correctly.
- Have a basic understanding of **combination flow**.
- **Be in very good physical condition** in order to accommodate the client through a tough workout. This is very important because the trainer will be moving and demonstrating a great deal of the time. Lead by example, your physical condition is a reflection on your training.
- **Be certified in Fitness Kickboxing.** A personal trainer certification is also recommended as it will give the trainer a better working knowledge of exercise options for teaching a safe and effective session.
- **This is an opportunity for those who possess good “one-on-one” interpersonal relationship skills** but are not as confident teaching group Fitness Kickboxing classes. Some people enjoy working with one to four people but are not comfortable teaching in a larger group setting.

Pricing

Decide on pricing relative to your demographic area. Do not undersell the value of your sessions as this type of programming offers results that other types of personal training do not offer. Your training sessions should be one hour long and sold in blocks of ten, if possible. Here are some suggestions of prices, add \$10-\$20 for each additional person if you are offering small group personal training.

- **10 sessions for \$500.00** (add or subtract \$50.00 to \$100.00 if supported by market demographics).
- **20 sessions for \$900.00** (same demographic suggestion applies).
- **1 session \$75.00** (if your client is trying it out and agrees that they will purchase 10 sessions if they like it, charge them \$50.00 and make sure they love it).

Marketing

Know your market! If you work in a fitness center, your market will be personal training clients that are looking for a challenging workout that combines cardio and resistance training. Stay-at-home parents, as well as people working shifts, are generally available to train during times of the day that are usually less busy in the group fitness room, such as midmorning through mid-afternoon.

The parents of children in your programs are excellent prospects. Again, some may have available time during the slower times of the day or may want to make good use of their time looking after their health while waiting for their children in classes.

The next step is to start your marketing campaign. Make use of your best resource, your clients. Offer 'Train with a Buddy' passes, entitling your client to bring a friend/family to join them in one free

session. You will find that this is also an effective way to capitalize on word-of-mouth for your business.

You will also want to schedule free demonstrations before/after classes or at local tradeshow, schools, and community events. Networking with weight loss groups and pre and post natal specialists are also beneficial as many women are looking for options to help them get back in shape after childbirth.

Equipment

Well maintained equipment that is in good working order is a must for safe and productive training. You should make sure that equipment is cleaned regularly with a disinfectant cleaner and free of perspiration before each session. Nothing will turn off a client that is paying top dollar for personalized attention more than having to use equipment that is poorly maintained or unhygienic. When equipment protection padding starts breaking down, it must be replaced. Also your equipment should be properly placed or you could risk the safety of your clients and open yourself up to avoidable liability. One of the most common errors of equipment selection is selecting a poorly designed glove. A good quality pair of Punch-Kick Pads and boxing gloves is approximately \$80.00-\$100.00 a pair and can be sold to clients as part of the Personal Training package.

Kick start your 2017 personal training with fitness kickboxing.

Ross O'Donnell is the president and CEO of Fitness Kickboxing Canada Inc. (FKCI) is proud to be the "Preferred MMA Certification Provider" for canfitpro. For information or to register for a certification, please visit www.fitnesskickboxingcanada.ca/Course_Listings.html.

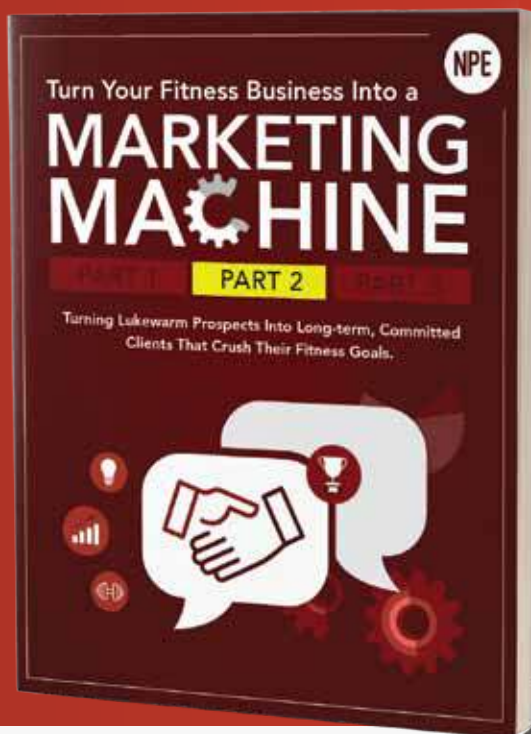
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Improving Exercise Performance with Thai Yoga

As fitness professionals, we are constantly looking for ways to help our clients achieve their goals. The most effective personal trainers have a deep understanding of how the various components of fitness each play a role in a client's physical performance. When it comes to workouts in the gym, or training within in a sports setting, it is important to develop activity-specific skills while also addressing areas of restriction that could prevent effective performance of a particular movement.

