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November/December 2015
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EDITORIAL DISCLAIMER: We recognize that fitness professionals look to **canfitpro** for current and reliable information about the fitness industry. There are many opinions on every topic we cover, which is one of the reasons our industry is so interesting. However, the opinions of authors may or may not reflect those of **canfitpro**. In addition, **canfitpro** reserves the right to refuse any advertising and bears no responsibility for advertisers' messages. When applying information learned here to themselves, their clients and their class participants, we expect readers to think critically and to use common sense.

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To Subscribe

canfitpro Magazine is published six times per year by
Canadian Fitness Professionals. New
Professional Memberships with canfitpro are \$98
per year (plus GST/HST) and renewals are \$78 per
year (plus GST/HST) and include a subscription to
the magazine. For more information, please contact
Member Services at ext. 301.

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ROD MACDONALD
EDITOR

“If you are going to confront someone about a perceived betrayal, get clear about what you want out of the confrontation.”

When Getting Stabbed in the Back is a Good Thing

Every so often, sometimes without warning, you might get stabbed in the back. This often takes the form of someone you trusted betraying you, resulting in a world-shaking experience.

We go through life relying on others for many things, including our parents, siblings and other family members, as well as friends and co-workers. Because our identity is in part a reflection of our circle of closest contacts, that identity can be called into question when a part of it is cut away, leaving a wound that is both deep and painful.

At a deep, gut level, we are wired, when wronged, to retaliate either immediately, or after some time has passed (revenge, as they say, is a dish best served cold). This of course simply serves to keep the wound open because some of our time and energy goes to planning and devising a way to get back at the person who wronged us.

Here are a few questions to ask yourself in these types of situations:

- 1) **What role, if any, did you play in the situation?** Is it possible that you did or said something that the person misinterpreted or was hurt by? Sometimes, once uncovered, the person who hurt us is actually lashing out at us for a real or imagined wrong we did to them. Start by looking in the mirror.
- 2) **Are you imagining things?** Sometimes, what we perceive to be a betrayal is actually our own misinterpretation of the situation. Did the person snap at you when their blood sugar was low? Did we misinterpret an email, when they actually meant something else?
- 3) **Can you be curious before being judgemental?** As difficult as this sometimes is, because we are all good at snap judgements, being curious and imagining all the different reasons this may be happening can be helpful to avoid making a murky situation more difficult to resolve.
- 4) **Are you ready to deal with the situation?** To best deal with a sensitive situation, you have to be in the best state possible. If you aren't in the best state you can be, deal with it another time.
- 5) **Is the situation ready to be dealt with?** Has a little bit of time passed to reduce the snap judgements and knee jerk reactions? If you have to put off dealing with a situation until the environment is more conducive to resolution, then so be it. We all like to vent, but venting is rarely helpful in the heat of the moment.
- 6) **Are you clear about what you want?** If you are going to confront someone about a perceived betrayal, get clear about what you want out of the confrontation. If you're going in guns blazing, there will be casualties, and sometimes your wound will actually deepen in the process.
- 7) **Are you committed to a positive outcome?** The only reason to get back into a painful situation should be to make it better. Be committed to make it better at the outset and let that be your compass along the way.

It is rare that you should completely ignore a situation, especially if the person involved is in your life and will be for the foreseeable future. Be brave, and face the situation head on, but only after you have asked and answered the questions above. If you really want to hurt yourself and others in the process, revenge can always be your back up plan (not really), but keep in mind that if you've been stabbed in the back, it usually means you're in front where the strongest people have to be.

Rod



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canfitpro UPDATES

Vancouver Thank You!

canfitpro would like to thank all of the delegates, volunteers, presenters, sponsors and exhibitors who made Vancouver Fitness Expo 2015 a success! From an inspiring general session with SGT Ken, to an obstacle course in the expo hall, to all the running, jumping, sweating, stretching and learning it was an inspiring weekend for all! But don't just take our word for it, here's what **YOU** thought of the event:



"I always come away with my brain buzzing with new ideas. I'm already signed up for next year." - Myah Rogerson

"I go to the conference every year, even when I don't need the CECS for my certification. The Expo is a great place to get new ideas for your class design and to get re-inspired. You always leave with great new exercises and knowledge - it's an industry of never ending learning!" - Larissa Cahute





“The event exceeded my expectations. Each session I attended was amazing! I went home feeling absolutely inspired and my clients felt it the next day!”

– Nicolle Bortolussi



“What a fabulous event with great speakers with so much wisdom shared from their hearts. I would definitely recommend this event to people who are starting in the industry as well as veterans. So much to learn and apply in our own lives as well pass on to our clients!”

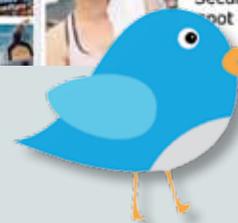
– Takako McKenna



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December 1-4, 2016!

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Apprendre à connaître Joannie Rochette, athlète olympique

canfitpro a rencontré la passion et les secrets du succès de Joannie, la patineuse artistique. Joannie est une présentatrice vedette de fitMONTREAL. Inscrivez-vous maintenant sur canfitpro.com.

Avez-vous toujours su que vous vouliez devenir une patineuse artistique de compétition / professionnelle ?

J'ai vu les Jeux Olympiques à la télévision en 1994 et c'est à ce moment que j'ai su que je voulais m'y rendre un jour.

Qu'elle est votre routine du matin ? Je bois un grand verre d'eau, déjeûne, prends une douche, hydrate ma peau et brosse mes dents.

Quel rôle joue le conditionnement physique dans votre vie quotidienne ? J'aime que ce soit incorporé dans ma journée sans que je planifie aller au gym nécessairement. Ça peut-être de marcher ou de prendre le vélo pour me déplacer, prendre un cours de danse ou de yoga. J'essaie de faire des choses que j'aime. Récemment j'ai découvert le parachutisme et l'hiver je m'entraîne un peu au Skyventure. L'été, je fais du vélo et l'été dernier j'ai fait la course Xman, c'est tellement le fun ! J'aimerais faire un entraînement style « bootcamp » l'été prochain !

Avez-vous un exercice favori ou une mise en forme favorite ?

J'aime beaucoup travailler en isolation et en contrôle comme au pilates. Les muscles que je préfère travailler sont les abdominaux.

Comment demeurez-vous concentrée sur vos objectifs, qu'est-ce qui vous maintient motivée ?

L'important c'est d'aimer ce qu'on fait et de se donner des objectifs à court terme qui sont réalistes.

Comment avez-vous surmonté les défis personnels aux Jeux Olympiques de 2010 ?

J'avais une bonne équipe autour de moi et j'étais bien préparée sur la glace.

Que peuvent espérer entendre de vous les membres de canfitpro à l'événement de fitMontréal ?

Mon histoire avant de me rendre aux jeux de Vancouver, les embûches et les beaux moments, le travail d'équipe, l'importance d'avoir de bonnes habitudes de vie (suite à la crise cardiaque de ma mère).

Quel conseil principal donnez-vous aux passionnés et professionnels du conditionnement physique ? Varier les entraînements et ne pas avoir peur d'essayer de nouvelles choses.

Qu'aimez-vous le plus du Québec ? Les 4 saisons, même si l'hiver est toujours un peu trop long !

Avez-vous un endroit favori à Montréal ? Le Mont-Royal, on peut s'y entraîner, et la vue est superbe !

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By: Irene Lewis-McCormick

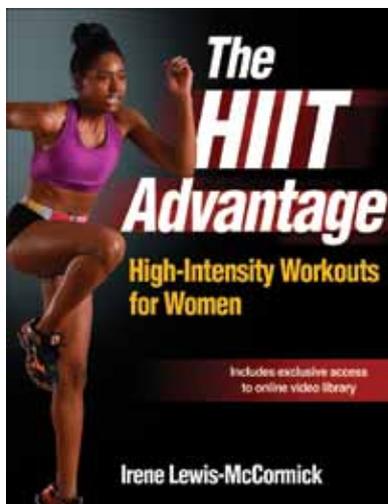
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Celebrating Women Who Influence

by Maureen Hagan

Canadian women are playing an increasingly important role in the fabric of Canadian workplaces as they now make up almost 50 per cent of the workforce. When it comes to leveling the playing field, the fitness industry has made huge strides over the years to create equal opportunity for both men and women. In what used to be a male dominated industry, women are now making their mark and leaving a lasting impression. I am lucky enough to be surrounded by inspiring and motivational women who have helped shape my career and help me become the leader I am today. In fact I landed my first job in the fitness industry in 1983 when I began working at a small chain of women's fitness clubs. I was hired to teach group fitness classes, set up members on individualized exercise programs and sell memberships. I had no idea that what started as an entry-level job in the fitness industry, during a sabbatical year between university degrees, was actually setting me up for a life-long career.

Network with other thought leaders

If you want to be successful in your given field, get to know the people who are already successful in it. Surround yourself with like-minded people you look up to and soak in everything they say and do. Better yet, ask them to join you for a coffee, pick their brain and learn from them. Building a relationship with a variety of people who inspire you is key to developing your own skills and approach. There is a reason you look up to these people; they are mentors. Make sure that you are not 'looking' from afar - use every opportunity you can to interact with these people as they are a wealth of knowledge and can help guide you through your professional endeavours. I find my mentors to be passionate and hardworking. They are women who have changed the fitness industry, and transformed it from the traditional 'old boys' club' to what it has become today - a gender-equal place of opportunity. Those women love what they do and have a combination of traditional and self-taught education. They have reached impressive heights in their careers through hard work and dedication.

"A sense of pride and humility filled my heart and soul as I listened to the life experiences that shaped the lives of the seven powerful 'movers and shakers' who graced the stage during the Women Who Influence event. The exquisite vision and foresight that Mo Hagan possesses made this event happen. Mo is generous with her knowledge, open and willing to share with others. She selected individuals that demonstrated how each one of us is capable of following our passion and becoming change agents for health, wellness and happiness. I listened to trials and tribulations, stories of perseverance and determination, and was reminded that we each have the opportunity to nurture, support and celebrate the success of one another. I am grateful to have spent a wonderful day filled with laughter and also tears, with a room full of amazing women".

