

canfitpro™

the official
magazine

CANADIAN FITNESS PROFESSIONALS

May/June 2017

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The Missing
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Tony Horton



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AUGUST 19

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4TH ANNUAL WOMEN WHO INFLUENCE

Thursday, Aug. 17

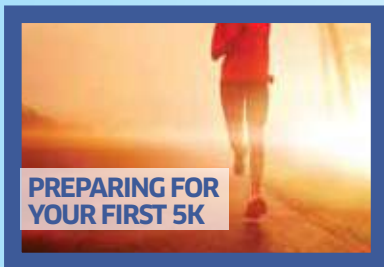
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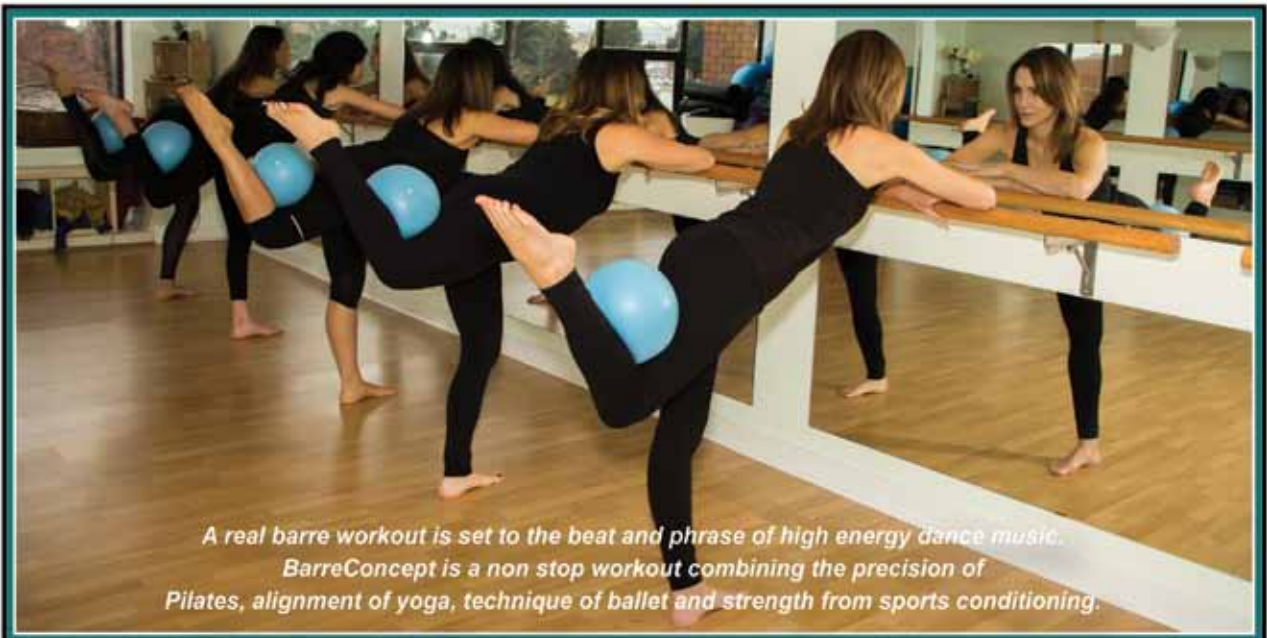
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what's inside

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Utilise a holistic approach to help ourselves and our clients achieve an optimal wellbeing

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The Official Magazine of
Canadian Fitness Professionals

OUR PURPOSE
Inspire Healthy
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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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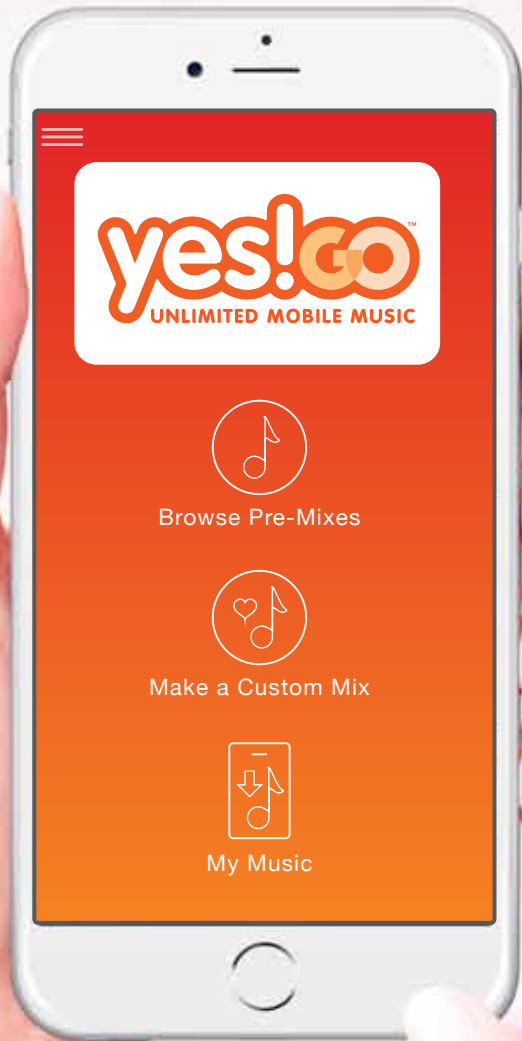
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ROD MACDONALD
EDITOR

“Being surrounded by thousands of like-minded fitness professionals, all passionate about making the world a better place through fitness was a life-changing experience for me.”

The Time is NOW

2017 will be Canada’s 150th anniversary and there will be a big ramp up to the celebrations July 1st. To help celebrate Canada’s birthday, we are hoping you will join us at the 2017 canfitpro world fitness expo as well, because it is going to be jam-packed with incredible education and inspiration for everyone in the fitness industry. Whether you are a rookie or a veteran of the industry, there is something in it for you, all at a price that delivers value far beyond anything you can find anywhere in the world.

I share this with you not only because I am the VP of canfitpro, but because I can still clearly remember the first time I attended the event, back in 1998, not as an employee of canfitpro, but as a fitness professional just like you. At the time, I was a personal trainer and supervisor of personal trainers in Montreal, working at the Westmount YMCA, and so many people told me about canfitpro that I had to check it out for myself.

I made my way to Toronto, never having been to a big fitness event before, and was blown away by the experience. Being surrounded by thousands of like-minded fitness professionals, all passionate about making the world a better place through fitness was a life-changing experience for me. By the end of the weekend, I was exhausted mentally and physically, but I felt like my entire life experienced an upgrade as a result. My thinking and behaviour shifted and accelerated my trajectory as a fitness professional and educator and I want you to have the same experience.

Whether it will be your first time or your 24th, you will see and hear things like never before, led by some of the most progressive thinkers, speakers and companies you will ever get to experience.

So whether you are celebrating Canada’s 150th or canfitpro’s 24th, this August 16th to 20th there is only one place you have to be and that is the canfitpro world fitness expo. The time is now to register, so come with your peers and encourage your clients and class participants to join in on the fun by attending the expo hall where we will have tons of extra education and shopping. There truly is something for everyone.

I am looking forward to seeing you there!

A handwritten signature in blue ink that reads "Rod". The signature is stylized and appears to be written on a light-colored surface.

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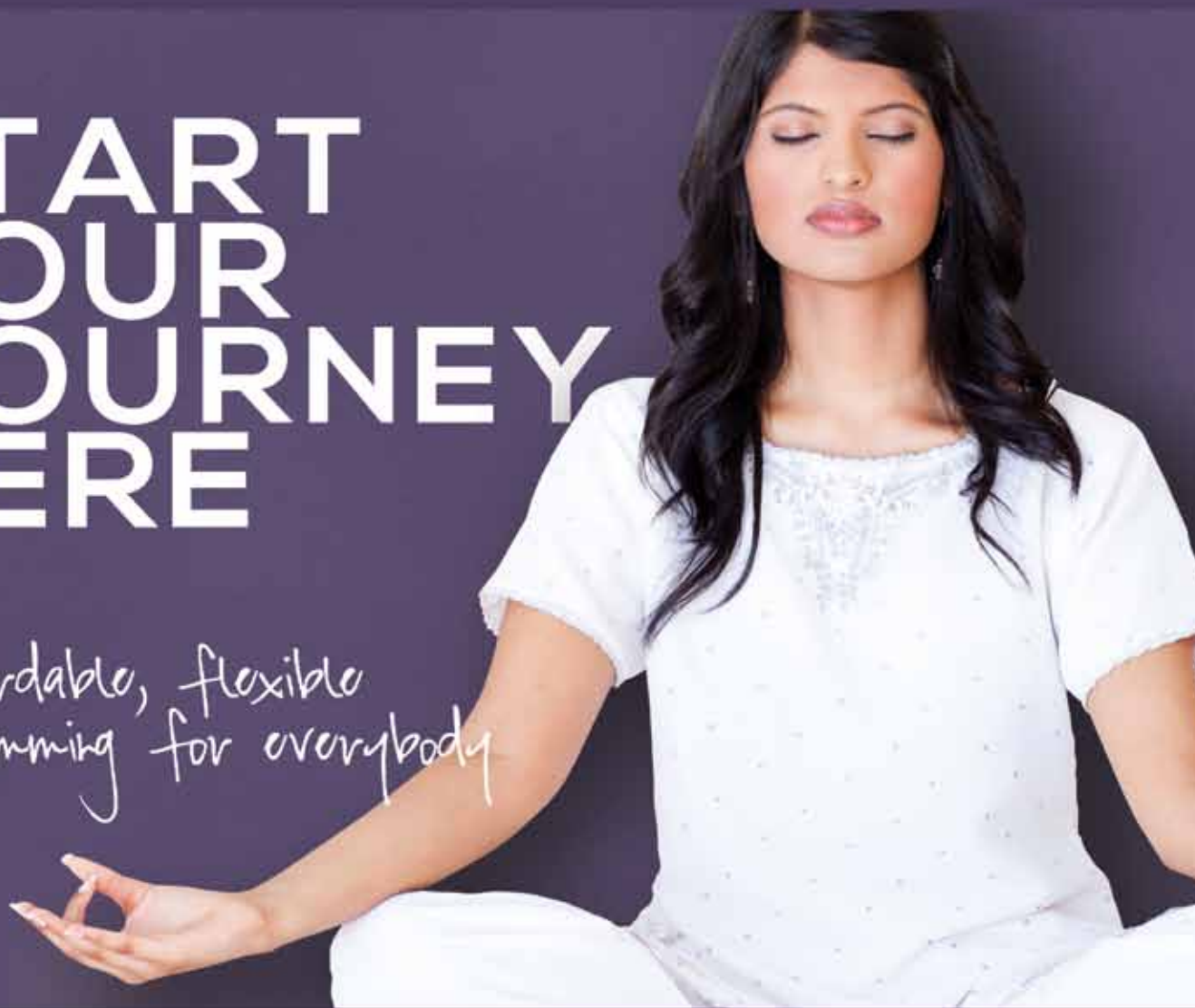
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canfitpro UPDATES

Next Issue!

The countdown is on to all things hot this summer! Warmer days, the canfitpro world fitness expo, and the arrival of your July/August *canfitpro Magazine*! The next issue is brimming with valuable learning that will help you to be more knowledgeable and confident as a fitness professional. Just a few of our upcoming articles include:

- Training for Scoliosis
- Integrating meditation into your client workouts
- The Ketogenic Diet

Don't forget that you can view past issues of the magazine in your canfitpro INTERACTIVE account at canfitprointeractive.com! Not a canfitpro member? Sign up at canfitpro.com.



Interested in submitting an article for the *canfitpro Magazine*? Please send submissions to magazine@canfitpro.com.

canfitpro ACADEMY

Join us for the latest Educational Workshops and Lectures! For a complete list of events, check out canfitpro.com/academy.

- **Common Medical Conditions and Exercise Prescriptions for the Older Adult** - June 3
- **Thai Yoga Stretching for Exercise Professionals** -
Part 2: June 25
Part 1: November 4
- **Falls Prevention & Balance Training** - October 21
- **Chair Fitness Ideas** - October 21



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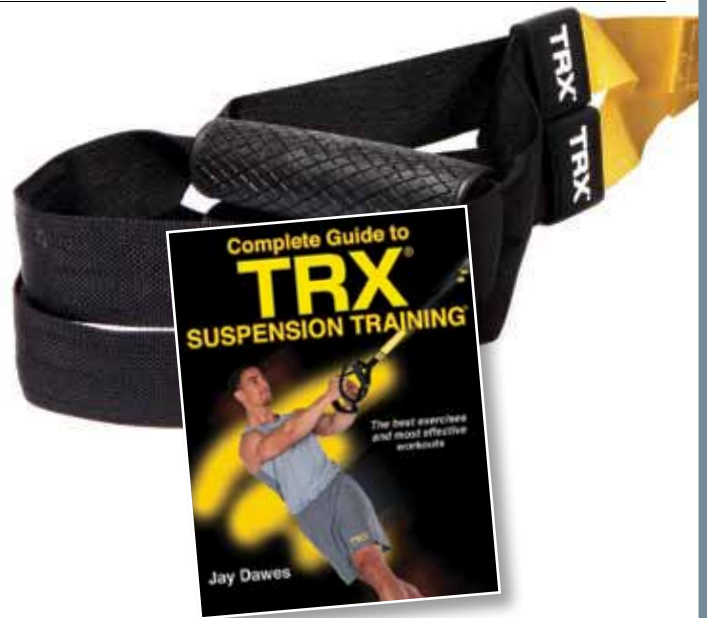
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By: Jay Dawes © 2017

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Human Kinetics is an online education provider committed to providing quality

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

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THE PULSE OF CERTIFICATION



Nathalie Lacombe
membership and certification director



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Survey Results!

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

Some key results help us understand you, and your needs better. Here are some interesting findings:

The top two reasons for choosing a certification were tied with a majority of you being passionate about health, fitness, and education:

- **69%** obtained your certification based on your desire to work in a field you love

- **67%** did it for personal interest

You are dedicated to your fitness career:

- **57%** have been working in the industry for over six years

- **78%** plan on acquiring additional fitness education in the next five years

Over **90%** of you are currently certified in fitness AND over **46%** of you also hold a diploma or degree in health, fitness, or wellness.