The resistance exercises we use in our regular workouts can often cause a shortening of the functional range of muscle tissue, so it is important to retrain the muscles as well as the neurological signals that allow them to return to their optimal length. By definition, mobility is the body's ability to move with ease, and it requires a good combination of both muscular capacity and flexibility. Since mobility is critical for achieving full physical potential, it almost goes without saying that it deserves our attention within a well-rounded personal training program.

By using Thai Yoga therapy within training sessions, you are able to incorporate passive mobility exercises and assisted stretches, to help clients restore the range of motion that is often reduced during strength training. Introducing these assisted yoga poses and mindful pressure techniques helps to bring awareness to areas of particular tension or restriction, ease the body toward greater mobility, and allow for a higher quality of movement overall.

As you continue to challenge your clients with programming that progressively overloads their body and encourages positive adaptations, remember to also pay attention to their overall mobility. This focus will have a significant impact on their potential for improvements in subsequent workout sessions or competitions.

Daniela Goode is a Kinesiologist and Wellness Educator whose passion lies in using movement to foster vibrant health. Email Daniela at daniela@navina.ca or visit www.navina.ca.



While there are many different Thai Yoga techniques that can be used within a personal training session, here is one of our favourite passive-dynamic variations for the lower body ►

HELICOPTER CIRCLES

In a low kneeling position with your knees open, support your client's leg in 90° of flexion at knee and hip. Use one hand to hold their foot, while the other hand or forearm rests behind the knee (on the distal hamstring.)

Keeping your body low and core gently engaged, lean to the side to gently guide their knee toward the shoulder on the same side, lightly stretching the hamstring. As you continue to shift your own body smoothly in a semi-circular motion, their leg will come with you, allowing for an opening stretch in the adductors and gracilis, while encouraging general mobility of the hip joint.

By keeping this movement slow and smooth, while repeating it several times, you can gently guide your client into a larger range and deeper stretch on each circular rotation.



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YOU SHOULD



By Paul Chek

The squat is one of the most important movements for optimal human function. Everyone squats every day. Just look at what it takes to get into a car – you must perform a *single legged squat with a lateral shift and a twist!* Just sitting down is a squatting movement, albeit an off-balance one for some, since the chair will catch you if your leg strength is inadequate to lower yourself under control.

The squat is one of seven movements that I call Primal Pattern® movements. Everyone should be able to perform these with correct technique using at least their bodyweight. Depending on the demands of the workplace or sports played, the load required may be much higher to perform well and remain injury-free.

Having spent over thirty years of my life rehabilitating and conditioning clients, I can assure you that anyone injured while performing a squat who then did not learn to squat correctly, nor develop adequate strength in this pattern, is simply a re-injury waiting to happen! When it comes to squatting, *if you can't – you must!* Everyone should develop optimal motor skills and strength in this key movement pattern, preferably before they get injured. Anyone who has been hurt while squatting, whether in a gym, workplace or sporting environment, must take time to rehabilitate and train this movement properly to avoid re-injury.

How to Squat

Today you can find Smith machines, leg presses, hack squats and a variety of other devices attempting to deliver the benefits of

the real thing. However, there simply is no replacement for the free squat performed with bodyweight or a weighted bar. No machine requires that you balance your center of gravity over your base of support, as you are required to in a free squat.

Descending the Squat

If your clients find it challenging to perform a bodyweight squat, there are several ways to make the exercise easier. Squat while holding a support, such as a door frame or walking stick, in one or both hands. To reduce fear of falling, squat over a bench so that if your client loses their balance, they can simply sit down on the bench. The next level of descent is to perform the squat with the support of a Swiss ball, carefully placed between the back and the wall. Only if you cannot perform a squat in this way should you even consider using a fixed axis machine, such as a Smith machine.

Ascending the Squat

Make the squat more challenging by using a weighted bar on your shoulders or holding a medicine ball. Squatting with the weight in front of you has more functional carryover to everyday activities, as we generally carry kids, parcels etc. in this way.

The squat is a movement pattern that has enormous functional carryover to everyday work and sports activities. Whatever you do, don't ignore the squat just because it feels uncomfortable! Learn how to coach clients in the correct technique, so that they can avoid future injury when they absolutely have to squat!