- Charlene Kopansky



“I must say that the women who influence day at **canfitpro** world fitness expo was the highlight of the convention for me! Meeting so many amazing women and spending time with friends was fantastic! I left thoroughly inspired!”

- Sara Kooperman



Front Row L-R: Julz Arney, Mo Hagan
Middle: Tosca Reno, Paula Morand
Back Row L-R: Krista Popowych, Sara Kooperman, Beth Shaw, Nathalie Lacombe

Stand up and share, be seen and heard

Working hand-in-hand with **canfitpro**, I launched the Women Who Influence event two years ago. It is a half-day of mentoring and networking for accomplished women in the fitness industry. These women, including my mentors and peers, come together to share stories, successes, failures, queries and everything in between. It is a very candid day where we learn from each other and celebrate being women in the industry.

Again this year, at the 2nd annual Women Who Influence event held at the **canfitpro** world fitness expo in Toronto, I was blown away by the energy and messages that the speakers brought to the table. It's truly a day to recognize women who are trailblazers and leaders in the fitness industry. This year, I was honoured to share the stage with six incredible women: **Julz Arney, Sara Kooperman, Nathalie Lacombe, Krista Popowych, Tosca Reno, and Beth Shaw**. Each of these amazing women influenced and inspired a sold out room of equally inspired and influential women.

Tosca Reno shares:

“Women Who Influence is a luncheon event that embraces and embodies the idea of influence. Whether it is your ambition to widen your circle of influence or step out of your comfort zone and meet new people, this type of event affords you this opportunity. For instance, I introduced myself to Sara Kooperman at the luncheon. We have been communicating since and now I will be speaking at one of her events. This is how it works.”

Being surrounded by smart, strong and fit women who have built successful careers is inspiring. We are and can be, each other's biggest supporters. *“It was so energizing and soul-filling to be with so many wonderful women. I loved hearing each woman's story and to be able to build friendships with women I had only seen pictured in the conference brochures. I'm confident this event will continue to grow and be our industry's hallmark women's event!”* - Julz Arney

This type of event is also an opportunity to celebrate women. Women are great networkers, nurturers and teachers but are often under-recognized or appreciated. Together and at an event like Women Who Influence, we can celebrate, share, and help shape a path for women coming into the industry. The future for women in the fitness industry is bright. Perhaps there is even a place for a Women Who Influence Network too.

“It was a privilege to attend the Women of Influence Luncheon VIP Luncheon. As an outsider with an interest in the fitness industry, I felt it was very beneficial for me attend and build my network. I met a lot of phenomenal women from various industries and as someone who works with entrepreneurs, it is always great to see how people can transition their passion into viable, and even hugely profitable businesses” - Sarah Buck, Operations Manager, Pierre L. Morrisette Institute for Entrepreneurship at Ivey Business School, London, ON.

The power of women

Ladies, you have a lot to offer any industry. You are intelligent, nurturing, and have so many great qualities that are the cornerstones of success. So hold your head high, know your worth, learn from each other and show 'em what you're made of!

The 3rd Annual Women Who Influence Luncheon is will take place at the world fitness expo on Thursday, August 11, 2016. Stay tuned for more details on www.canfitpro.com.

MEMBERSHIP MATTERS



THANK YOU to our new and renewing members who took part in our **Customer Satisfaction Surveys**. These surveys help us better understand your needs and provides us the opportunity to fulfill them. As a thank you all those that completed the surveys were put in a monthly draw for prizes, just for giving us feedback!

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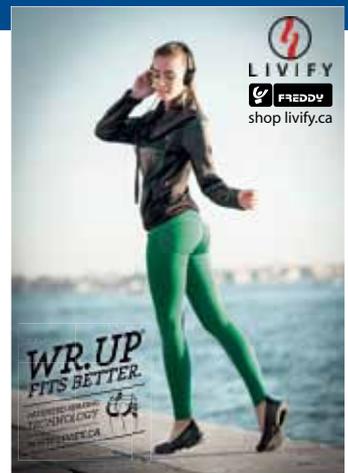
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VIA Rail Canada - Plan your next vacation around stress-free train travel. Members are eligible for the corporate fare and enjoy spacious seats, quick boarding, downtown-to-downtown travel, spectacular views, enticing menus and impeccable service

MUSIC

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

WELLNESS

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

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

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

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

STUDIO RENTALS

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

The Training Zone - For trainers looking for a well equipped facility to train their clients. Professional and energetic atmosphere! Members get 10% on studio rental fees.



PART OF THE ARTHUR J. GALLAGHER GROUP



THE PULSE OF CERTIFICATION



Nathalie Lacombe
membership and certification director

Brand New Programs to Choose From!

I've been teasing you about some upcoming program launches, and the time has come to start spreading the news. Please pay special attention to canfitpro's emails and social media posts to be amongst the first to take part in them!

Tosca Reno's Eat Clean Foundations powered by canfitpro

We've partnered with none other than the 'Eat Clean Queen' **Tosca Reno** in the creation of our first ever eat clean course! Learn more about current nutrition deficiencies in North America, balancing your blood sugar levels, increasing your energy and transforming your physique! Eating clean is a lifestyle way of consuming food that promotes health, aids in managing ideal weight, increases vitality and helps ensure a positive wellbeing.



Children's Fitness Coach

Instill a lifelong love of movement and activity in children! Whether you want to work with children in a school, or sports, setting or simply understand how to help your own family become more active, this program provides the knowledge you need. Learn current information about fitness considerations for children and get practical advice for developing relevant fitness programs for children.



Add to your current abilities as a fitness professional to make a difference in the lives of children in your community!

For details about these exciting new online educational offerings, please go to www.canfitpro.com

Good news for members in Alberta

We had a blast with all of you at **FitCalgary!** In the days before the event we had the pleasure of welcoming five new PRO TRAINERS and Associates in our Training Camp. They are passionate leaders in the fitness industry who look forward to helping you grow your careers! Please join me in congratulating:

- **Matt Leigh** - Calgary, AB - PTS
- **Elise Ure** - Edmonton, AB - FIS, CPR & AED
- **Shanon Whiltow** - Edmonton, AB - FIS, CPR & AED
- **Tamara Dundas** - Medicine Hat, AB - HWL, CPR & AED
- **Bonnie Ewing** - Calgary, AB - HWL and FIS



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

Nouveautés

Il me fait grand plaisir de vous annoncer le lancement de notre **Cyberlettre** professionnelle en français! Vous allez recevoir la première version de ce courriel à la fin novembre. Elle va inclure des articles à propos des formations, des mises à jour **canfitpro**, du contenu professionnel, etc. N'hésiter surtout pas de me faire parvenir vos impressions et préférences pour les futures éditions!

« Joie de vivre »

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

~ Marcel Proust

PRO TRAINER Showcase

Daniel Ince (PRO TRAINER), Driven Lifestyle Group Owner/Director

Michelle Espino (associate PRO TRAINER), Driven Lifestyle Group Owner/Director (2015 Administrative Excellence PRO TRAINER award winner)

canfitpro Programs You Teach: Personal Training Specialist (PTS) In Regina, SK

Why did you become a PRO TRAINER?

Mainly to share the education opportunity of fitness, health and wellness with other like-minded individuals. The training industry has evolved exponentially over the last 10 years. Knowing the importance of being at the forefront of fitness professionals helps us to stay ahead of the curve. The impact on the training industry in general is a big driving factor for us, as having better trainers out there will indirectly impact a HUGE amount of people.

This aligns with our vision of Driven: helping future and current fitness professionals to improve their knowledge base, skill set and becoming overall better professionals in this industry. We are continually raising the bar for the professional personal trainer. If we can positively impact more fitness professionals they can better help their clients and those around them.

What have you learned as a PRO TRAINER?

The importance of staying current in the fitness industry, understanding and interpreting fitness trends from fads. Sharing the RIGHT information as much as possible with other fitness enthusiasts and professionals. Knowing that technology is a major component to the fitness industry, we are gradually transitioning to offer more services in an online format.

As we are the 'trainers that train the trainers' we know how crucial it is for our own continuing education to keep current and up to date. The



'It's amazing what can be accomplished when you don't care who gets credit.'

organization required to run the PRO TRAINER agency has helped our business improve as well. Having our PRO TRAINER agency established has improved day-to-day operations of Driven, having moved into our own facility in January 2015.

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

The entire course offering is exciting but three sections especially stand out: the role and importance of the professional personal trainer, the business and psychology of training are

especially interesting as well. This is something that isn't emphasized enough. It's great to have the theory and understanding of biomechanics and the human body, but it's really interesting putting it into practice day in and day out. These qualities are what set trainers apart from the rest. The cream of the crop rises to the top!

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

Getting better everyday as each prospective trainer that comes in for courses and exams, they eventually want to have or take my job. The education side, having the opportunity to give back, and creating the best personal trainers in the industry.

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

As we are in the first year in our own space with Driven, we are very excited to see what the future holds. Our goal is to reach people near and far and continue to grow the Driven Lifestyle Group.



Préparez-vous pour vos sorties de raquette

par Catherine LeFrancois

La raquette permet d'aller presque partout, sur tous types de neige (sauf en neige dure) et sur pratiquement tous les terrains. Elle est devenue un instrument de loisir ludique et a permis à un grand nombre de pratiquants de pouvoir découvrir une autre facette de la montagne l'hiver.

Le raquetteur détermine sa cadence : quand une pente devient trop escarpée, il peut prendre une pause sur le bord du sentier, boire de l'eau, admirer le paysage. Et c'est très bien. Par contre, si vous choisissez de faire une sortie de plusieurs kilomètres (10 et +), la préparation physique vous aidera à faire en sorte que ce soit aussi facile que lorsque vous admirez le paysage ! Même si la pratique de la raquette est plutôt récréative (ce n'est pas encore un moyen de transport actif) une bonne préparation physique permet d'éviter les

blessures ou les inconforts pouvant survenir lors de vos randonnées.

Le programme d'entraînement que nous vous proposons vous permettra de profiter pleinement de vos sorties, en terrain plat ou en montée, que vous soyez débutant ou expert.