Most of you have a certification in personal training and/or group fitness, and:

- Almost **20%** also hold a credential related to nutrition
- Over **15%** hold a credential specializing in older adults
- Over **12%** also have a Yoga certification

Coin franco

Notre « Liaison francophone » est de retour! Je suis ravie de vous annoncer que Marie Petigny est maintenant chargée des communications francophones chez canfitpro. Elle va



donc assurer, entre autre, le contenu de votre Cyberlettre.

« Joie de vivre »

« Happiness is not a goal, it's a bi-product of a life well lived. »

~ Eleanor Roosevelt



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Kyle Christiansen

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Why did you become a PRO TRAINER?

I first started with canfitpro as an Associate PRO TRAINER, but as time went on, I knew I wanted to work on my own goals and form my own company. I gained a lot of valuable knowledge as an Associate, so it was an easy transition for me to start working on building my own territories. At the end of the day, I love working for canfitpro and helping others reach their goals of becoming more involved in the fitness industry.

What have you learned as a PRO TRAINER?

Over the years as a PRO TRAINER I have learned a lot, but something that really stays with me is how important the work we do as a PRO TRAINER actually is. We are an integral part of many people's lives and we help enable them follow their passion. We have the ability to influence and impact so many people in each course we teach as well as inspire and motivate others into action. Additionally, another great aspect of being a PRO TRAINER is the ability to connect with many different types of people, through all walks of

life. Each course brings a diverse and interesting group of students together, and this creates the perfect platform to share ideas and grow. I'm always learning something new and growing as a PRO TRAINER and fitness professional.

What's your favourite section of the Personal Trainer Specialist course and why?

I really enjoy teaching anything that touches on program design or program delivery. It's the culminating moment of taking all the theory they've learned and applying it practically. You really get to see the lightbulbs turn on as they go over creating effective programs for clients, and delivering them in a safe and effective manner. Letting them hit the gym floor with their partners and

seeing them find their stride is a proud moment.

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

I often remember the first time I attended a canfitpro course. I started with the FIS course because my personal fitness routine was rooted deeply in Group Fitness and wanted to learn all I could about it. I had no formal background in the fitness industry at the time and I was overly anxious, however once I completed FIS, I was hooked. I completed all the courses offered by canfitpro, and from there my fitness journey started. I personally want every student that attends my courses to feel as accomplished as I did when I first started. I strive to ensure that I set a solid foundation so that all students have a better understanding of not only the concepts we cover in the textbook, but as well as the fitness industry. I am truly motivated by my student's success.

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

In a year, I hope to be continuing to grow my canfitpro business. I have an amazing business partner, Rebekah Avery who without her, I wouldn't be able to do what I do. As each course passes and more students come through the doors, both Rebekah and I are driven to grow and expand. We want to continue to inspire, motivate, and coach other fitness professionals into action.

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3 clés pour le succès de l'instructeur de cours d'exercice en groupe



par Lisa Mastracchio

A partir de bandes magnétiques, de leggings en lycra et de contrôle de vitesse des chaînes stéréo jusqu'à la technologie portable d'aujourd'hui, la musique numérique, les applications et les vêtements à la mode pour le conditionnement physique. Je donne des cours d'exercice en groupe depuis plus de 23 années et ce fut toute une équipée à travers les décennies, une épopée que je n'ai jamais regrettée, probablement tout comme vous. Vous êtes un groupe d'instructeurs de cours d'exercice en groupe qui aiment ce que vous faites. Vous dirigez, entraînez et inspirez des gens pour qu'ils atteignent leurs objectifs en conditionnement physique. Le travail idéal... semble-t-il.

Voyez-vous, ce peut être et souvent c'est absolument gratifiant, plaisant et amusant. Mais en vérité, cela peut également être un défi, difficile et épuisant. Après tout, c'est un travail. Comme la plupart des emplois, il y a de bonnes journées et d'autres qui vous laissent totalement épuisés.

La question devient donc, comment pouvons-nous, comme leaders pour les cours d'exercice en groupe, "rester dans la course", sans blessure, motivés, inspirés et tout aussi passionnés que le premier jour où nous avons commencé ?

Pour ma part, je me suis attachée à 3 clés qui m'ont aidé pendant mon cheminement à me rendre où j'en suis aujourd'hui. Ces clés que je partage avec vous sont des outils qui aident à façonner votre cheminement comme instructeur de cours d'exercice en groupe, que vous soyez néophytes ou un instructeur chevronné.

3 Keys to Success for the Group Fitness Instructor

By Lisa Mastracchio

From tape cassettes, Lycra leggings, and pitch control on sound systems to today's wearable technology, digital music, apps and fashionable fitness gear. I've been teaching group fitness for over 23 years now and it's been quite a ride through the decades; one I've never regretted, probably much like you. You're a group-fitness instructor who loves what you do. You lead, coach and inspire people to achieve their fitness goals. The dream job...or so it seems.

You see, it can be and often is absolutely rewarding, enjoyable and fun. But the truth is, it can also be challenging, difficult and exhausting. After all, it is a job. And like most jobs there are some great days and some days that leave you depleted.

So the question then is, how can we, as group fitness leaders 'stay in the game', injury-free, motivated, inspired and just as passionate as we were the first day we started?

For myself, I've latched on to 3 keys that have helped me along my path to get me where I am today. These keys I share with you are tools to help shape your journey as a group-fitness instructor, whether you're a 'newbie' or a seasoned instructor.

Clé physique

Notre travail est physiquement exigeant. Nonobstant ce que vous enseignez, votre corps est votre outil de profession, votre instrument. Il doit être en bonne forme pour livrer la marchandise. Un problème que je vois trop souvent est les instructeurs qui cessent immédiatement de suivre des cours une fois qu'ils commencent à enseigner. Ironiquement, ils abandonnent la chose qui a précisément produit la flamme initiale pour entreprendre une carrière en cours d'exercice en groupe. À l'extérieur des cours qu'ils donnent, ils ne prennent plus le temps pour leur séance d'entraînement personnel. Mais, rappelons-nous, les cours que nous donnons sont pour nos participants, non pour nous.

Nous conseillons souvent nos participants de sortir de leurs zones de confort, quand faisons nous de même ? Afin de pouvoir enseigner pendant longtemps cependant, cette clé physique est incontournable. Réservez un peu de temps dans votre agenda pour vous entraîner à l'extérieur de vos cours, que ce soit pour travailler les déséquilibres musculaires, pour apprendre de nouvelles compétences ou pour maîtriser différents formats d'entraînement. Engagez un entraîneur personnel, si vous le pouvez, pour vous aider à établir des objectifs qui maintiendront votre corps bien réglé pour faire face aux exigences de votre emploi. Je crois que chaque entraîneur a besoin d'un entraîneur, car, naturellement, nous ne nous poussons pas vraiment à l'extérieur de nos zones de confort. Nous aimons ce que nous connaissons et ce que nous réussissons. Et nous sommes assez heureux comme ça. Mais, cela ne conduit pas à la croissance ou au développement. Attachez-vous à cette clé afin de vous aider à éviter les blessures. Vous demeurerez en pleine forme pour donner vos cours avec la capacité physique requise avec l'authenticité pour inspirer vos participants.

Clé professionnelle

Nul doute, l'industrie du conditionnement physique poursuit son chemin à la vitesse de l'éclair. Ce qui était à la mode il y a quelques années n'est plus "hot" aujourd'hui. La recherche continue de défier nos perceptions et notre base de connaissance. Les tendances vont et viennent et nous devons suivre ou nous retrouver à l'arrière dans un studio vide.

La solution ? Maintenez-vous professionnellement au courant

Physical Key

Our jobs are physically demanding. Regardless of what you in fact teach, your body is your tool of trade, your instrument. It needs to be in good shape to deliver the goods. One problem that I've seen all too often is instructors who immediately stop taking classes once they start teaching. Ironically, they drop the very thing that ignited their initial flame to start a career in group fitness in the first place. Outside of the classes they teach, they no longer take the time for their own personal workouts. But let's remember...the classes we teach are for our participants, not for us.

We'll often coach our participants to step out of their comfort zones, yet when have we done likewise? In order to keep teaching for the long haul though, this physical key is a non-negotiable. Carve some time in your schedule to train outside of your classes, whether to work on muscle imbalances, to learn new skills or master different training formats. Hire a personal trainer, if you can, to help you establish goals that will keep your body fine-tuned to meet the demands of your job. I believe that every coach needs a coach because innately we won't truly push ourselves outside of our own comfort zones. We like what we know and what we're good at. And we're quite happy there. But that doesn't lead to growth or development. Latch on to this key in order to help you stay injury-free. You'll remain in prime shape to teach your classes with the physical capacity needed alongside the authenticity to inspire your participants!

Professional Key

No doubt, the fitness industry keeps moving forward at lightning speed. What was 'in' a few years ago is no longer 'hot' today. Research keeps challenging our perceptions and our knowledge base. Trends come and go and we must keep up or find ourselves lagging behind in an empty studio.

The solution? Keep abreast professionally by attending conferences, taking online courses and/or workshops. In other words, keep developing yourself professionally. There is no stagnation in the fitness world. What you teach today may in fact be outdated 5 years from now. We need to stay current and relevant in this fast-paced world of fitness.

Other ways to stay 'sharp' professionally is to find or even be a mentor to another instructor. They say 'iron sharpens iron' and

"Maintenez-vous professionnellement au courant en participant à des conférences, en suivant des cours en ligne et/ou des ateliers pratiques."

"Keep abreast professionally by attending conferences, taking online courses and/or workshops."



en participant à des conférences, en suivant des cours en ligne et/ou des ateliers pratiques. En d'autres mots, continuez à vous développer professionnellement. Il n'y a pas de stagnation dans le monde du conditionnement physique. Ce que vous enseignez aujourd'hui peut en fait devenir obsolète dans 5 années. Nous devons demeurer actuels et pertinents dans ce monde effréné du conditionnement physique.

D'autres moyens pour demeurer professionnellement aiguisé sont de trouver ou même devenir le mentor d'un autre instructeur. Le proverbe affirme que "le fer aiguisé le fer" et de travailler avec un autre instructeur peut être une des meilleures façons de progresser. Soyez entraînable, ouvert à la critique, filmez-vous et trouvez des moyens pour continuer à développer vos habiletés d'instructeur. Personne n'est jamais "arrivé" comme instructeur de cours d'exercices en groupe. Je peux vous l'assurer, il n'y a pas de destination. Après plus de 20 années d'enseignement, j'en ai toujours plus à apprendre et des moyens pour améliorer mes compétences. Peut-être serait-il bon de perfectionner votre technique physique, votre langage pour l'entraînement, votre voix, votre contact visuel ou votre présence sur scène et la liste se poursuit. En investissant de notre temps dans le développement professionnel, nous demeurerons actuels et vifs. Des connaissances aiguisées et des habiletés acquises sont les ingrédients de cette clé essentielle.

Clé psychologique

Nous pouvons tous convenir que donner des cours d'exercice en groupe est exigeant physiquement, mais qu'en est-il de l'épuisement mental ? Nous sommes un groupe d'instructeurs de cours d'exercice en groupe et par nature, nous donnons. Nous voulons fournir des expériences mémorables en cours d'exercice en groupe qui requièrent non seulement notre corps, mais tout notre être. Appelez ça votre esprit, votre "flamme", peu importe l'étiquette que vous choisissez, vous savez précisément ce dont je parle. Et cette "flamme" peut se réduire ou mourir facilement si on n'en prend pas soin. Avez-vous déjà terminé un cours complètement vidé ? Épuisé ? Usé ? Quand nous donnons 100% mentalement et physiquement, cela peut être épuisant. Par nature, ce n'est pas une mauvaise chose sauf si ces réserves ne sont pas remplies de nouveau et restaurées. Ignorez la clé psychologique et l'épuisement (burnout), le manque de motivation et de joie d'enseignement peuvent commencer à faire surface.

Des pas simples, mais nécessaires doivent être faits avant qu'un dommage potentiel ne soit fait. Un temps mort mental, une marche décontractée, un bain, une sieste, l'écriture d'un journal, ce ne sont que quelques moyens pour conquérir la frénésie surrénale et la montée du taux de cortisol qui surviennent après chaque cours. En fait, si vous donnez plusieurs cours dos à dos ou si vous donnez souvent des séances d'entraînement de haute intensité, cette clé est la pierre angulaire qui vous maintiendra dans la course à long terme, tant mentalement que sur le plan émotionnel. En vérité, nous sommes aussi en santé que nous sommes à l'intérieur. Pour nous approprier cette clé, nous devons nous réserver du "temps pour soi". Mais, pour la plupart des instructeurs, ceci est un défi à surmonter. Être altruiste, généreux et donner de soi-même est ce que nous sommes et ce que nous faisons. Quand même, nous ne pouvons pas faire couler une tasse vide. Donc, investissez un peu de temps pour vous comme personne et au retour vous pourrez continuer à donner comme instructeur.

Ce ne sont que trois clés simples qui m'ont aidé à orienter mon cheminement. Chacune est différente, mais tout aussi importante pour une longue carrière en santé comme leader de cours d'exercice en groupe. Quelles clés pouvez-vous développer pour vous aider à prospérer dans votre carrière de cours d'exercice en groupe ? Je vous encourage à adopter ces clés pendant que vous continuez de croître et de donner à vous-même et à vos participants pendant des années encore.

working with another instructor can be one of the best ways to grow. Be coachable, be open to feedback, film yourself and assess ways you can continue to develop your instructor skills. No one has ever 'arrived' as a group-fitness instructor. I can assure you, there is no destination. After 20 plus years of teaching, I still have more to learn and ways I can improve my skills. Maybe it's fine-tuning our physical technique, our coaching language, our voice, our eye contact, our stage presence, and the list goes on. By investing our time in professional development, we will remain current and crisp. Sharpened knowledge and acquired skills are the ingredients of this essential key.

Psychological Key

We can all agree that teaching fitness classes is physically demanding, but what about mentally draining? We are group fitness instructors and by nature we give. We want to provide memorable group fitness experiences which require not just our bodies but our entire being. Call it your spirit, your 'flame'...whatever label you choose, you know exactly what I'm referring to. And that 'flame' can dim or die quite easily if not taken care of. Ever finish a class completely 'empty'? Depleted? Spent? When giving 100% both mentally and physically, it can be exhausting. Inherently, this is not a bad thing, unless those reserves don't get replenished and restored. Ignore the psychological key and burnout, lack of motivation, and lack of joy in teaching can begin to surface.