Paul Chek, internationally acclaimed speaker, consultant and Holistic Health Practitioner, is the author of six books and numerous courses for health and fitness professionals. Paul is the founder of the C.H.E.K Institute, based in San Diego, CA (www.chekinstitute.com) and the creator of the P~P~S Success Mastery Program.



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Finding Balance with the Koshas

By Lisa Greenbaum E-RYT 500

As the case with other Eastern based sciences, Yoga looks at the individual holistically. Understanding that optimum health and balance is achieved by taking care of the whole self rather than just focusing on symptoms or specific issues. This is shown in the approach taken for all things mind and body. In the case of mental health and depression, any experience that an individual has that takes him or her out of balance creates a “depression”. Likewise in weight loss, the somatic experience of stress and trauma will keep excess weight on the body despite a person’s best attempt at eating well and exercising. To find balance, we must therefore create harmony in all aspects of self. This is precisely how the koshas work.

The koshas, translated to sheath or veil, represent our subtle body. There are five koshas, each representing a different aspect of self. Koshas have also been described like the layers of an onion, peeling each one back to reveal the bulb, the centre, though the essence of the onion is the onion itself with all of it’s layers together.

Along with this is another important aspect of yoga philosophy, which is the dualistic view of *self* and *Self*. Prakriti (nature), describes the *self* or what is permeable. Just as nature, we change and this is a good thing. We grow up and grow older. With experience our thoughts and connection to the world around us adapts and changes as well. We spend much of our time with prakriti as this is our interaction with life unfolding. The dilemma is where we get caught thinking of ourselves as only the *self*. Absorbed in our appearances, stuck in the cause and effect of the past and present. Parusha on the other hand, or *Self* is impermeable – unchanging. This is our true unwavering light within. When we feel connected to *Self* we feel in perfect harmony with the world around us. Likewise, it is the disconnection of *Self* that manifests in many dis-eases such as addictions, depression, and the symptoms of trauma. In looking at the koshas, the innermost layer known as anandamaya kosha is this connection to *Self*. However, as per above we need all the layers working together to be in balance in order to experience our true essence.

The following is a brief description of each kosha and how to bring them into balance. The word “maya” means illusion, reminding us that nothing is locked in stone. We must continue to hone the ability to go with the flow and to surrender. That often, what appears as truth, is not final.



Annamayakosha/Physical Body: This is how we take care of the bodies we are in. We do this through exercise and movement as well as eating healthy, such as choosing organic and eating a variety of foods. Just as we seek balance for the whole, each kosha should have it’s own balanced scale. Exercise is extremely important, but too much exercise can cause just as much damage as too little. Eating well without being a slave to our food list. Honouring dietary restrictions is also important here. We know gluten makes us sick, and yet we keep sneaking the bread on the dinner table. Understanding the

difference between indulging in a treat and needing sweets after every meal.

Pranamayakosha/Energetic Body: This is our vitality, where our energy comes from. Getting a proper amount of sleep and rest and limiting our caffeine intake so we are working with our own natural energy. Just as finding practices for each kosha is important, so to is our understanding of how they relate to each other. By taking care of our physical body with exercise and healthy food, energy naturally increases and we won’t feel the need to reach for that extra caffeine boost ▶



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during the day, or the opposite, sleep aids at night. Prana is our life force and prana is carried through the body with breath. To shift our energy, practice pranayama breathing techniques instead such as alternate nostril breathing, sinking breath (focus on the exhale) for calming, and expanding breath (focus on the inhale) for energizing.

Manomayakosha/Emotional Body:

This is where we move a little deeper, where we learn and feel. Taking time for our own self-practice, meditation or journaling. Checking in with how we feel. In our go-go world of trying to get a million things done each day, it is paramount that we carve out time to just be - to let our nervous system settle and to simply observe. Like the domino effect, a couple of weeks without exercising or eating properly will probably lead to issues sleeping, a few days of that and our emotions feel like they are all over the place. Taking care of the first two koshas is paramount to emotional health and well being. Turning off external distractions and moving inwards. This is where the importance of a daily meditation practice fits in. We can find meditation practices in many forms: a walk

in nature, listening to a piece of music or a more traditional seated meditation with focus on breath. There are many examples of guided meditations online that may work for you as well.

Vijnanamayakosha/Intellect Body:

How do we perceive life? Are we able to step back and rationalize our experiences rather than continuously reacting? Do we have the ability to look at our decisions and choices objectively? A regular meditation practice will help us discover these answers, as one of meditations great benefits is clarity of mind. Being involved in "satsang" or philosophical discussions with others, staying inspired reading books and articles and surrounding ourselves with others on the same path as us. Building and nurturing community is important here to help develop our intellect body and also to sense a connection to the greater whole.