Transférabilité

La raquette est un loisir qui peut être exigeant ou très facile, selon le terrain choisi et votre énergie de la journée. Reproduisant un mouvement de marche en montagne, cet entraînement est transférable à la pratique de la randonnée pédestre ou de la marche avec bâtons.

Développer ses capacités cardiovasculaires

Le mouvement principal de la raquette est la marche. Pour développer votre capacité cardiovasculaire et vous préparer à cette activité, faites un entraînement sur une machine elliptique ou Arc-Tracker en maintenant une cadence élevée (140 pas/minute). Il est aussi possible de faire de la marche rapide sur un tapis roulant à une cadence de 100 pas/minute. L'entraînement sur tapis roulant engendre plus d'impact ; il n'est donc pas conseillé si vous avez des problèmes de genoux.

ENTRAÎNEMENT MUSCULAIRE EN CIRCUIT

Exécutez cet entraînement deux fois par semaine en complément des randonnées

L'entraînement proposé se fait en circuit ; c'est-à-dire que vous enchaînez 3 exercices un à la suite de l'autre, avant de prendre une pause entre les deux séries. Ce type d'entraînement est plus rapide qu'un entraînement classique et permet de maintenir des fréquences cardiaques plus élevées, étant donné qu'il n'y a qu'une seule pause par circuit (entre les deux séries). Un entraînement par circuit est aussi plus fatiguant, ce qui développe l'endurance musculaire, une composante physique importante pour la raquette.

A - Prescription pour l'entraînement cardio-vasculaire

- **Appareil** : Elliptique, Arc Trainer ou Tapis roulant
- **Durée** : 30 à 60 minutes
- **Inclinaison** : choisissez un programme qui comporte des variations d'élévation (inclinaison) de manière aléatoire (Fartlek ou autre)
- **Échauffement** : effectuez 5 minutes à une cadence confortable. Vous devriez être en mesure de parler aisément. Augmentation progressive du rythme cardiaque (battement par minute) à : $(220 - \text{votre âge}) \times 60\%$.
- **Cadence** : 140 rpm sur le Arc Trainer ou 100 pas/minutes sur le tapis (environ 7.5 km/h selon la longueur de votre foulée)
- **Maintenir la cadence** : malgré la variation d'inclinaison, tentez de maintenir la même cadence. Ceci va permettre une récupération cardiaque plus efficace.
- **Contrôler la respiration** : pour vous aider à maintenir votre cadence, contrôlez votre respiration. Lorsque vous commencer à manquer d'air, inspirez par le nez et expirez par la bouche. Faites le 2-3 fois. En inspirant par le nez (la bouche fermée) moins d'air est amené aux poumons, ce qui a un effet immédiat sur la fréquence cardiaque : elle diminue. C'est pourquoi ça s'appelle la capacité cardiovasculaire. Si un augmente, l'autre suit généralement la tendance et vice-versa.

Plus vous serez en mesure de contrôler votre respiration, plus vous serez capable d'augmenter l'intensité lors de vos entraînements cardio.

B - Prescription pour l'entraînement musculaire en circuit

Les paramètres

- **Nombre de répétitions d'un circuit** : 2
- **Nombre de répétitions de chaque exercice** : 15-20
- **Temps de récupération entre les circuits** : 30 secondes ou selon ses capacités
- **Temps de récupération entre les exercices** : 0
- **Poids des charges** : léger ou poids du corps

ARC TRAINER : un appareil qui reproduit parfaitement le mouvement de la raquette, en combinant le mouvement d'un elliptique et d'un Stairmaster.



CIRCUIT POUR LE BAS DU CORPS

1- Step-down sans appui au sol

Muscles sollicités : cet exercice sollicite le grand fessier, le quadriceps, le sartorius de même que les adducteurs.

Le sartorius est un muscle dont l'origine est à l'extérieur de la hanche et l'insertion sur le côté interne du genou. Il aide le quadriceps dans la flexion du genou et les mouvements controlatéraux (droite-gauche). Il s'appelle sartorius car il a une forme de « S ».

Objectif : cet exercice sert à renforcer les muscles du bassin et de la cuisse et aide au contrôle du genou.

Description : 1- debout sur une plateforme, en appui sur un pied, fléchir le genou en poussant les fessiers vers l'arrière. Pour aider à l'équilibre, inclinez légèrement votre tronc vers l'avant et prenez des poids de charge légère (3 à 5 lbs). Gardez les bras près du corps lors de la descente. 2- Dépliez le genou et contractez les fessiers pour revenir à la position initiale.

* Portez une attention particulière aux mouvements du genou pendant l'exercice. Poussez le genou vers l'extérieur dans la descente.

Stabilisateurs du bassin (adducteurs/abducteurs)

En raison de la largeur des raquettes, les adducteurs et les abducteurs sont plus sollicités qu'à la marche. Bien sûr, depuis le retour en force de la raquette dans les années 90, les nouvelles raquettes sur le marché sont plus étroites que celles utilisées à l'époque. Les pieds ont quand même une base plus large que le bassin, ce qui demande un travail plus grand qu'à la marche.

2 - Adduction de la hanche à la machine

Muscles sollicités : adducteurs (intérieur des cuisses)
Objectif : Renforcer l'intérieur des cuisses

Description : 1- Assis le dos appuyé sur le dossier, refermer les cuisses sans pousser avec le genou. Le mouvement part de l'intérieur de la cuisse. 2- Contrôlez le mouvement pour revenir à la position de départ. Attention à ne pas mettre une charge trop lourde : ça crée des tendinites à la patte d'oie (face intérieure du genou).

3 - Abduction de la hanche à l'élastique

Muscles sollicités : Abducteurs (petit et moyen fessiers et autres muscles stabilisateurs du bassin) >>>

ENTRAÎNEMENT MUSCULAIRE EN CIRCUIT

Objectif : contrôler les mouvements du bassin lors du patron de marche et pratiquer l'équilibre.

Description : 1- Debout, placez l'élastique sous les pieds, les poignées dans les mains et les mains placées aux hanches. 2- En appui sur une jambe, ouvrez la jambe opposée vers l'extérieur en poussant avec le côté extérieur du pied, sans fléchir le genou. 3- Contrôlez le retour à la position initiale en résistant à la force de l'élastique.

II - CIRCUIT POUR LE HAUT DU CORPS

Dans cette portion de l'entraînement, la position du corps est importante. Par exemple, pour l'extension des coudes (triceps), il est important d'avoir le corps incliné vers l'avant, pour reproduire la position et le mouvement des bras lorsque vous utilisez des bâtons (piqué devant et poussée vers l'arrière).

4- Tirade au TRX en position déclinée (poids du corps)

Muscles sollicités : grand dorsal et stabilisateurs de l'omoplate

Objectif : renforcer le dos pour le port du sac à dos lors des randonnées

Description : 1- Poignées dans les mains, bras tendus, le corps droit, tirez sur les poignées pour amener vos mains à votre poitrine. 2- Lors de la tirade, rapprochez vos omoplates l'une de l'autre tout en gardant vos coudes près de votre corps. Gardez les épaules basses. 3- Revenez à la position initiale en allongeant les bras. Attention à ne pas avancer le bassin lors de la tirade.

5- Extension des coudes à la poulie haute

Muscles sollicités : triceps et anconé (muscle du coude)

Objectif : renforcer l'arrière du bras pour le mouvement de piqué des bâtons de marche

Description : 1- À la poulie, placez un pied devant l'autre, tronc incliné vers l'avant aligné avec la jambe arrière. Les coudes fléchis. 2- En gardant les bras contre le corps, poussez les avant-bras vers l'arrière en gardant les coudes collés au corps. Faites l'extension complète des coudes. 3- Revenez à la position initiale sans déplacer les coudes vers l'avant. Attention à ne pas arrondir les épaules vers l'avant.

6 - Tirages bras tendus à la poulie haute (lat pull down)

Muscles sollicités : deltoïdes, grand rond et rhomboïdes

Objectif : renforcer l'épaule dans le mouvement de piqué-poussée des bâtons dans la neige.

Description : 1- Débutez debout, face à l'appareil, les pieds écartés à la largeur des épaules. Saisissez la corde en gardant les bras tendus. 2- Tirez vers le bas, en direction des hanches, en resserrant les omoplates. 3- Revenez lentement à la position initiale en conservant les bras toujours tendus.

III - TRAVAILLER SON ÉQUILIBRE

7 - Arc instable sur une jambe

Muscles sollicités : gastrocnémiens et soléaire, obliques externes, ischios-jambiers, grand fessier

Objectif : La raquette sollicite l'équilibre puisque le terrain est souvent inégal (profondeur de la neige, surfaces glacées, etc.) Faites cet exercice en fin de programme, avant les abdominaux, car il sollicite tous les muscles du tronc et du bas du corps.

Description : 1- Placez des dômes de couleurs (4-5) en demi-cercle devant vous. En appui sur une jambe, touchez les dômes un après l'autre en vous redressant entre chaque. Faites-le dans les deux sens, avant de changer de jambe. 2- Faire 2-3 fois par jambe. Attention, cet exercice sollicite beaucoup les mollets.

IV - CIRCUIT POUR LA CEINTURE PELVIENNE (ABDOMINAUX ET LOMBAIRES)

8 - Flexion des hanches sur ballon

Muscles sollicités : Abdominaux (grand droit de l'abdomen, obliques, transverse), psoas et psoas-iliaque

Objectif : renforcer la ceinture pelvienne (core). Puisque le tronc est incliné vers l'avant lors de montée en raquette, les abdominaux sont toujours sollicités. Lors du mouvement de la marche en raquette, le psoas et le psoas-iliaque sont très sollicités. Ces muscles ont comme fonction de faire la flexion de la hanche, pour permettre de lever le genou pour avancer.

Description : 1- Les tibias appuyés sur le ballon, les mains en appui au sol les bras tendus, gardez la poitrine haute et la tête dans le prolongement de la colonne. 2- Fléchissez les jambes et amener les genoux vers la poitrine. Attention à ne pas trop élever les fessiers pendant le mouvement. 3- Revenir à la position initiale en contrôlant l'instabilité du ballon.

