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The Official Magazine



YOGA HIIT FUSION

BRANDING SECRETS FOR GROUP X INSTRUCTORS

SQUATTING

MAXIMIZING PREDETERMINED
SQUAT BIOMECHANICS

GO GRAIN FREE



SHIFTING MINDSET WITH MEDITATION

BRIDGING THE
GAP BETWEEN
INTELLIGENT LEADER
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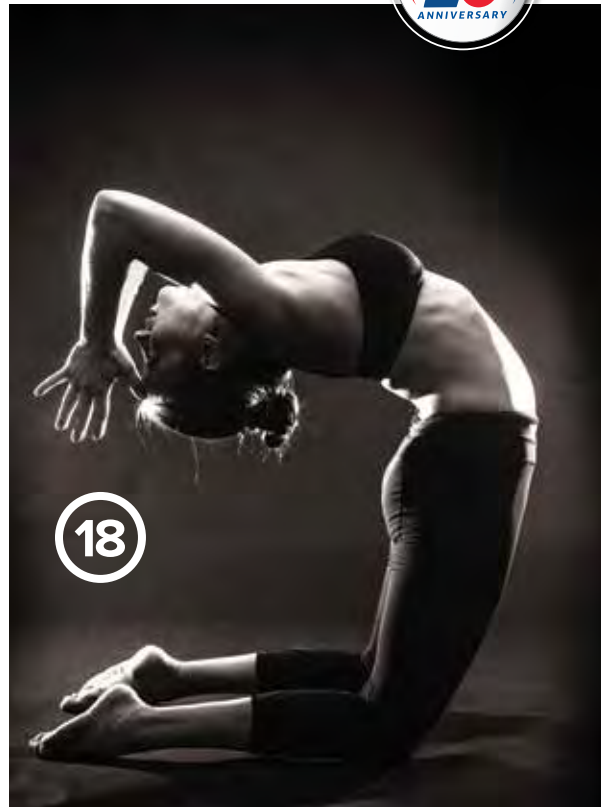
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A NEW JOURNEY AHEAD



As I sit down to write this column, I have so many mixed emotions that, for the first time in awhile, I'm finding it hard to find the perfect way to deliver what I need to say.

After an amazing 10 years working with canfitpro, I have made the personal decision to leave and return back to Montreal so that my husband and I can be closer to family and share more time with them. I will remain with canfitpro until the end of January 2019.

I am looking forward to the opportunity to get back to my fitness roots because I started in this industry as an instructor and personal trainer. I will always be a passionate fitness professional and I will always be a canfitpro member.

I am so thankful for the relationships with many of you, our members, and I am incredibly grateful for the inspiration you have always provided, whether over the phone, via email or meeting up at one of our events across Canada.

I am excited for where canfitpro is headed and I am truly looking forward to watching canfitpro grow and flourish, although now I will be enjoying it from the perspective of a canfitpro member and presenter.

Until I see you again at a canfitpro conference, stay happy, healthy, and inspired!

Nathalie Lacombe
Proud member and Vice President
canfitpro

September-October, 2019

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canfitpro MONTHLY UPDATE

2018 WORLD FITNESS EXPO AWARD RECIPIENTS

PRESENTERS



Delegates Choice Presenter of the Year recipients are recognized for their contribution to educating and motivating conference delegates through the presentations delivered at canfitpro conferences throughout the year. Recipients are selected by canfitpro based heavily on the feedback that is received from conference delegates.

L-R

Todd Durkin - Delegates Choice International Presenter of the Year; **Petra Kolber** - Delegates Choice Specialty Presenter of the Year; **Lisa Greenbaum** - Delegates Choice Canadian Presenter of the Year; **Nathalie Lacombe** - VP of canfitpro; **David Patchell-Evans** - President of canfitpro; **Mo Hagan** - VP of canfitpro; **Helen Vanderburg** - Lifetime Achievement; **Saameh Jadoon** - Volunteer of the Year; **Dan O'Neil**, REEBOK Canada - Steve Block Vendor of the Year; **Dr. Kelly Starrett** - Delegates Choice New Presenter of the Year.

PRO TRAINERS

The certification team was thrilled to once again celebrate the PRO TRAINERS whose hard work and dedication have helped many of you obtain your certifications and stay certified over the past year.

L-R

Nathalie Lacombe - VP of canfitpro; **David Robertson** - Participants Choice; **Connor Power** - Astonishing Associate; **Kathleen MacDougall** - Female PRO TRAINER of the Year; **Tammy Slauenwhite** - Rookie of the Year; **Barb Pontes** - Certification Manager; **Curtis Medina** - Male PRO TRAINER of the Year; **Daniel Smith** - Best in Business.



Do you want to write for canfitpro?

We believe that our canfitpro members are some of the best and brightest fitness professionals, and have the knowledge and expertise to share with the world. canfitpro is looking to our members to contribute to our communication conduits. Visit canfitpro.com/content for more information.



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THE WARM UP PRO TRAINER SHOWCASE



Tammy Slauenwhite

2018 Rookie of the Year Award Winner
Fort McMurray, Alberta

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Why did you become a PRO TRAINER?

I became a PRO TRAINER for three main reasons. First, I am a “natural born teacher”. Teaching has been a passion of mine since I was a child, and I earned a B.Ed degree at Acadia University in 2010. Fitness is equally a passion of mine, as I feel it is the way to living a happy, fulfilled life. It has helped me to overcome many obstacles in my life. So, it made perfect sense to mesh teaching and fitness together and become a PRO TRAINER.

Secondly, without a doubt, it has helped to increase my professional reputation within the fitness industry and local community. Since I became a PRO TRAINER, the demand has increased for my services so much that I had to bring on two additional trainers (which were also students of mine).

Thirdly, I saw the opportunity in Fort McMurray. There has never been a canfitpro PRO TRAINER here. Anyone seeking a canfitpro certification had to travel south, either to Edmonton or Calgary, etc. By offering canfitpro certification courses in Fort McMurray, people can now get certified in their own community. I have received many thankful and encouraging comments from individuals living in Fort McMurray. It's not only a great thing for me, but also for the community.

What have you learned as a PRO TRAINER?

Since I have become a PRO TRAINER, I have had many more doors open for me in the fitness industry. Every day I wake up pumped, and my head is overflowing with ideas. It's fabulous to feel so energized by my career. Just thinking about the

possibilities makes my heart flutter. The sky is the limit!

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

This is where the nerd comes out in me. I like science stuff. Right now my favourite section is on ATP and the energy systems. It's also a section that really confuses most students. I feel the better I understand the science parts of my courses, the better I can explain it so that they don't feel so overwhelmed. It's a win-win!

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

My students need to understand that when they take on a leadership role in the fitness industry they will now be in charge of helping others develop healthier lives, which is a huge responsibility as well as opportunity. It's more than showing someone how to do a squat or teach why apples are a better snack than chocolate bars. To maximize your certification and be successful in the health and fitness industry, trainers, instructors, and coaches obviously need to continue learning beyond their courses, but also develop other key components, such as emotional intelligence and professionalism.

So, in order to help them learn and develop their knowledge, careers, and seek opportunities, I also need to do the same. Therefore, I not only seek courses to further my knowledge in how to perform exercises correctly or eat healthily, but also on how to communicate effectively, present, promote, brand myself, make solid connections, build strong ongoing relationships, and the list goes on. I feel these are the things that will motivate me to become a better PRO TRAINER.

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

This is the easiest to answer. I want to have more students in my classroom per course, acquire more agencies, and have associates working with me. I also want to have a series of CEC workshops up and running, and become a presenter at canfitpro conferences.

To think that I first started out 18 years ago with an FIS certification... and now look where I am. My mom always said to me growing up, “**Those who reach touch the stars.**”



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TRUST IN THE TIMING

MEET SAREENA NICKOLI, CANFITPRO 2018 FITNESS INSTRUCTOR SPECIALIST OF THE YEAR FINALIST

Tell us about your fitness career journey.

My fitness journey started just after high school, 23 years ago, when I discovered the gym and working out. I fell in love with the way I felt after a workout!

I started teaching fitness classes 19 years ago and realized the importance of self care as I lead a very busy/stressful life working six to seven days a week at our family furniture business. Little did I know that my passion for teaching fitness would turn into a "Soul Studio" reality. I opened Soul Studio in Vernon, BC in December 2014, after building the side business "Zumba with Sareena" since 2009. Fast forward to January 2018, I expanded and opened up Vernon's first indoor cycling studio, Soul Ryde. In order to continue to reach more people, I needed a solid team of instructors. I am proud to have 13 amazing instructors on my team, offering over 40 classes a week, including a variety of strength, cardio and flexibility classes under one roof! I worked hard to bring Vernon the hottest trends in fitness, and always keep things fresh to keep people coming back. To date, I have completed 15 fitness certifications such as Zumba, BollyX, Ryde, and BootyBarre to name a few. In the first six months of 2018, I was at my peak, teaching six different fitness formats, as well as running the business.

Everyday people walk into Soul EXCITED to workout, EXCITED to see their friends, EXCITED to cheer each other on....that dream of creating something really special has turned into reality. Daily, I witness body, mind and soul transformations, and that is my biggest reward and my motivation to keep doing what I'm doing. I am excited to see where my Soul journey continues to take me.

What is the best piece of advice you have ever received? From whom/where?

The best piece of advice was given to me about 10-12 years ago by a business friend who owns a real estate company in my home town. He told me not to take too long to make a decision, because you could have a) lost the opportunity b) already grown from the decision or c) made a mistake and learned from it. His advice stuck with me and was an inspiration in opening up Soul Studio within three months, from start to finish. Now I make quick decisions knowing that it's ok if it doesn't work out, because how would I know if I didn't try!

Now that you have reached this point in your career, what piece of advice would you give your younger self?

The piece of advice I would give my

younger self would be to do what I did, and to have patience with everything. It takes time to build, and a lot of people give up, but when you believe in something so strongly, you have to continue to go with it, and deal with all of the obstacles that come your way. Nothing comes easy, learn from your mistakes and situations that don't go as planned, and turn them into positives. Trust in the timing of your life.

If you were to write a motto for yourself, what would it be?

Work hard, play hard, keep fit and do what makes you happy!

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

I was nominated for this by a few friends, Sue Solymosi and Marlene Higgins.

How do you know when you're 'done' and ready for the next challenge?

I constantly seek inspiration and change. That is probably why I have so many fitness certifications under my belt! As soon as I start becoming too comfortable with something, I always search for the next challenge to keep me motivated and always learning. I am a huge believer of doing things outside of your comfort zone.



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TOOLBOX



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Manitoba

Dec. 1/2
Level 1: Foundations - Winnipeg
Dec. 8/9
Level 5: Unification - Winnipeg
Level 2:
Communications - Jan. 26/27 - Winnipeg

Nova Scotia

Nov. 17/18
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Dec. 8/9
Level 2: Communications - Halifax

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Nov. 24/25
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Dec. 1/2
Anatomy & Alignment - Ottawa
Dec. 7
YogaFit Seniors - Toronto
Dec. 8/9
Level 5: Unification - Ottawa
Jan. 12/13, 2019
Level 1: Foundations



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TRAINING

YOGA HIIT

THE FUSION OF THESE TWO MODALITIES PROVIDE A CHALLENGING PHYSICAL AND MENTAL WORKOUT

By Tracy Glennon, FIS, 200 E-RYT, 500 RYT

What goes around comes around! Two elements seem to remain true in the fitness industry; the merging of two seemingly incompatible types of workouts (think skateboarding and Pilates, boxing and aerobics) and the re-emergence of past fitness trends, such as calisthenics and dance-based workouts.

While this one isn't as far-fetched, we have seen the re-emergence of yoga with high intensity moves. Fourteen years ago, I had the pleasure of presenting Cardio-Yoga with Carole Woodstock at a canfitpro conference. It was a choreographed cardio workout interspersed with yoga movement that just felt fun! At World Fitness Expo this year, Yoga-Agility was

introduced under the yoga stream as a yoga-HIIT fusion workout.

Now that HIIT workouts have become mainstream, people have a clearer understanding of the science behind it, and the benefits they can reap from it. When we think of HIIT, we think of short periods of intense anaerobic work followed by less intense recovery

“WHEN MOVING FROM HIIT TO YOGA RECOVERY, CONSIDER TRANSITIONING WITH MOVEMENTS THAT ARE UPRIGHT, KEEPING THE HEAD ABOVE THE HEART, AND ARE EASY TO BREATHE IN.”

