

# Is A Personal Trainer Right For You?

Have you been thinking about hiring a personal trainer to help you with your fitness needs? If you answer “yes” to any of these questions, then a personal trainer may be right for you:

- Do you need help designing a personalized workout that will be both challenging and time-efficient based on your individual fitness goals?
- Are you post-rehab or have other medical conditions that may need specialized attention in an exercise program?
- Do you need someone to motivate you when you exercise?
- Do you need someone to help you make proper progressions with your exercise program?
- Do you need someone to help you establish benchmarks of your current fitness level, and then monitor you for improvements?
- Do you feel your current fitness program is not providing you with the best results that you are capable of?
- Do you need training for a specific event such as a marathon, or are you an athlete requiring a specialized exercise routine for your sport?
- Do you feel your workouts could be better knowing you are accountable to someone on a regular basis?
- Do you need someone to help make your workouts more fun and enjoyable?
- Would you like someone to help educate you on health and fitness related topics?
- Do you feel your exercise routine could be more challenging with proper guidance?

# How To Choose A Personal Trainer

- **Certification**

A personal trainer should be certified, assuring you that you've chosen a trainer who has the knowledge to provide you with a safe and effective workout. Since there are literally hundreds of certifying bodies, then not just any certification will do. You want a personal trainer who has been certified by a nationally recognized, not-for-profit, certifying organization. The top 3 certifications are the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), and the American Council on Exercise (ACE).

- **Education**

A personal trainer does not have to have a university degree by law, but a trainer who does have a degree in exercise science is likely to have a better understanding of anatomy and physiology and how they relate to your personal fitness.

- **Liability Insurance**

Your personal trainer absolutely must have personal liability insurance and should be willing to show you documentation to support this.

- **References**

It is completely reasonable to ask a potential trainer for a few names of current clients so that you may check first-hand what others think and if they are pleased with the trainer.

- **Fees**

Fees may vary, depending on the trainer's experience, and the length and location of the workout session. For example, a personal trainer who works in a fitness club will usually charge less than a trainer who works independently and visits you at your home or office.

- **Personality and Characteristics**

Regardless of a trainer's certifications, education, and fee structure, you need to find a trainer with whom you can relate, you get along with, and will understand your needs and goals. If you don't get along with your trainer then the other criteria don't matter since your fitness sessions will not be a pleasurable experience. Your trainer should motivate you and be positive. Your trainer should be on time, organized, and willing to accommodate your schedule.

# Kinesiologist Fact Sheet

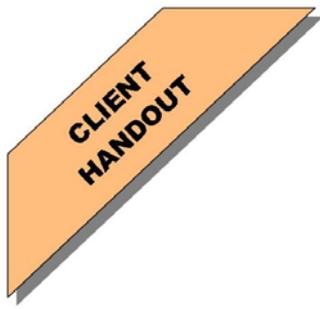
A Kinesiologist is someone who has completed a Bachelor of Science degree in Kinesiology, the study of human movement. This degree focuses on exercise science and all of its components, which include anatomy, exercise physiology, biomechanics, motor control, and sport psychology.

Whereas a Personal Trainer is someone who has achieved a certification that shows a minimum level of fitness knowledge, a Kinesiologist's knowledge extends far beyond that of a conventional Personal Trainer. A Personal Trainer with a degree in Exercise Science will have a better understanding of all the components of exercise, health, and fitness and how they relate to specific clients.

Physical Therapists deal with Rehabilitation, and Kinesiologists deal not only with elements of rehabilitation, but with **Pre-habilitation**. Kinesiologists are trained professionals who are qualified in assessing, treating, and preventing human movement disorders and injuries.

Services offered by Kinesiologists can include, but are not limited to:

- One-on-one personal fitness training in a facility
- One-on-one personal fitness training in home
- Advanced strength and conditioning for athletes and teams
- Group training in facility
- Basic fitness assessments
- Advanced fitness assessments, including maximal VO2 testing, etc.
- Assistive devices assessment
- Functional Capacity (Ability) Evaluation
- Return-to-work coordination and Implementation
- Disability case management
- Gait analysis
- Postural evaluation
- Worksite assessment
- Workstation assessment and design/re-design
- Cardiac rehabilitation and maintenance
- Stroke rehabilitation and maintenance
- COPD rehabilitation and maintenance
- Osteoporosis and Osteopenia management
- Corporate Wellness Program Design and Implementation
- Work Hardening Programs
- and much more!