9 - Extension du dos sur ballon

Muscles sollicités : extenseurs lombaires (érecteur du rachis), carré des lombes, grand fessier

Objectif : renforcer la ceinture pelvienne et travailler en synergie avec les abdominaux

Description : 1- les pieds en appui au mur, les cuisses et le bassin appuyés sur le ballon. 2- Faites une flexion avant puis redressez le tronc jusqu'à ce que vos épaules et vos pieds soient alignés (comme la planche abdominale). Attention à ne pas faire d'hyper extension du dos.

V - ÉTIREMENTS

Objectif : étirer les muscles que vous venez d'entraîner.

Muscles sollicités : quadriceps, sartorius, mollets, grand fessier, adducteurs, abducteurs, triceps, rhomboïdes, dorsaux et abdominaux.

Description : Tenir chaque étirement environ 30 sec. sans bouger (pas de rebonds). Vous devriez sentir un étirement, mais pas une douleur.

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A New Year A New Perspective

By Laura Warf

When you consider making a change in any area of your life, do you do so to move *away* from something you don't like? Or *towards* something that you think would serve you better and make you happier?

Contemplate this expression: when you change the way you look at things, the things you look at change.

Is there a situation in your life right now that displeases you? What if you were to look at it from a different angle to shift your perspective? Imagine looking at a world map: if you are always fixated on one point on the map like your own home town for example, would you notice other surrounding towns, or provinces, or even neighbouring countries? We all have a certain perspective on every aspect of life due to our exposure to our own ways of thinking. By being more open-minded and curious, we can expose ourselves to a myriad of ways of looking at any situation. The next time you are fixated on a problem or an issue that you would like to change, try looking at it from a different angle--not just from your own home town--to help shift your way of thinking and problem-solving.

Let me illustrate the subject of perspective with a personal story. My view on health and fitness was shaped over the years by many factors: my upbringing and attitudes about living an active lifestyle, my experience at a young age in sports, and then through my continuing education in the field of fitness and wellness.

With time, experience and new influences in my life, my perspective about health and fitness shifted. At an earlier age my focus was on attaining a high level of physical fitness. Although this one pointed focus (just like only looking at our own home town on a map) served a purpose, it was not holistic or global in nature, and it created inevitable imbalance. Too much of anything, even a good thing, can tip the

balance scales. In my case the scale tipped too far towards physical movement without adequate recovery time in between classes and workouts, along with deficient nutritional habits. This led to fatigue and chronic back and hip pain. Since we can't solve a problem with the same type of thinking that created it in the first place, I asked for help from other professionals so I could gain new insight.

Our greatest challenges often lead to our greatest breakthroughs.

My physical pain and anxiety led me along a new path to restore my lifestyle and body balance. My Naturopath urged me to stop all high-intensity exercise for a while, to follow an anti-inflammatory diet, and to practice deep breathing, yoga and meditation. Since I had been teaching several spinning classes a week for 15 years, as well as spending my free time doing weight training and outdoor activities, my body was sending clear messages that it was too much. All systems were on alert! My digestion was affected, I was bloated and tired, I was unfocused and I had high anxiety.

Following my first consultation with my Naturopath, my physical activities shifted towards daily walks and hikes with my dog, along with a gentle to moderate yoga asana practice and 15 to 20 minutes of corrective exercises a few times per week. I invested the time it took for my body to restore its balance by altering the way I moved, and I consistently practiced shifting my mindset.

A more holistic, integrated approach to well-being resonated with me and now governs how I live my life. After testing my approach on some willing clients with great success over the past few years, my latest endeavour was born: Laura Warf School of Happiness. In my program, I take a holistic and integrated approach to total well-being. I'm inspired by the positive



Experience Laura's teachings in person at the fitMONTREAL event, February 4-7, 2016. Registration is open now at www.canfitpro.com.

psychology movement which focuses on what is right in your life as opposed to what is wrong. When we change the way we look at things, the things we look at change. When I shifted my mindset away from just “why” I exercised (to be fit) and moved towards focusing on “how do I want to feel?” (to be energized and healthy). It compelled me to look at the map from a different perspective. My actions seemed more meaningful. Along the way, I met other people who displayed the same pattern: various professionals leading busy lives and pushing themselves to do more in all areas of their life. If patterns of consistent striving creates a constant stress response within the body without adequate recovery (in workouts or in life) then the body will respond symptomatically. These small whispers can escalate to a loud voice if the messages aren't listened to and acted upon. When the body moves towards systemic inflammation, as was my case, trying to do more whether it be mentally, physically or emotionally is counter-productive. Results will be limited, leaving most people feeling depleted or injured rather than effective and energized.

What can you do?

Are your lifestyle habits making you feel better or worse? Choose activities that make you happy, and keep a positive mindset. Instead of focusing on what you don't want (excess weight, pain, low energy), focus on what you do want (a healthy, fit, strong body and an abundance of energy). Regardless of the activity you choose, do it mindfully, and be fully aware of how you are moving and focus on being in the moment.

Eckhart Tolle the author of *The Power of Now* states that stress is “being here now but trying to get somewhere else”. My yoga teacher, Mark Whitwell often stated that “the main cause of human suffering

was trying to get somewhere other than being here now”. When we are present, we conserve our energy, when our thoughts are always oscillating between the past and the future, we are consuming energy more rapidly leaving us feeling more depleted. This does not mean we shouldn't set future goals for ourselves. On the contrary, set goals, then move into action positively, mindfully and joyfully. When we do something out of obligation with emotional resistance or resentment to the task, a stress response within the body is activated. It has been reported that prolonged elevated stress levels due to consistent chaotic thought patterns or too much of any activity without proper rest and relaxation can lead to systemic inflammation over time and a reduction of overall productivity at all levels. Shift your perspective and change the formula.

A global approach to wellbeing looks at the whole person.

Gradually integrate new elements into your lifestyle or those of your clients such as: whole foods nutrition, proper rest and relaxation techniques, play time, outdoor time in nature and time with uplifting people you enjoy being with. What are you moving towards in your life? How do you want to feel? What can you do differently that will lead you along a new path to fulfilling your desire? Balance your lifestyle and shift your perspective with every life challenge to leave you feeling healthier, happier and more energized to blaze new trails on the world map!

.....
 Laura Warf, B.Ed. McGill (Fitness), canfitpro FIS, MBS, CCF Coach, Reiki, RYT-500 Laura is the founder and teacher in her School of Happiness. She is an inspiring speaker, educator and industry leader for the past 25 years. Laura passionately engages and leads individuals and groups through transformational experiences using her “8 essential elements to health and happiness”. www.LauraWarf.com

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Making Workouts Fun During the Holidays!

by Sherri McMillan

Exercise is a chore for most people. The biggest problem working in the fitness industry is that we are offering a product that most people hate. Unfortunately, the majority of people do not like to exercise! So as fitness professionals, each and every one of us has to do whatever we can to make the exercise experience as enjoyable as we possibly can.

We have to be in the business of getting our members and clients to really like each and every single one of us, enjoy being around us, enjoy our environment and how they feel every time they come and see us.

No one will ever leave us for any of the following reasons: *"I stopped coming because I had way too many friends there."* *"I quit because the staff is entirely too friendly and fun. They're always introducing me to other people...Always trying to help me...Always making me laugh."* *"I stopped going because the workouts are just so much fun!"*

And now, the holidays are just around the corner and fitness clubs can become a ghost-town. When someone's life is super busy, it becomes very easy to skip their workouts, especially if they don't

really look forward to them to begin with!

So let's do what we can do make this a very special time for our clients and members so they don't get out of their routine!

SHOW THE LOVE: Your clients should know year-round how much you love and appreciate them. The holidays just allow an opportunity to express it in a very special way.

- **Host a party:** Perhaps you could host a big year-end Client Appreciation Party. Last year we hosted a very fun Masquerade party. We all dressed up, played games, ate, drank, danced and had fun! We played a slide show highlighting photos from all the events we hosted over the last year. We announce Personal Trainer, Most Improved Trainer, CSR and Client of the year. It's a fabulous event and probably the best holiday party in our area.

- **Give your clients a gift:** You don't have to do it, but what a nice gesture to let your clients know you're thinking of them. We've given out water bottles, fleece hats, gift cards and bags. I especially like to give gifts with our logo on it, because then it's a nice promotion for our business too! This year we are sending out a holiday card with a \$25 gift card they can use for any services at our business and we are including a trial pass that they can give to a loved one.

DECORATE: We love to make our studios look festive. It changes things up for a bit...just like in our homes.

THEMED CLASSES: We host Thanksgiving Turkey Busters, Santa's Surprise, New Year's Dance party, Yuletide Yoga and more. It's just a great opportunity to mix things up, keep things fresh and have some fun!

SPREAD THE LOVE: Host an event that clients can do together to support a local shelter or important community cause. We host an annual Holiday Exercise-a-thon every year and collect food and clothing for the local shelter. We typically load up three or four trucks full of goods for the shelter. You can host a Gift Giving Tree where clients can bring in gifts for local kids in need. Last year, we hosted a Ho Ho Ho Holiday 5k and raised \$10,000 for some local residents who had just been displaced from their low-income housing. Just doing something like this together as a group helps to create a strong bond with your clients and develop your community.

SALES WITH LOVE: Do you have a plan to encourage clients to focus on the "Gift of Health, Fitness and Vitality during the holidays? Here's the thing - people are spending money and buying gifts in late November and all through December. So would you rather have clients purchase a gift that will literally change someone's life or let them buy someone a sweater that probably won't fit and their loved one will never wear?! Here are some ideas for you:

- **Offer a Holiday sale or promotion.** All smart businesses do this during the holiday season. You've got to entice your clients and prospects to want to invest in YOUR services. Plus it will get them to prioritize their commitment to their health and fitness NOW and set them up for a healthy and fit 2016 - BEFORE they have spent all their funds.
- **Give clients \$25-\$50 Gift Cards as a Client Appreciation Gift for the holidays.** Again, this will encourage them to use it

and, therefore, increase the chances that they will continue with you into the new year. Consider giving them two gift cards, one for them to use and one for them to give to a loved one as a holiday gift.