Anandamayakosha/Bliss Body:

What brings you joy? Do that everyday! You deserve to be happy. Our bliss body, also known as the *Self*, is our true inner light. By taking care of the other koshas we are able

to connect to our *Self*, living our dharma (life path) and enjoying life. Start a happiness journal, including all the things you love to do. Making sure to add practices that fit for each kosha. While you are at it, include your gratitude journal, something that will make your heart swell each time you read it. Honour our life, honour love, honour YOU. Practice nourishing and nurturing through self-care.

Understanding that life itself is its own perfect seesaw of light and dark, and we will experience both. What these practices will help us with is finding our way back to the light when darkness, or even a little grey, does fall. Whenever this is in doubt, start at the beginning: When was the last time I exercised? What did I eat for lunch? How did I sleep last night? Finding practices that work for us, and that relate to each kosha is an important aspect for balance. The ability to connect back to our *Self*, to our own inner light, is one of the greatest gifts we can receive.

Namasté

(the light in me, honours that same light within you)

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.

Ontario

- Level 2 - Mar. 25-26, 2017 - Hamilton
- **Toronto Mind Body Fitness Conference**, Apr. 6-9: Level 1, Anatomy, Level 4, Working with the Chakras, YogaFit Props, Meditation + Mindfulness, Seniors, Kids, YogaFit Restorative, YogaFit for Athletes and YogaFit for Injury Prevention + Recovery
- Prenatal - April 29 - Ottawa
- Level 2 - May 6/7 - Toronto
- YogaFit Sweat - June 3 - Ajax
- Anatomy - June 3/4 - Hamilton
- YogaBack - June 10 - Toronto
- Level 2 - June 10/11 - Ottawa
- YogaFit for Personal Trainers - June 11 - Toronto
- Level 4 - June 15-18 - Ottawa
- Level 5 - June 17/18 - Toronto
- Level 1 - June 17/18 - Toronto
- Level 3 - June 24/25 - Toronto
- 200hr Intensive - July 4-27 - Toronto

Nova Scotia

- Level 4 - April 20-24 - Truro
- Level 1 - April 22/23 - Halifax
- Restorative Therapeutics (Warriors) - Apr. 27/28 - Halifax

- Healing Emotional and Physical Trauma (Warriors) - Apr. 29/30 - Halifax
- Seniors - May 26 - Halifax
- Level 2 - May. 27/28 - Halifax
- **Halifax Mind Body Fitness Conference**, Aug. 24-27: Level 1, Anatomy, Level 3, YogaFit Props, Meditation + Mindfulness, YogaFit for Balancing Moods and YogaFit for Warriors (PTSD)

New Brunswick

- Senior - TBA
- Level 3 - TBA
- Level 1 - July 15/16 - Moncton

Newfoundland

- Level 2 - June 3/4 - St. John's
- Level 1 - TBD

Prince Edward Island

- Level 1 - May 6/7-Charlottetown

Quebec

- Niveau 1 (FR) - 18/19 mars - ville de Quebec
- Healthcare 2 (formerly Therapy 2) - March 23-26 - Montreal, QC
- Level 2 - Apr. 8/9 - Montreal

- Anatomie (FR) - 22/23 avril - ville de Quebec
- Level 1 - May 6/7 - Montreal
- Restoring Balance (Warriors) - May 25/26 - Montreal
- Emotional and Physical Healing (Warriors) May 27-28 - Montreal
- Level 3 - Jun. 3/4 - Montreal
- Anatomy - June 17/18- Montreal
- Level 2 - Aug. 26/27 - Montreal

Alberta

- **Edmonton Mind Body Fitness Conference**, May 2-7, 2017: Level 1, YogaProps, Working With The Chakras, Restorative, PreNatal, Senior, Anatomy, Kids
- Warriors - June 17/18 - Calgary
- Level 2 - July 29/30 - Edmonton
- Level 1 - Aug. 12/13 - Calgary

British Columbia

- Seniors - April 22 - Vancouver
- Level 3 - April 29 - Vancouver
- Level 4 - June 1-4 - Delta
- Level 1 - TBD

Manitoba

- Kids - Mar. 17 - Winnipeg
- Level 2 - Mar. 18/19 - Winnipeg
- Pranayama - April 21 - Winnipeg

- Ayurveda - Apr. 22/23 - Winnipeg
- YogaFit Sweat - May 6 - Winnipeg
- Meditation + Mindfulness - May 7 - Winnipeg
- Seniors - May 26 - Winnipeg
- Level 3 - May 27/28 - Winnipeg
- Level 1 - June 10/11 - Winnipeg
- Healthcare 1 (formerly: Therapy 1) - June 22-25 - Winnipeg