FUSION

periods. When we think of yoga, we often imagine turning our focus inwards to the mental challenge of a pose or series of poses. Combine these two and you have a workout ready to challenge you physically and mentally. When creating a fusion class consider the following:

- What will my warm up look like to incorporate both yoga and HIIT movement?
- What is my work to rest ratio going to be?
- What is a safe transition from a high intensity movement into a yoga recovery movement?
- Are there any health concerns to consider?
- Will I use music to motivate or to choreograph movement?

To prepare for a yoga or HIIT class we need big, compound movements to get our joints lubricated, heart rate elevated, and body temperature up. It is important to use movements that mimic what the workout will be. For the HIIT portion, moves such as squats and lunges are ideal. For yoga, Sun Salutations (Series A or B), prepare the body mentally and physically for the movement to come. A combination of compound

movements and Sun Salutations is ideal for this fusion workout.

Work to rest ratio may depend on the fitness level of participants. A longer rest period may be required for new participants until their recovery rate improves. Thirty seconds to one minute of work, and one to two minutes of recovery are variables you can play with. As the body learns to use its anaerobic system, the recovery portion can decrease until the ratio of work to rest is 1:1.

When moving from HIIT to yoga recovery, consider transitioning with movements that are upright, keeping the head above the heart, and are easy to breathe in. This will avoid lightheadedness and allow for recovery. Use caution with participants who have high or low blood pressure, are pregnant or managing any other health concerns such as arthritis, diabetes or high cholesterol.

Music is always optional. You may use it in the background as a motivational tool and a stop watch as a timer, or choose songs where the chorus can be the HIIT move and the verse becomes the recovery move. You may even

choreograph portions of movement to the beat of the music. Practice first to determine the best BPM for your moves. Participants should always move at a rate that challenges their personal fitness level.

While these workouts have health benefits such as increased caloric output, improved coordination, and extended caloric burn (EPOC), the real benefit comes from the sense of accomplishment and teamwork it can involve. Most of all have fun!



Tracy Glennon is Senior Divisional Manager of the Women's Boutique

Clubs for GoodLife Fitness. She has been practicing/teaching yoga for over 20 years and is a Master Trainer for YogaFit Canada. Tracy has a passion for community fitness events and inspiring people to find their fitness passion.

SPONSORED CONTENT

STRESS MANAGEMENT AND YOUR BUSINESS



**IMPLEMENT THESE PRACTICAL TIPS
TO KEEP YOU AND YOUR BUSINESS
STRESS FREE**

By Murray MacKenzie

As we approach the end of the year, we start to think about all that we have accomplished and consider preparations for the holidays and plans for 2019. These can be stressful times, and one way to reduce your stress and make sure you are covered by insurance properly in the coming year, is to put in place a comprehensive insurance plan to mitigate your risk.

As the leading fitness insurance broker in Canada, we are frequently asked how fitness instructors and gym owners can reduce their risk associated with their clients and/or premises. We have seen

to help you mitigate threats to your business.

- Be certain to carry liability insurance that includes an **abuse extension**. Even if your claim never goes to court, expenses can be in the tens of thousands or much higher. Carry at least \$2M of liability coverage, as lawyers are expensive and can deplete liability limits very quickly in lengthy claims situations. Some other programs insuring those in the fitness industry offer limits of \$1M and even \$500,000, and as noted, these limits can be eroded to the point where you do not have enough insurance to

“...we are frequently asked how fitness instructors and gym owners can reduce their risk associated with their clients and/or premises.”

cover the claim

- **Insure your contents** related to your fitness operations for theft, fire, and damage, as these are expensive to replace.
- If you operate a gym, be sure to have **business interruption insurance**. This will cover your profits you would have made, and can be the difference between your business surviving a significant claim or not.
- Have a **response plan** available to all staff so they are prepared for various loss scenarios including injuries, sickness, CPR, etc.
- Realize that any clients under the age of 18 are not allowed to enter into a

many different claim scenarios during our tenure as the only endorsed broker for the canfitpro “Protect Yourself” Insurance program, and these have allowed us to share the following advice with you

Be certain to carry liability insurance that includes an abuse extension.

contract, so while the parents can sue for negligence now, the minor can also come back later when they become an adult and pursue legal action again. For these reasons be very careful about training minors.

- Make sure all staff have the **proper training and certifications** to perform their duties, otherwise their insurance may not respond since this is a requirement of the policy.
- Be sure to have a **commercial liability policy** to cover your exposure if you work from home and have clients training in your residence. Should your homeowners insurer find out you have a commercial operation without proper insurance, they may cancel your homeowner’s policy

By putting this advice into practice, you will greatly reduce your exposure to claims, protect your business and your personal assets, and help to avoid a stressful, drawn out litigation and potential trial.

Insurance is there to protect you in the event of an unforeseen accident or occurrence. These situations however, can be mitigated with some careful steps, some of which have been outlined in this article.

Should you wish to obtain a quote as either a fitness trainer/instructor, in home studio operator or gym owner, we can be reached on the canfitpro website or directly on our website at ajg.com.



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WHAT'S YOUR STANCE ON THE MATTER?

MAXIMIZING YOUR CLIENT'S CURRENT AND GENETICALLY PREDETERMINED SQUAT BIOMECHANICS

By Chad Benson, MSc, CSCS, CPT, Director of Education, Innovative Fitness

Weight training and squatting have been around for centuries. In the last decade, weight training has truly exploded, particularly with youth and women.

Many engage in 'lifting' for aesthetic reasons, others lift for empowerment or athletic performance. Regardless of the individual's "why", a large number of male and female fitness enthusiasts will at some point take the journey. However, most start this journey completely unaware of how their specific anatomy, mobility, stability or functionality will impact their results. Instead, people follow the recommendations of jacked friends, popular magazines or buff social influencers saying what they want to hear. I like to call this the 'broscience' trap. The squat probably has more 'broscience' than any other lift. This article is designed to show people how to individualize and maximize their current and genetically predetermined squat biomechanics.

Unraveling the perfect squat

If you watch five YouTube videos, you will likely find five different opinions on the correct way to squat. Well, let's make this simple. Every person reading this looks as different on the inside as they do on the outside. Therefore, it is safe to assume that a lot of squat permutations should exist, and will likely have varying degrees of success. Depending on who you follow, you've heard any of the following:

1. No one should squat – everyone should squat
2. Squat wide - squat narrow
3. It is safer to squat with a specialized heel lift - barefoot is the way to develop strength from the ground up

Have you ever wondered why there are so many strong opinions on the subject of squat stance? It's simple, like the hundreds of diets currently being promoted, they all work. The point of this article isn't to go deep into biomechanics, but offer a basic overview to shed a little insight onto the matters of assessment and individualization.

The ideal squat technique will vary depending on nature (genetics) and

nurture (patterns of overload). Three of the most important biomechanical issues to factor into the squat analysis are:

1. Hip joint architecture (i.e. femur and hip socket shape)
2. Ankle mobility
3. Bone segment length ratios (i.e. torso – femur and femur – tibia ratio)

Hip joint architecture

Without an x-ray, you're not likely to know the exact anatomy people fit into. The good news, regardless of not having superman like X-ray vision, there's a logical way to assess and accurately determine the safest and most effective technique. A simple set of observations and adjustments can, and should, be used with every new client. When you find a person's optimal position, then squat technique, including improved movement depth, postural control, and symmetry will occur naturally. Below, I outline the most successful assessment procedures I have used towards determining the ideal squat technique for me and my clients.

One of the most commonly used assessments to determine if either of the above unique hip joint formations exists is Craig's Test: Squat University. (2016, March 24). How to Assess Your Hip Anatomy with Craig's Test. Retrieved from https://youtu.be/-xvF_uWMxNQ.

- People with limited internal hip rotation, relative to external, often have an anteverted femoral head. People who have limited external hip rotation, relative to internal, often have a retroverted femoral head.
- Movement asymmetries can occur as a result of non-anatomical issues. For example, hockey players use far more external hip rotation compared to internal rotation and will likely test positive for an anteverted femur.
- Attempt mobility and strength drills to improve the limited ROM. If it continuously improves over time, it's probably a nurture / usage issue. If it doesn't continue to improve or becomes irritated, it's likely an indicator of a unique anatomical structure. These

individuals will often benefit from either a really wide (retroverted femur) or narrow (anteverted femur) stance.

Another assessment to determine ideal squat stance width is the Stu McGill Kneeling Rock Back Squat Assessment: Testosterone Nation. (2017, May 12). Kneeling Rockback-neutral spine. Retrieved from <https://youtu.be/llgPJ21fsvs>.

- Note the angle at which spine flexion first occurs. Start narrow and repeat with larger amounts of space between the knees. Look for the optimal knee width that allows the buttocks to move towards the ankles without spinal flexion (i.e. a change in spinal posture). This is the hip angle that will produce the deepest, and ultimately the highest, performance squat. It is much wider than most people think (observe the world champs squatting).

Ankle mobility and stance

Research has shown that the most common reason for poor squat ROM and knee alignment is poor ankle mobility. Other research has shown that torso angle, and therefore spinal loading, is altered with a heel lift. Here are the important pieces to the squat stance puzzle:

- A heel lift or a wider powerlifting stance both lead to a more vertical lower leg / shin, and therefore reduces the amount of required dorsiflexion at the bottom of the squat.
- Changes in ankle biomechanics will alter the contributions from different muscles during the lift. For example, during a narrow stance there is a greater anterior displacement of the knee (i.e. flexion) and a more vertical torso. This leads to more quad / knee extensor activation versus the wide stance or low bar squat, which leads to a less vertical torso and posterior displacement of the hips. This positions the torso in a more flexed position, requiring greater hip extensor muscle activity.

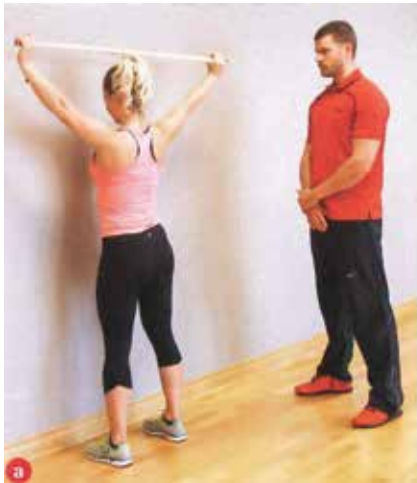
The socket of the left hip points forward and has a sharp angle. On the right, the socket opens laterally and has a curved shape. According to research, there are actually four distinct shapes the socket can take.



Some people also have variations in the way their femurs are shaped. For example, some of us have femurs that are twisted forward or backward. This will affect the alignment of the femur in the hip joint. A more angled femur (right) is called an anteverted hip. A flattened angle (left) gives us a retroverted hip.

When observed standing, clients with hip anteversion will often present with femoral adduction and genu valgum – the classic 'knock-knee' posture. Johns Hopkins Medical School reports the prevalence to be ~8-10%





Test 1: Start position



Test 1: End position



Test 3: Start position



Test 3: End position

Bone segment length and stance

For a great video demonstration on how segment ratios affect squat technique and potentially stance, go to: PersonalTrainingdotcom. (2015, February 2). Squats Part 1: Fold-Ability and Proportions, retrieved from <https://youtu.be/Av3LO2GwpAk>. People with long femurs relative to their tibia, especially in combination with a short torso, are forced to squat with an excessive forward lean (which potentially increases load on the lower back). People with these segment ratios might benefit from a wider stance. The reason a wide stance helps can be found at approximately the 5:40 point of this video: PersonalTrainingdotcom. (2015, February 3). Squats Part 2: Fold-Ability and Proportions (Examples and Adjustments), retrieved from <https://youtu.be/KGEKRjZKf8>.

In short, taking a wider squat stance changes the relative posterior distance of the femur during the squat. If the femur isn't as far back relative to the knee, then the amount of forward trunk flexion required to counter balance it is relatively low.

The worst case segment scenarios are:

1. A torso that is proportionally shorter than the femur (i.e. long femur).
2. A femur that is more than 1.3x the length

- of the tibia (i.e. short tibia).
3. Some combination of the two above.