- **Give all your clients FREE or offer low-price trial pass gift certificates** that they can give to their friends, co-workers, family members or acquaintances like hair stylist, kids' teachers, neighbours, etc. They make for great stocking stuffers and if they are free and super inexpensive, it's a win-win for everyone. Our gift certificates include an initial complimentary training session and 1-2 weeks of free group training sessions. Let your clients spread the word and help you launch into a fabulous January!
- **Display lots of great gift ideas throughout your studio/gyms.** Hot items include foam rollers, tubing with protective coating, stability balls, etc. You can usually sell quite a bit of product over the holidays and clients like the convenience!

Let's get those creative juices flowing and help clients commit to stay fit!



Sherri McMillan, M.Sc. has over 20 years experience in the industry. Sherri has received many awards, including the 2010 **canfitpro** International Fitness Presenter of the Year. She has been a columnist for magazines and newspapers and is the author of five books, including "Go For Fit—The Winning Way to Fat Loss," "Fit Over Forty," and "The Successful Trainers Guide to Marketing". Sherri has been featured in numerous DVDs and is a spokesperson for Nike, Twist Conditioning and PowerBar. She can be reached at www.nw-fitnesseducation.com or www.businessofpt.com.



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- Toronto—April 22, 23, 24 (9am-5pm)
- Halifax, N.S.—June 3, 4, 5 (9am-5pm)
- Vancouver, B.C.—June 17, 18, 19 (9am-5pm)

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Lessons Learned from Building the World's Largest and most Successful **Yoga School**



How did I find my calling?
“It found me.”

By Beth Shaw, founder and president of YogaFit

It's hard to believe that YogaFit has been around for almost 22 years. I still remember April 1994 like it was yesterday, being out on a bike ride when the name YogaFit came to me. So much has changed, but a few things have stayed the same. I have loved exercise since I was a child, I am still curious, and the yoga I love continues to change my life.

Early on, YogaFit was a cable TV show, mail order clothing company, and the first-ever yoga studio within a health club. Those early efforts included selling YogaFit clothing out of the trunk of my car and in doing so, got the attention of one of my students who was a stock market investor. He recognized YogaFit as a worthwhile investment, helped me incorporate, and invested \$100,000 in seed money. I started writing for fitness industry trade magazines on “yoga as a profit centre” for health clubs, which resulted in ad space in those same magazines, and our Training Division was born. We received 250 responses to our first advertisement, and we were off to our first training in Fargo, North Dakota.

By 1997 we were operating out of my living room, having left a long-time ad sales job that had allowed me the flexibility to grow YogaFit on the side where my true passion lay. Fast-forward to today and in the context that over 50% of small businesses fail, I am grateful for 21 years in business, with the added uniqueness of being one of the very few female-owned businesses in the fitness industry.

I also know personally how challenging my life would be without yoga and meditation. They say the same traits that make us successful in life are the ones that cause us »

challenge and they are correct. The Universe chose a creative, persistent, stubborn, triple type A New Yorker with a lot of determination, impatience and ADD. And for better or worse I have utilized all of those traits for the past 21 years to keep YogaFit on top of cutting-edge education, an impeccable community service initiative and the leader in mind-body fitness education.

Our education is first-class and the user experience we give is unparalleled. YogaFit changes people's lives. Worldwide we have trained over 250,000 people and touched the lives of millions. As a company we have given over 1,000,000 hours of free yoga to those in need through our community service outreach programs and it is for this I am most proud. From day one, every YogaFit instructor has been required to complete community service as part of

their certification, teaching yoga to a group of people who would not normally have the opportunity to receive it.

More recently, we have introduced our YogaFit Warriors Program, a 100-Hour program to assist military service people and their spouses with PTSD and trauma. This program has been taught all over the world and is making a huge difference in people's lives. Coming soon will be our 100-Hour Yoga for Athletes Certification Program in conjunction with my new book from Random House, *The YogaFit Athlete*.

I would never take full credit for the growth and success of the company; we have an amazing team. I believe the Universe just chose me to shepherd the process and be a curator for the work we do in the world. As a company we continue to evolve, grow, change and transform ourselves.

Seven lessons I've learned on how a business is like a yoga practice:

1) Start as you are: In yoga, if you have your body and the earth beneath you, you needn't worry about all the little details of the latest clothes, and the greatest mat. Just get started and those things will work themselves out. In a business, don't wait until you have everything figured out; just get started and you will learn from each day.

2) Show up: There are days when you won't feel like practicing yoga, but once you start you will be grateful you did. In business, there will be days you feel like giving up, but those are the days that will often offer the best lessons.

3) Challenge yourself: There will be poses that you felt were inaccessible at one time, and haven't attempted since. In business there may be people you've avoided or situations that make you uncomfortable, but those are often important situations to face, and learn from.

4) A block is a gift: In yoga when we encounter some kind of blockage, it usually indicates an area that physically or emotionally we need to pay attention to. Likewise in business, when you encounter something you don't like or aren't comfortable with, that is a gift of awareness to pay more attention.

5) Keep at it: If you fall out of a pose, you've given yourself the gift of finding your limit and what to do differently next time. Just like a business, if something doesn't work, you will have the intelligence to do it a little differently next time.

6) Practice with others: If you only practice at home, at least you are practicing, but when you practice with others, you will be even better. Put yourself out there, surround yourself with others that are at least as good as you, while at the same time encourage those around you that are struggling. The collaborative practice will make everyone better.

7) Every practice is important: Over the course of time, we are the integrated accumulation of all our yoga practices. In business, we are the integrated accumulation of all our business interactions, so don't take any for granted. Every meeting, every client, and customer is important. If not from their business, then from what you learn from the interaction.

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- 100-hour Warriors Intensive - January 25-February 2 - Toronto Including: YogaFit for Warriors, Yoga for Balancing Moods, Restorative Therapeutics, Healing Emotional & Physical Trauma
- Level 3 - February 6-7 - Toronto
- 200-hour Intensive - July 4-27 - Toronto

Nova Scotia

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- Level 2 - July 9-10 - Halifax
- PreNatal - August 26 - Halifax
- Anatomy - August 27-28 - Halifax

New Brunswick

- Level 1 - April 7-8 - Hampton
- Level 2 - April 9-10 - Hampton

Quebec

- YogaProps - December 11 - Montreal
- Level 1 - December 12-13 - Montreal

British Columbia

- Level 2 - January 16-17 - Burnaby





Does Cardio After an Overnight Fast Maximize Fat Loss?

Brad Schoenfeld, MSc, CSCS, NSCA-CPT

A common fat burning strategy employed by bodybuilders, athletes, and fitness enthusiasts is to perform cardiovascular exercise first thing in the morning on an empty stomach. This strategy was popularized by Bill Phillips in his book, *Body for Life*. According to Phillips, performing 20 minutes of intense aerobic exercise after an overnight fast has greater effects on fat loss than performing an entire hour of cardio in the post-prandial state. The rationale for the theory is that low glycogen levels cause your body to shift energy utilization away from carbohydrates, thereby allowing greater mobilization of stored fat for fuel. However, although the prospect of reducing body fat by training in a fasted state may sound enticing, science does not support its efficacy.

First and foremost, it is short-sighted to look solely at how much fat is burned during an exercise session. The human body is a very dynamic organism and continually adjusts its use of fat for fuel. Substrate utilization is governed by a host of factors (i.e. hormonal secretions, enzyme activity, transcription factors, etc) and these factors can change by the moment. Thus, fat burning must be considered over the course of days — not on an hour to hour basis — to get a meaningful perspective on its impact on body composition. As a general rule, if you burn more carbohydrate during a workout, you inevitably burn more fat in the post-exercise period and vice versa.

It should be noted that high-intensity interval training (HIIT) has proven to be a superior method for maximizing fat loss compared to moderate-intensity, steady-state training. Interestingly, studies show that blood flow to adipose tissue diminishes at higher levels of intensity. This is believed to entrap free fatty acids within fat cells, impeding their ability to be oxidized while training. Yet despite lower fat oxidation rates during exercise, fat loss is nevertheless greater over time in those who engage in HIIT versus training in the "fat burning zone", providing further evidence that 24-hour energy balance is the most important determinant in reducing body fat.

The concept of performing cardiovascular exercise on an empty stomach to enhance fat loss is flawed even when examining its impact on the amount of fat burned in the exercise session alone. True, multiple studies show that consumption of carbohydrate prior to low intensity aerobic exercise (up to approximately 60% O₂ max) in untrained subjects reduces the entry of long-chain fatty acids in »



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the mitochondria, thereby blunting fat oxidation. This is attributed to an insulin-mediated attenuation of adipose tissue lipolysis, an increased glycolytic flux, and a decreased expression of genes involved in fatty acid transport and oxidation. However, both training status and aerobic exercise intensity have been shown to mitigate the effects of a pre-exercise meal on fat oxidation. Recent research has shed light on the complexities of the subject.

Horowitz, et al. studied the fat burning response of six moderately trained individuals in a fed versus fasted state to different training intensities. Subjects cycled for two hours at varying intensities on four separate occasions. During two of the trials, they consumed a high-glycemic carbohydrate meal at 30 minutes, 60 minutes, and 90 minutes of training, once at a low intensity (25% peak oxygen consumption) and once at a moderate intensity (68% peak oxygen consumption). During the other two trials, subjects were kept fasted for 12 to 14 hours prior to exercise and for the duration of training. Results in the low intensity trials showed that although lipolysis was suppressed by 22% in the fed state compared to the fasted state, fat oxidation remained similar between groups until 80 to 90 minutes of cycling. Only after this point was a greater fat oxidation rate observed in fasted subjects. Conversely, during moderate intensity cycling, fat oxidation was not different between trials at any time — this despite a 20-25% reduction in lipolysis and plasma FFA concentration.

“The concept of performing cardiovascular exercise on an empty stomach to enhance fat loss is flawed even when examining its impact on the amount of fat burned in the exercise session alone.”

More recently, Febbraio et al. evaluated the effect of pre- and during-exercise carbohydrate consumption on fat oxidation. Using a cross-over design, seven endurance-trained subjects cycled for 120 minutes at approximately 63% of peak power output, followed by a "performance cycle" where subjects expended 7 kJ/kg body weight by pedaling as fast as possible. Trials were conducted on four separate occasions, with subjects given either: 1) a placebo before and during training; 2) a placebo 30 minutes before training and then a carbohydrate beverage every 15 minutes throughout exercise; 3) a carbohydrate beverage 30 minutes prior to training and then a placebo during exercise; or 4) a carbohydrate beverage both before and every 15 minutes during exercise. The study was carried out in double-blind fashion with trials performed in random order. Consistent with previous research, results showed no evidence of impaired fat oxidation associated with consumption of carbohydrate either before or during exercise.