Simple yet necessary steps must be taken before potential harm seeps in. A mental 'time-out', a leisure walk, a bath, a nap, journal writing... these are just a few ways to conquer the adrenal rush and cortisol rise that occur after teaching a class. If you in fact teach several classes back-to-back or often teach high-intensity workouts, this key is the cornerstone to keep you in the game both mentally and emotionally in the long run. Truth is we're only as healthy as we are on the inside. Taking hold of this key means we need to carve out some 'me-time'. But for most instructors, this is challenging to navigate. Selfless, generous, and giving of ourselves is who we are and what we do. Yet we can't pour from an empty cup. So invest some time in you as a person and in turn you'll be able to continue give as an instructor.

These are just three simple keys that have helped steer my course. Each one is different but equally important for a long, healthy career as a group fitness leader. What keys can you develop to help you thrive in your group fitness career? I encourage you to latch on to these keys as you continue to grow and give to both yourself and your participants for years to come.



Lisa is a sought-after presenter and group-exercise instructor with over 20 years' experience in the fitness industry. She currently works at Énergie Cardio in Québec. She is a Bootcamp and Power Cardio Trainer, Les Mills Canada Assessor and GoodLife Fitness Club National Newbody Trainer. Lisa is a mentor and coach for new instructors in the field and continues to share her passion in her own classes through her unique style and energy.

Lisa est une présentatrice populaire et une instrutrice d'exercice en groupe cumulant plus de 20 années d'expérience dans l'industrie du conditionnement physique. Elle travaille actuellement chez Énergie Cardio de Québec. Elle cumule les fonctions d'entraîneuse pour camp d'entraînement et puissance cardio, entraîneuse Les Mills Canada Assessor et GoodLife Fitness Club National Newbody. Lisa est une mentore et une entraîneuse pour instructeurs du domaine et elle continue de partager sa passion dans ses propres cours par son style unique et son énergie.



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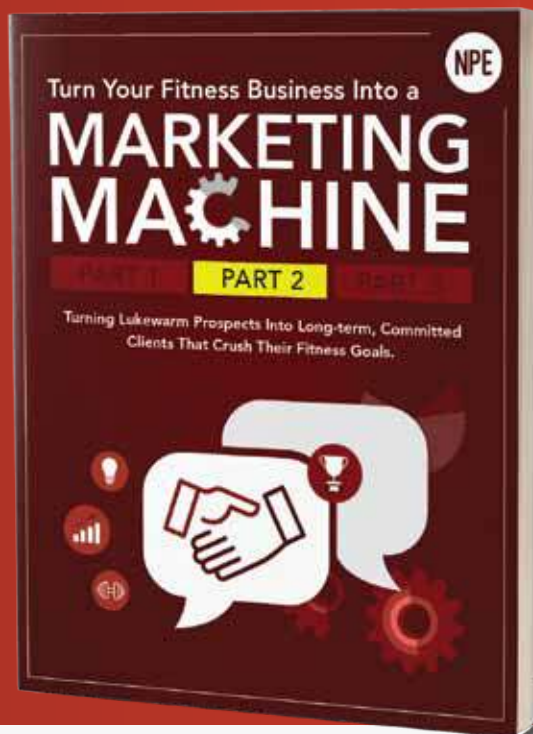


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What You Need to Know to Work in **Corporate Fitness**

By **Abena Edugyan**

We all know that people who are physically active tend to live longer, healthier lives. As fitness professionals, our goal is to encourage people to become more physically active, and that work tends to be concentrated within commercial gyms and recreation centres. However, in 2015, only 5.61 million Canadians – or 15.7% of the

population – were members of a health and fitness club¹. If we want to help people live healthier lives, but cannot engage with them in the settings within which we traditionally work, why not focus our efforts where people spend most of their time?

Corporate Fitness and Wellness

Working in corporate fitness and wellness can take many forms. A company may hire you directly to provide services and

programs exclusively to their employees. Or you may be hired on by a fitness consulting company and be tasked with engaging the employees of many companies from within one facility.

The nature of the work also varies. Some corporate fitness and wellness programs focus solely on bringing physical activity into the workplace in the form of personal training and group fitness classes, while other programs may be broader and cover an



health is also a huge plus. The key determinants of health include social support networks, working conditions, culture, personal health practices, and coping skills – all of which are known to influence health and health behaviours².

“Many corporate sites offer paid or free fitness classes to their members, and fun, educated fitness instructors can easily build up a dedicated following within a corporate facility.”

Opportunities

One of the easiest ways to enter the field is as a contracted group exercise instructor or Fitness Instructor Specialist (FIS). Many corporate sites offer paid or free fitness classes to their members, and fun, educated fitness instructors can easily build up a dedicated following within a corporate facility. Salaried positions (either full-time or part-time) may be slightly more challenging to find and are typically reserved for managers, certified personal trainers or exercise physiologists.

Some facilities are like commercial gyms in that fitness professionals in these salaried positions are responsible for selling services and programs, such as personal training. Other companies may pay for or subsidize program costs for their employees, allowing managers and trainers to focus solely on marketing, delivering, and evaluating effective programming.

Working in corporate fitness or wellness is a unique alternative to commercial gyms and recreation centres. Though finding a position can be challenging, it is well worth taking the effort to break into this rewarding field.

Abena Edugyan, M.Sc., is the general manager of a corporate wellness facility in Calgary, Alberta. She has worked in the industry for nine years, dedicating the last five years to fitness and wellness in the corporate environment.

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¹Statista: The statistics portal. (2015.) Top 10 countries number of members in health & fitness club in 2015 (in millions). Accessed from <https://www.statista.com/statistics/252933/leading-markets-of-the-health-club-industry-worldwide-by-number-of-members/>

²Public Health Agency of Canada. (2011.) What determines health? Accessed from <http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>

entire spectrum of wellness. In these cases, you may also educate employees on topics such as nutrition and mental and social health, in addition to providing physical activity programming.

Desired Education and Skills

At a minimum, you need to hold a fitness certification, like the Personal Training Specialist (PTS), to be considered for a position in corporate fitness and wellness. A diploma or degree in kinesiology or a related field is also desirable. However, it takes more than knowing about physiology and anatomy to thrive in this environment. A successful corporate fitness professional must be a creative problem-solver, an effective educator and be articulate and comfortable speaking in front of groups of people.

Having a basic understanding of population health and the key determinants of



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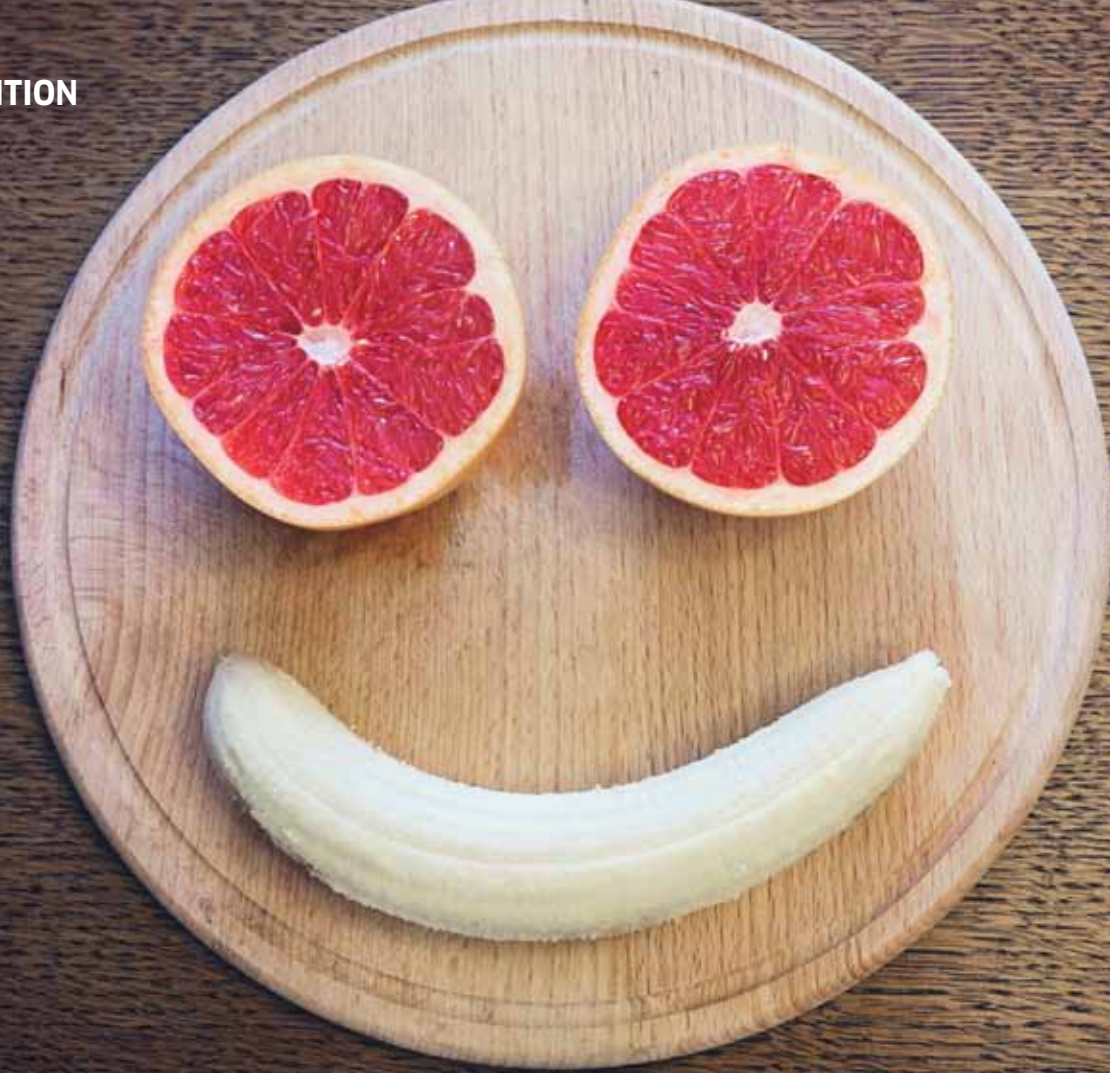
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Gut Health = Optimal Health

By Kathy Smart

The age old saying "you are what you eat" isn't the full picture when it comes to being healthy and feeling fabulous! We are what we absorb. To absorb, we need a healthy gut.

Life begins with digestion and the health of our gut. Along with a consistent exercise regime, we take care to choose the right foods – organic, low fat, spouted - but how often do we consider that we may not be absorbing that delicious bounty from mother nature due to the health of our gut? How

often do we stop and reflect on the #1 place where health begins? Some 70 to 80 percent of your immune system tissue is located in your digestive system! That's why it is so important to ensure that you are supporting your gut for increased energy, ability to fight colds and flu, and to keep your energy levels at their optimal capacity.

Probiotics have become increasingly popular as a way to improve health and well-being. Studies have shown a direct correlation between gut microbes and the central nervous system. Yogurt and food products are popping up everywhere touting probiotics in their ingredients. Sadly, many of these products are also very high glycemic and high in sugar. An alternative way to get your probiotics and boost the health of your gut is by either eating kefir (fermented milk) or increasing intake of fermented foods (like kombucha, sauerkraut, miso or kimchi).

Recently, I had the pleasure of speaking with two scientists from the University of Missouri who were as passionate as I am about mental health and the gut-brain con-

nection. These researchers have determined that a typical probiotic sold in supplements and plain yogurt can decrease stress-related behavior and anxiety! So not only does gut health affect our immune system and digestion, but it also affects our mental health.¹

How do we boost our gut health? Simple. Do it Smart in four easy steps.

#1. Take probiotics.

Why? Probiotics are ESSENTIAL for maintaining healthy gut flora, which suppresses the growth of harmful bacteria and boosts your immune system. Probiotics can be taken in supplement form for acute cases.

I suggest taking a high-quality supplement in a capsule form for 30 days for each year that the individual has been unwell. Capsules are best absorbed over tablets so ensure your probiotic is only in a capsule or liquid form.

How? Visit a health food store or talk to your health care provider to ensure you are buying a high-quality probiotic that contains *Lactobacillus bulgaricus* c and *Bifidus*. Typi-



cally, a probiotic supplement should be kept in the refrigerated section of health food stores and kept in the refrigerator at home once opened.

#2. Start eating more fermented foods.

Why? Fermented foods can contain up to 100 times more probiotics than even a supplement. As a frugal individual myself, I like to get the most nutritional bang for my buck when I eat. Including fermented foods is an easy way to do this. Fermented foods have been around for centuries and have recently gained popularity as a decadent way to boost gut health.

How? Start including more foods like kimchi, kombucha, miso, tempeh and kefir into your every day eating regime. Miso makes a great addition to any soup while kimchi is also great in sandwiches. You can even try making your fermented foods!

#3. CHIA!

Why? Chia seeds are an excellent source of Omega-3 fatty acids that help to reduce inflammation in the body and the gut. Compared by weight, chia seeds have more anti-inflammatory Omega-3 than salmon. They contain high amounts of both soluble and insoluble fibre, and when exposed to any liquid absorb almost nine times their

own weight, helping to eliminate toxins and relieve constipation.

How? Add two to three tablespoons of chia seeds to your cereal, salads, smoothies or even just to applesauce and eat it straight up!

#4. Try my Blueberry Bliss Smoothie.

Why? Not only is it delicious, but it is also an easy way to get a great hit of plant-based protein to fuel your day and a healthy dose of probiotics to support your gut health.

How?

Hemp seeds are high in omega three fatty acids and also have anti-inflammatory properties. Often gut issues can be caused by systemic inflammation in the body. Hemp seeds can help decrease inflammation and also provide a healthy dose of muscle building protein.

Blueberries are not only high in fiber but they also add a sweetness to this smoothie. Fiber is VITAL to gut health. Toxins are removed out of the digestive system through regular bowel movements. To maintain the health of your gut, having proper protein intake to encourage this regular exit of toxins is key.

Kefir is fermented milk. Kefir contains essential probiotics for gut health. If you are

dairy free, several dairy free versions of kefir are in the market being made from coconut milk or nut milk. Always ensure when buying kefir that the sugar content is not over 6 grams per serving.

May you live life happy and delicious!



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.