Ok, now that you are sufficiently overwhelmed with all of the above you need to 1. Shake your head and magic erase all of that biomechanical verbiage from your mind and 2. Perform the assessment below. This is an adapted version of the canfitpro Personal Training Specialist (2016) overhead squat assessment.

P2P Wall Overhead Squat Assessment

The purpose of this assessment is to determine ankle ROM and/or an abnormally large femur to tibia ratio.

- a. Holding a dowel, have the client stand with toes six inches from a wall and arms raised into the Y position overhead. Instruct them to squat to chair height while keeping the dowel and knees off the wall.
 - i. Test 1. Hip width with feet straight ahead.
 - ii. Test 2. Greater than shoulder width with feet externally rotated.
 - iii. Test 3. Test 1 positioning with elevated heels.
- b. If Test 1 ROM and form is better than Test 2, preferentially use a narrow stance when loading the squat or

set parameters around ROM when progressively loading in other positions.

- c. If Test 2 ROM and form is better than Test 1, perform Test 3.
- d. If Test 3 has improved ROM;
 - i. Begin to perform corrective movement for ankle / calves (i.e. Self Myofascial Release the calves and strengthen tibialis anterior).
 - ii. Use goblet or front squat positions, preferentially over back squat.
- e. If Test 2 does not improve ROM then preferentially perform the wide stance and use the front squat when loading narrow stance.

Note: if ankle mobility work (releasing, stretching and strengthening) significantly improves depth, stability, and/or relieves stress on the joints, then the movement restriction is soft tissue versus anatomical.

At the end of the day, the squat stance should be dictated by the ease and achievability of depth without postural distortion. When performing the squat, people need to feel stable and able to perform the desired ROM pain free. People who attempt to conform to a squat stance that is not optimal for their biomechanics will often feel a hard blocking sensation or a pinching pain in their hips that is unrelieved with mobility work.

Great coaching starts with an assessment and progresses capacity based on a person's movement ability. Continuing to load suboptimal movement biomechanics will eventually lead to pain, poor results, and/or injury. The concepts within this article can be transferred to all movement patterns. When there is a consistent alteration in a person's movement, you can assess and correct movement or you can manage movement by reducing;

1. ROM
2. Speed
3. Load
4. Complexity
5. Fatigue

Continue the above until improved movement efficiency (i.e. mobility and stability) are achieved.

Happy coaching!



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QUELLE EST VOTRE POSITION SUR LE SUJET?

OPTIMISER LA BIOMÉCANIQUE ACTUELLE ET GÉNÉTIQUEMENT PRÉDÉTERMINÉE D'UN CLIENT LORS D'UN ACCROUISSEMENT (SQUAT)

Par Chad Benson, MSc, SCFCP, CEP, Directeur de la formation, Innovative Fitness

La musculation et les squats font partie du monde du conditionnement physique depuis des siècles. Au cours de la dernière décennie, l'engouement pour la musculation a littéralement explosé, particulièrement auprès des jeunes et des femmes. Plusieurs entreprennent la musculation pour des raisons esthétiques; d'autres, pour le sentiment de pouvoir qu'elle procure ou encore pour améliorer leur performance athlétique. Peu importe le «pourquoi» de tout un chacun, une large part des hommes et des femmes férus de conditionnement physique empruntera cette voie à un moment ou à un autre. Par

contre, la plupart d'entre eux entreprendront cette discipline en ignorant comment leur anatomie, mobilité, stabilité ou fonctionnalité respective impacteront leurs résultats. Les gens suivront plutôt les recommandations d'amis, de magazines populaires, ou d'influenceurs qui disent ce qu'ils veulent bien entendre; ce que j'aime bien désigner comme de la fausse science, ou des faux-faits. Plus que n'importe quel autre exercice de musculation, le squat est probablement celui faisant le plus l'objet de ces fausses connaissances. Cet article est conçu pour enseigner aux gens comment adapter et optimiser la biomécanique actuelle et

génétiquement prédéterminée de leurs accroissements.

Déconstruction d'un accroissement parfait

Si vous regardez cinq vidéos sur YouTube, vous trouverez probablement cinq opinions différentes sur ce qu'est la meilleure méthode pour effectuer un squat. Simplifions la chose. Chaque personne lisant présentement cet article a une apparence physique interne aussi différente que son apparence physique externe est différente de celle de son voisin. On pourrait donc dire, sans trop se tromper, qu'il existe

plusieurs permutations de ce mouvement, et que son niveau de succès est tout aussi varié. Selon « l'expert » que vous suivez, vous avez dû entendre n'importe lequel des énoncés suivants :

1. Personne ne devrait faire de squats – Tout le monde devrait faire des squats ;
2. Squat écarté – Squat rapproché ;
3. Faire des squats est plus sécuritaire en utilisant un dispositif pour soulever les talons – Faire des squats, pieds nus, est la meilleure façon de développer la force en partant du sol jusqu'en haut.

Vous êtes-vous déjà demandé pourquoi il y avait autant d'opinions fortes au sujet de la position d'un squat ? C'est simple, tout comme une centaine de diètes populaires, ils sont toutes efficaces. Le but du présent article n'est pas de se plonger dans la biomécanique, mais bien d'en offrir une vue d'ensemble et de mettre en lumière l'évaluation et l'individualisation.

La technique idéale pour effectuer un squat variera selon la nature (génétique) et l'acquis (habitudes de surcharge). Trois des problèmes biomécaniques les plus importants à tenir en compte dans l'analyse d'un squat sont :

1. La structure de l'articulation de la hanche (c.-à-d. : la forme du fémur et de la cavité articulaire de la hanche) ;
2. La mobilité de la cheville ;
3. Le ratio de la longueur des segments osseux (c.-à-d. : ratios torse-fémur et fémur-tibia).

La structure de l'articulation de la hanche

Sans avoir recours à la radiologie, il est difficile de connaître exactement le type d'anatomie de chaque personne. La bonne nouvelle est que, même si nous n'avons pas les super pouvoirs de Superman, telle une vision aux rayons X, il y a une méthode logique d'évaluer et de déterminer de façon précise la technique la plus sécuritaire et la plus efficace pour chacun d'effectuer des squats. Une simple série d'observations et d'ajustements peut, et devrait, être utilisée avec chaque nouveau client. Lorsque vous trouvez la posture

optimale d'une personne, la technique pour effectuer les squats, incluant l'amélioration de l'amplitude, du contrôle postural et de la symétrie du mouvement, se produit naturellement. Ci-dessous, vous trouverez les procédures d'évaluation que j'ai utilisées pour déterminer la technique idéale pour faire des squats, et qui selon moi sont les plus efficaces pour mes clients et pour moi-même.

Une des méthodes les plus couramment utilisées pour déterminer la présence de l'une ou l'autre des structures anatomiques uniques de l'articulation de la hanche est le test d'antéversion fémorale ou le Craig's Test du Squat University (24 mars 2016). Comment évaluer l'anatomie de votre hanche grâce au Test de Craig. (Tiré de https://youtu.be/-xvF_uWMxNQ.)

- Les gens présentant une amplitude de mouvement relative limitée de la hanche interne versus la hanche externe ont fréquemment une antéversion de la tête fémorale. Alors que les gens présentant une amplitude de mouvement relative limitée de la hanche externe versus la hanche interne ont fréquemment une rétroversion de la tête fémorale ;
- Les asymétries de mouvements peuvent être le résultat de problèmes qui ne sont pas anatomiques. Par exemple, les joueurs de hockey utilisent beaucoup plus de rotations externes de la hanche versus les rotations internes, et obtiendront un résultat positif d'antéversion du fémur ;
- Pour améliorer une amplitude de mouvement limitée, essayez des routines qui cibleront la mobilité et la puissance. Si avec le temps la condition s'améliore de façon continue, il s'agissait probablement d'un problème relié à la pratique, aux habitudes. Si l'amélioration de la condition est interrompue, ou si une inflammation en découle, c'est un indicateur d'une structure anatomique unique probable. Ces individus bénéficieront souvent de soit une posture très écartée (fémur rétroversé) ou au contraire d'une posture rapprochée (fémur antéversé).

Une autre évaluation pouvant déterminer la posture idéale d'un squat est le Kneeling Rock Back Squat de Stu McGill : Testosterone Nation. (12 mai 2017) Le Kneeling Rockback-neutral spine (trouver la position neutre de la colonne vertébrale en position agenouillée) est tiré de <https://youtu.be/LLgPJ21fsvs>.

- Notez l'angle auquel se produit initialement la flexion de la colonne vertébrale. Commencez avec les genoux plus rapprochés, puis écartez-les progressivement l'un de l'autre. Recherchez l'espace optimal entre les genoux qui vous permettra de descendre les fesses vers les chevilles tout en évitant une flexion spinale (c.-à-d. : un changement dans la posture de la colonne vertébrale). C'est à cet angle que la hanche vous permettra d'atteindre une plus grande amplitude qui vous permettra ultimement d'effectuer un squat plus efficace. L'espace optimal entre les genoux est plus large que ce que pensent la plupart des gens, il vous suffit d'observer la posture d'accroupissement des champions du monde en haltérophilie pour le constater.

Mobilité de la cheville et posture

Les recherches démontrent que la raison la plus courante pour laquelle le mouvement est restreint ou que l'alignement n'est pas adéquat lorsqu'une personne effectue un squat, est une mauvaise mobilité de la cheville. D'autres recherches ont démontré que l'angle du torse, et donc de la charge spinale, est modifié lorsque l'on soulève les talons. Voici quelques pièces importantes au casse-tête qu'est la posture idéale d'un accroupissement :

- Soulever les talons ou adopter une posture plus large en haltérophilie entraîne une position des jambes/tibias plus verticale et plus basse, et donc, minimise l'ampleur de dorsiflexion sollicitée lorsque nous nous retrouvons dans la portion inférieure de l'accroupissement ;
- Des changements au niveau de la biomécanique de la cheville modifieront comment les différents muscles seront sollicités pendant un soulevé de terre. Par exemple, lors d'une posture plus étroite il y aura un plus grand déplacement

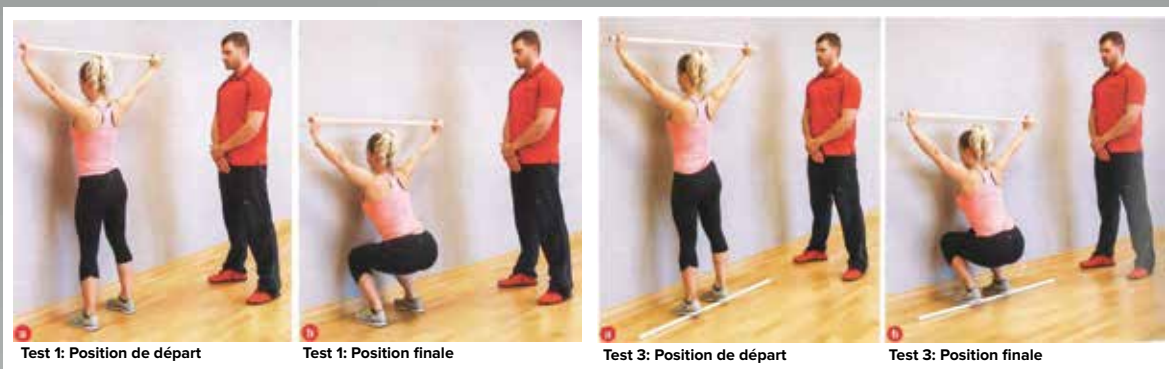
La cavité articulaire de la hanche gauche pointe vers l'avant, et présente un angle aigu. Sur la droite, la cavité s'ouvre latéralement, avec une forme arrondie. Selon les recherches, il existe quatre formes distinctes de cavités articulaires.



Certaines personnes présentent aussi une variation dans la forme de leurs fémurs. Par exemple, certains d'entre nous ont des fémurs tournés vers l'avant ou vers l'arrière, ce qui affectera l'alignement du fémur dans l'articulation de la hanche. Un fémur présentant un angle plus prononcé (droite) est nommé une hanche antéversée. Alors qu'on obtient une hanche rétroversée avec un angle ouvert (gauche).