# When You Become A Non-Smoker...



...Within 20 minutes:

- Temperature of feet and hands increase to normal level
- Pulse rate slows to normal
- Blood pressure returns to normal

...Within 12 hours:

- Skin temperature will increase as pulse rate slows
- Level of oxygen in blood rises to normal
- Carbon monoxide in blood decreases to normal level

...Within 24 hours:

- Improved cardiac function and circulation in hands and feet
- Decreased chance of heart attack and improved fine motor coordination

...Within 48 hours:

- Re-growth of nerve endings
- Enhanced smelling and tasting

...Within 72 hours:

- Breathing clears as bronchial tubes relax
- Lungs clear as bronchial tubes relax
- Lung capacity increases

...Within 2 to 3 weeks:

- Walking becomes easier as improved circulation enhances stamina and vigour
- 30% increased lung function

...Within 1 to 9 months:

- Shortness of breath, sinus congestion are all decreased
- Fatigue and coughing are all decreased
- Re-growth of cilia in lungs increases ability to handle mucus and reduce infection
- Body's general stamina and energy level increases

...Within 1 year:

- 90% decline in risk of heart disease
- heart will have almost returned to normal condition

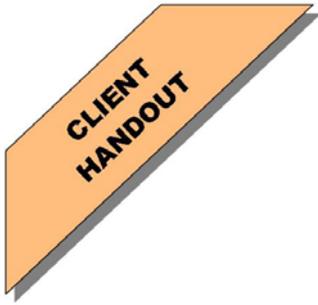
...Within 10 to 15 years:

- risk of lung cancer is reduced to almost that of a person who has never smoked

## Tips For Staying Smoke-Free

- Take it one day at a time. Don't think about the rest of your life – it's the here and now that counts.
- Change your routine - enjoy activities (hobbies or sports) that you can't smoke while doing.
- Remove reminders and smoking cues from your home such as ashtrays, lighters, and cigarette packages.
- Leave the scene - stay away from areas where you would normally smoke.
- Be active – start exercising more – try your favourite activity for 30-60 minutes, 3 times per week.
- Be health wise – eat well and sleep well.
- Keep calm – do a daily relaxation routine
- Be positive – tell yourself you can do it!





# **Cardiovascular Exercise For Your Health**

Years of research has shown that cardiovascular exercise is one of the best things you can do for your health! In fact, aerobic fitness (achieved through cardiovascular exercise) is considered to be the key component of health-related fitness.

## **What is Aerobic Fitness?**

Aerobic fitness is a measure of the combined efficiency of the lungs, heart, bloodstream, and muscles in getting oxygen to the working muscles where it can be used for energy production.

## **What affects Aerobic Fitness?**

The aerobic fitness level of an individual depends on their ability to deliver oxygen to the exercising muscles. Oxygen is carried into the lungs with each breath of air and transported in the blood to the working muscles where it can be used to produce the required energy. As the energy demand is increased, the amount of oxygen consumed shows a parallel increase until the limit of the aerobic system has been reached. This is known as one's "maximal oxygen intake" or "aerobic capacity" (VO<sub>2</sub> max). When the maximum oxygen intake is reached, the person is usually close to their age-related maximal heart rate (220-age) and they stop exercising because of fatigue.

## **Why is Aerobic Fitness important?**

Aerobic fitness is important because a higher aerobic fitness allows an individual to perform set tasks at a lower heart rate as their efficiency is enhanced. A higher aerobic fitness also lowers the resting heart rate of an individual. By having a lower resting heart rate and by being able to perform tasks at a lower heart rate all means less stress imposed on the heart for the duration of your life.

# The Importance of Resistance Training

- Improves appearance and self-esteem
- Increases energy levels
- Reduces body fat percentage by helping maintain a higher Basal Metabolic Rate (rate at which we burn calories)
- Increases cardiovascular strength and stamina (daily chores get easier)
- Increases lean body mass (slows down age process)
- Increases bone density (prevention of osteoporosis)
- Reduces risk of falling and less injury when there is a fall (particularly important for seniors and people with osteoporosis)
- Helps reduce Hypertension (high blood pressure)



# Understanding Body Composition

Having a high percentage of body fat leads to obesity, which is associated with an increased risk of coronary heart disease and type II diabetes. Obesity also contributes to increased stress on the joints, and a reduced range of motion (decreased flexibility).