1. www.nature.com/articles/srep33726

Blueberry Bliss Smoothie

Serves 2

- 2 cups of cashew, coconut or almond milk
- 1/4 cup of kefir. (if dairy free, you can empty out the capsule of a non-dairy probiotic supplement into the smoothie)
- 6 Tablespoons of hemp seeds
- 1 banana
- 3/4 cup of fresh or frozen blueberries
- 2 Tablespoons of chia seeds

Blend and serve. Add chia seeds at the very end to ensure it is easy to drink.



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MMA Fitness is the New Profit Centre

By Ross O'Donnell

As a competitive MMA coach and personal trainer, I find that 95% of those who are attracted to MMA fitness training are fans of the sport and they recognize the benefits of training authentically to improve overall fitness, learn proper technique and self defence, and experience innovative training methods, but are not interested in participating in the full contact competitive fighting side of the sport. As the preferred MMA Certification Provider for canfitpro, I have witnessed MMA fitness training being successfully integrated into mainstream fitness. The myth of it being too violent, intimidating or only for fighters is being dispelled and the benefits for personal health, fitness, and growth is prevailing.

The feedback from the trainers and facility owners who have implemented a

MMA fitness training program indicates that it is also a successful profit centre. As the millions of MMA, and in particular UFC fans continue to grow, the biggest opportunity arises for club owners and program coordinators to service the growing number of clientele who want to step away from traditional gym programs and “train like the fighters”.

Why MMA fitness training should be in your facility

- MMA is now a culture with the youth market. With traditional martial arts programs declining, as kids find it “boring”, this opens up a whole new market for kids MMA fitness programs.

- Adult male members who traditionally had no interest in a traditional fitness class are now more drawn to the sport specific MMA classes.



Fitness Kickboxing Canada will be offering Level 1, 2 and 3 Kickboxing Certification at the canfitpro world fitness expo. So instead of tapping out, tap into the MMA Fitness market in 2017. Be sure to stop by our tradeshow booth to talk about programming for your business.

- Elevating participant training to a new level and challenging them to learn new skills promotes higher rates of retention.

- Partner based MMA fitness training increases commitment to their partners and the program!

- Adding specialty small group and private personal training makes use of non-peak hours on your facility schedule.

- Sales of MMA apparel and training gear provide another source of revenue.

To succeed in implementing an MMA fitness program it is recommended that you do the following:

- Create a professional image and distinction between the MMA fitness program and traditional fitness classes.

- Ensure the program is designed for participants as a “specialty program” and do not include competitive training in the class. You can have competitive classes at your facility but do not mix the classes as both groups have distinctly different goals.

- Before each session prepare your clients mentally by going over the game plan, which should include, what to expect (combinations), and some instruction, like new techniques or reinforcement of previously taught techniques.

- Invest in a round timer and format the class in 2-3 minute rounds for beginner to intermediate clients and 5 minute rounds

for advanced clients with high skill and fitness levels. During the rounds, the coach (pad holding partner) will call the combinations or drills. Provide 30-60 seconds rest between rounds to re-create a bout situation.

- Do not choreograph movements to music. Participants are drawn to the MMA fitness program to train like a fighter. The training, combinations, and skill development must meet their needs and be authentic as some participants may eventually move on to competitive MMA. In this case, you want to provide a solid foundation for future training.

- Have a well maintained facility and proper MMA fitness equipment. It is strongly recommend that each participant have their own hand wraps and gloves for hygiene reasons.

- Employ only instructors certified in MMA fitness through an accredited/recognized certification organization. A canfitpro Personal Training Certification is highly recommended as it will provide you with a deeper understanding of biomechanics and the body’s energy systems.

.....
 Ross O'Donnell is the president and CEO of Fitness Kickboxing Canada Inc. (FKCI). 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

FKCI Courses

Alberta

- June 11 – Fitness Kickboxing Level 1 Instructor’s Course – Olds
- June 25 – Fitness Kickboxing Level 1 Instructor’s Course–Calgary

British Columbia

- June 23 – Fitness Kickboxing – Level 1 Instructor’s Course – Prince George
- June 24 – Fitness Kickboxing – Level 2 Instructor’s Course – Prince George
- June 25 – MMA Fitness – Level 1 Instructor’s Course – Prince George

Manitoba

- May 7 – Fitness Kickboxing Instructor’s Course–Toronto
- May 7 – FKCI Bootcamp Canada Instructor’s Course - Brampton
- May 21 – Fitness Kickboxing – Level 2 Instructor’s Course – Markham
- May 28 – Fitness Kickboxing – Level 1 Instructor’s Course–Ottawa
- May 28 –Fitness Kickboxing – Level 2 Instructor’s Course – Mississauga
- June 4 – FKCI Bootcamp Canada Instructor’s Course – Picton

- June 17 – Fitness Kickboxing –Level 3 Instructor’s Course–Sudbury
- June 18 – Fitness Kickboxing – Level 1 Instructor’s Course – Markham
- June 25 – Fitness Kickboxing –Level 1 Instructor’s Course - Mississauga
- July 8 – Fitness Kickboxing – Level 1 Instructor’s Course – Toronto
- July 9 – Fitness Kickboxing – Level 2 Instructor’s Course – Toronto
- July 16 – Fitness Kickboxing – Level 2 Instructor’s Course – Ottawa
- July 29 – FKCI-Bootcamp Canada Instructor’s Course – Toronto
- August 20 – FKCI Bootcamp Canada Instructor’s Course – Toronto

Quebec

- TBA

Saskatchewan

- May 28 – Functional Training – Level 1 Instructor’s Course – Estevan
- June 3 – Fitness Kickboxing – Level 1 Instructor’s Course – Bienfait
- June 4 – Fitness Kickboxing – Level 1 Instructor’s Course – Buena Vista

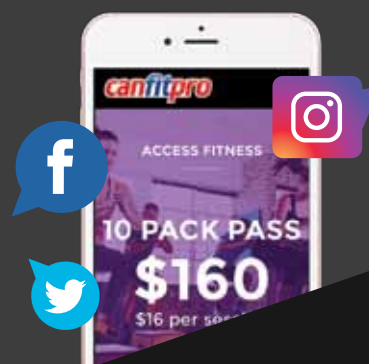
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Optimize Group Fitness By Setting a Movement Baseline

By Lee Burton, PhD, ATC, CSCS

The first rule of thumb in our profession is: DO NO HARM. We can likely agree that before beginning any type of fitness program, training pros should perform baseline testing or screening to factor in major health or fitness concerns. At no time is that more important than in group fitness or group training sessions.

Group training has become the norm rather than the exception in many facilities today. The advantages to group training include interaction, camaraderie and financial benefits for both the fitness pro and their clients/participants. However, incorporating baseline tests and assessments seem to be one consistent limitation when ramping up this trending type of training.

Movement screening is vital because some group members may not be able to complete certain movements well. If these movement limitations are ignored, greater problems may result. However, by initially performing a functional movement screen, you – as the professional – can gauge what your group members can do well and simultaneously identify potential problems.



Looking for a client management tool that caters to group fitness and training? FMS recently launched our state-of-the-art PRO 360 and one of its best features is the group screening option. For more information about the FMS, the powerful benefits of PRO 360 and how both can boost your business, visit functionalmovement.com

The Functional Movement Screen (FMS) is a screening tool that has been effectively utilized by professionals at all levels since 1997. It was designed to be a very quick and easy to administer movement-based screen for professionals who seek to improve movement health in their clients, participants, athletes and patients. The screen consists of seven movement patterns that establish a movement profile, allowing you to be more effective and efficient in making programming decisions. Through the screen, you can easily categorize movement

into function and dysfunction.

The goal is to take the screen results and adjust programming based on what your client/participant can and cannot do. If a person has certain patterns that are dysfunctional, for example, squatting—then having him squat during programming may not be appropriate at this time. This is extremely important in group training because you want to make sure you are not setting someone up for failure. By categorizing movement functions and dysfunctions, you can better assign clients/participants to

groups or programs with similar movement profiles, putting everyone in an optimal position for success.

Too often, effectively utilizing the information can be a barrier in using a movement screen as an entry point for group training. Capturing this information should be viewed as an opportunity to better engage and communicate with your clients/participants about their specific needs in reaching their goals. The screen provides that necessary baseline which will ultimately provide you and your clients/participants better feedback on their movement progress. Investing a few extra minutes to set an initial movement baseline will pay off dividends for your business and your clients'/participants' progress in the end.

How can you effectively implement the FMS into group training? The best way is to set-up an initial one-on-one consultation. This is when you can capture an incoming client's/participant's health and lifestyle-related information and set their movement baseline with the FMS. You can then make recommendations on lifestyle changes and address any movement specific needs through corrective exercise. This can also allow you to determine what level or type of training or group fitness is best.

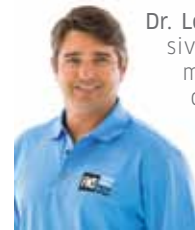
If overall movement is poor, then a lower level class may be more appropriate. If a client is physically unable to perform the entire screening process, you might try our Modified FMS (part of FMS Level 1 Online), an abbreviated version of the full movement screen that is intended for those who are physically unable to perform the full screen. By looking at screen results, you have set a solid standard and, through their program, you can better gauge progress. It is always good to set a rescreen date to ensure that your client/participant is making strides in the right direction.

Screening individuals as a group is also an effective and highly efficient way to guide your group training strategy. In fact, the FMS was designed with large groups in mind because the specific set-up, testing position and performance of the FMS allow professionals to collect necessary information in a short amount of time. You could instruct two or more people in the proper set-up and execution of each test, then perform and score movement patterns individually.

The goal, even when testing everyone together, is still to identify the areas of dysfunction and function. Typically, in a group situation, there will be consistent limitations, which gives professionals an

opportunity to address them with the entire group. For example, if you determine there is a consistent dysfunction in shoulder mobility, then dedicate extra time during the training session to improve shoulder mobility. Secondly, if you have individuals who perform poorly on movement, then give an alternative exercise that will specifically address their needs.

Regardless of your training group's size, the FMS serves as a very effective client engagement tool to set movement baselines, optimize programming decisions and enhance communication so everyone can reach their goals for lifelong movement health and vitality.



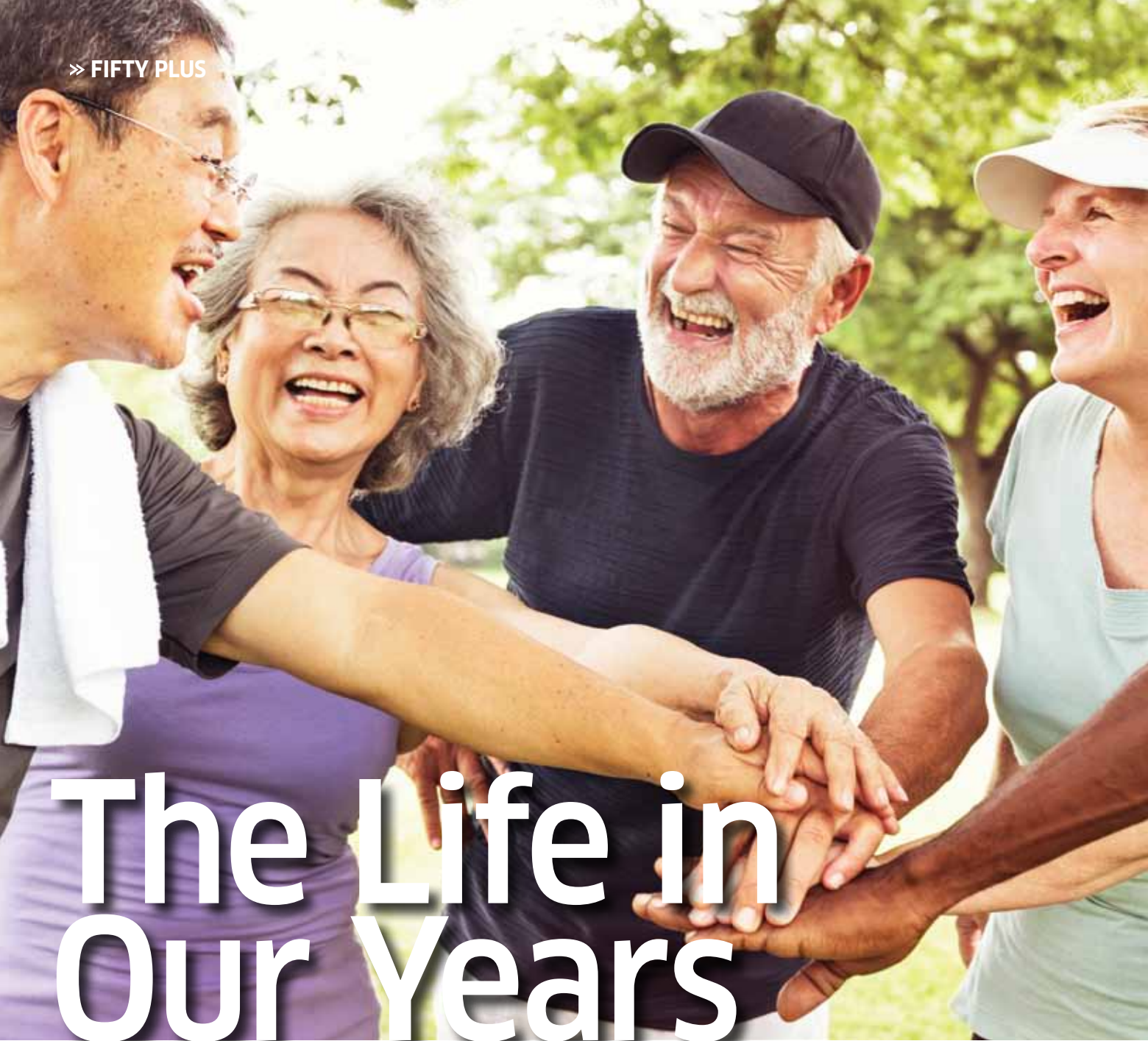
Dr. Lee Burton has an extensive background in sports medicine and strength and conditioning. He consults with professional sports organizations and leading health and fitness facilities on injury prevention and performance enhancement. Dr. Burton is a Certified Athletic Trainer, Certified Strength and Conditioning Specialist and a founding owner of Functional Movement Systems.

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The Life in Our Years

A Look at What's Special About the Over-50 Fitness Population with a 5-4-3-2-1 Approach **By Lawrence Biscontini, MA**

Do you train the over fifty-age market? The *World Health Organization* tells us that by 2030, an estimated 20% of Americans will have passed their 65th birthday, which will include over 70 million people. As the International Council on Active Aging has requested, the term “active aging” should replace the previously-used term “senior” in most instances, and apply to anyone chronologically over fifty-years young (ICAA). Since having a mindset for an

inclusive approach with this population becomes paramount for all fitness professionals, the following tips serve as a quick tune-up for working with active agers.