Lorsque nous les observons en position debout, les clients dont les hanches sont antéversées présentent souvent une adduction fémorale et un genu valgum – le classique «genoux cagneux». L'école de médecine John Hopkins rapporte une prévalence de cet état de l'ordre de plus ou moins 8 à 10 %.





d'origine anatomique, provient des tissus mous.

En conclusion, la posture d'un squat devrait être déterminée par la facilité à atteindre une bonne amplitude sans distorsion posturale. Lorsque les gens effectuent

un squat, ils doivent se sentir stables et capables d'atteindre l'amplitude voulue, et ce, sans douleur. Les gens qui essaient d'adopter une posture qui n'est pas conforme à leur biomécanique lorsqu'ils effectuent un squat ressentiront souvent une sensation de blocage ou un pincement dans leurs hanches qui ne peuvent être soulagés par un travail de mobilité. Un bon entraînement commence par une évaluation pour ensuite s'adapter à l'habileté d'une personne à accomplir certains mouvements. Continuer d'ajouter des charges qui ne sont pas optimales relativement à la biomécanique du client entraînera éventuellement des douleurs, de pauvres résultats et/ou une blessure. Les concepts expliqués dans le présent article peuvent être appliqués à tout schéma de mouvement. Lorsqu'il y a des changements constants dans les mouvements d'un client, vous pouvez évaluer et corriger le mouvement ou vous pouvez gérer le mouvement en réduisant :

1. L'amplitude de mouvement;
2. La vitesse;
3. La charge;
4. La complexité;
5. La fatigue.

Continuez d'effectuer les changements énumérés ci-dessus jusqu'à ce que l'efficacité (c.-à-d. : mobilité et stabilité) du mouvement soit atteinte.

Bon entraînement!



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des athlètes professionnels et olympiques. Il est un formateur et auteur CEP canfitpro et est certifié praticien Trigger Point, entraîneur spécialisé Sac Bulgare, Kettlebell (poids russes), Muay Thai et FRC.

antérieur du genou (c.-à-d. : flexion) et le torse sera plus vertical; cette posture sollicitera les quadriceps/genoux contrairement à une posture large ou un squat avec barre, qui entraîne un positionnement plus horizontal du torse et un déplacement postérieur des hanches, qui fera en sorte que le torse sera plus fléchi, et qui entraînera conséquemment un engagement accru des muscles extenseurs des hanches.

La longueur d'un segment osseux et la posture

Pour visionner une vidéo intéressante démontrant comment les ratios des segments osseux peuvent avoir un effet sur la technique et potentiellement sur la posture d'un squat, rendez-vous sur : PersonalTrainingdotcom (2 février 2015). Squats, partie 1 : Flexibilité et proportions, tiré de <https://youtu.be/Av3LO2GwpAk>. Les gens ayant de longs fémurs comparativement à leurs tibias, spécialement lorsque combiné à un torse court, sont forcés d'effectuer des squats en se penchant beaucoup vers l'avant, ce qui pourrait augmenter la charge imposée au bas du dos. Les gens présentant ce type de ratios pourraient tirer avantage à adopter une posture plus large. Vous trouverez la raison qui explique ceci à approximativement 5 min 40 s du début de la vidéo du 3 février 2015 sur la chaîne YouTube PersonalTrainingdotcom. Squats, partie 2 : Flexibilité et proportions (exemples et ajustements), tiré de <https://youtu.be/KGEKRjZKf8>.

Brièvement, adopter une posture plus large lors d'un squat modifie la distance relative postérieure du fémur. Si le fémur n'est pas très reculé par rapport au genou, alors la flexion avant du torse nécessaire pour contrebalancer est relativement peu élevée. Les pires cas sont :

1. Un torse proportionnellement plus court que le fémur (c.-à-d. : fémur long);
2. Un fémur qui est plus de 1,3 x la longueur du tibia (c.-à-d. : tibia court);
3. N'importe quelle combinaison des deux cas ci-dessus.

Ok, maintenant que vous êtes submergé par toute l'information ci-dessus, vous pouvez :

- 1- Secouer la tête pour effacer comme par magie tout ce charabia biomécanique de votre esprit, et;
- 2- Effectuer l'évaluation ci-dessus, qui est une version adaptée de l'évaluation d'un accroupissement tirée de la formation CEP (2016) de canfitpro.

Évaluation P2P d'un accroupissement avec les bras au-dessus de la tête

L'objectif de cette évaluation est de déterminer l'amplitude de mouvement de la cheville et/ou un ratio anormalement élevé du fémur versus le tibia.

- a. Demandez au client de se tenir debout, les orteils à 15 cm d'un mur, barre en main, les bras soulevés au-dessus de la tête en Y. Demandez ensuite au client d'effectuer un accroupissement comme s'il voulait s'asseoir sur une chaise, tout en gardant la barre et les genoux éloignés du mur.
 - i. Test 1 : Les pieds à la largeur des hanches, les orteils dirigés vers l'avant;
 - ii. Test 2. : Les pieds plus larges que les épaules, les orteils vers l'extérieur;
 - iii. Test 3 : La même posture que le test 1, les talons soulevés.
- b. Si l'amplitude de mouvement et la forme du test 1 sont meilleures que celles du test 2, utilisez une posture étroite lorsque vous ajoutez de la charge ou ajustez les paramètres selon l'amplitude de mouvement lorsque vous ajoutez progressivement de la charge dans d'autres postures.
- c. Si l'amplitude de mouvement et la forme obtenues au test 2 sont meilleures que celles obtenues au test 1, effectuez le test 3.
- d. Si vous obtenez une meilleure amplitude de mouvement au test 3 :
 - i. Commencez des mouvements correctifs pour les chevilles/mollets (c.-à-d. : autorelâchement myofascial des mollets et renforcement des muscles tibiaux antérieurs);
 - ii. Favorisez les « goblet squats » (en tenant la charge devant vous, les mains en forme de coupe) au « back squats » (la barre posée sur les épaules).
- e. Si le test 2 n'améliore pas l'amplitude de mouvement, il est alors préférable d'effectuer un squat en position large et d'effectuer un « front squat » (la barre devant vous au niveau des épaules) lorsque vous ajoutez une charge à une posture étroite.

Note : si l'amplitude et la stabilité sont grandement améliorées et que le stress imposé aux articulations est relâché grâce au travail de mobilité de la cheville (relâchement, étirement et renforcement), c'est que la restriction, plutôt qu'être



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BRAND IT WITH MUSIC

MUSIC WORKS MARKETING MAGIC, ACCORDING TO RESEARCH, WITH MORE THAN HALF OF CANADIANS AGREEING THAT MUSIC MAKES A HUGE DIFFERENCE.

By Leslie Craig

Music is a marketing tool, and research from the Music Drives Fitness study reveals that more than half of active Canadians said that when they hear music they like in an exercise class, they're likely to tell their friends about the gym.

Nearly four in 10 believe that with music playing, it feels like the gym cares more about their experience. And nearly one-third feel good knowing that they don't have to worry about bringing their own music to work out.

But to use music effectively, picking any old playlist to run in the background can be a mistake. Music is far more powerful when used strategically. After all, music brings business to life, especially at fitness studios and gym facilities. Making music an integral part of your brand, with the right expertise, can positively affect your bottom line.

Music can even directly influence how customers view their gym, and especially by millennials. Upon hearing a workout-appropriate, curated playlist at the gym, one in three of them believe

the gym is of high quality, and one in four think the gym is "trendy" or "cool." And, eight out of 10 women agree that music pushes them to finish a difficult exercise class at the gym.

So, when music is integral to your brand and business strategy, it can play an important role in maintaining the high-energy, motivational spirit of exercise classes, and can inspire your clients to get the most out of their workout. Here are some ways to keep music top-of-mind and supportive of your gym's overall business marketing strategy.

1. Invest in music expertise.

Ensure that the music reflects your brand, as well as the needs and expectations of your members. Using music to create a high-energy, motivational setting should be a pillar in your brand and marketing strategy. You want the overall vibe of the music to "fit" and create the right ambience and environment in the classes and services you offer. Consider hiring a dedicated person to curate music and develop a diverse music program to help retain and attract clientele. Tailor

playlists that cater to those attending your classes, keeping them fresh and high-energy to motivate your members.

2. Promote your gym's soundtrack.

Take your marketing further by sharing and promoting your strategic use of music. If you dedicate your classes to certain types of music or genres, for example, Hip-Hop Spin – write about it and share it! If you publish a blog, dedicate a section to music so that your clients and members can expect to enjoy it during their workouts. Or, introduce a new regular series that charts your gym's latest tunes, to encourage your clients to visit more often. You can even share the list of your top tracks on social media, to give prospective members and clients a window into your brand, where music plays a big role.

3. Update your tunes regularly.

Change your music often, so that your brand is current and relevant. It's important to know what kind of music your clients and members like when they work out. There are many ways



DID YOU KNOW?

MUSIC SUPPLIERS DO NOT COVER SOCAN FEES FOR MUSIC IN CONJUNCTION WITH PHYSICAL EXERCISE AND DANCE INSTRUCTION. TO BECOME LICENSED TO PLAY, YOUR BUSINESS IS STILL REQUIRED TO OBTAIN A SOCAN MUSIC LICENSE.

you can keep your tunes fresh, while tailoring your gym's soundtrack to your clients' tastes.

4. Ask for feedback.

If you send a monthly e-newsletter, ask your subscribers what they think of the music used in different types of classes. If you want to dive deeper, administer a "member satisfaction" survey after your members attend a few classes, and make sure to include a section with music-related questions. Gather the feedback and use it to regularly change the soundtrack to their workout experiences at your gym. Remember to solicit feedback about your music use from your most important brand ambassadors – your dedicated staff on the front lines. They should be your most devoted champions and, if the music you use motivates them, it'll likely also motivate your clients and members.

5. Invest in an excellent sound system.

A great sound system creates a high-energy environment and reflects your commitment to quality. The better your system, the stronger the desired

motivational effect your curated music will have on your members and clients.

6. Use music responsibly.

Owners of gyms and fitness studios that are Licensed To Play with SOCAN know the true value that music can add to their success. SOCAN's Licensed To Play program is an easy and affordable way for you to support Canadian music creators. Not only does a music license make you legally compliant, it's good for your business. Why? Because it demonstrates to your clientele that music is a major part of your success and brand, and that you also run your gym and classes ethically and legally. It tells them that you make sure those who create the music you play at your gym – Canada's songwriters, composers, and music publishers – are fairly compensated for their hard work. Remember, if you have a subscription to a music supplier, your business is still required to obtain a SOCAN music license.

Walk through any fitness club and you're probably surrounded by music. This is by design. The best gym owners know that

music creates an energizing atmosphere in their business, and it's worth the time to get the best ROI. As more and more gyms and fitness facilities use music to drive their marketing efforts and build their brand, they'll continue to reap the rewards -- like higher traffic, greater customer satisfaction, and increased loyalty.



Leslie Craig is the Vice President of Licensing at SOCAN, a member-based organization that represents the performing right of more than 150,000 music creators and

publishers. SOCAN licenses more than 100,000 businesses in Canada and distributes royalties to its members around the world.



SPONSOR SPOTLIGHT

30 YEARS OF MINDFUL MOVEMENT

By canfitpro staff

Merrithew has, this year, been celebrating its 30th anniversary. Beginning in 1988 as a single Pilates studio in Toronto, the company has evolved into a global leader in mind-body exercise and education.

Unwavering in its mission to bring the benefits of safe and effective exercise to people of all ages and fitness levels, Merrithew credits strong industry partnerships with helping it expand, while also maintaining a reputation for excellence.

Co-founder and CEO, Lindsay Merrithew, acknowledges the value that collaborations have afforded the company. “We were fortunate to establish some incredible partnerships,

including with canfitpro, that helped set Merrithew on a path for growth,” he said.

To date, Merrithew has trained more than 50,000 instructors in over 100 countries.

In addition to its education programming, the company also provides quality equipment and accessories to fitness and rehabilitation professionals, fitness enthusiasts, studios, clubs, and athletic teams.

Merrithew’s extensive mind-body exercise education includes branded programs, STOTT PILATES®, Merrithew’s premier Pilates brand, STOTT PILATES Rehab, ZEN•GA®, Total Barre®, Halo® Training and CORE™ Athletic Conditioning & Performance Training™.