Saskatchewan

- Level 2 - April 1/2 - Regina
- Level 3 - Aug. 19/20 - Regina
- Level 1 - TBD

Yukon Territory

- Level 1 - Aug. 10/11 - Whitehorse
- Anatomy - Aug. 12-13 - Whitehorse



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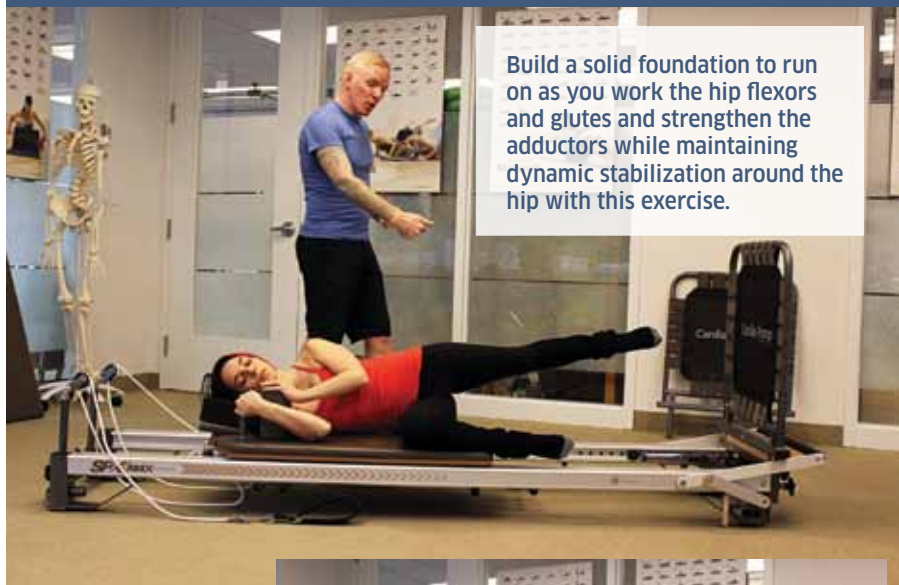


ON THE RUN: STOTT PILATES®

Exercises for Endurance Runners

One of the most useful things about STOTT PILATES® is how easily the exercises can be adapted to supplement training regimens and other fitness modalities. For distance runners, Pilates can help strengthen key muscle groups and boost balance and endurance, key ingredients in running faster and for a longer time. Merrithew™ Lead Instructor Trainer and triathlete David Taylor has compiled the following four STOTT PILATES® exercises to benefit distance runners. To see these exercises demonstrated in a video tutorial, check out www.merrithew.com/blog.

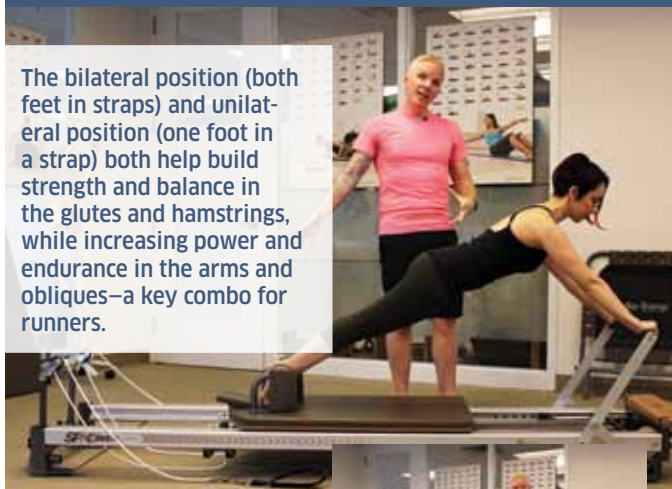
BEND & STRETCH WITH FITNESS CIRCLE®



Build a solid foundation to run on as you work the hip flexors and glutes and strengthen the adductors while maintaining dynamic stabilization around the hip with this exercise.

BILATERAL AND UNILATERAL LONG STRETCH

The bilateral position (both feet in straps) and unilateral position (one foot in a strap) both help build strength and balance in the glutes and hamstrings, while increasing power and endurance in the arms and obliques—a key combo for runners.