Understanding the Demographic

Bernadette C. O’Brien figures among the most chronologically-enriched of canfitpro presenters ever. At 86, she travels, advocating the benefits of movement for active agers. “We are a uniquely heterogeneous group in the gym,” she says, “because almost

all of us have different physical issues, different amounts of disposable income, ample amounts of free time, and hearts that can be the most loyal to group fitness instructors we love.” O’Brien suggests that, towards our goal of inclusive teaching, each movement coach be prepared with appropriate progressions and regressions to make everyone feel successful.” The take-away here for instructors and trainers, therefore, is to teach in levels of 1, 2, and 3, and explain what each level offers beyond “easier and harder.”

Appreciation of Time: This population does not like to waste time. “We come because we have to, because we need to, because it’s not a luxury but a necessity,” O’Brien says. “Instructors can make sessions and classes fun, but they need to make every movement count.” O’Brien recommends reminding classes and clients about the



Using a 5-4-3-2-1 Approach:

This author recommends counting down from five to remember practical, take-away tips for training the active aging market.

• **5 and 4 Types of Ages:** While 5 types of ages exist (Chronological, Functional, Psychological, Social, and Biological), the only age we cannot train is chronological age. Movement coaches should plan to have some skills and drills to incorporate training for each of the four ages we can train in each training session.

• **3 Planes:** Incorporate a Three-Dimensional Warm-Up with clients to be sure that we train sagittal plane movements first, frontal plane second, and transverse plane third. Not only does this help warm-up the spine in the safest way possible, but it makes sense since it functionally mirrors the way we live. First, we start our day with movements in the sagittal plane (usually out of bed to the bathroom), then reaching for objects to the sides, and then twisting after the spine appropriately becomes ready (McGill).

• **2 Sides of the Brain:** Drawing from an understanding of the brain's functions, incorporate into each session at least one skill for the left brain and one skill for the right brain in both physical and mental sections of our workouts (Brom).

• **1 Main Purpose:** "We want to make champions of living," says O'Brien, so we should design programs to make everyone able to live the concept of self-efficacy for each one's needs.

Working with this population may require planning and sensitivity for a plethora of issues, but the rewards of assisting everyone embrace aging with independence far outweigh the skills.

Lawrence Biscontini, MA, has been teaching active agers and writing books and articles for training them for decades, including contributing to the canfitpro Active Aging online certification with video content and his recent book, *SCW Active Aging Manual: the Life in our Years*. He is glad that the ICAA recommends using "Active Agers" over "seniors," because, at 53, he forms an active part of the demographic about which he teaches and trains. Lawrence has received various presenter awards from canfitpro, and his most recent book of fiction is *Stories of Color*. Find Lawrence at www.findLawrence.com.



functional purpose of each move. "When you tell them how anything will make the rest of their day easier, and specifically, they connect on a deeper level to the movement that much more," says O'Brien. For example, when warming up the anterior tibialis in standing stationary marching, telling the participants "this will help our ankles get stronger for the rest of the day and help reduce falls," participants get an instant motivation for a desired behavior.

Class Length: It's About Time

Regarding time, offering both 30 and 60 minute land and aqua classes can be a great draw for this market, for different reasons. Shorter classes appeal to those who are new and unfamiliar with group movement, and longer classes apply to those who have the capacity to endure that timeframe.



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8 STEPS

to Sell More, Work Less, and Take Your Facility to the Next Level

By Sean Greeley

One of the most frustrating aspects of growing a fitness business is developing others to sell your services for you.

But until you're able to multiply yourself in this area of your business, you're forever tied to speaking with every prospect and personally completing every consult just to bring new revenue in the door.

If you want to step out of the sales role in your business, follow these steps to get the right people on board and lead them to success month after month.

Once you have the systems and tools to duplicate yourself AND understand how to hire, train, and develop someone else to perform the sales role in your business effectively... you'll be on your way to more sales, more freedom, and more growth!

1 Get clear on your vision
Ask yourself questions to get clear on your vision for:

Your Life

What does your ideal day look like? What do you want to have more freedom to do outside of your business?

Your Business

How many clients do you want your studio to be serving? What type of revenue will that generate for your business each month?

Hiring Your First Sales Professional

What are the qualities that you want to see in someone else representing your business with a new prospective client?

2 Check your mindset
Too many fitness business owners have the mindset of "I'm the only one who can sell."

If you believe you're the only one who

can do it, you're right. If you want to do everything forever, keep selling by yourself.

In order to grow as a fitness business owner, you've got to adopt the mindset that others can sell, and you must learn how to recruit, develop, and lead others to sell for you so you can make a bigger impact.

3 Assess your team

Prospective clients pay for VALUE.

$V = CE + R + R$ (Value = Client Experience + Relationships + Results You Deliver)

If the people you're recruiting (for any role!) aren't a good fit for your culture, chances are that they're not going to support your mission of providing a great client experience or building close relationships with those clients.

4 Enroll your team

There's nothing more frustrating from a staff member's perspective than to not understand what success looks like, what is expected of them, and how to perform their job well.

Enroll your team by:

1. Developing a scorecard which has three main components:

a. **Mission** – The essence of why the top exists and should be tied directly to your company's overall mission.

b. **Outcomes** – The 3 - 8 things that someone in the role must get done, listed in order of importance.

c. **Competencies** – What a candidate must bring to the table in order to get the job done, such as honesty, integrity, etc.

2. Understanding what motivates your staff and put incentives in place such as:

a. Commissions

b. Recognition

c. Time off

d. Rewards and bonuses

5 Implement a rock-solid sales system

Using a sales system in your studio is crucial to closing sales consistently, but it's even MORE important when you start trying to train other people how to sell for you.

6 Get the right tools in place

In order to fully implement a sales system, you'll need to get two tools in place: a pre-qualification script and a sales presentation.

The Pre-Qualification Script

The two most important things to get out

of pre-qualification is to make sure the prospect can

A) afford your services and

B) have the power to make a buying decision.

The Sales Presentation

One of the easiest ways to do this is to create a PowerPoint presentation that's branded with your business (colors, logos, etc.).

7 Train staff to be sales superstars

After you've recruited a sales professional, it's crucial to:

- Train your staff on the sales process
- Role-play the sales presentation with them
- Have the sales professional complete a self assessment
- Complete an assessment of the staff member's performance

8 Track, review, and improve (month after month)

Creating a feedback loop helps determine how your staff performed and ensure the correct processes were followed.

Review their self-assessment and your assessment of them before having a discussion about where they're succeeding, where they're breaking down (and why), and what they can do to continue improving and achieving their goals.

Do this consistently and it won't be long before you're generating more revenue, developing stronger sales professionals, and making strides to achieve your company's mission!

The Payoff

Holding onto the mindset that only you can sell will lead to long hours, endless work, and a business that's bound to get stuck for weeks, months, and years ahead.

Follow these steps to transition out of a sales role in your business, get more control of your business (and life), and enjoy the freedom to do more of the things you love to do!



Sean Greeley, CEO of NPE, has an unrelenting passion for supporting entrepreneurs and growing businesses. For over 10 years, NPE has grown to serve more than 24,000 fitness business owners in 95 countries. The company has 3 offices in Orlando, London, and Sydney and has been listed 7x on the Inc. 500 list of fastest growing, privately owned US corporations.

of pre-qualification is to make sure the prospect can

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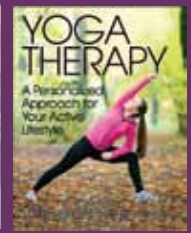
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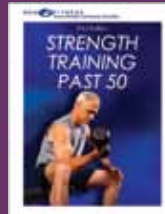


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Top 4 Priorities When Training Youth Athletes

By Tracie Smith-Beyak

FACT: There are critical differences between training youth and adults. Youth develop at individual rates and they need to be assessed on a ‘one to one’ basis by trainers and coaches. Age appropriate conditioning, injury prevention, healthy cognitive/psychological development and regulated rest & sleep intervals are the top four priorities when training youth.

I like to divide youth into three (evidence based) training phases. Children aged 6-10 years are in a ‘FUN phase’ where fundamental movement and cognitive learning should be emphasized. Youth aged 11 - 14 years are in the ‘FORMATION phase’ where rapid growth takes place and they are at

the highest risk of injury due to the rapid bone growth and delayed adaptation of muscular and soft tissue. Finally, older youth aged 15 - 18 years enter a ‘FIERCE phase’ where their fundamental movement and cognitive skills are developing well and anaerobic/aerobic systems are

improved but continued growth still leaves them at risk of injury.

Youth programming should encompass both cognitive and physical training. Stress management, relaxation, social interaction, spatial awareness and reflection are all examples of useful elements for successful athletic cognitive growth. Muscular strength, endurance, cardiovascular fitness, posture, core stability, balance, flexibility, mobility and coordination are the essential elements for result targeted fitness programming. The National Strength and Conditioning Association (NSCA) have created the *10 Pillars of Successful Long-term Athletic Development* which summate their guidelines to help foster long-term athletic development, promote lifetime fitness, and minimize injury in youth. This



reading is a must and is based on extensive data and training.

At my training studio, we prioritize injury prevention across all age categories. Knowledgeable coaches, logical programming and keen observation can significantly decrease the incidence of injury in the youth cohort. Easy wins. Here are a few injury prevention tips:

- **Teach the fundamentals** of movement prior to specializing
- **Watch for growth spurts** and/or bouts of un-coordinated movement. Expect to make modifications.
- **Program rest intervals** to avoid over-use injuries
- **Periodize strength** and conditioning training
- Single sport athletes should **cross train** for increased neuromuscular and holistic development



“Age focused training can help prepare youth for movement, sport, competition, and lifelong physical activity.”

When working with young clients, help them to ‘wrap their brain around their training’ by teaching, listening, and planning cognitive/psychological training. Age

• **31%** of school-aged children and 26% of adolescents in Canada are sleep-deprived

• **36%** of Canadian 14-17 year olds find it difficult to stay awake during the day

• **43%** of Canadian 16-17 year olds are not getting enough sleep on weekdays

focused training can help prepare youth for movement, sport, competition, and lifelong physical activity. *Training the developing brain, part I: cognitive developmental considerations for training youth* (Curr Sports Med Rep. 2013 Sep-Oct;12]) is a useful commentary that outlines strategies to use to optimize programming for youth motor skill development. The bottom line is that youth do not have the same coping skills as adults and their reasoning, learning, and self confidence must grow and develop along with their fitness and sport skills.

Working closely with parents and guardians is crucial. Delegating guidelines for nutrition, sleep, and training keeps them informed and part of the process. The 2016 ParticipACTION Report Card was released in December 2016 and it eludes to a ‘sleep epidemic’ among the Canadian youth cohort. Here are a few stats from that report:

Periodically, have youth keep a training, health and wellness log that includes recording sleep and nutrition. The log can serve as a teaching tool, monitor sleep/wake times, track volumes of training (including school athletics that can lead to over training) and hold both parents and youth accountable. More wins.

The long and short of youth training is that it must be tailored for age, sport, maturity, and environment. One shoe does not fit every youth. Take a history for each client and be prepared to make modifications on a daily basis. Injuries can wreck a sports career and prevention must start early. Listen, observe, gather info, assess, thoughtfully train and success is inevitable!



Tracie Smith-Beyak is an international columnist, author, presenter and entrepreneur. She is the owner of Conquer Training & Education and her awards include: The Chamber of Commerce Young Entrepreneur of the Year 2008, Lifestyles Magazine ‘Best of the Best Personal Training’ 2015, Women in Business Award 2015 and The Readers Choice Personal Trainer Bronze Medal 2016. Tracie has been in the fitness industry for over 32 years and she has been training, teaching, presenting and certifying trainers worldwide for the last 23 years.

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Coaching: The Missing Link

PANEL MEMBERS



Rod Macdonald -
With 30 years in the fitness industry, Rod is an authority on personal and professional change. As VP of canfitpro, Rod has influenced tens of thousands of people to positively transform their lives. Rod was recently

recognized as one of the top 100 health influencers in Canada.

In this day and age, we are all faced with many challenges that make it difficult to manage our lifestyles and keep us from succeeding. As a Personal Trainer, there is no doubt you want all of your clients to achieve the goals they hired you to help them with. It's a win-win situation for everyone.

We sat down with our panel of coaching experts and asked them these questions to help you better understand why becoming a Certified Coach Practitioner (CCP) is the most important next step you can take as a Personal Trainer.



Nathalie Plamondon-Thomas -
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.



Janice Hutton -
Janice has experience coaching elite athletes and developing international programming used by coaches and athletes worldwide. As a strong leader in both corporate and commercial fitness management, and a certified Life and Executive Coach, she thrives on sharing her passion and industry best practices with new and veteran professionals.

What will I be able to do as a Certified Coach Practitioner?

JANICE HUTTON: The Certified Coach Practitioner program provides you with a coaching blueprint for growing your coaching and personal training skills and business. You will learn how to ask clients empowering questions and be prepared to give honest and effective feedback to help them overcome life's setbacks and obstacles. If you are looking for ways to improve your communication skills, enhance client connection and build your own confidence as a personal trainer, then adding coaching to your skill set is essential. You feel great career satisfaction when you are able to help others achieve their goals and dreams, and improving your coaching skills will build client trust and ultimately lead to deeper, long lasting client relationships. Utilizing the structured accountability framework that coaching provides gives you new tools and systems that will have a positive impact on client success and ultimately your career success too!

How will coaching differentiate my business and position me as the trainer who delivers results?

ROD MACDONALD: When you add coaching to your repertoire of services, you will round out what you do as a personal trainer by supporting not only the client's body but also their mind and spirit. Many trainers lack the skills or experience to completely meet or exceed these needs and fall short of creating the change the client wants and needs.

What will coaching do for me and my clients?

JANICE HUTTON: Personal trainers focus on providing technically safe and effective training plans to help clients lose weight, transform their body and boost their health status. Coaching gives you the skills to manage your life more successfully and ultimately helps you be a better trainer too. Life is dynamic and always changing. Sometimes life gets in the way of training success. We all know and understand that making lasting behaviour change is difficult and sometimes the ability to achieve true results is limited by psychological beliefs that trainers are not prepared to manage. The Certified Coach Practitioner client program gives you a proven system to work with your clients to tackle the challenges that past, present and future life delivers. While many other trainers get frustrated with client setbacks, you have the coaching skills to work through client limitations and help them find their own solutions to complex situations and experiences.