“We are humbled and extremely grateful for our global community of enthusiasts, fitness and health care professionals, training centers, and equipment partners,” Merrithew says. “We’re celebrating our 30th year with gratitude and renewed enthusiasm for making effective and responsible exercise regimens available to more and more people.”



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EXCERPT

FAT RECOMMENDATIONS FOR ACTIVE PEOPLE




THIS IS AN EXCERPT FROM THE NEW POWER EATING BY SUSAN KLEINER, PHD, RD, WITH MAGGIE GREENWOOD-ROBINSON.

If you're an exerciser, bodybuilder, or strength trainer trying to stay lean, you should control your total fat intake to control your total calorie intake. For reasons around physical training, health and emotional well-being, I like my clients to hover around 25 to 35 percent of their total calories from fats, depending on their total calorie intake and specific training goals at the time. There are reasons that you might alter this percentage, and we will discuss those below.

There are many strategies for accomplishing this fat intake level. One less structured way is to follow the AHA guidelines for food choices. If the majority of your food choices are plant-rich from a variety of vegetables, fruits, whole grains, beans, nuts, and seeds, and you add in animal protein-rich foods from fish, meat, and dairy to round out your diet, your total fat intake is most likely to be in a well-controlled zone of about 25





“FOR REASONS AROUND PHYSICAL TRAINING, HEALTH AND EMOTIONAL WELL-BEING, I LIKE MY CLIENTS TO HOVER AROUND 25 TO 35 PERCENT OF THEIR TOTAL CALORIES FROM FATS...”

to 35 percent of calories each day. I want to emphasize the word “variety.” If you neglect variety and choose a majority of high fat plant foods, like avocados, oils, nut butters, and seeds, you will have created a high-fat diet. Or, if you include dairy but avoid meats, and eat a high volume of cheese, you are also creating a high-fat diet. So the label that you put on your diet doesn’t protect you from less healthy choices. You have to ensure the variety in your diet, which promotes health and performance.

Your diet should contain much more unsaturated than saturated fat: 5 percent saturated, 10 to 15 percent monounsaturated, and 7 to 10 percent polyunsaturated.

A much more structured way to monitor your fat intake is by counting the grams of fat in your diet each day. To be honest, counting calories and macronutrient grams daily is probably my least favorite way to live life. I prefer that you plan a food template, perhaps monthly, of what you will include in your diet each day using food groups, with the knowledge of the macronutrient content of the foods in those groups. Then you can choose from within those groups as they fall in your plan each day, without constantly counting, and know that you are on your plan. This gives you so much more freedom to choose as life presents itself in your day, rather than structuring and restricting your life around your food plan. And you can be more comfortable with your diet at the same time. In all the menu chapters in *The New Power Eating*, you will see how I use a food group template down the left column of the page to fill in a daily menu of food choices. You can calculate your own daily fat intake by using the following formulas:

Total Fat

Total calories \times 30% = daily calories from fat / 9 = g total fat
Example: 2,000 calories \times 0.3 = 600 / 9 = 67 g total fat

Saturated Fatty Acids (SFA)

Total calories \times 5% = daily calories from SFA / 9 = g SFA
Example: 2,000 calories \times 0.05 = 100 / 9 = 11 g SFA

Following the Power Eating plan, first determine your protein and carbohydrate needs. All of your leftover calories are fat calories—most of which should be monounsaturated and polyunsaturated fats. Be sure to read food labels for the fat content per serving of the foods you buy in the supermarket. The grams of fat are listed on any food package that provides a nutrition label.



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SPONSORED CONTENT

SUPPLEMENTS FOR ATHLETIC PERFORMANCE

PERFORM YOUR BEST WITH SUPPLEMENTS TO SUPPORT YOUR TRAINING GOALS

IF YOU WANT TO PREPARE YOUR BODY FOR NEXT SUMMER, YOU SHOULD START NOW! SHAPING YOUR BODY DOES NOT HAPPEN OVERNIGHT. IT NEEDS COMMITMENT, HARD WORK, AND OF COURSE A LOT OF ENERGY AND ENDURANCE.

Our body is composed of fat mass and fat free mass, which includes organs, muscles and bones. Our goal is to burn the unwanted fat while increasing our lean body mass. For that, you need to eat the right food at the right time, exercise a lot, and drink a lot of fluids. Even if you are following a very healthy diet, when you train really hard to achieve your goal by

hitting the gym every day for long hours, your body will get depleted of some vital vitamins and nutrients. To perform at your best, you will need to safely and correctly use dietary supplements while eating a balanced diet and getting enough sleep. We have compiled a list of supplements that will help you achieve your dream body, and are available at Healthy Planet. Boost your energy with our pre-workout energizers, creatine, and caffeine for better performance.

Pre-Workout Energizer



Energy drives you to begin your daily training and it helps you to keep going. Without energy, you will not be able to finish what you started. Vega Sport Pre-Workout Energizer will push you the extra mile. Take it 20 minutes before exercising and it will boost your performance by improving your endurance, aerobic, anaerobic, and mental capacity. It also serves 15 grams of premium carbohydrates in one pack. Our Cellucor C4 is a powerful pre-workout as well. It is made from a blend of energizers such as L-Carnitine and Green coffee bean extract to push you to the limit and help you train harder, for a longer period of time.

Creatine

Creatine occurs naturally within our muscles and is found in animal proteins. It plays an important role in energy production for muscled contraction and other bodily functions. It will help you perform better during high-intensity interval trainings, such as sprinting and weight-lifting, and will increase your muscle mass. Creatine supplementation, especially in vegetarians, has been proven to work efficiently in improving muscle strength while decreasing muscles soreness. To enhance your strength and power you can try Allmax Creatine, made from 100% high-grade creatine.



Caffeine

Caffeine is one of the most commonly

used stimulants among athletes and is naturally occurring in seeds and leaves of many plants. Caffeine has been shown to improve performance and endurance, mainly due to the fact that caffeine stimulates your central nervous system. Consequently, you will feel more aware, and your "perception" of fatigue will be reduced, making it easier for you to exercise for longer periods of time. Kaizen Caffeine will enhance your motor performance and can be taken before or throughout your training.



Increase your muscle mass with protein powders

If one of your goals is to increase your muscles mass, protein intake is the best option. Proteins are made from amino acids which are the building blocks of your muscles. You can find proteins in food such as meat, chicken, fish, eggs, and peas; however, protein powders can be an easier alternative. A lot of different types of protein powders are available on the market to meet your needs and preferences. Iron Vegan Sprouted Protein is not only an excellent source of complete protein but it also has an excellent creamy, smooth taste. It is organic and suitable for vegans.



BCAAs

Branched chain amino acids, known as BCAAs, are the essential amino acids Leucine, Valine and Isoleucine. They cannot be produced in our body and thus, should be taken from external sources. BCAAs increase protein synthesis and reduce



protein breakdown, signaling your body to increase muscle mass. The Allmax Aminocore provides 8 grams of BCAAs in one serving, along with highly bio-available B vitamins that are involved in energy production.

Hydrate your body

Keeping your body well hydrated is key for good sports performance. When you exercise, you lose electrolytes and water through sweat. Drinking water is very important to replenish the losses, however, the longer and the more intensely you exercise, the more your body will excrete water and electrolytes. Therefore, you will need to restock through the use of sports drinks. Vega Sport Electrolyte Hydrators will help you replenish your electrolytes and mineral losses while enhancing your metabolism.



REMEMBER, TO BENEFIT FROM PERFORMANCE IMPROVING SUPPLEMENTS AND PROTEIN POWDERS YOU SHOULD MEET YOUR DAILY CALORIC AND PROTEIN NEEDS FROM A HEALTHY, WELL-BALANCED DIET. FOOD IS A VERY IMPORTANT COMPONENT OF YOUR TRAINING PROGRAM, AND ALONGSIDE OUR WIDE RANGE OF SUPPLEMENTS AND IN-STORE NUTRITIONISTS WE ARE CONFIDENT THAT YOU CAN ACHIEVE YOUR GOALS.

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BUSINESS

SHIFTING MINDSET WITH

MEDITATION

**BRIDGING THE
GAP BETWEEN
INTELLIGENT
LEADER AND
INTENTIONAL
LEADERSHIP**

By Maureen (Mo) Hagan and Angela Kontgen

Whether you are leading yourself, a team or an organization, you have seen plenty of research and knowledge about the qualities that make a good leader. We have mountains of books on the subject of leadership, and thousands of courses and seminars being given everyday around the world. We do not lack information on leadership.

So, if there is this plethora of information on the subject, why does the world still have leaders who lack authentic passion, purpose or a vision and instead lead from a place of fear and ego? Could it be that there exists a great gap between leadership theory and application; a divide between knowing what makes a great leader and becoming one. Yes, reading a great book on leadership and attending a course will fill you with plenty of knowledge and it will help to raise ones awareness, but to truly transform oneself and gain authentic leadership posture one needs more than knowledge. Would you agree?

The intention of this article is to help leaders shift from intellectually understanding leadership concepts and principles to applying them, and even more so, authentically becoming it. Bridging the gap between theory and application requires a mindset shift and this is where the eastern

discipline or practice of Meditation comes in. To become the leader needed in our chaotic and demanding world today, leaders must do the work within a deeper level of the mind—the subconscious mind—and we can only gain access to this part of ourselves when the brain and mind are calm. We do not need more information; we need to calm the brain and mind, and work on ourselves at this deeper level in order to change our state of being. If you are shaking your head right now in agreement, you are joining the ranks of more and more inspired leaders around the world that are realizing the shift that needs to happen. So wouldn't gaining access to the power of the subconscious mind be amazing?

A New Mindset of Being — Gaining Access to the Subconscious Mind with Meditation

Meditation is one of the most powerful habits for today's top leaders, leaders who are focused on building their leadership skills, improving their effectiveness as a leader and achieving their business goals, while at the same time enhancing their personal wellbeing, mentally and emotionally, and overall health and happiness. The research on mindfulness, cited in the Harvard Business Review (2015), How Meditation

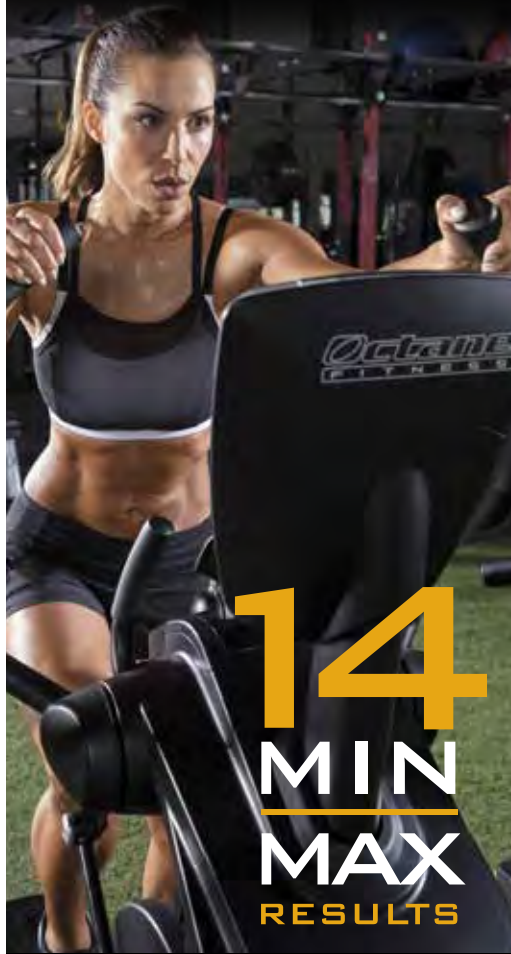
“Meditation can help you focus on the present as you shift your focus from the busy outer world and direct it inward, giving you access to the subconscious mind.”

“We do not need more information; we need to calm the brain and mind, and work on ourselves at this deeper level in order to change our state of being.”

Benefits CEO's, suggests that meditation sharpens skills like attention, memory and emotional intelligence (ability to regulate your emotions), reduces anxiety, thereby potentially boosting resilience and performance under stress. When your brain and mind is busy with 'mind chatter', constantly focused on the past or the future, your mind is closed, which for most of us happens almost as soon as we wake each morning. To gain access to this deeper level of the mind one must calm the brain and mind, and that is the first function of meditation. Meditation can help you focus on the present as you shift your focus from the busy outer world and direct it inward, giving you access to the subconscious mind. Meditation bridges the gap between the conscious and subconscious mind. Another way of describing the goal of meditation is to achieve union with the essence of who you are in the deepest part of yourself.