Most of your body fat is carried just beneath the skin, thus body fatness can be ascertained by measuring the thickness of a double fold of skin and the underlying fat. This skinfold does not include underlying muscle. The sum of all 5 skinfold sites reflects an approximation of the total amount of subcutaneous fat you are carrying.

There are several methods available for measuring body fat, and new methods are invented all the time. Many methods are reliable but not valid, which means that the result obtained from the same person are usually consistent but do not accurately tell the truth about your body composition or percent body fat. In a sense, all measures are like this because the only way to get a true percent is to open up the body and measure it.

The two most common techniques for measuring percent body fat are with Skinfold Calipers (as performed by a qualified tester) and Bioimpedance (running a harmless low-level electrical current through the body to measure resistance).

Skin Fold Thickness, as the American College of Sports Medicine (ACSM) has decreed, is “the most practical technique for estimating body fat”, and Harpenden skinfold calipers are considered the gold-standard in scientific research today. The accuracy of skinfold calipers is quite good when performed by a qualified tester, however the accuracy of the results decreases as the percentage of fat increases. Since there is error involved in every method of percent body fat analysis, little credence should be put to any body composition percent body fat numbers. Percent body fat measurements should only be used as a general guideline.

If your goals include decreasing body fat, a proper exercise program designed by a Certified Personal Trainer can help you reach your goals safely and effectively. A combination of resistance training, cardiovascular exercise, and proper nutrition all are important factors in maintaining a healthy body composition.

# Stress Fractures

Caused by repetitive stress, a stress fracture is a crack in the outer shell of a bone. Left untreated, the problem can become a broken bone which will require serious medical attention.

## **People with the following are susceptible to stress fractures:**

- ▶ Decreased density of the bones, caused by age or lack of calcium
- ▶ Unusual stress on bones due to corns or bunions
- ▶ Abnormal foot structure or mechanics, for instance a flat foot or fallen arch
- ▶ Increased levels of activity -- especially without proper muscle toning
- ▶ Obesity

## **These symptoms are indicative of a stress fracture:**

- ▶ Sharp pain in the forefoot, aggravated by running or walking
- ▶ Sensitivity to pressure on the top of the foot
- ▶ Swelling of the skin over the forefoot

If you think you may have a stress fracture, see your physician as soon as possible. He will take an X-ray and determine if you actually have a stress fracture. If you do, he might prescribe an anti-inflammatory, tape up the injury, or perhaps put a cast over the broken area.

If you suffer from a stress fracture, take a break from exercising. Give yourself time to heal and follow your physician's advice!

# Warm-ups & Cool-downs

Before undertaking any kind of physical activity you should take the time to warm up. A warm-up simply mean 5 to 15 minutes of progressive aerobic exercise in preparation for more vigorous movement. No matter what type of exercise you plan on doing, whether it's jogging, playing baseball, biking, weightlifting, or skiing, you need to ease into your exercise with a warm-up and ease out of your exercise with a cool-down.

The longer and harder you plan on exercising, the longer you need to warm up. If you are out of shape then you need to warm up longer than if you are in shape since your muscles are not accustomed to exercise and will need extra time to adjust to the challenge you will be offering them. As you get more fit you body will begin to warm-up more quickly, but this does not mean you should eliminate the warm-up.

A good warm-up for a run would be to walk and gradually increase the speed and grade. Walking is in fact a great warm-up for most activities.

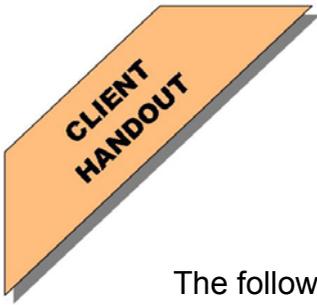
Many people will choose to skip the workout due to time restrictions but this can be a bad idea. Skipping your warm-up can lead to possible injury. Furthermore, by properly warming up you are more likely to enjoy your workout more and find it more satisfying.