Taken together, these studies show that during moderate- to high-intensity cardiovascular exercise in a fasted state — and for endurance-trained individuals regardless of training intensity — significantly more fat is broken down than the body can use for fuel. Free fatty acids that are not oxidized ultimately become reesterified in adipose tissue, nullifying any lipolytic benefits afforded by pre-exercise fasting.

It should also be noted that consumption of food before training increases the thermic effect of exercise. Lee et al. compared the lipolytic effects of an exercise bout in either a fasted state or after consumption of a glucose/milk (GM) beverage. In a cross-over design, four experimental conditions were studied: low intensity, long duration exercise with GM; low intensity, long duration exercise without GM; high intensity, short duration exercise with GM, and; high intensity, short duration exercise without GM. Subjects were ten male college students who performed all four exercise bouts in random order on the same day. Results showed that ingestion

of the GM beverage resulted in a significantly greater excess post-exercise oxygen consumption compared to exercise performed in a fasted state in both high and low intensity bouts. Other studies have produced similar findings, indicating a clear thermogenic advantage associated with pre-exercise food intake.

The location of adipose tissue mobilized during training must also be taken into account here. During low- to moderate-intensity training performed at a steady state, the contribution of fat as a fuel source equates to approximately 40 to 60% of total energy expenditure. However, in untrained subjects only about 50 to 70% of this fat is derived from plasma FFAs; the balance comes from intramuscular triglycerides (IMTG).

IMTG are stored as lipid droplets in the sarcoplasm near the mitochondria, with the potential to provide approximately two-thirds the available energy of muscle glycogen. Similar to muscle glycogen, IMTG can only be oxidized locally within the muscle. It is estimated that IMTG stores are approximately three times greater in type I versus type II muscle fibers, and lipolysis of these stores are maximally stimulated when exercising at 65% O₂ max. The body increases IMTG stores with consistent endurance training, which results in a greater IMTG utilization for more experienced trainees. It is estimated that nonplasma fatty acid utilization during endurance exercise is approximately twice that for trained versus untrained individuals. Hurley, et al. reported that the contribution of IMTG stores in trained individuals equated to approximately 80% of total body fat utilization during 120 minutes of moderate intensity endurance training.

The important point here is that IMTG stores have no bearing on health and/or appearance; it is the subcutaneous fat stored in adipose tissue that influences body composition. Consequently, the actual fat-burning effects of any fitness strategy intended to increase fat oxidation must be taken in the context of the specific adipose depots providing energy during exercise.

Another factor that must be considered when training in a fasted state is its impact on proteolysis. Lemon and Mullin found that nitrogen losses were more than doubled when training while glycogen depleted compared to glycogen loaded. This resulted in a protein loss estimated at 10.4% of the total caloric cost of exercise after one hour of cycling at 61% VO₂max. This would suggest that performing cardiovascular exercise while fasting may not be advisable for those seeking to maximize muscle mass.

Finally, the effect of fasting on energy levels during exercise ultimately have an effect on fat burning. Training first thing in the morning on an empty stomach makes it very difficult for an individual to train at even a moderate level of intensity. Attempting to engage in a HIIT-style routine in a hypoglycemic state almost certainly will impair performance. Studies show that a pre-exercise meal allows an individual to train more intensely compared to exercise while fasting. The net result is that a greater number of calories are burned both during and after physical activity, heightening fat loss.

In conclusion, the literature does not support the efficacy of training first thing in the morning on an empty stomach as a tactic to reduce body fat. At best, the net effect on fat loss associated with such an approach will be no better than training after meal consumption, and quite possibly it would produce inferior results. Moreover, given that training with depleted glycogen levels has been shown to increase proteolysis, the strategy has potential detrimental effects for those concerned with muscle strength and hypertrophy.

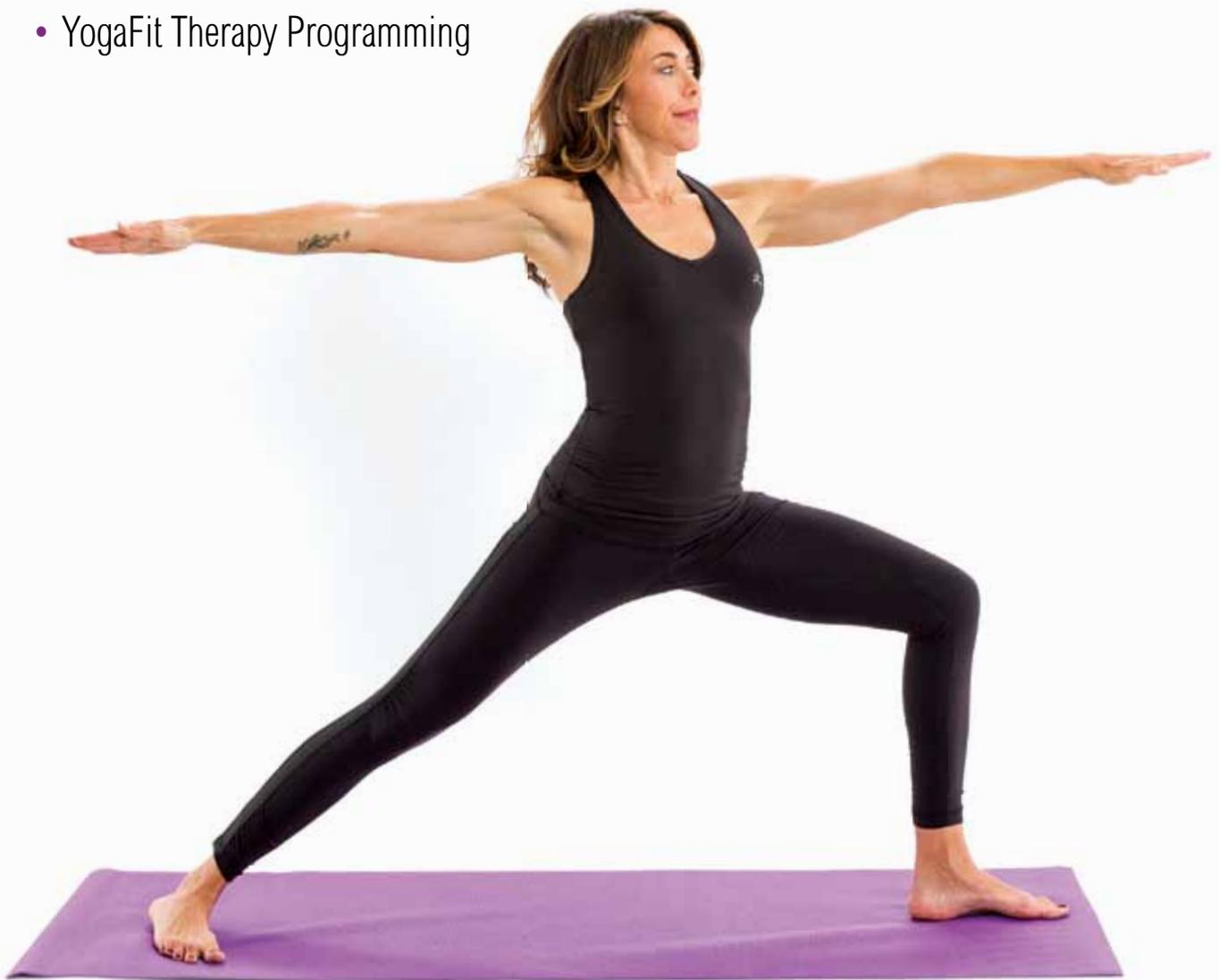


Brad Schoenfeld, PHD, CDCD, CPT is an internationally renowned expert on fitness and sports nutrition who is currently finishing his PhD in applied physiology. He is regarded as one of the leading authorities on muscle development and fat loss, and is a best-selling author of many fitness books, including his latest, *The MAX Muscle Plan*. Brad has been featured on all the major television networks as well as hundreds of radio programs across the U.S.

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BONE DENSITY: Myths and Truths

By Jennifer Salter, MSW, RSW, ACE-AHFP, ACE-PT, AAHFRP



An aging, health-oriented population has resulted in widespread interest in osteoporosis prevention. Most older adults (60+) are well aware that weakened bone structures can turn a minor fall into major disability. Osteoporosis, although striking women more frequently, affects men as well. Regular exercise, especially weight training, has a positive effect on bone tissue formation. Bone renews itself through a process called bone remodeling, which involves two phases – formation and resorption. Bone tissue formation, also called ossification, is the process by which soft cartilage transforms into hard bone. Bone resorption is the process by which osteoclasts (specialized cells that secrete enzymes that dissolve bone) break down bone and transfer calcium, magnesium, and phosphate products from bone fluid to the bloodstream – ultimately weakening bone structure. Bone resorption can be the result of disuse and lack of stimulus for bone maintenance – that is to say, lack of physical activity. During childhood, bone formation exceeds resorption, but as people enter their 40s and 50s, resorption exceeds formation. Preventing bone resorption is one of the central arguments for promoting physical activity.

What type of exercise most favourably mitigates bone resorption? More specifically, is it the anti-gravity nature of weight bearing exercise modalities – such as running or walking – or it is muscle contractions themselves, which have a positive effect on the maintenance of bone density? Researchers do not yet fully understand the series of signals that occur in skeleton to promote bone growth. Furthermore, it is difficult to separate out these two stimuli as many exercise movements incorporate both gravitational forces, as well as forces

These days, people are not only interested in longevity – they wish to stay active and healthy as long as possible. Research has demonstrated that maintaining a physically active lifestyle as we age can delay the onset of age-related disease and disability by a remarkable 15-20 years. Of course, everyone dies eventually, and modern medicine in many cases allows individuals to live for years with serious health problems that would have killed swiftly in

past decades. The crucial issue here is not number of years lived – it is the quality of life one maintains through the aging process. We all know someone – or many people – who develop a myriad of health problems in their 50s and 60s, although they may live another 20 years with great pain and disability. On the other hand, most of us can name an individual we know who manages to stay active, independent and relatively healthy until their 80s or even beyond.