Angela and Mo's collective work is enabling leaders to do this deeper work on themselves, and in doing so

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effectively bridging this gap we describe between theory and application. Wrapping the power and effectiveness of Angela's meditation work around Mo's Seven Leadership Principles: Passion, Purpose, Pathfinder, Posture, Plan, Perseverance and Practice, inspired their latest idea for a meditation album which launched recently at World Fitness Expo - Meditations For Everyday Leadership. Both Angela

“I’m witnessing my powers coming more to life every day”.

and Mo are dedicated to help leaders become intentional leaders; those who lead with passion and purpose (who know their WHY or reason for being), who are pathfinders (visionaries and risk-takers), who are able to persevere, plan and practice with posture and patience.

Here is what one canfitpro member shared with Mo recently since introducing meditation into her morning routine. “Over the course of my journey as a fitness professional,

I’ve been attending various seminars and conferences to feed my hunger for knowledge. In 2017, I attended the ‘Mega Morning Leadership Session’ with Mo Hagan. I read the description ‘I could start my day at 7:30am by learning how to become a better version of myself,’ and of course I signed up. This session introduced me to meditation and that sparked a transformation within me. This session gave me permission to start my day by connecting with my own thoughts before connecting with the outside world. It has been a year now that I’ve been practicing meditation. It has been an extremely powerful year and I’m witnessing my powers coming more to life every day. My mornings have become a daily date with myself. I meditate and rise with the sun, and this helps me envision the day I want to create”. Elena Tonietto, Owner of NU-U Health & Fitness, canfitpro Personal Training Specialist and Fitness Instructor Specialist.

Meditation bridges that gap between theory and application, between knowing something and becoming it! Get intentional with your deeper self. Make some time for meditation, even if it is five minutes in the morning to start and five minutes before bed as an end to your day. Challenge yourself to a 28 day Meditation Challenge, meditating for 5-10 minutes a day for 28 days. Get ready for your mind to shift!



Maureen (Mo) Hagan is vice president of program innovation for canfitpro and GoodLife Fitness. She is a global fitness ambassador and has been recognized for her work in fitness that spans over three decades. Mo is a #1 best-selling author, member of the Board of Directors for Prescription to Get Active, Women In Fitness Association and a Reebok sponsored athlete.



With over 25 years in health and fitness, Angela Kontgen is on a mission to help more people elevate their physical, mental, emotional, and spiritual energies through the powerful daily habit of meditation. She is a coach, writer, and editor for an inspiring global magazine, all of which stems from a passion for helping people take their lives to new levels, beginning with the mind.

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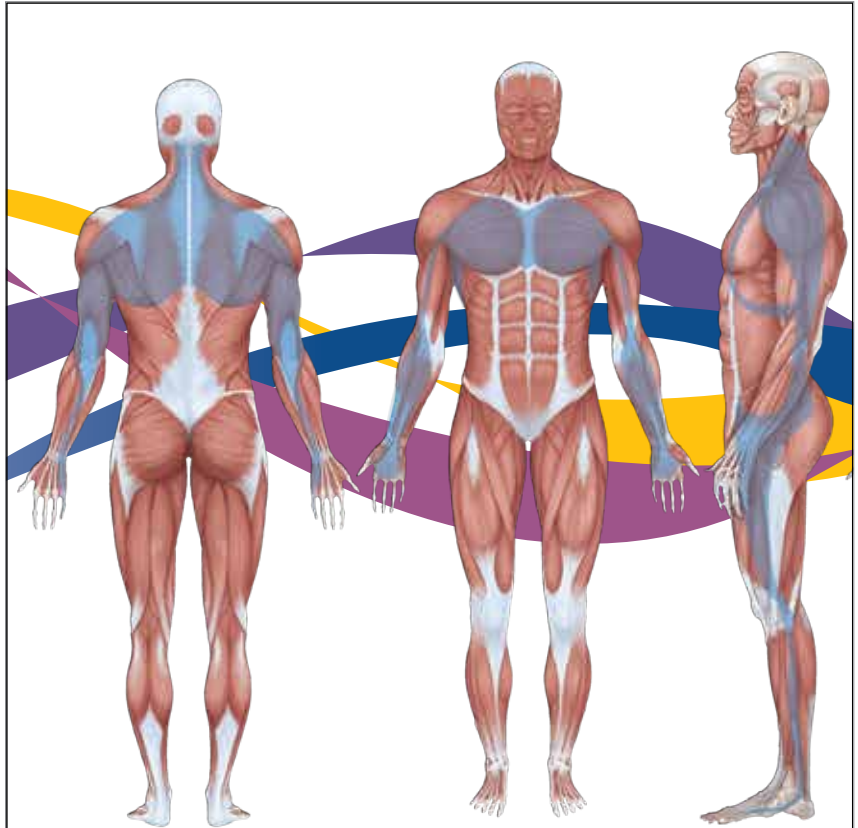
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LIFE COACHING

THE ADULT PLAYGROUND

ESTABLISHING A BALANCE BETWEEN WEALTH AND WELLBEING

By Trish Tonaj

When was the last time you took a few moments to review your own personal definition for success? Take a look at all of the things that are important to you on your own personal journey.

You may find that your list includes things like: rest and relaxation, eating healthy, spending time with friends and family in combination with a career that fuels your passion for life!

There appears to be a new and emerging definition for success that includes a balance between wealth and wellbeing. It is no longer just about the money, but rather creating a life that incorporates a healthy and active lifestyle.

When you think about it, you cannot have one without the other. If we concentrate only on our careers or work then we will most often find that we are missing out on the “fun” things in life. The reverse is true; in order to recharge the batteries we need to have an income that will fund our passion projects, giving us the freedom to enjoy the things that contribute to our personal definition.

I often use a teeter-totter as a visual when discussing the topic of success. It becomes very easy to understand the

tenuous balance between wealth and wellbeing when you picture one at each end of the seesaw. If you have too much of one, then the other is out of balance and we begin to understand how important it is to prioritize our list based on our personal definition.

As fitness professionals, I think it is important to remind our clients that when they are creating their goals and objectives that they consider both elements in the plan. As an example, the activities they choose for wellness may be affected by the time they have available based on their careers, or their disposable income may be allocated to a number of priorities, one may include personal training in order to elevate their success ratio. Both are important when establishing a set of realistic goals and objectives. A discussion that includes both wealth and wellbeing will not only keep the conversation lively but ensure their individual success and your ongoing professional relationship.

It is interesting to note, that depending on our age or stage in life, the list will change. We may reevaluate the “things” that are important depending on these two very important factors. They are interdependent on each other and it is almost impossible to ignore one

without the other when creating our own definition.

Visualization is a powerful tool, and as children we often remember playing on the teeter-totter as “fun” when we were able to create balance. Isn’t it funny that when we are in the adult playground we now include our definition for success by using the same seesaw between wealth and wellbeing?

So, you may now ask: What is success? Create your own unique definition while establishing balance, and enjoy the teeter-totter in your own adult playground.



*Trish Tonaj is an author, coach, and speaker sharing stories on mentorship while creating a culture of wealth and wellbeing. She is the author of *Breaking Barriers: 10 Entrepreneurial Women Share Their Stories* and *A Diary of Change 12 Personal Tools*. Visit Trish at phaze2wellness.com.*



NUTRITION

GO GRAIN-FREE

A GUIDE TO IMPLEMENTING A GRAIN-FREE LIFESTYLE

By Marni Wasserman

What it looks like to eat grain-free

Grains are cereal crops that are eaten. There are different types of grains, such as those with gluten and those without gluten. The first step in going grain-free is to get things organized and begin to understand the different aspects of what it looks like to eat grain-free. Grains include: corn, rice, oats, wheat, spelt, kamut, rye, sorghum, and more. Don't be intimidated by this list! Cooking and eating grain-free can be fun and

delicious. You can pretty much make any grain recipe grain-free with a few substitutions. There are even grain-free flours available for baking.

Breakfast Ideas:

- Fruit crumble with coconut yogurt
- Chia soaked with almond milk or coconut milk with all your favourite superfoods or fruit (you can even add in protein powder or collagen)
- Coconut yogurt with grain-free granola

and fresh fruit

- Eggs and bacon or grass-fed sausages (if you are a savoury person and omnivore)
- Avocado smashed on grain-free toast

Lunch/Dinner Ideas:

- Grain-free bread with hummus
- Vegetable frittata
- Cauliflower fried rice
- Butternut squash soup
- Sweet potato noodles with avocado pesto

How grains can affect our health

Grains do not offer many nutrients and often contain three toxins, making them harmful and inflammatory for the body. The three main toxins include: phytates, gluten, and lectins. Phytates can prevent the body from absorbing nutrients and disrupt digestive enzymes. Many people are gluten intolerant, or sensitive, which means the protein in gluten is causing inflammation in their bodies. Lectins make foods hard to digest and can lead to inflammation in the body. Grains may be the culprit of leaky gut syndrome and can also cause gut bacteria to overgrow.

The benefits of not eating grains

Going grain-free can be beneficial for anyone. This lifestyle can help with weight loss, increased energy, and improve mood. Many people find that they feel better when replacing grains with healthier, more nutritious grain-free foods. Eating grain-free may reduce inflammation and decrease chances of illness.

Why grain-free is not the same as gluten free

Gluten free does not mean grain-free as there are some gluten free products that still contain grains.

“Gluten free does not mean grain-free as there are some gluten free products that still contain grains.”

Gluten free means that foods do not contain the protein gluten. Avoiding all cereal crops is the meaning of grain-free. There are resources online that are incredibly helpful for a better idea of understanding which foods are grains. Some grains to look out for that are gluten free include: corn, rice, millet, teff, sorghum, and montina. Switching to a gluten free diet may reduce inflammation; however, sometimes eliminating

gluten does not go far enough. Eliminating all grains may lead to greater results.

Reasons why someone may want to go grain-free

Someone may want to try going grain-free if they are struggling with inflammation, want to increase their energy, want to lose weight, and/or are looking to improve their overall health. People with celiac disease, autoimmune disorders, and trouble with digestion or gluten sensitivity may benefit from not eating grains.

Easy steps on how to make the necessary changes

The key to adapting a grain-free diet is to get creative! The first step would be to understand which foods grains are. From there you can have fun looking up substitutes. You can load up on many fruits, vegetables, healthy fats, and proteins.

How to enjoy eating grain-free and still have your favorite foods

You can still enjoy all your favorite foods while eating grain-free. Here are some substitution ideas:

Pasta- zucchini noodles or spaghetti squash
Rice- cauliflower rice
Bread- grain-free breads
Soy sauce- coconut aminos
Flour- almond flour or coconut flour (use for baking desserts)
Pizza crust- cauliflower pizza crust
Tortilla chips- kale chips
Granola- chopped up nuts and dried fruit



Marni Wasserman's life is rooted in healthy eating and living. Nutritionist, chef, co-host of The Ultimate Health Podcast,

and author of Fermenting for Dummies and Plant-Based Diet For Dummies, Marni uses passion and experience to educate individuals on how to adopt a real food diet and a balanced lifestyle. To get real food and real life inspiration head over to marniwasserman.com

RASPBERRY THUMBPRINT COOKIES

Traditionally, thumbprint cookies are a buttery shortbread-like cookie filled with preserves or jam, and usually served between Thanksgiving and Christmas. This grain-free, gluten free, dairy free recipe can be enjoyed at anytime of the year!

Servings: approximately 18 cookies

Ingredients:

¾ cup coconut oil
¼ cup coconut sugar
½ cup cassava flour
½ cup coconut flour
½ teaspoon baking soda
½ teaspoon vanilla extract
½ cup cold water
¼ cup (no added sugar) raspberry jam

Instructions:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, add coconut oil and coconut sugar, and mix until evenly combined.
3. Add flour and baking soda to the bowl and mix.
4. Add vanilla and water to mixing bowl and stir until fully combined into sticky dough.
5. Line a baking sheet with parchment paper. Using a tablespoon, scoop out dough and roll into a small ball. Place on baking sheet and press down with palm to slightly flatten. Flattened, the dough ball should be about half the height of the original ball.
6. Using your thumb, make a big thumbprint in the middle of the cookie.
7. Fill the thumbprint with a dollop of raspberry jam.
8. Repeat until dough is gone.
9. Bake on the middle or top rack for 12-15 minutes.
10. When done, remove from oven and lift the cookies and parchment paper off the pan and place on a cooling rack.
11. Let cool for at least 10 minutes. I know this is the hardest part, however, these must cool for them to set; otherwise they will crumble in your palm.