## Why warm up?

Warming up basically is exactly that – you are warming up your muscles. Increasing the temperature of muscles, tendons, and ligaments makes muscles and joints more pliable and less likely to tear, stretch, or strain. Warming up also directs blood flow to the working muscles which will provide the needed oxygen and nutrients for exercise. Warming up also allows your heart rate to increase slowly and at a gradual pace, which is safer than quickly raising your heart rate, particularly if you are out of shape.

## Why cool down?

Cooling down after your workout will ease you out of exertion in a controlled manner. Bringing down your heart rate slowly will allow blood to redirect back to the rest of your body more gradually than stopping quickly. This reduces the risk of blood pooling, which can sometimes lead to light-headedness, nausea, or fainting. Cooling down also decreases your body temperature more gradually which is a more desired effect.



# Finding Your Target Heart Rate

The following is a simple three-step formula to help you calculate your Target Heart Rate when exercising.

### Step 1:

Maximum Heart Rate = 220 – (your age)

### Step 2:

Maximum Heart Rate x 70% = Bottom of target heart rate range

### Step 3:

Maximum Heart Rate x 85% = Top of target heart rate range

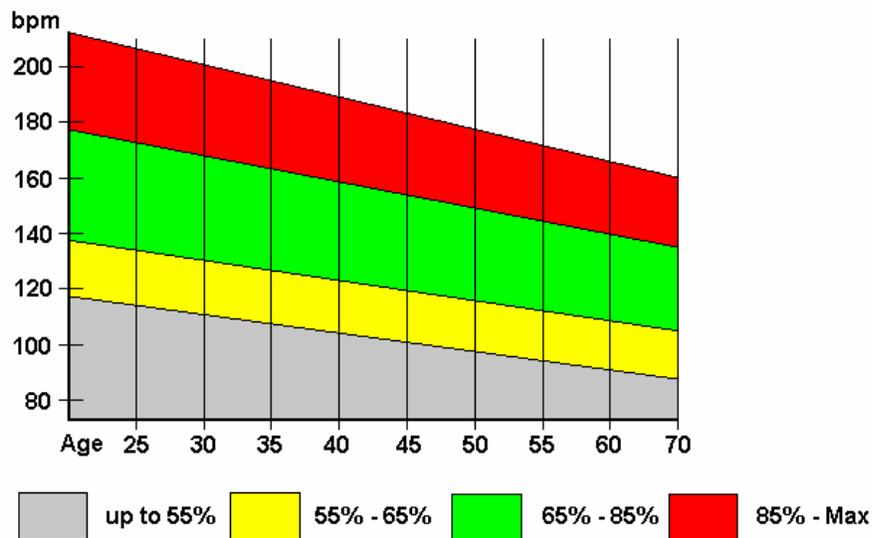
### Example for a 30-year-old:

Step 1: 220 – 30 = 190bpm

Step 2: 190 x 70% = 133bpm

Step 3: 190 x 85% = 162 bpm

**Target HR Range:**  
133 – 162 bpm



# **Are You Overtraining?**

After exercising it is important to allow the body to recover. During the recovery process the body rebuilds itself and replenishes its energy. If one does not allow for proper recovery time by training too frequently, then this overtraining can result in a decline in performance in exercise and in daily activities.

The following are warning signs that you may be overtraining. If you suffer from these symptoms, give your body a rest by taking several days off.

## **Warning Signs**

- ▶ Decline in performance
- ▶ Appetite loss
- ▶ Weight loss
- ▶ Muscle soreness
- ▶ Getting sicker more often
- ▶ Irritability
- ▶ Problems with sleep
- ▶ Chronic fatigue
- ▶ Problems with menstrual cycle in women
- ▶ Excessive anxiety

These symptoms are not all necessarily a result of overtraining. If you suffer from these symptoms persistently for more than 4-7 days then cease exercise and consult your physician who can diagnose for other possible medical problems.

# **Is A Fitness Assessment For Me?**

## **What exactly is a Fitness Assessment?**

A Fitness Assessment provides a safe and standardized approach to assessing the major components of fitness in individuals, and interprets these assessments based on norms and percentiles for other Canadians of similar age and gender. Assessment areas include Aerobic Capacity, Body Composition, Blood Pressure, and various Strength and Flexibility tests.