“Osteoporosis, although striking women more frequently, affects men as well.”

EXERCISE SPECIALIST RECOMMENDATIONS:

- **Design client programs that follow the American College of Sports Medicine (ACSM) guidelines for physical activity:** 30 minutes of moderate intensity cardiovascular activity five days per week. “Moderate” is 6-7 out of 10 on the Borg Scale of Perceived Exertion, where a 10 is maximal effort that cannot be sustained for longer than 90 seconds for the average individual, three minutes for a highly trained athlete.

- **Include a mixture of different activities that are both weight- and non weight-bearing, gravitational and non-gravitational.** A sample program might include three brisk walks, one bike ride, and one swim. The elliptical trainer, which loosely mimics the movement pattern of running, but uses muscles in a different way, is also a good option, but bear in mind that although the client is standing up while exercising, this modality is non-gravitational.

- **Encourage clients to swim,** but ensure that the program also involves exercise modalities with a gravitational component.

- **Craft a safe, comprehensive resistance training program in order to capitalize on the muscle force production contribution to bone health.** This program should follow a protocol of progressive resistance, whereby the resistance/weight is gradually progressed. This allows the client to increase strength and stress on the skeletal system in a manner that minimizes the risk of injury. Based on the body of evidence on the beneficial effects of force production on bone health, the popular protocol of high repetitions with very light weights (i.e. 1-3 lb weights for most women) will not produce desired results.

- **Design a corrective exercise program that has the client engage in daily exercises that challenge balance and ambulatory stabilization.** As mentioned, fractures are the result of weak bones as well as poor balance. Have clients execute balance exercises first, as other forms of exercise compromise the ability to balance. As well, a cognitive component can also be included, for example, while standing on one foot the client can count backwards from 30, or name all the United States. You can also add a vestibular challenge by having her close one eye at a time or squint.

- **Educate clients on the importance of making a concerted attempt to adopt a routine of regular exercise throughout the lifespan,** even during periods when external demands leave little time for self-care. While it is never too late to begin an exercise program, it is always better to start at a younger age when most people’s bodies are more receptive to the higher intensity exercise regimens that are ideal for circumventing bone loss in the first place.

produced by muscle alone. For example, when we walk the lead leg hits the ground and absorbs the force of gravity; at the same time, the other leg rises on accord of muscle force alone. It appears that bone growth is very sensitive and responsive to different patterns of muscle force recruitment, in addition to various speeds of force and contraction.

The bottom line is that there is highly convincing evidence that being physically active dramatically reduces the risk of hip fractures – the most debilitating type of fracture caused by osteoporosis. Moderate to vigorous physical activity has been associated with a reduced hip fracture risk of 45%

in men, and 38% in women. The risk of hip fractures is related to loss of bone strength, as well as deficits in balance that increase the risk of falling. A hip fracture is more than a broken bone – 25% of people over the age of 50 who sustain a hip fracture will die within one year of the injury.

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Jennifer Salter, MSW, RSW, ACE-AHFS, ACE-PT, AAHFRP, has been director of Lifeline Personal Training in downtown Toronto for 19 years. She specializes in evidence-based exercise programming for individuals with medical problems and complex chronic health conditions. She can be reached at www.lifelinepersonaltraining.com

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Fitness Trends vs Fitness Classics

How Can the Two Intersect in 2016?

By the MERRITHEW™ team

Whether you're talking workout styles, type of diet, or guru-of-the-moment, we live in a heavily trend-driven society. While tried, tested and true general principles remain the same (like how push-ups will never go out of style), their subtle nuances tend to take on a new shape each year (standard push-ups on stable surfaces vs on an incline, decline, or incorporating tools like a Halo® Trainer or a Stability Barrel™). As 2015 comes to a close and we reflect on which workouts our clients loved best and saw the greatest results from, it's time to consider what staples will remain popular in 2016 and how they'll present themselves with an on-trend twist to give a fresh perspective.

After members of the MERRITHEW™ team attended a variety of fitness trade shows this year, and then read recently-released trends as reported by Google, trade and mainstream publications, it's obvious to see that the fitness industry is abuzz with what to expect in the next 12 months. We've observed what the industry has to offer and have narrowed it down to five classical fitness concepts that are presenting themselves with a new spin for the New Year.

At-Home Workouts

Home exercise has been a popular choice for decades, keeping individuals refreshingly engaged with its constant evolution. Long past the days of instructors on VHS rocking leg warmers, home offerings are now shifting from DVD to digital content, and the

equipment possibilities are endless, ranging from Reformers to barre solutions that are easily-portable and convenient. Despite most people's favourite excuse of being 'busy', if they have to skip the gym, individuals are setting themselves up with alternatives instead of setting themselves up for failure. One of the 10 most popular fitness searches according to Google Trends is popular titles of home-based workout DVDs. While home training is on the rise, there are multiple ways you can make your services relevant to this group of exercisers:

- **Create a suggested at-home package for clients.** Package a well-rounded collection of DVDs that target cardio, strength and flexibility workouts, such as circuit-training, weight-lifting and pilates DVDs. Bundle those with products like Flex-Band® Exercisers, a Stability Ball™ and medicine balls to add variety to at-home training.

- **Consider expanding your offerings to include in-home services.** The popularity of mobile everything is on the rise, including training. Give your clients flexibility to train with you at the gym or at their home. They're more than likely to appreciate the convenience of your flexibility in catering to their schedule.

Core Training

- The desire for a six-pack stomach remains a constant aspiration for many fitness buffs, making core training a focus that's always in



“A holistic approach to fitness considers a few ‘trinities’ to paint a well-rounded picture: flexibility, balance and strength, and mind, body and soul.”

season. Core training is an integral practice among exercisers and athletes, as every sport and workout requires this specific strength. Core training is regularly presented in mainstream media stories, but has brought renewed awareness to the importance of working the core on a three-dimensional plane. Try refreshing common core exercises such as the plank, crunch or mountain climbers with accessories and equipment that will up the intensity providing an added challenge for your clients: Use the Stability Barrel™ to alter the level of stability while performing mountain climbers

- Incorporate a Stability Ball for crunches
- Add the Cross-Bow™ accessory to the Reformer to ensure perfect alignment and proprioceptive feedback while holding a plank position

Well-Rounded Fitness

A holistic approach to fitness considers a few ‘trinities’ to paint a well-rounded picture: flexibility, balance and strength, and mind, body and soul.

The spectrum of Mindful Movement continues to broaden and programming is evolving from modalities like yoga to now include conditioning through programs like CORE™ Athletic Conditioning and Performance Training™. NFL players are practicing pilates and yogis are practicing downward dogs in conjunction with lifting weights. While fitness professionals have always preached the importance of a balanced exercise regimen, more and more of the general population is adopting this method and putting it into practice. Hard core exercisers and avid athletes recognize and participate in modalities like pilates and yoga for their potential for injury prevention and restorative properties. Even those who prefer lower-impact workouts are recognizing the importance of building strong muscles by incorporating tools like mini hand weights and soft dumbbells into their workouts.

Fitness companies with decades of experience are branching out to develop new programming that captures the spirit of current, popular trends and incorporates the latest in exercise science. As just two examples, barre fitness has evolved as a form of standing pilates, and yoga-fusion is blended with countless fitness inspirations. Exercisers are recognizing the importance of a well-rounded regime for optimal performance, whether that’s in sport or everyday life.

Recovery Exercise

Between strenuous exercise and everyday stress, muscle tension plagues more and more individuals. For the majority of us who

unfortunately don’t get to see a massage therapist once-a-week self-myofascial relief provides a cost-effective way to relieve tightness and massage ‘knots’ out of the body. An ever-expanding range of self-massage products provide relief offerings that are gentle on the body and alternatively those with firm, protruding points that dig a bit deeper. Some studios now even offer classes dedicated to foam rolling and myofascial relief, teaching exercisers how to expertly work out their own tension.

Recovery and relief have often been overlooked but their importance can no longer be ignored. Stock your toolkit with the products and know-how of how to use these tools and offer your clients freedom and relief from knots and tightness. Four essential items for your ultimate self-myofascial relief set that offer varying levels of firmness to accommodate all types of clientele include:

- **Inflatable body rollers** – An alternative to foam rollers, inflatable body rollers give the user the ability to determine how much pressure to apply to trigger points. This style of roller is especially popular among the active-aging audience as it tends to be more comfortable on the body.
- **Soft-density foam rollers** – Perfect for those new to foam rolling, soft-density foam rollers provide a relatively gentle yet effective all-over massage that calms the nervous system and rehydrates connective tissue.
- **Total Body Massage Stick** – Ideal for the client-on-the-go, a product like this style of stick massager features a row of independently spinning cylinders that can localize the pressure in any part of the body for an effective result.
- **Flex Massage Stick** – Designed with 12 reconfigurable massage wheels, the Flex Massage Stick is a must-have tool that effectively massages large muscle groups to improve circulation, loosen fascia, remove knots, and alleviate pain.

Kids Fitness

Health and wellness continue to be top-of-mind for many Canadians, and we’re encouraging our kids to get involved – it’s becoming a common offering among gyms and studios to feature fun and friendly kid-focused programming and we project an increased focus on building healthy fitness habits for children. If working with youngsters is part of your fitness repertoire, stock up on kid-specific items and to keep parental concerns at bay, be sure to look out for items that boast safety and health features:

- **Planet-friendly** – Items that are free of PVC, phthalates and are non-toxic are great for kids and great for Mother Nature. Many eco-conscious products are constructed with TPE and natural rubber – safe and often sanitized with gentle, natural products like tea-tree oil.
- **Fun!** – If it’s not fun, kids are less inclined to do it. Making fitness more like a game will keep kids laughing, having fun and coming back for more while developing healthy habits.

This coming year in exercise, continue to reap the benefits of timeless fitness favourites and give them an unexpected twist to keep them fun and evolving – it’s the new classic.