How will I incorporate coaching into my personal training business?

ROD MACDONALD: Many personal trainers offer coaching within their existing sessions through the use of powerful questions, but the most positive impact you can create with clients is to dedicate time towards coaching-specific work. This can take place as one of their personal training sessions or be a standalone session.

Why take the Certified Coach Practitioner versus another program?

NATHALIE PLAMONDON-THOMAS: Most training courses are time-consuming (between 6 and 12 months) and expensive. The Certified Coach Practitioner course is simple and responds to real life experience. The Certified Coaches Federation also offers a wide network for support and a multitude of tools to continue to grow your experience as a coach.

How will my income increase as a Certified Coach Practitioner?

JANICE HUTTON: As a personal trainer, you are passionate about helping others meet and exceed their fitness aspirations, and your business success is based on your ability to secure and retain clients. As a Certified Coach Practitioner, you can build a more sustainable business by amplifying your services to current and new potential clients. Coaching allows you to provide remote or online services in addition to your face-to-face clients and it gives you new tools to help clients solve some of the barriers that have limited their success in the past. Coaching allows you the option to secure work during mid-day when few clients can train, or to work from home in the evenings, replacing late nights at the gym with uplifting conversations from your home office.

Why should I take the Certified Coach Practitioner program now?

ROD MACDONALD: It is very likely you have been thinking about coaching and how you might integrate it into your personal training practice. There is no better time than now to get started with the next level of your knowledge and expertise because your clients are in desperate need for this kind of support.

Once I start the course, when will I be ready to start coaching?

NATHALIE PLAMONDON-THOMAS: You can begin coaching on the day following your course! It is only by coaching that you become a better coach. We encourage you to start as soon as possible.

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The Four “Doctors” of Wellbeing – A Holistic Approach

By Paul Chek

As a person who is interested in fitness and health, you probably have noticed that many of today’s health problems cannot be resolved just by prescribing a drug, altering diet or creating a new exercise program. If we truly want to be able to help ourselves and our clients attain a life of optimal wellbeing, then a holistic and integrated approach is needed.

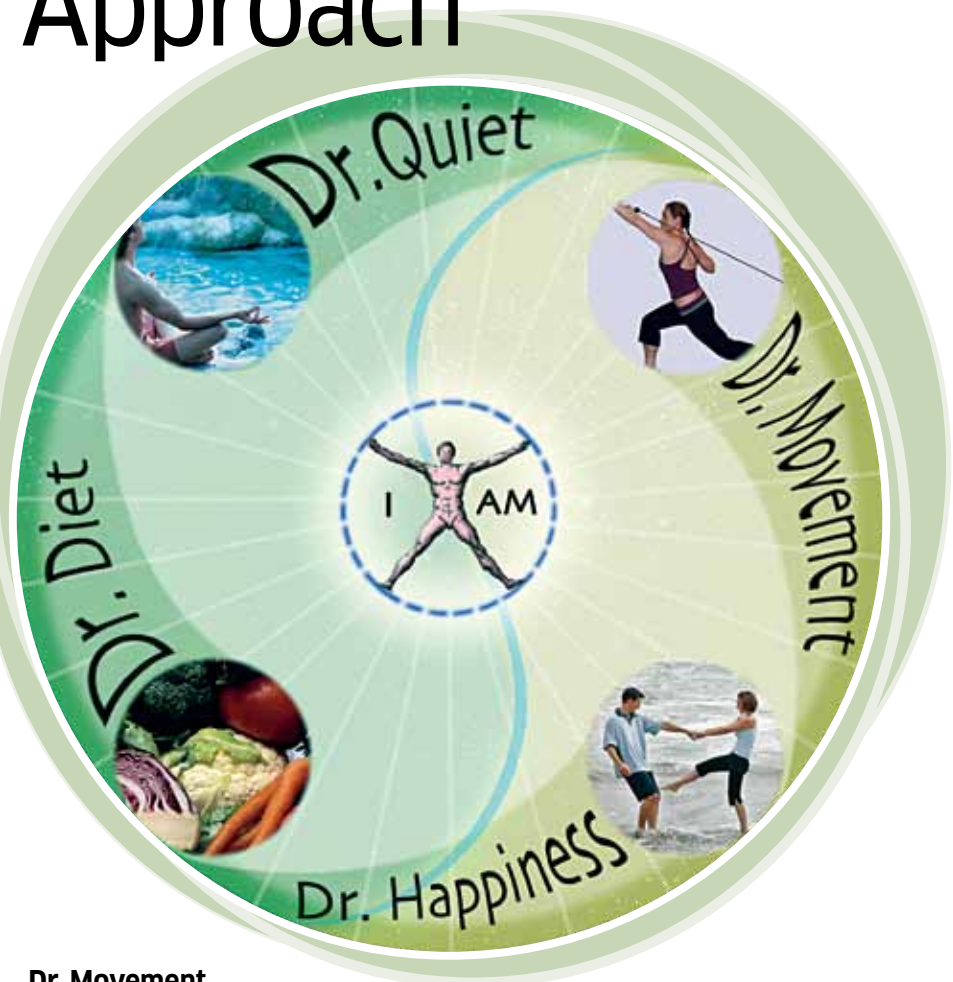
I have had great success using the framework developed by Hippocrates and Galen, 2000 years ago. These ancient Greek physicians based their medical opinions on “three Doctors”: Dr. Happiness, Dr. Quiet and Dr. Diet. They knew that if a patient wasn’t happy, if they weren’t eating right or they weren’t getting enough rest, the patient was likely to get sick. However, today because so many people and athletes are either too sedentary or over-training, I have added a fourth “Doctor” – Dr. Movement.

Dr. Quiet

This is the physician in charge of energy management and recovery. We need adequate time for introspection, relaxation, rest and recovery, protecting us from over-use, abuse or disuse. Whenever Dr. Quiet is suppressed, we can easily become excessively externalized, perceiving that we can achieve what we want through material means, be it cars, clothes, jewelry, money, drugs, etc. Dr. Quiet says that if you don’t go within, you go without!

Dr. Diet

We are what we eat. Every second, cells in our bodies are being renewed, using the nutrients obtained from food as building blocks. Would you rather the cells in your eyeball be rebuilt with fast-food hamburger, or organic chicken and vegetables? Millions of people put the needs of their bodies secondary to the ease of cheap, quick meals made of processed food that bears very little resemblance to anything our bodies were designed to eat! Dr. Diet gives you the information you need to make the right nutritional choices for your body.



Dr. Movement

Life is movement! Modern conveniences and today’s lifestyle make it too easy to *not* move. Some type of regular movement is essential to keep our bodies functioning well, but there must also be balance. Excessive exercise, particularly when coupled with other forms of stress, can lead to injury and illness. Dr. Movement is there to show you the way to acquire more life-force and how to move it into action so that you can truly experience and enjoy life.

Dr. Happiness

This Doctor leads us toward a life that fulfills our individual needs and advises us that if we lead a life that doesn’t fit with our core values and doesn’t fulfill us, every facet of our life becomes a burden. Happiness is an essential feature of genuine, lasting health. Dr. Happiness shows you how to discover what makes you truly happy.

With a little bit of practice, you can learn to hear the voices of your Four Doctors and to follow their wisdom and guidance to create health and happiness. Wellbeing requires actively understanding and controlling the direction of your life. This is the true wisdom behind the Four Doctors. Fall in love with yourself, take control of your life and everyone will see you do it. When you have done that, you will be inspiring health and vitality more effectively than ever.

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. He will be presenting several workshops and lectures at the canfitpro Toronto event in August.



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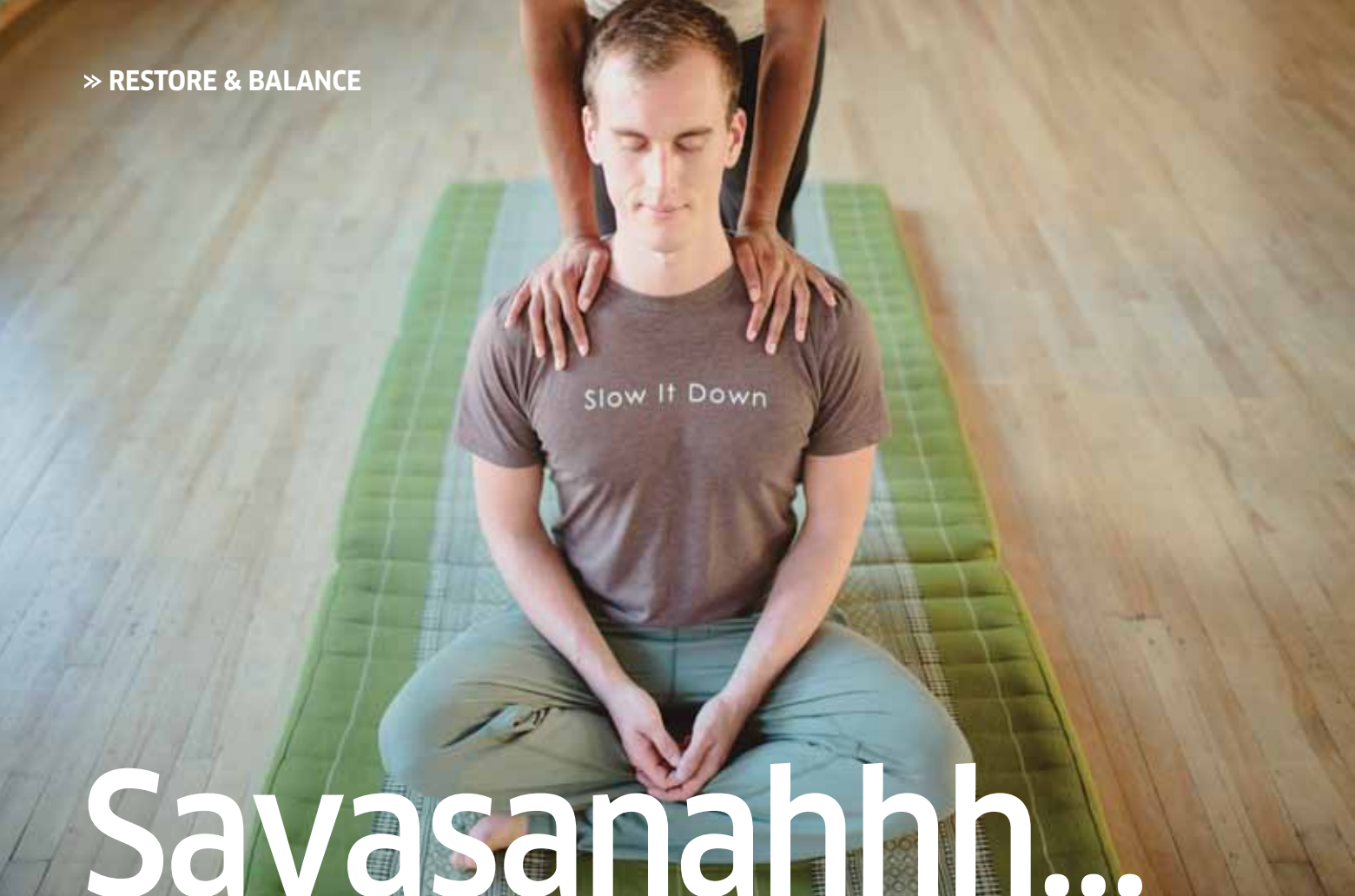
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Savasannahh...

Including Thai Massage in Your Restorative Yoga Class

By Daniela Goode

In our fast-paced world of tasks and to-do lists, it is often challenging to find a few moments to mindfully connect with our breath, our body, and our overall wellbeing. As fitness enthusiasts, this can be even more difficult when we're constantly focused on pushing ourselves toward greater physical capacity.

Although time is of the essence and efficiency is key, there is also a very important need for us to slow down at times, allowing our bodies and minds to recover and adapt to the many challenges they are presented with, both in our exercise programs and everyday life.

One of the ways that we can address this need is to incorporate mindful activities and self-care into our regular schedules. This may take the form of mind-body classes, bodywork, or even meditation. At Navina, we've blended all three of these elements in our Savasannahh program, which incorporates both restorative yoga and Thai Massage. The practice of restorative yoga is one that can be very helpful in teaching us how to slow down, take our time, and allow our bodies to rest into the fullness of unforced flexibility. During restorative classes, postures are held for several minutes while your body is in a well-supported position. This encourages a deeper sense of release, since there is minimal effort involved for your body to maintain the shape of each pose.

One of the beautiful things about this practice is that it also al-

lows an opportunity for the teacher to move through the room and share compassionate touch - something that our modern, North American society is starving for. The topic of hands-on assists is one that sparks many conversations about professional boundaries and client comfort levels, however, when approached from a position of compassion and mindfulness, touch becomes more accessible and welcomed by the majority of people. One of the keys to touch techniques being well-received, is to deliver them in a way that is professional, caring, and safe - effectively allowing the receiver to release both muscular and mental tension. This allows us to gently ease them toward their optimal expression of each pose.

By using the techniques of Thai Massage to deliver gentle pressure while participants are resting in each pose, we are able to facilitate a greater sense of release and relaxation, thereby deepening the restorative practice. This mindful inclusion also allows us to make a powerful connection with each person in the room, as we deliver a non-invasive and caring touch. Rather than pushing or forcing them deeper into a pose, our focus is on delivering touch techniques that are explorative and responsive - guiding each person toward their own unique and comfortable end point, while applying pressure in a way that helps to alleviate muscular tension.

Based on our experience with incorporating Thai Massage in yoga classes, here are a few things you can do to ensure that touch is more readily received by your own class participants:

1) Ask permission

Whether you ask at the beginning of your class, or invite people to give you a signal as you walk through the room, it is necessary to get permission from your participants before entering their personal space with touch. By receiving their permission, you are ensuring they are aware of your intention and open to the compassionate and mindful touch that you will be delivering. This helps prepare them for a positive experience, well before the touch is even applied. If



“When we “listen” with our hands, we avoid situations of overstretch or delivering more pressure than is optimal.”

anyone in your group indicates that they do not wish to be touched, it is important to respect that choice, and still ensure that they feel included and welcome within your class environment. Over time, as they build both trust and comfort, they may become more open to you incorporating massage techniques during the practice.