BRANDING SECRETS FOR GROUP X INSTRUCTORS

**THREE KEY THINGS YOU NEED TO DO IN ORDER TO EFFECTIVELY
BRAND YOURSELF AND TAKE OVER YOUR MARKET**

By Andrew 'DanceFever3d' Jones

I danced and lifted as I would do any other day, after a grueling 10 hours at a job that didn't fulfill my purpose. I noticed the ladies in a line outside the group exercise studio waiting for 45 minutes to take a class. I was curious and finally decided to see what it was all about. So, I watched the class for approximately 20 minutes. It was in that moment I knew I had found my purpose, the accumulation of all of my skills, attributes, and passions...Dance Fitness. I asked the front desk what the class was called and the attendant answered, "Zumba". I immediately called my brother Rucky 'Rukus' Mckinley and told him that we could kill this, and kill it is what we did. Fifteen worldwide tours, television shows, commercials, and presenting at every major fitness expo in the world: canfitpro, Rimini (Italy), Fibo (Germany), Olympia (Russia), we executed our group exercise goals.

My name is DanceFever3d of The Brutez. For most Group X instructors, the grind never stops, and most find themselves over worked, under paid, and burned out. In this article, we will touch on the three things that I did to effectively brand myself, dominate dance fitness, accomplish the goal and attain my dream. I chose the proper moniker (nickname), researched the possibilities, and focused on delivery.

In a social media generation, it is critical to pick a moniker or brand name that stands out and properly represents who you are. Being a dancer and street performer for 13 years, I chose the personal name of 'DanceFever3d'; Dance Fever, because I love to dance, and the origins of my dance style and development date

“It was in that moment I knew I had found my purpose, the accumulation of all of my skills, attributes, and passions... Dance Fitness.”

“For most Group X instructors, the grind never stops, and most find themselves over worked, under paid, and burned out.”

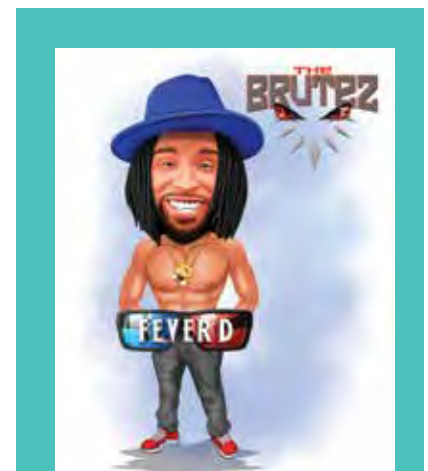
back to the disco era; 3d, to properly illustrate my body type (body builder), which is abnormal for a dancer to be as muscular as I am. Attending fitness events and reading a name like DanceFever3d draws immediate curiosity, hence heavy organic attendance when I perform. Initially, the fitness community was in awe that two very muscular men would be interested in dance fitness. Therefore, the name 'The Brutez' was chosen to properly foreshadow what to expect in our master classes and expo presentations. The word 'Brute' means unreasoning and animalistic, meaning you cannot quit, no matter how tough, how tired you may be, and animalistic properly illustrates our intensity and physical power. The 'z', well, we are doing dance fitness and the implication defines itself. Now that the names were chosen, we started to research the possibilities.

As I mentioned in the beginning of this article, seeing the class at the gym, the instructor, and the quality of the class, I knew my skill set and focus on fitness would propel me to be the best instructor in my city. Who would have known it would turn into one of the best in the world? After becoming certified, I decided it would be a good idea to attend a big dance fitness convention in Los Angeles. Similar to the training, I stood out like a sore thumb. People immediately wanted to take photos and find out who I was. In addition, displaying my freestyle dance skillset, during the annual soiree, afforded me a trip to dance on stage in front of the CEO, and that changed everything. Observing the culture of the community, I was able to effectively market myself and sell my custom master class to people from around the world. The CEO flew us (The Brutez) out to Florida, and that was the beginning of building the proper

foundation and leverage for the plan, a dance-fitness global take over. Now the focus was on delivery.

It is no secret that the group exercise world is composed of fitness lovers who prefer to workout with others, for support, comradery, and social benefits. These factors can often make the Group X instructor that is focused on purely the progress and business feel out of place and lost. With this challenge, I made sure that I focused on delivery, meaning I made sure that The Brutez UDF master class was the most effective, entertaining, and hardest dance fitness class a person could take. I chose to focus on the fitness quality of the class and word traveled quickly. People may have a lot to say, but the class quality and intensity was not debatable.

In closing, when planning for success in the Group X market, pick the right brand name, research the possibilities, and focus on the delivery of your class if you truly want to become one of the biggest names in your Group X genre. You are appreciated for your countless hours of sacrifice and love for fitness. Good luck and until it is time for part two, yell "RIGHT MOVE" (my trademarked phrase) and keep shining.



Andrew 'DanceFever3d' Jones is Brand Creator and Marketing Strategist, who successfully co-created 'The Brutez' lifestyle, health and fitness brand. With 15 worldwide tours, 499 MC's, and multiple commercials, DanceFever3d knows exactly how to succeed in the Group X world.

YOGA FOR THE YOUNG AT HEART

PRACTICING YOGA MIGHT BE JUST THE MEDICINE A SENIOR NEEDS

By Sara Kooperman



Yoga is one of the oldest forms of exercise known to humankind, but it is more than just a great workout. Yoga benefits the body and the brain, and it even has the ability to heal, so yoga also is considered one of the oldest holistic health care systems of all time.

Aging isn't easy and with it comes a whole slew of physical and health complications including arthritis, osteoporosis, high blood pressure, cardiovascular disease, and even cancer. These days, there's a medical protocol to treat everything, but what if all an active-ager needs to be healthy and strong is to practice yoga?

The benefits of yoga are undeniable, and each year more research uncovers how practicing yoga might be just the medicine a senior needs.

Yoga can improve cardiovascular health.

Yoga might not be a cardiovascular exercise, but research has shown it can protect against cardiovascular disease and can even reverse it. Research led by Erasmus University Medical Center in Rotterdam and the Harvard School of Public Health in Boston in December 2015 found that yoga can reduce key risk factors for heart disease by producing a lower body mass index (BMI), weight loss, improved cholesterol levels, lower blood pressure and a reduced resting heart rate.

Yoga can help control diabetes.

Diabetics have high blood-sugar levels, which can lead to nerve damage and complications including pain, numbness, and poor bowel function. A study published in the April 2015 issue of the Journal of Clinical and Diagnostic Research involved 30 men with diabetes who practiced yoga. After six months, researchers discovered a significant decrease in the participants' blood glucose levels.

Yoga can strengthen bones.

Yoga helps to lubricate joints, which decreases the risk of carpal tunnel syndrome and arthritis, making daily activities, such as brushing your teeth, easier to perform. Studies also have shown that the weight-bearing activity of yoga can help to slow bone thinning and reduce the risk of osteoporosis, especially among postmenopausal women. A pilot study on Yoga for Osteoporosis (Loren M. Fishman, MD, 2009) followed postmenopausal patients who have osteoporosis (decrease in bone mass) or osteopenia (decrease in bone volume). While nearly the entire control group maintained or lost bone mass, 85 percent of the people in the group who practiced yoga actually gained bone in their hips and spine. The researchers concluded that practicing yoga for as little as eight minutes a day can increase bone-mineral density after menopause.

Yoga can be lifesaving.

Yoga strengthens the immune system,

detoxifies the body, and builds bones, and all this can help to prevent cancer. Bones contain bone marrow where red and white blood cells are produced. White blood cells form leukocytes, which are the body's cancer-fighting immune cells. If our bones are compromised from osteoporosis or an injury, so is the production of this immune protection.

Yoga is also a powerful tool when battling cancer. A study published in 2014 in the Journal of Clinical Oncology found that practicing yoga two times a week for as few as three months lowered inflammation, increased energy, and boosted the mood of cancer patients.

Yoga can improve quality of life.

Yoga can have a powerful effect on stress and hypertension, and can help reduce the amount of medication one needs. According to a 2014 study published in the Journal of Clinical Hypertension, participants who practiced yoga six hours a week for 11 weeks reduced their systolic blood pressure by 33 points compared with four points for a control group. Researchers speculate that the slow, controlled breathing paired with yoga movement decreases nervous system activity, which helps manage blood pressure levels.

Yoga strengthens the body and improves balance, which helps prevent injury.

According to the U.S. Centers for Disease Control and Prevention, every 20 seconds a person over age 65 dies from a fall, and every 13 seconds a fall sends a senior to the emergency room. Experts project that the financial toll for falls by the older population will top \$67 billion by 2020.

Not only can yoga help your body through the aging process, it also can provide a multitude of benefits for the mind. The senior population is the fastest-growing population in the country, and these active-agers need guidance to live the best life they can.



Sara Kooperman, CEO of SCW Fitness Education and WATERinMOTION®, is a visionary leader that has launched nine successful MANIA® fitness-professional conventions, over 30 live and online SCW certifications, and over 600 video & CEC projects. Sarah has created videos and workshops on teaching yoga to active-agers. Visit scwfit.com/ondemand or sarakooperman.com.



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SPECIAL POPULATIONS

PREGNANCY AND THE BIKE

A BREAKDOWN OF THE KEY AREAS OF CONCERN FOR PRE AND POSTNATAL CLIENTS

By Tracie Smith-Beyak

Cycling is a partial weight bearing, fun, and effective workout. There are many formats and finding the right one for each client is critical. Mountain, hybrid, cycle-cross, road, commuter, and fat bikes are all examples of current outdoor options. Stationary indoor bikes also vary with examples such as basic, spin specialized to recumbent.

Pregnancy is a temporary condition that limits the ability for a client to cycle, but risk can be evaluated on a 'case by case' basis.

Symptoms and discomforts in pregnancy include:

- Morning [all day] sickness
- Fatigue

- Weight gain
- Headache
- Sleeplessness
- Constipation and hemorrhoids
- Heartburn
- Varicose veins
- Swollen and sore joints
- Leg and muscle cramps
- Pelvic floor weakness
- Low self-esteem
- Postpartum depression
- Breast tenderness
- Dizziness
- Round/broad ligament pain
- Urinary incontinence
- Shortness of breath
- Anxiety and mood swings

Additional problem areas during pregnancy:

- Foot and calf cramps
- Shin splints
- Patella femoral syndrome
- TFL, IT band and hip discomfort
- Sciatica
- Lordosis
- Kyphosis
- Tension headaches
- Oblique stretch discomfort
- Shoulder impingement
- Hand and wrist aches
- Neck and upper back aches

The blue highlighted symptoms and discomforts are particularly relevant to cycling trainers, coaches and instructors.

The first step when working with a prenatal client (after first trimester), is to have them complete a **PARQ Med X [Physical Activity Readiness Questionnaire] for pregnancy***. If your client is **postnatal** (up to 1 year after birth), a **PARQ Med X*** is the form to use. PARQ's are screening and authorization forms that require a healthcare giver to sign off their patient prior to them participating in fitness training. These forms allow you to review their current training, contraindications, risks, and caregiver contacts should you require them.

As a pregnancy progresses, most symptoms increase and cycling does become contraindicated. Here are the areas for concern:

- Pelvic realignment in combination with the bike saddle increases pelvic floor pressure that can cause pain, swelling, and risk preterm labour.
- Hip mechanics move into an externally rotated position making clean sagittal plane tracking problematic for hips, knees, and ankles.
- Decreased core stability can leave the sacral/lumbar spine loaded, and lordotic posture can lead to sciatica, numbness, and decreased leg power.
- Prolonged hand grip and load on handle bars can cause pressure on the ulnar nerve and increase risk of carpal tunnel.
- Forward flexed position when cycling promotes a kyphotic posture which is compounded by increased breast and abdominal weight and size. Neck and

“Focus on solid core stability while pedaling, and symmetrical power.”