Starting Position:
Hands gripping the bar, feet on the carriage, plank position with shoulders over wrists, scapulae stabilized

- Exercise:**
- Inhale to press back
 - Exhale to pull the carriage forward with the feet and legs
 - Repeat 5x



- Lift one leg to hip height
- Inhale to press back
- Exhale to pull the carriage forward with one foot
- Repeat 5x



Starting Position:
Lying supine, feet in straps, Fitness Circle® around the lower legs, legs parallel, legs extended

- Exercise:**
- Inhale, pressing the outer ankles against the Fitness Circle, bend knees and bring the legs in, maintaining a neutral pelvis
 - Exhale to return to starting position
 - Repeat 5x
 - Remove one strap for the unilateral leg Bend & Stretch, placing the Fitness Circle between the ankles.
 - Inhale, pressing the inner ankles against the Fitness Circle, bend knees and bring the legs in, maintaining a neutral pelvis
 - Exhale to return to starting position
 - Repeat 5x

SIDE SPLITS: PLATFORM LEG PRESSING AND CARRIAGE LEG PRESSING

Instead of holding the traditional plie position for this exercise, have the client lean forward slightly to give the hip flexors a break and add a stretch to the Achilles tendons and calf muscles. This exercise challenges balance and works on the abductors. It also works the lateral rotators, which is important for runners who often focus only on forward and back movements of the legs.

Starting Position:

Standing, one foot on platform and one foot on carriage, hands at chest height, elbows bent, knees bent, hips moved back slightly, torso leaning forward

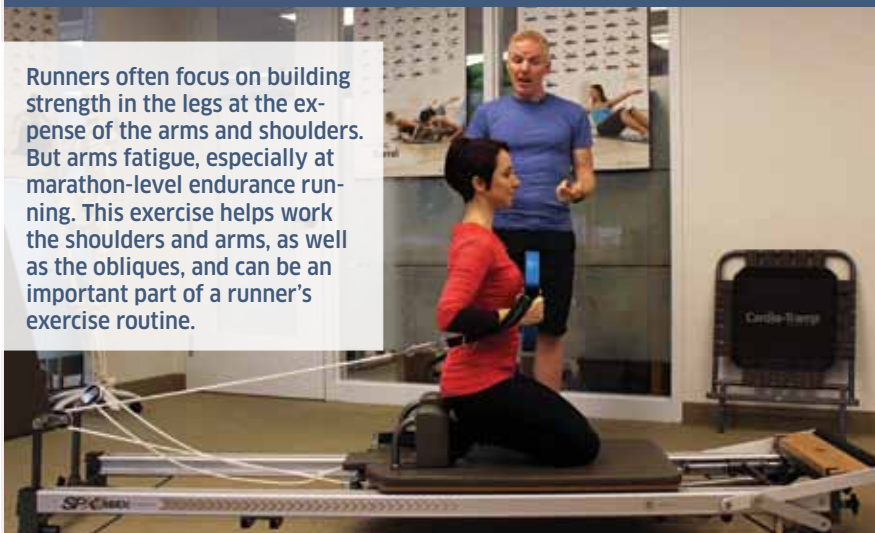
Exercise:

- Press away with the strength of the platform leg, keeping the weight over the carriage and pull back with the platform leg
- Repeat 5 x
- Press away with the strength of the carriage leg and pull back with the carriage leg
- Repeat 5 x



CHEST PRESS WITH SQUATS AND ROTATION

Runners often focus on building strength in the legs at the expense of the arms and shoulders. But arms fatigue, especially at marathon-level endurance running. This exercise helps work the shoulders and arms, as well as the obliques, and can be an important part of a runner's exercise routine.



Starting Position:

Kneeling on the carriage, toes tucked under, one hand holds the strap, both hands hold the Fitness Circle® in front of the chest, elbows bent

Exercise:

- Exhale and push the arms forward, keeping them at chest height as the hips lift off of the knees and rise to above the knees
- Inhale to return to starting position
- Repeat 5x
- On the last round stay up, and do chest presses in the upright position, 5x
- Add rotation, slowly twisting to the side with the strap, keeping the circle at chest height, 5x
- Return to starting position. Change sides.