## **Why would I want to have one done?**

A Fitness Assessment can be beneficial for just about anyone! Beginners can use this as a tool to monitor their progress on an ongoing basis. Seeing one's results and having them compared to acceptable norms for your age and gender can trigger changes and influence personal health practices and lifestyles. A Fitness Assessment also gives a good starting point to help an Exercise Specialist set up an appropriate program.

The experienced exerciser may also want to have a Fitness Assessment done in order to assess their strengths and weaknesses, and to use these results to see whether they are following a balanced exercise program.

Fitness Assessments are good for any exerciser who may want to monitor their progress towards goals that they set out for themselves. As well, Fitness Assessments can serve as a great motivational tool!

## **What do I do with the results?**

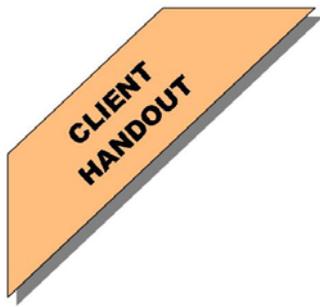
The results of your Fitness Assessment will be compiled, and then verified against norms for your age group and gender so you can assess your strengths and weaknesses in each area tested. An Exercise Specialist can use your Fitness Assessment results to help design an exercise program that is tailored to your specific needs.

# Back Pain Facts

- Back pain is the most frequent cause of limited activity in persons younger than 45 years of age.
- 30% of back injuries happened to people under the age of 30.
- Back problems are the United States' number one non-terminal health problem and affect 4 out of 5 adults.
- Every day 6.8 million people in North America are confined to bed with backache.
- 80% - 85% of the population will have back problems at some time in their life.
- Back problems account for 18 million doctor visits per year.
- Approximately 90% of them can be treated at home.
- North Americans spend 6 billion dollars per year for tests and treatment for back pain.
- Back problems cause North Americans to lose 200 million workdays per year.
- U.S. industry pays 15 billion dollars per year for lost time due to back problems.

***While back problems account for 18 million doctor visits a year, approximately 90% of them can be treated at home or in a health club with the help of a Personal Trainer.***





# Diabetes Fact Sheet

Diabetes is a serious health condition that affects millions – and experts estimate that numbers will double by 2015. While some people with diabetes experience symptoms, others may go for 7 - 10 years before symptoms appear. Early management of diabetes is important in preventing complications.

## Are you at risk for type 2 diabetes?

- I'm 45 or older
- I'm overweight
- I'm of aboriginal, Hispanic, Asian, or African descent
- I have a parent, brother, or sister with diabetes.
- I'm a woman who has given birth to a baby that weighed over 4 kg (9 lbs) at birth, or I had diabetes during pregnancy.
- I have high cholesterol or other fats in my blood
- I have high blood pressure or heart disease
- I have higher-than-normal blood sugar levels
- I have symptoms of diabetes (symptoms include unusual thirst, frequent urination, extreme fatigue, blurred vision, cuts/bruises that heal slowly, tingling or numbness in the hands or feet).

# Choosing The Right Shoe

When shopping for shoes you should follow a checklist of things to look for. The type of shoe you purchase will depend on the activity for which you need them.

The following are things to look for when considering new shoes:

- Adequate toe room**
- Snug Heel**
- Firm arch support**
- Firm soles**
- Flexible soles**
- Ankle support (if necessary)**
- Well-cushioned heel**
- Well-cushioned impact points**
- Heel reinforcement**
- Material type**
- Tread pattern**



# Safe Weightlifting Guidelines

When engaging in a weight-lifting program, you should remember a few points to ensure maximum safety and optimal results.

- 1)** Warm up prior to lifting weights with a walk or light jog for 5-15 minutes.
- 2)** Do not start with weights that are too heavy – start with a weight that you can lift at least 6-8 times.
- 3)** Progress by increasing weights gradually.
- 4)** Do not lift weights that may be too heavy without using a spotter.
- 5)** Take time to stretch your muscles after your workout.
- 6)** Take time off before working the same muscle groups again if you experience any soreness.
- 7)** Never exercise a sore muscle.
- 8)** Take time off when you're sick so your body can get better without the stress of exercise.
- 9)** Always use proper form and safe lifting techniques.
- 10)** Consult a Certified Personal Trainer for optimal exercise advice.