2) Slow Down

As mentioned previously, there is a huge importance and benefit to a slow and mindful approach with this type of technique. We often

use the phrase “Slow It Down” as we teach Thai Massage students how to bring more awareness to what they are doing. This mantra applies to the pace of our movement, the depth of pressure or stretch, and even the amount of repetition that we use. The idea is to move slowly enough for the body to respond favourably to our touch as we work in cooperation with the breath and natural reflex mechanisms that control muscular relaxation.

3) Listen With Your Hands

It is important to be aware of the signals and feedback that are available to us when we apply pressure or stretch to someone’s body. In using our hands, we are able to feel the response of the muscle tissue, and whether it is telling us that there is more space to comfortably move into, or that the depth is perfect right where it is. When we “listen” with our hands, we avoid situations of overstretch or delivering more pressure than is optimal. We are much more mindful and able to work with each participant on an individual basis, with the understanding that each person is different, and also that their flexibility may be different from day to day.

Whether it is during restorative yoga class or a one-on-one session, the inclusion of touch and pressure techniques can greatly benefit the person receiving them, while helping to build rapport and trust between yourself and your class participants. As you begin to incorporate these concepts, always remember to do so from a place of mindfulness, compassion, and awareness.



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.

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By Murray MacKenzie

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One cannot afford to ignore the consequences of a lack of/inadequate insurance. Accidents happen every day, ranging from personal injuries, equipment malfunction, slip and falls, to situations arising out of liability based on professional advice. None of us are exempt from these potential exposures, and a comprehensive insurance program offers the protection needed to know

that these threats are properly covered. Our program provides coverage for anyone from fitness trainers working at other people's premises, those who operate in-home studios, who work with children or the elderly, provide CPR training, as well as owners of full fitness facilities.

With our program approaching 10 years in existence, we strive to continually update terms and premiums in order to keep pace with an ever changing fitness horizon in Canada. The online system allows for easy insurance application, as well as automated policy issuance. All that is required are a few minutes of your time and your canfitpro membership ID number. As well, coverage for In-Home Studios can also be placed online, helping you avoid any issues with your homeowners insurance should they discover you operate a business from home. The process is easy, simple, and our program offers exceptional service and support.

For fitness facility/gym protection, the information is gathered on an application and then a quote is produced based on the data given. Again, as a canfitpro member, you have access to preferred rates that are only available through our program. We are also proud to insure all of the GoodLife Fitness facilities across the country.

We offer both English and French

customer service and our program is available across Canada including 24/7 claims support. This program is available to those who are 18 years of age or older, a resident of Canada, a current canfitpro member, and hold a current Professional Fitness Certification either with canfitpro or another accredited fitness association.

For those new to our program, thank you for your time to become acquainted with our offerings and we hope we can be of assistance in the near future. Please take the few moments it requires to properly protect yourself and your assets. With respect to our current clients, we sincerely thank you for your past support as we continue to provide the broadest coverage at the most economical price.

We look forward to seeing you: please visit our booth at the canfitpro world fitness expo.

Murray MacKenzie C.I.P., B.Comm., is Senior Vice President of Commercial Insurance at Arthur J. Gallagher Canada Limited, formerly Stevenson & Hunt Insurance Brokers. Murray has been working in the insurance industry for over 30 years. He is a graduate of McMaster University. Contact him at murray_mackenzie@ajg.com or visit ajgcanada.com.



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The Impact of Holding Stress in Our Body, *and How to Heal*

By Lisa Greenbaum E-RYT 500

It's hard to deny the impact of holding stress in our bodies. Many of us have experienced tension headaches from a day in front of the computer. We wear mouth guards to protect our teeth from grinding in our sleep. Our digestion is quickly impacted by stress at home or at work, and to top that off, once we finally catch a break with a day to rest we end up sick.

Yoga teaches us somatic awareness, creating awareness of sensation in the body and its reaction to emotion and/or stress. A favourite saying at YogaFit: "To listen to the whispers of the body, before you hear the screams." Through a mindful yoga practice, we learn to pay attention to the subtlety of movement and the impact of breath work. We may also, from time to time, experience an emotional release from this work, often during deep hip openers like pigeon pose or within final relaxation. Sometimes we know where this emotion comes from and other times it catches us off guard as pent up tension or perhaps years of stored trauma beginning to be released.

According to Liz Koch in her book, *Core Awareness*, we need to focus on the hydration of our psoas muscle. In fact, she views the psoas not as a muscle at all but as an organ. The psoas muscle inserts on the greater trochanter, at the top inside of the leg, wraps across the ball and socket joint of our hip, continues along the back of our pelvis and inserts into T12, fanning out its fibers on to our diaphragm. Tension in our hips affects the physical surroundings of the joint: front of hip, lower and mid back. However, due to the connection of the diaphragm this tension is also experienced in our ability to breathe deeply, therefore affecting our cardiovascular ability and capacity and setting us up for stress based diseases such as heart disease. As per Koch's research, the psoas stores unreleased emotions and stress in addition to impacting posture, vitality, and ease of movement.

I'm not sure that I've met anyone in the fitness industry who hasn't complained of tight and sore hips. Clearly, looking at what we do, it's no wonder really. Repetitive hip flexion in squats, running, cycling, and even yoga. If you are like me, you've probably spent years searching for new stretches and equipment to help release this tension. But what if all this pulling, pushing and stretching to try to open up this locked down muscle



If we've been doing the same thing and getting the same results, isn't it time to switch up the routine? If you are interested in furthering your knowledge on releasing stored stress and tension from the body, **YogaFit's Warrior program** expands on the information from this article. No pre-requisites required, only an open heart and a willingness to learn.

was really making it worse? What if what we really needed to do was just let it be? At the risk of being even more controversial to the fitness industry, what if the six-pack abs we have been craving are doing more harm than good?

I understand how backwards this sounds, especially from a Yoga teacher. However, consider this - our stress response. Our sympathetic nervous system (SNS), responsible for fight or flight, is the involuntary reaction we have to stress. This is hard-wired and

luckily so, as it's the system that fights for our survival. When we experience stress, our amygdala or the smoke detector of our brain doesn't know the difference between real (being chased by a tiger) or perceived (worried about an upcoming job interview) stress. The initial reactions are to speed up the heart rate and breath, stop digestion and tense the body by setting the jaw and stomach muscles, curling in and flexing at the hip in preparation for survival, stand and fight or run. The hippocampus, connected to the

amygdale, then steps in quickly to determine if this is in fact a life-threatening situation and the final reaction plays out accordingly. Often this physical shift is so subtle we don't notice as we spend more time here than we do relaxed. Based on this we must consider, is our high stress, go-go lifestyle contributing more to our "tight hips" than anything we are doing physically?

In looking at the impact of stress on the body, we have two serious things to consider:

1. Continuous stress (real or imagined) adds up over time, physically shrinking our hippocampus, affecting memory and compromising our ability to reset our nervous system after the stress has past.

2. Without properly releasing the physical response from our bodies after the stress has passed, tension or stored traumas begin to accumulate in the body.

A great example of this is seen on nature shows. We watch the gazelle being chased by the lion and subsequently getting away. The camera pans in to the relieved gazelle as we watch it lift its legs and shake fiercely with a final shake through the spine before trotting off. This technique of shaking is now being emulated by bio-mechanists and neuroscientists, such as Dr. Peter Levine and Dr. David Bercei, as well as practiced in the YogaFit for Warriors program in an effort to expel trauma and reset the nervous system.

One of the keys to our continued success in the fitness industry, as fitness professionals, is that in large part we are doing similar work of re-setting the nervous system post-

stress through exercise and yoga. And this works, providing the stress is minimal and the recovery practices are ongoing. As we've seen from above, chronic stress and deeply held traumas change both our brain and our bodies. We must also consider, in using exercise or yoga as a way to release stress, are we in fact experiencing this release, such as the runner's high or a long savasana or are we furthering the damage by pushing ourselves through tough workouts we essentially don't have the energy for? How can we advance or deepen our current practices to address how we are releasing stress before more damage is created?

Our vagus nerve, attached to our cranium or brain stem sends messages from our brain to our body and back up to our brain again. The vagus nerve itself touches many of the important organs of our body including: larynx, lungs, heart, spleen, stomach, liver, gall bladder, kidney, small intestine and colon. According to Dr. Stephen Porges' polyvagal theory, we need practices that create vagal toning, addressing the vagus nerve directly to bring us back online to what he's transcribed as our social engagement system or our ability to connect with others. This is why in times of high stress we often feel isolated, or like the world is working against us. When we work with the vagus nerve we turn on our parasympathetic nervous system (PNS) – the opposing system to our stress response, sympathetic nervous system (SNS). PNS is rest and digest. It is only in PNS that we can heal. It's why rest and sleep are essential when healing from surgery, or craved

so deeply after a stressful time has passed or why for those of us in chronic stress, we bounce between utter exhaustion and the inability to actually rest.

Practices to increase vagal toning include:

- **Deep breathing:** whether matching breath to movement in yoga or simply sitting still and practicing deep belly breaths. Ujjayi breath or whisper breath is also practiced in yoga.

- **Chanting:** for the vibrations it sends through the body. This can be done by chanting OM or other traditional mantras. You can also just sing in the shower or in our car!

Practices to release the psoas include:

- **Constructive rest position:** simply lying on our backs with knees bent at a 45-degree angle with both feet flat on the floor. This is the only body position where the psoas is completely at rest. Liz Koch suggests holding this pose for 10 minutes everyday.

- **Let the shake happen:** when moving through deeper stretches and our body begins to shake, often in a hamstring stretch, don't hold back or try to control, but allow the release.

- **Refocus hip work** and stretches by reducing the effort. Try only using 50-60% effort over 100% and allow the psoas to quietly soften and hydrate over being pulled and forced into a pose.

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 – 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

- 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

- 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

- Level 4 – June 1-4 – Delta
- Level 1 – TBD

Manitoba

- 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 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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Maybe you took a break from teaching Pilates to pursue another fitness modality. Maybe you started a family. Maybe you moved across country, changed jobs, or went back to school. Whatever the reason, it's been quite some time since you've taught a class, never mind attending the necessary training to keep up with your CEC requirements.

But now things have changed—you want to get back into teaching. You want to refresh your Certification. But how?

Audit courses

If you feel like your memory could use some jogging, auditing courses is a great refresher. Merrithew™ allows students to audit courses free of charge if they have already taken them. But because Merrithew updates programming to keep current with the latest in scientific research, there are some exceptions to those able to audit courses. If you have taken ISP prior to 2007, or RMR1, RMR2, RCCB1 and RCCB2 prior to 2012, you'll need to re-take the classes,

as they have changed significantly. Contact your chosen training facility directly for more information on re-taking or auditing courses.

Observe classes

A great way to get back in the game is to resume your own workouts by taking group classes or private sessions. Some studios will allow you to observe group classes, so get in touch with your local training center if you'd like to sit in.

Catch up on Continuing Education Credits (CECs)

If you've neglected maintaining your yearly CEC requirements, never fear, you can make them up. If you've missed three or more years' worth of CECs, you'll need to complete 1.8 CECs (18 hours of STOTT PILATES® training) to get current. You can take courses to further your education, multiple workshops or attend a Merrithew Symposium to get all of them done in one weekend. Contact your local education pro-

vider to find out what courses or workshops are coming up in the near future, or use our revamped online training finder to find the right CECs for you. Once you are up to date, you will be listed as a current STOTT PILATES Certified Instructor in our Instructor Finder database.

canfitpro fitness professionals can also earn canfitpro CECs for a select number of Merrithew courses and workshops. Contact a Merrithew Education Advisor (education-advisor@merrithew.com, 1-800-910-0001 ext. 0962) to find out more.

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SQUAT ASSESSMENT

START POSITION

Stand with feet shoulder-width apart and feet facing forward. Initially, place hands to the sides of the head with elbows pointing laterally. Then progress to arms overhead with elbows extended.

TECHNIQUE

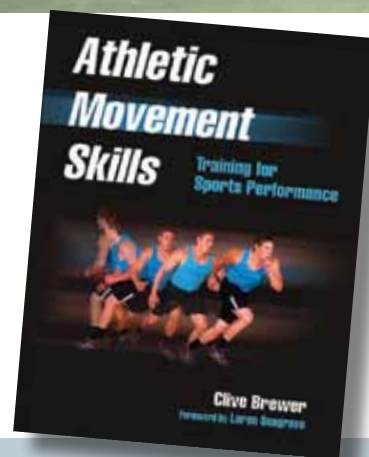
Lower into a squat position as far as possible while under control.

CHECKPOINTS

- ✓ Heels must stay in contact with the floor at all times.
- ✓ The athlete maintains lumbar lordosis through the full range. Watch

for pivoting at the lumbosacral and lumbothoracic junction.

- ✓ Knees are aligned over second toes. Watch for overpronation, knee moving medially and hip rotating medially.
- ✓ Ascent and descent should be fluid and continuous.
- ✓ The player is observed through the following continuum unless competency compromised:
 - Squat to parallel (90-degree knee flexion)
 - Full squat (hips below the level of the knee)
 - Squat to parallel (90-degree knee flexion) with arms overhead
 - Full squat with arms overhead



This is an excerpt from *Athletic Movement Skills* by Clive Brewer.

IN-LINE LUNGE ASSESSMENT

START POSITION

Stand.

TECHNIQUE

Place the hands beside the head with elbows flexed and pointing laterally. Step forward with the lead thigh parallel to the floor. Keeping the head and chest up, place the lead foot on the floor with the front knee over the front foot. The back knee touches the ground immediately behind the heel of the front foot. Hold for 2 seconds and then push back to standing. Repeat on the other leg.

CHECKPOINTS

- ✓ Knee remains in line with second toe, and hips are square. The trunk retains lumbar and thoracic integrity.
- ✓ The player is observed through the following continuum unless competency compromised:
 - Front leg to 90 degrees and back knee to ground
 - Front leg to 90 degrees, back knee to ground and return to standing
 - Level 2 plus rotation over front leg

SINGLE-LEG DIP ASSESSMENT

START POSITION

Stand with feet shoulder-width apart before going into a single-leg stand. Arms are relaxed by sides.

TECHNIQUE

Maintaining flat-foot contact, perform three single-leg dips under control. Repeat on the other leg.