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Prevent Injuries

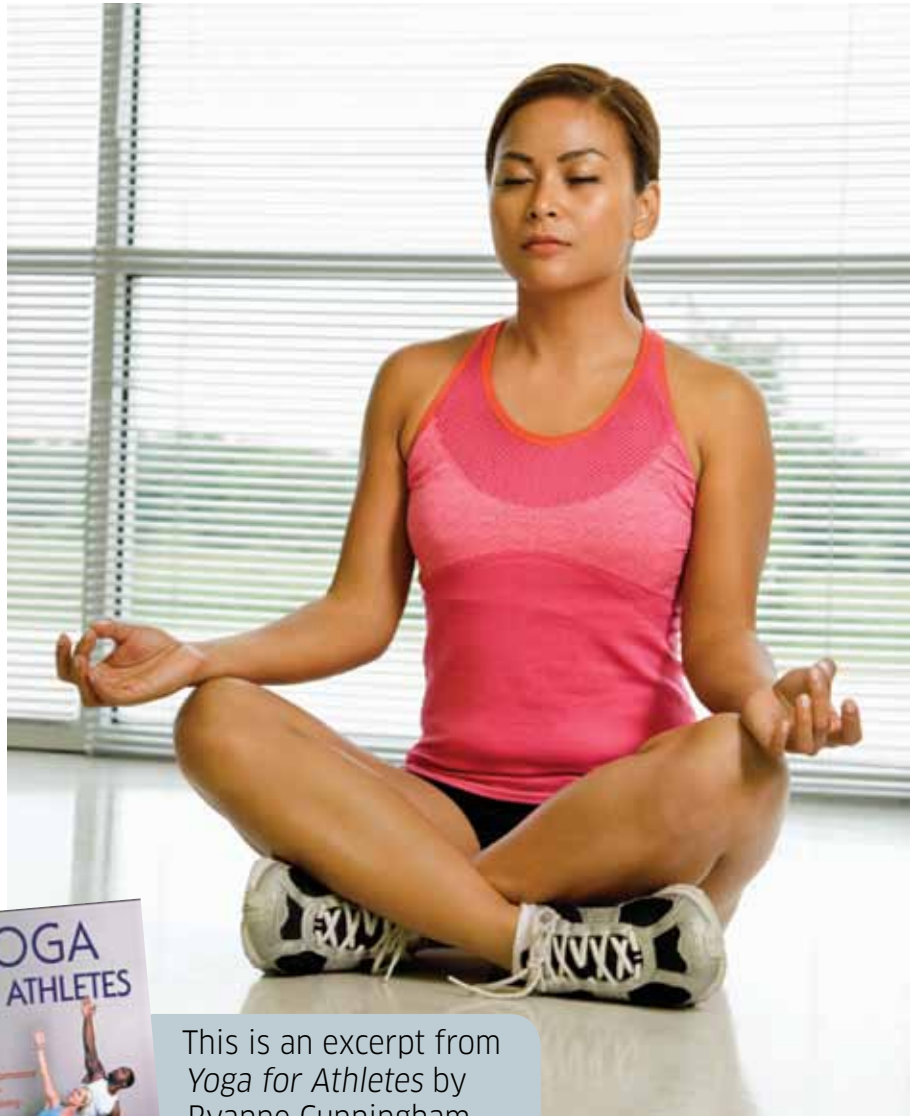
Professional and amateur athletes alike worry about injuries that will interfere with their sport. For many athletes, a season-ending injury is their greatest concern. What causes most sports injuries? Leaving aside accidents, which can and do happen, most sports injuries come from these five main causes:

1. Lack of a careful warm-up
2. Quick motions and twisting motions that stress joints
3. Imbalance that trains one part of the body over others
4. Tightness of highly-trained muscles that lose flexibility
5. Overuse of the muscles

Yoga practice can help prevent injuries from the first four causes. Yoga poses emphasize strengthening, stretching, and balance among all parts of the body. A yoga practice begins with a warm-up that prepares all the muscles and connective tissues for vigorous exercise. Then, yoga postures make sure that muscles surrounding vulnerable joints such as knees and ankles are strong enough to allow for the quick, explosive movements that mark athletic performance. As you work through this book, you will notice that even small, usually neglected muscles are noted.

Imbalanced training is a serious problem in many sports. Some sports, such as tennis, golf, and baseball pitching, use one side of the body more than the other. This imbalance adds stress on joints and can easily lead to injury on both the weaker and stronger sides. Some sports have particular stress on one body part. For example, cyclists often experience neck pain from leaning over the handlebars for extended periods. The neck compensates so that the rider can see forward. Sometimes the pressure of the body weight leaning forward on the arms can cause pain in the upper back and neck. A yoga practice can bring the parts of the body back into balance, reducing the probability of injuries.

Finally and most importantly, yoga can restore and preserve the flexibility that is often sacrificed by strength-building exercises. Muscle tightness may lead to torn muscles and a season-ending injury. Yoga's emphasis on stretching muscles will lengthen them, reducing the potential for injury and allowing the connective tissue to be restored. A regular



This is an excerpt from *Yoga for Athletes* by Ryanne Cunningham.

Yoga and stretch routine keeps an athlete's muscles loose and flexible so that instead of a torn muscle during a game, an athlete may only slightly pull a muscle. Instead of a season-ending injury, an athlete can reduce the number of games missed thanks to flexibility. Each sport requires different stretches to complement the trained muscles. See part II to learn how to tailor your yoga practice to your sport.