General Cycling Guidelines		
Prenatal/Postnatal Weeks	Recommended or may be suitable	Symptoms/weakness/instability/misalignments that can increase risk
Trimester 1	Exception if mod/high risk or multiple pregnancy	Joint laxity, core stabilization, lower body musculoskeletal alignment/stability, pelvic floor, thermo regulation, blood pressure, cervical/lumbar function, varicose veins/hemorrhoids, carpal tunnel, shoulder impingement, incontinence, nausea, fatigue and foot/calf cramps Cycling contraindicated for a multiple pregnancy. Repeat pregnancies may have greater or exaggerated symptoms. Please note outdoor cycling creates significant risk of collision and falling.
Trimester 2	Caution with second or subsequent pregnancies	
Trimester 3	Not recommended	
After birth 0-6 weeks	Not recommended	
Postnatal 7-12 weeks	Not recommended	
Postnatal 13-24 weeks	Usually suitable but caution with complicated births	
Postnatal 25-37 weeks		
Postnatal 38-52 weeks		
After the postnatal year		

- shoulder pain can easily be worsened by this position.
- Gastrocnemius (charlie horse) and plantar muscle (plantar fasciitis) cramps/pain are common due to increased front load for prolonged periods. Cycling can exacerbate this type of cramping, tendonitis, and general irritation.
- Resting heart rate and blood pressure increase over the last two trimesters, and more importantly thermoregulation is modified. Longer warm ups and cool downs are required to avoid overheating, and HR/BP should be monitored.

Mothers who have uncomplicated births need to re-establish core stability, pelvic strength, musculoskeletal alignment/symmetry, optimal posture, and main mover strength. This generally takes six to 12 weeks for those with previously trained fitness and longer if untrained prior and during pregnancy. At six weeks postnatal, they can sign themselves off with a PARQ.

Complicated deliveries can create many challenges for both mother and baby, and clients need to be approached 'day by day' with caregiver support and authorization. Complicated deliveries should not train prior to their six week follow up with their caregiver, and a completed PARQ Med X.

Postnatal mothers still have increased front load due to heavy breasts and carrying the baby. As a result, it is still common to see lordotic and kyphotic postural deviations that lead to low back, neck, and shoulder pain. I suggest

targeted training for postural strength is prescribed prior to progressing to cycle training. Nursing mothers will still have laxity throughout most main mover joints, and so standing-climbing during early postnatal is contraindicated.

The stationary bike is a good way to re-introduce low risk cycling after 12 weeks. Start with 15- 20 minute sessions with low resistance, heart rate in target range, and no standing-climbing. If the mother is nursing, she may need nutritional fuel 1.5 hours before and immediately after training. Hydration prior, during and after training is also imperative, as dehydration is a common postnatal problem. Nursing mothers will need to wear a supportive workout bra to decrease neck/shoulder strain. Focus on solid core stability while pedaling, and symmetrical power. Solid cycling technique is important, as sleep deprived mothers need feedback on technique, and tend to have decreased body awareness.



Tracie Smith-Beyak is an international columnist, author, presenter and entrepreneur. She is the owner of Conquer Training & Education. 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.

A photograph of a person lying on their back on a massage table, covered with a white towel. A therapist's hands are visible, performing a massage on the person's back. The setting appears to be a spa or wellness center, with a small decorative arrangement of flowers and candles on the floor nearby.

HEALTHY LIVING

JUST BECAUSE IT HURTS DOESN'T MAKE IT A DEEP TISSUE MASSAGE

By Drew Hume, Founder, Navina

INDUCING PAIN CAUSES DEEPER TISSUES TO BECOME LARGELY INACCESSIBLE TO MEANINGFUL MANIPULATION

When you think of a “deep tissue massage” you’re typically led to believe that this is going to be an inherently painful experience. This misconception is a widely believed notion. Not only should deep tissue massage NOT be painful, I’m going to tell you that if it’s painful it’s not actually as deep tissue as you want it to be.

Many in the fitness industry believe in the “no pain, no gain” philosophy when it comes to a good majority of things. Unfortunately, this mentality has made its way into the manual therapies we seek as part of our overall health programming (or rehab and recovery). The truth is that it doesn’t actually work for massage, and in fact, it’s probably working opposite to how you want it to work!

As a simple reiteration of the term “deep tissue massage”, we understand that it refers to the act of accessing and manipulating structures that are deeper than the more superficial muscles/tissue.



of your therapist away. In generating pain signals, our deeper tissues become largely inaccessible to meaningful manipulation.

If your hope is to be “deeply moved” (see what I did there?) by your massage treatment, painful massages are only going to get you “superficially moved”.

So, how should deep tissue massage actually feel then?

NOT PAINFUL

Without pain we can relax more completely. Deeper layers of tissue will be much more accessible to your therapist when you are relaxed.

TOLERABLE INTENSITY

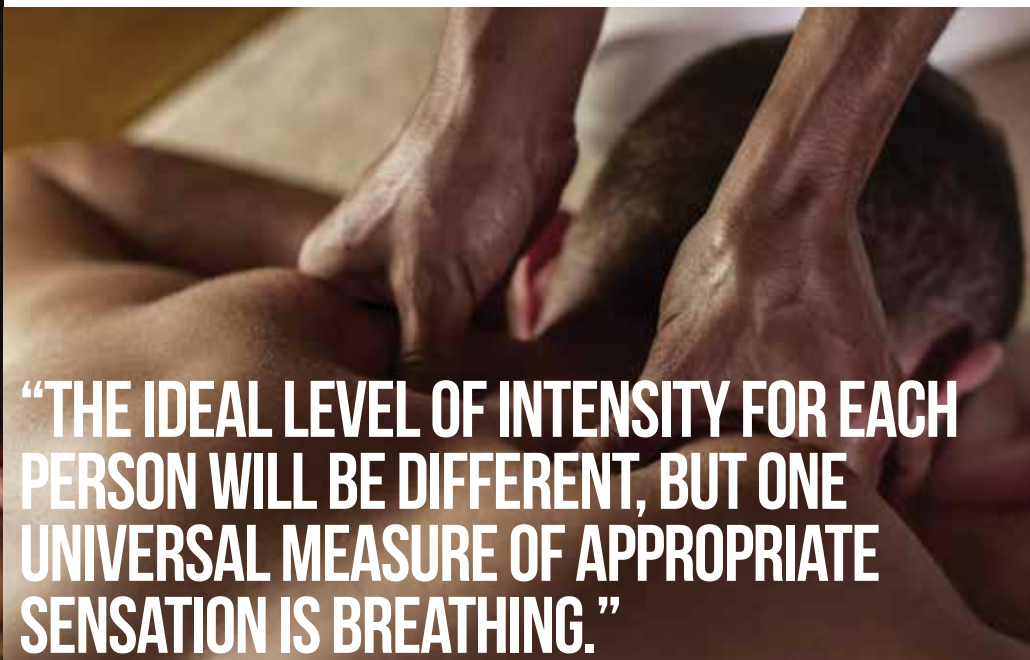
Just because it shouldn't hurt, doesn't

tissues becomes possible without eliciting a pain-response. Additionally, evidence suggests that sinking pressure techniques could be more effective at reducing pain than gliding techniques.

Not only is it more effective to work with the tissues of the body in a more pain-free manner, it's also safer. When inducing a lot of pain for the sake of “stripping” a tissue or some other aggressive process, you might actually be receiving a significant amount of tissue damage, which is actually toxic to the body. There have even been cases of kidney damage resulting from massages that were done too hard.

So, besides the fact that painful massage can actually cause serious damage, it doesn't equate to a deep tissue massage.

“THE IDEAL LEVEL OF INTENSITY FOR EACH PERSON WILL BE DIFFERENT, BUT ONE UNIVERSAL MEASURE OF APPROPRIATE SENSATION IS BREATHING.”



You might think it unnecessary to make such a remark here, but it is essential to be clear on this point before we go into the next piece of this discussion.

When you induce pain (as a manual therapist), and you feel pain as the person receiving the massage, you're actually not getting as deep into the tissues as you might think.

Why is it not deep tissue if it hurts? Good question! I'm glad you asked...

When we experience pain, it is very difficult to relax. If we experience pain in a treatment, our muscles contract as part of the sympathetic nervous system response that is attempting to protect us. Contracting muscle essentially creates a barrier that pushes the prying hands

mean it cannot be intense. The ideal level of intensity for each person will be different, but one universal measure of appropriate sensation is breathing. If your breathing is deep, the pressure is good. When your breathing is short, held, or laboured, it is too much.

GRADUAL

With slower movements, our bodies release even more “space” for therapists to move into. Besides the fact that a gradual approach allows the manipulation of much deeper structures, it's also much easier for your therapist to do.

SUSTAINED/STATIC

Pausing with pressure on a particularly tough “knot” can be more advantageous than moving over it constantly. With less movement, sinking into the deeper

Getting to the deeper structures of the body takes time, finesse, and trust. Not just trust of the person, but the trust of your tissues. The best trust builders for your tissues are the above five tips. Remember this the next time you go to get a “deep tissue” massage.



Drew Hume's mission is to bring people together through compassionate touch. At Navina they're achieving that mission through detailed education and training. Visit navina.ca for more information.

SPOIL YOUR DINNER!

By *Nathalie Plamondon-Thomas, FIS, PTS*

RESIST HOLIDAY TEMPTATION BY EMBRACING NEW EATING BELIEFS

You may have heard this before. “Don’t eat before a meal; you will spoil your dinner”. My tip for the holiday season is exactly that: Spoil your dinner. Yes. Do it.

The key is to slowly change the limiting belief that you need a certain amount of food in order to feel satisfied. You don’t. The only reason why your stomach has a large capacity is to allow your ancestors to store enough food for a few days until they had a chance to hunt their next prey. In our society, food is readily available. We no longer need to wait a few days before getting fed again.

The holiday season will present multiple opportunities to overeat and get tempted by foods that aren’t on your healthy-choices’ list. In order to better resist the

“The key is to slowly change the limiting belief that you need a certain amount of food in order to feel satisfied.”

temptation, have a bowl of soup before going out to a restaurant. Not only will you save money on an appetizer, you will also be able to resist the bread or the platter of deep-fried stuff ordered for the table. If you have eaten already, your order choice will more likely be smaller and healthier than if you are starving.

Keep in mind that you only need a small amount of food when you place your order at the restaurant. Reinforce your internal thoughts by saying to everyone else: “I had a late lunch and I am not really hungry” or “I already had an early dinner”. This will help you avoid comments on the small amount of food you are ordering.

Continually remind yourself of your new belief. Kick the old limiting beliefs: “An appetizer is not enough food for me” or “An entrée is not enough, I need to order an appetizer too”. Repeat instead: “I ate already, so this small appetizer is perfect for me and will be plenty of food.” Change the belief that you need to feel full. You really don’t.

This doesn’t only apply to restaurants. Eating before you go to a friend’s house is also ideal, especially if you know that the place where you are going will have

not-so-healthy options. Physically stand away from the buffet and indulge on conversations instead of treats.

The rule also applies for running errands. Always make sure you go grocery shopping on a full stomach. The stores are transformed into giant gingerbread houses at this time of the year and temptations are more irresistible than ever. There is nothing more detrimental than to shop on an empty stomach. When you are hungry, you get tempted by items that are definitively not on your list.

So, go ahead, spoil your dinner!



Founder of the THINK Yourself® ACADEMY, Speaker, Master Life Coach, No.1 Best-Selling Author of seven books on wellness and

empowerment, FIS and PTS certified, and 2007 Fitness Instructor of the Year, Nathalie Plamondon-Thomas combines 25 years in sales and 30 years in the fitness industry. She uses neuroscience to get you transformational results.

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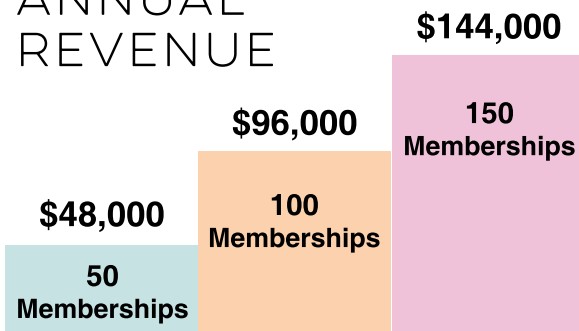
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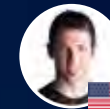
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