CHECKPOINTS

- ✓ The athlete's knee remains in line with the second toe, and the hips are square.
- ✓ Spinal alignment is maintained. No drop into anterior pelvic tilt or lumbar spine extension occurs.
- ✓ Foot position is maintained. No overpronation or early eversion occurs.
- ✓ Pelvis stays level. No dropping occurs to the left or right.
- ✓ Shoulders and trunk are in line with the lower body. Control is constant and consistent throughout the movement.
- ✓ The player achieves the following:
 - Dip to 60 degrees
 - Dip to 90 degrees
 - Dip to 120 degrees
 - Full pistol squat

LINEAR AND LATERAL JUMP OR HOP OVER SMALL HURDLE ASSESSMENT

START POSITION

Stand with feet hip-width apart and arms relaxed by sides.

TECHNIQUE

Jump or hop in the prescribed direction over four minihurdles and stick the landings.

CHECKPOINTS

- ✓ The athlete maintains hip, knee and ankle alignment on landing. Hips are square, and trunk is stable with no loss of lumbar or thoracic integrity. The landing is quiet on a flat foot.
- ✓ Player is observed through the following continuum unless competency compromised:
 - Two-foot jump, two-foot land
 - Two-foot jump, one-foot land
 - One-foot jump, one-foot land
 - One-foot hop with hip drive to 90 degrees, one-foot land

PRESS-UP ASSESSMENT

START POSITION

See description for each level.

TECHNIQUE

Maintain a straight-line position through a full press-up - elbows fully extended to elbows fully flexed, chest to 7.5 centimetres from the floor.

CHECKPOINTS

- ✓ Shoulders stay in neutral. No hitching occurs with trapezius.
- ✓ Scapulae stay in neutral. No winging occurs.
- ✓ Thoracic and lumbar spine stays in correct alignment.
- ✓ Pelvis is maintained in neutral throughout the movement. No anterior tilt and no dropping to one side occur.
- ✓ The player is observed through the following continuum unless competency compromised:
 - Wall press with feet placed away from the wall 1.5 times the distance of the tibial tuberosity to the floor, hands shoulder-width apart, forehead dipped to wall
 - Inclined press-up on plinth or table
 - Inclined push-up on 20-centimetre block
 - Floor push-up
 - Decline floor push-up (feet on 20-centimetre block)

FOUR-POINT KNEELING

START POSITION

Begin on all fours with feet hip-width apart and knees under hips. Hands should be shoulder-width apart and aligned under shoulders. Weight should be evenly distributed throughout the four points of contact.

TECHNIQUE

Perform the following sequence. The aim is to maintain a level shoulder and hip position, with no change in lumbar - pelvic orientation and no obvious weight redistribution during the movement.

- ✓ **Level 1:** Lift one arm until it points forwards and is aligned with the trunk. Hold and return to the start position. Repeat with the other arm.
- ✓ **Level 2:** Lift one leg until it is extended behind the body and the shoulders, hips, knees and ankles are aligned. Hold and return to the start position. Repeat with the other leg.
- ✓ **Level 3:** Lift one arm and one leg on opposite sides.
- ✓ **Level 4:** Lift one arm and one leg on the same side.

CHECKPOINTS

- ✓ Shoulders and hips stay level and in alignment.
- ✓ No rotation occurs through the trunk.
- ✓ No extension of the trunk occurs; the athlete does not drop in lumbar or thoracic extension as the limb is lifted.
- ✓ Pelvis stays level and neutral; no dropping occurs to either side or into anterior tilt.
- ✓ No hitching or winging of the scapula occurs.



HUMAN KINETICS

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Be Spectacular!

Meet our 2016 Fitness Professional of the Year - Fitness Instructor Specialist Finalist, **Rhonda Roberts-Smith**. Owner of TAB (The Art of Balance) fitness, mother of a beautiful little girl, and wife to a supportive husband who nominated her for this award.



How did you first get involved in the fitness industry?

At a young age I'd post flash cards in the basement with different exercises on them as our "fun" activity on PA days. I guess before circuit training was a thing I just knew we needed to be active.

When I was in the Lion King I had to maintain a physique for the show's unique costuming and for the challenge of performing a very physical show eight times a week—that's twice a day sometimes. Our grueling rehearsal schedule left performers injured even before the show opened.

My livelihood relied on physical ability, so I needed to find a fitness regimen that would sustain my strength and flexibility.

I realized that if I trained with more than just dance technique, my body would be happier. I began working with a trainer to help build strength so I could hold props while dancing. I took yoga to maintain flexibility and Pilates to help with core strength. I also do cardio everyday to build stamina so I could sing and dance at the same time. Dance conditioning once in a while helped maintain technique. I didn't realize it at the time, but I was already creating the building blocks for the TAB fitness philosophy. My trainer noticed my attention to technical details during my workouts and suggested that I certify myself...the rest is history.

Describe what you currently do.

I am the owner of TAB fitness. I presently do everything: teach classes and personal train. I also teach and adjudicate dance. I'm the mother to a brilliant little girl and a wife to an amazing and patient guy.

Describe your favorite fitness routine and why you love it.

I prefer a buffet. Variety is the key. Being almost 47 years old, I am not a fan of trendy aggressive workouts. I think that whatever a person chooses has to be something they enjoy and can do for the long haul.

My background is dance, so I love to dance, but when I am challenging my body, muscular conditioning is a great way to workout. Combine this with dance conditioning and stretching and you're golden.

I also teach a class called TAB.O.LEAN which is inspired by a class I took with Krista Popowych at a canfitpro conference. This is my favorite class to do and teach. I get my cardio, challenge my muscles and it's gentle on the joints.

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

Life changed with motherhood. I retired from touring and other performances. Leaving a career is always a big decision. I still needed to fill the void with something. Fitness has always been the key to my san-

"This nomination took me out of my comfort zone and put me in a position where I had to see what other people similar to me were doing. I also had an opportunity to listen and read about the affect I was having on people's lives. It is one thing to be teaching people but it is another to see how your work has affected someone else."



ity. Teaching has also been very important to me. I have been teaching dance since I was 13. I always enjoyed the process and discovery over performance. Being invested in something gives me motivation. How blessed I am to be able to work with people who are transforming their lives. TAB has helped many see what an active lifestyle can look like.

For my family it has become our way of life. You'll find us walking, biking, and hiking together.

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

Over the last 47 years I think the biggest lesson has been to always look ahead and see the possibilities for greatness. Don't just get it done - be spectacular!

You can work super hard towards a goal and it may seem like you're standing still. But just around the corner could be a surprise. You may have positioned yourself for something greater than you imagined—even if it's not that thing you were chasing.

My professional background gave me amazing life experiences and knowledge you can't get from a textbook. I am blessed to be a leader and to share my story and inspire others to treat themselves better.

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

The biggest challenge was pregnancy. I suffered multiple miscarriages. When my body wasn't cooperating I felt ashamed. As a very physical person, I could make my body do many things. It was difficult to accept that the one thing I really wanted wasn't happening.

I read and researched. I needed to figure out what I could do to make this better for me. I read a lot of inspiring books. *'Inconceivable Julia Indichova'* was my favorite.

Finally, without any fertility drugs or potions, I was pregnant.

These experiences lead me to Pre- and Post-Natal certification because I wanted to know more. But I also felt in some way it helped me come to grips. I believed by sharing my story, I could inspire other women with the same issues to rethink any shame. Now I have a Pre-natal class, MamaTone, and a Post-natal class, Pramtastic.

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

I'd advise my peers to add variety to their regular fitness regimen. My body always appreciates a new challenge.

Strengthen your relationships - life is boring alone. I have recently understood that networking is the key. It provides opportunities to learn and find mentors or other like minded people that can help you grow. We live in a world where we text, tweet Facebook and Instagram. I grew up in a time where people actually talked. I think there needs to be more talking and less tweeting.

Find time to replenish your spirit. In this industry, you spend a lot of your time giving. Your physical, mental, and spiritual health is important. If you are not at your best you can't motivate and inspire others to be at their best.

Finally, have something in your life that gives you purpose and excites you or else none of this is worth it. And, if you are in the business of changing lives solely for the money you may be in the wrong business.

Brain Workout

Set Up for Fitness Success

by Nathalie Plamondon-Thomas

Anticipate

Create an alternate behaviour to respond to your bad habits. Identify the trigger, the exact moment when your bad habit kicks in, and create a different response. Let's say you get the munchies in the evening. Instead of going to the fridge, visualize yourself boiling some water for a cup of herbal tea. Rehearse it in your head repetitively.

Chunk it down

Make a list of everything you want to work on related to your fitness. For example: Water and beverage intake, sleep, muscle conditioning, cardio training, flexibility training, meal planning, snacking, eating out, etc. Choose only one area to work on at a time. Once you have created a new habit with one area, it's time to switch to the next one.

Watch your language

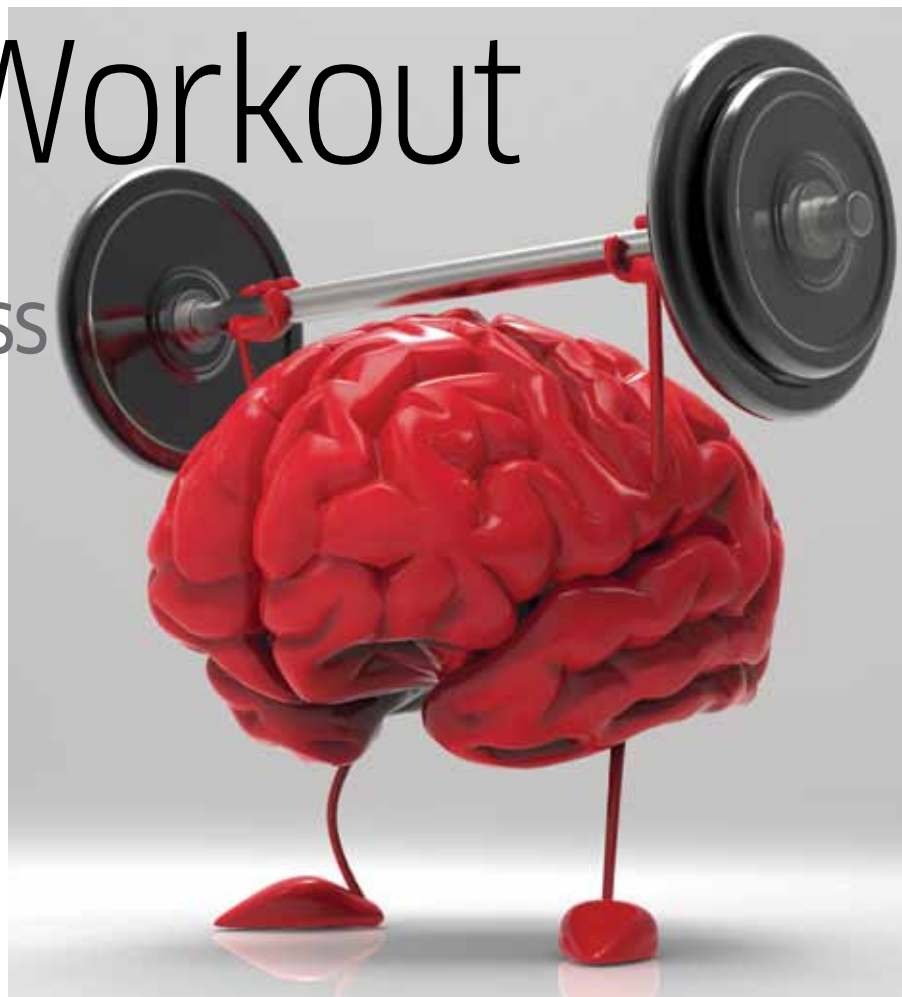
When you talk to yourself, be careful what you want your brain to hear. We are sometimes guilty of negative self-talk, even when we mean well. Change your language from: "push through the pain", "don't give up", "don't want to be overweight anymore", to a more positive statement like: "almost there", "keep going", "want to be fit and strong", etc. This slight adjustment will completely change the way your brain works for you.

Repeat it

Your brain loves to hear your own voice and it gives it a lot of power, just like a personal assistant waiting for orders from their boss. Make a statement with everything you want to be. Record yourself reading it 10 times in a row. Play it back to yourself every morning in your bathroom.

Allow a transition time

When you reprogram your brain, it may feel fraudulent to go from thinking: "I am overweight and weak" to "I am thin and fit". Choose transitional words like: "I am willing to learn how it feels to be fit", "I am willing to change my habits and start



craving healthy foods". This language will allow your brain to be on board and you will slowly be able to progress this linguistic until you can genuinely tell yourself the magic words: "I am super fit!"

Change your password

In the era we live in, where everything we do requires a password, we almost write it down as often as our own name. Create a few keyword mantras, something like StrongFitSexySmart, and use it for all your password requirements.

Be accountable

Accountability is the glue that ties commitment to results. Exercise with friends, register in a class, get a personal trainer or hire a life coach that will hold you accountable for showing up!

Feed your brain

Listen to motivational podcasts or audiobooks on your way to work everyday or read a successful athlete's biography for 15 minutes in the morning instead of the newspaper.

Act and merge

Use each layer of your brain to become who you want to be. Put yourself in fit people's shoes. Ask yourself what kind of environment they live in and where do they hang out? At the gym or at the pub? What do they do? What are their daily behaviours? Do they exercise? Do they eat well? What are their skills? What are they really good at? Are they good at planning their meals and schedules to fit in exercise? What do they believe? Do they believe that exercise is hard or fun? What is important to them? Losing weight or feeling great? Who are they? When they say: "I am (blank)" Do they say I am fat or I am fit? Who do they identify themselves with? What is their life purpose? Who else are they serving? Are they inspiring their kids to have a healthy lifestyle?

Once you have imagined every layer of a fit person's brain, try it on. Make it your own. After all, you did not ask them. You came up with the answers yourself. You do have it inside of you. Use it and become who you want to be.



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portion 1 paquet (210 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|------------------|---------------------------------------|
|------------------|---------------------------------------|

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|-------------------------------|--|
| Calories / Calories 25 | |
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| Fat / Lipides 1 g | 2 % |
|--------------------------|-----|

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| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | |

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| Cholesterol / Cholestérol 0 mg | |
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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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| Vitamin C / Vitamine C | 0 % |
|------------------------|-----|

| | |
|-------------------|-----|
| Calcium / Calcium | 8 % |
|-------------------|-----|

| | |
|------------|-----|
| Iron / Fer | 4 % |
|------------|-----|

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