All athletes want to perform to the best of their ability, and in doing so they often run the risk of overusing their muscles. Yoga training can bring balance and flexibility to

strong muscles to reduce the potential of overuse injuries. Avoiding these injuries is key to improving athletic performance.



Learn more about *Yoga for Athletes*. Copyright © 2017 by Human Kinetics Publishers, Inc. Excerpted by permission of Human Kinetics, Champaign, IL. Available to order from Human Kinetics Canada at www.HumanKinetics.com or by calling 1-800-465-7301.



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Balanced Approach

Meet **Sangil Jo** – aka Trainer Jo – owner of The Academy and canfitpro’s Personal Training Specialist Finalist 2016

How did you first get involved in the fitness industry?

I got involved in the industry through my passion for exercise and health, and the satisfaction of helping people achieve their goals and lead happy and healthy lifestyles.

Describe what you currently do.

Currently I am the founder and owner of The Academy, a personal training studio in the North York region. As a personal trainer at my club, I train clients in many different areas of fitness, helping each achieve the specific goals they come to me with. Whether it’s muscle building or fat loss, I give them the tools to succeed.

Describe your favorite fitness routine and why you love it.

My favorite fitness routine is body weight training and walking outside. I love it because it’s an efficient and effective exercise routine which has a very low risk of injury.

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

I received knee surgery and during rehab I fell more in love with fitness and helping others achieve their health goals in a safe and effective manner.

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

The most important lesson I have learned is maintaining balance; having learned from my mistakes of overtraining and nutrition mishaps, I’ve come to understand the balance required for what I do in order to remain safe, healthy, and successful.



“My greatest challenge was my knee surgery at a young age, which resulted in loss of knee function for one year.”

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

My greatest challenge was my knee surgery at a young age, which resulted in loss of knee function for one year. It was a difficult time where I resorted to drinking and smoking to escape my problems, however all it did was make my health worse and hinder me from achieving my goals. Throughout and after my rehabilitation I came to realize the importance of consistency in health and

patience in the healing process, and with time, maturity and family, all helped me to get back on track with my fitness goals.

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

Maintain balance. Just as I learned it through time and experiences, which slowed down my journey, it is the message I most want to pass on in order to help others lead a healthy and happy life.



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What can I possibly gain from working out in the cold?

For the majority of the population, taking their fitness training outdoors during the cold, wet, and darker winter months seems like the exact opposite of what we should be doing. What can we possibly gain from subjecting ourselves to the harsh conditions of winter when we can stay quite comfortable by moving our training indoors? Hitting the indoor track or treadmill seems like a natural progression and while it will be necessary from time to time, getting outdoors will provide you with some pretty sweet benefits for body and mind.

First and foremost, safety and comfort should be addressed by wearing the appropriate gear to stay warm, protected, and seen as well as choosing where, when and with whom you are running. Once these considerations have been well looked after, hitting the slippery, sloppy, snow packed sidewalks or trails can offer up these important and powerful benefits.

Burn More Calories

Compared to your indoor training, your body must work harder in the cold to regulate its core temperature, resulting in more energy (calories) expended.

Strengthen the Heart

Cold weather makes your blood vessels and arteries narrow. The heart needs to work harder to distribute blood to the working muscles, making it stronger and increasing cardiovascular endurance.

Increase Vitamin D

The amount of natural light is restricted in the winter months when the angle of the sun sinks lower into the southern hemisphere and daylight becomes scarce. We need vitamin D to help the absorption of key minerals important in healthy



bones, teeth and muscles. Even in the colder winter months, sun exposure will facilitate the same critical nutrients as it does in the warmer times of the year. Don't forget that sunscreen is still important!

Increase Mental Toughness

Winter can be harsh and tough to face but tackling these less-than-enjoyable conditions can provide you with a sense of resilience and determination that will allow

you to keep on running into a new season with increased confidence and energy.

Boost Mood

The chill in the air stimulates the body to stay warm and in doing so the amount of endorphins produced by the body is also increased. Following a cold weather workout, these endorphins can leave you with a stronger sense of satisfaction, excitement and happiness that carries through to the rest of your day.



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Fat / Lipides 1 g	2 %
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Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	

Cholesterol / Cholestérol 0 mg	
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Sodium / Sodium 0 mg	0 %
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Carbohydrate / Glucides 6 g	2 %
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Fibre / Fibres 6 g	24 %
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Sugars / Sucres 0 g	
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Protein / Protéines 1 g	
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Vitamin A / Vitamine A	0 %
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