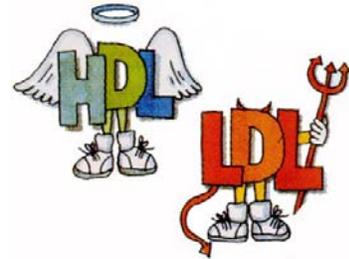
# Cholesterol Facts

## What is Cholesterol?

Cholesterol is a waxy substance produced by the liver and also supplied in the diet through animal products such as meats, poultry, fish and dairy products. Your body needs cholesterol to insulate nerves, make cell membranes and produce certain hormones. However, your body naturally makes enough cholesterol, and any dietary cholesterol may be considered to be excess.

## HDL “Good” Cholesterol

HDL cholesterol, or high-density lipoprotein, helps carry the “bad cholesterol” away from the walls of the arteries and returns it to the bloodstream, thus preventing build up of cholesterol in the artery walls. That’s why it is called the “good cholesterol”.

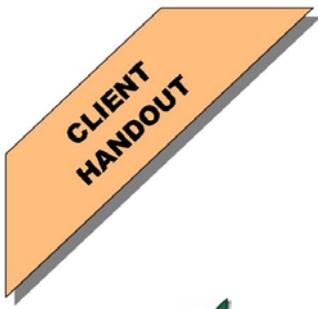


## LDL “Bad” Cholesterol

LDL cholesterol, or low-density lipoprotein, carries the largest amount of cholesterol in the blood and is responsible for depositing cholesterol in the artery walls. An elevated LDL cholesterol level is associated with risk of heart disease.

## A Myth About Cholesterol

One long-standing myth about high blood cholesterol is that it is caused by eating foods containing cholesterol. This is not so! Research shows that it is the FAT in food, particularly the saturated fat and trans fat, and not the cholesterol in food that raises blood cholesterol in most people.



# Cholesterol - Risk Factors

## **Family History**

If one of your parents or grandparents had a heart attack, you may be at higher risk of a heart attack or stroke due to your blood cholesterol level.

## **Age and Gender**

LDL cholesterol tends to increase as you get older.

## **Diabetes**

Uncontrolled diabetes tends to raise LDL and lower HDL cholesterol.

## **Weight**

People with excess body fat, particularly around the waist, often have higher LDL and lower HDL cholesterol.

## **Nutrition/Eating Habits**

Foods can affect your HDL and LDL cholesterol.

## **Physical Activity/Exercise**

Physical activity raises HDL cholesterol.

# What Are Risk Factors?

Risk factors are habits or inherited traits that can increase your risk of developing a certain disease. Research has identified a number of risk factors that contribute to an increased risk of heart and blood vessel disease. No single risk factor is the cause of heart disease. The more risk factors you possess, the greater are your chances of developing a heart problem. It's up to YOU to change those risk factors that can be changed!

▶ **Risk Factors you CANNOT change:**

*X - Family History*

*X - Age*

*X - Personal History*

▶ **Risk Factors you cannot change but have some control over:**

- *- Diabetes*
- *- High Blood Pressure*

▶ **Risk Factors you CAN change:**

*√ - Smoking*

*√ - Obesity*

*√ - Diet*

*√ - Stress*

*√ - Physical Inactivity*

# Super Stress Busters



- Get a change of scene. Leaving your workstation for a short walk can help you collect your thoughts and refocus on the task at hand.
- Take a humour break. Read one of your favourite jokes or share an amusing story with a co-worker.
- Manage your time. Prioritize tasks, and do essential ones first. Make checklists to measure your progress.
- Take a deep breath, allowing your rib cage and belly to expand as you inhale. Exhale slowly. Repeat 10 times.
- Watch your diet. Excessive consumption of alcohol, caffeine, sugar, fats, and tobacco limits your body's ability to deal with stress.
- Share your feelings. Call a trusted friend or family member when you need to vent.
- Keep your perspective. Create a screen saver of special places or people as a reminder of what's really important.