MERRITHEW™ – Leaders in Mindful Movement™ – is dedicated to building high-caliber, multi-disciplinary fitness brands for people of all ages, levels of fitness and abilities. For over 25 years, Lindsay and Moira Merrithew have built their business on the philosophy that effective and responsible exercise is the foundation to a better lifestyle. STOTT PILATES®, MERRITHEW’s premier Pilates brand, delivers high-caliber education with over 40,000 students trained from more than 100 countries. Other high-end MERRITHEW branded programs include ZEN•GA™, CORE™ Athletic Conditioning & Performance Training™ and Total Barre™.

MERRITHEW™

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Leaders in Mindful Movement™

Our mindful movement offering illustrates the evolution of mindful movement and how our premier fitness brand STOTT PILATES®, is the foundation upon which our new and growing mind-body modalities are based. The modern principles of exercise science are inherent in all of our modalities while also incorporating newer fitness practices such as fascial fitness, biomechanics of movement, functional fitness and core-integrated bodyweight training all while maintaining the mind-body connection.

Programming

STOTT PILATES – STOTT PILATES is a contemporary approach to the original pilates exercise method and includes modern principles of biomechanics, rehabilitation and athletic performance enhancement. Exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, with a focus on core stability, pelvic and shoulder girdle stabilization, neutral alignment and breathing.

ZEN•GA™ - The ZEN•GA program

incorporates the latest research in mindfulness with neuromyofascial training to create a healthy, resilient and more fluid body. ZEN•GA uses a playful mix of spiral, circular, modulating and wave like movements to increase awareness of the entire body in space and enhance mobility, balance, proprioception and peace of mind. Emphasis is given to restoring maximum movement potential.

CORE™ Athletic Conditioning & Performance Training™ - The CORE Athletic Conditioning & Performance Training™ program covers both the components of general fitness and sport specific training such as strength, flexibility, dynamic stabilization, speed, agility, power, muscular initiation, rotation, coordination and endurance in combination with 11 foundation principles related to body awareness, ideal alignment and stabilization of both the periphery and core.

Total Barre™ - A barre program that integrates elements of pilates, dance, cardio



Moira and Lindsay Merrithew

and strength training with music. Along with a foundation course, total barre offers three streams with a more specific focus: Endurance programming is designed to build muscular endurance with increased intensity, Amplified programming features faster movements to increase strength, endurance and power. Modified programming gently emphasizes flexibility, balance and strength.

Education

Our programs broaden our reach in the health and fitness industry, providing opportunities for personal trainers, health care professionals, group fitness instructors, athletes and other specialists to diversify their knowledge base. These types of instructors who tailor their teaching approach to working with all walks of life, fitness abilities, ages and levels will be the most marketable. Our training and certification programs are available at over 100 locations across the globe.

Equipment and Accessories

MERRITHEW is a name synonymous with the highest quality and finest manufacturing materials in the industry. Used by sports teams, health professionals, studios and fitness facilities around the world, the MERRITHEW equipment line is recognized as The Professional's Choice™.



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The Most Nutrient Dense Food YOU Should Be Eating!

By Dr. Marc Bubbs, ND, CSCS



Winter is here and with it, the start of cold and flu season. Your energy levels will also naturally decline as we move towards the shortest days of the year. But what can you do to improve your immunity and energy levels? Look no further than your dinner plate for the answer.

Organ meats, liver in particular, are one of the most nutrient dense foods you can eat. Period. Chicken liver is a terrific source of pre-formed vitamin A (11,000 IU per 3 ounces), which helps to boost your

innate or first-line of defense immunity.

Chicken liver is also a great source of iron, providing half your daily allowance with just a 100g (3.5oz) serving. Iron is essential for building hemoglobin, which carries oxygen in your blood, and maintaining ideal energy levels. This is especially important over the winter months when iron levels can be depleted from the inflammatory reactions that take place when battling colds and flus, or from intense training.

Liver is also a great source of B12 and folate that support better energy levels

and help you get through busy days at work and home. Chicken liver contains all nine essential amino acids, is loaded with B-vitamins, and contains high amounts of choline, which is critical to keep your mind sharp and productive.

So, why aren't you eating chicken liver? The most common response is...the taste!

It's time to give liver another chance. First, chicken liver is the 'mildest' tasting of the various liver sources (veal, pork, beef). Check out this fantastic recipe and see for yourself! >>

Prosciutto, pear and balsamic vinegar chicken liver



(four portions)

- 10 + 15ml Olive Oil
- 1 onion, chopped
- 100mg (4 slices) Prosciutto, cut into 1cm squares
- 45ml all-purpose gluten-free flour (or regular flour)
- 2.5ml cinnamon
- 1ml salt
- 2.5ml ground pepper
- 400g chicken liver, cleaned, cut into 3 to 4cm pieces
- 1 Bartlett pear, cut into cubes
- 30ml balsamic vinegar

INSTRUCTIONS

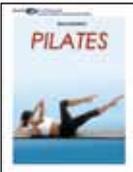
1. In a large non-stick skillet, add olive oil (10ml), onion, and prosciutto over medium/high heat, until the onion is golden.
2. In a bowl, mix together the flour, cinnamon, salt and pepper. Add pieces of liver and with a spoon, mix together until pieces are covered with flour.
3. In a pan, move the onions and prosciutto aside and add the second serving of olive oil (15ml).
4. Fry the chicken liver pieces for 4-5 minutes until they are golden brown on all sides.
5. Add the pear cubes and balsamic vinegar. Mix and let the vinegar caramelize.

NUTRITION FACTS: 293 CALORIES, 25G PROTEIN, 18G CARBS, 14G FATS, AND 10MG IRON

There you have it! Stay clear of colds and flus and keep your energy levels up this winter.

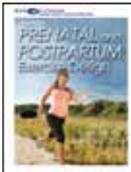
Dr. Bubbs is a naturopathic doctor, strength coach, author, speaker, and blogger for both Paleo Magazine and Loren Cordain's prestigious PaleoDiet.com. He believes that diet, exercise, and lifestyle factors have the most profound impact on your overall health and performance. Marc is the author of "The Paleo Project - The 21st Century Guide to Looking Leaner, Getting Stronger, and Living Longer" and currently serves as the sports nutrition lead for the Canadian men's national basketball team.

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This authoritative continuing education course offers expert instruction from world-renowned Pilates master **Rael Isacowitz** to help learners understand how Pilates can improve balance, concentration, posture, muscle tone, and flexibility.

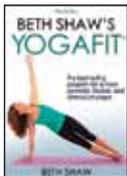


\$136.95 CDN
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This continuing education course includes a workbook and exam that will guide personal trainers and fitness professionals in designing safe and appropriate exercise for pre- and postnatal women.

View all courses at: HumanKinetics.com/canfitpro

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- expanded discussion on integrating meditation into daily life to foster a well-rounded yoga practice.



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Remedies to Relieve Morning Aches and Pains

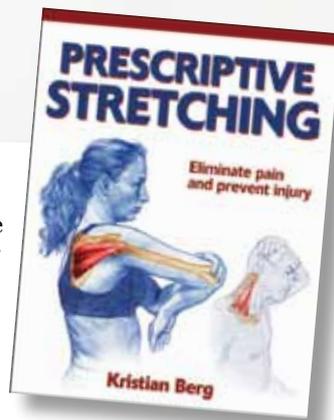
Excerpt from *Prescriptive Stretching* by Kristian Berg.

Common Morning Aches and Pains

If it feels as if somebody has hit you over the head with a baseball bat, tried to break your back, or pinned your arm behind your back during the night, your sleeping posture is probably working against you. Changing your sleeping position is not easy. You established this habit when you were young and your muscles are not as flexible now as they were back then. The following section suggests some remedies for pain commonly felt when waking.

Do you wake up with a headache?

Waking up with a headache is far from the ideal way to start your day. Although you have been sleeping, you may not have been resting and relaxing. Grinding your teeth and clenching your jaw



during sleep are typical symptoms of stress. This kind of nightly activity involves both the muscles in your jaw and the muscles in your neck. Have you noticed that you want to pull your shoulder up toward your ear as you prepare to fall asleep? This action does not necessarily stop after you fall asleep, which may lead to a morning headache.

Remedies

Stretching and relaxing the area around the neck are very good ways to avoid headaches.

Headaches can be caused by poor sleeping posture combined with shortened muscles. The firmness of your bed may also be a factor. Generally speaking, the heavier you are, the firmer your bed should be.

Do you wake up with a stiff neck?

If you wake up with a stiff neck that is hard to move, your pillow may be too tall. Sleeping on your side with a pillow that is too high stretches the muscles on one side of the neck and shortens the muscles on the other. This habit irritates the muscles and joints in the neck.

Remedies

Make sure that your head is aligned with your spine when you lie on your side. Adjust the height of your pillow as needed.

Are your arms asleep when you wake up?

Experiencing numbness or tingling when you wake up can be uncomfortable. The most common reason for this is falling asleep with your arms above your head. Sleeping on your back with your arms above your head stretches the pectoralis major and minor, causing them to push on the nerves and blood vessels that run from the neck and trunk into your arms, which then fall asleep.

Remedies

Completely change your sleeping position or try sleeping with your arms by your sides. Stretch the pectoralis major and minor every night before you go to bed.

Does your shoulder hurt when you wake up?

Morning pain in the shoulder can be caused by sleeping with your arm under the pillow and your elbow above your head. Sleeping in this position squeezes the supraspinatus, which creates a feeling of weakness in the arm.

Remedies

Try sleeping on your back or keeping your arm below the shoulder.

Does your lower back hurt when you wake up?

Sleeping on your front in a bed that is too soft commonly results in the feeling that your back is breaking in two.

This is because your midsection, which is your heaviest part of the body, sinks down into the bed, severely arching your back. This habit, combined with tight hip flexors, almost guarantees lower-back pain in the morning.

Remedies

Switch to a firmer bed or place a board under the mattress. Stretch your hip flexors before you go to bed. Try sleeping on your side instead.



HUMAN KINETICS

Read more about *Prescriptive Stretching* by Kristian Berg. Copyright © 2015 by Human Kinetics Publishers, Inc. Excerpted by permission of Human Kinetics, Champaign, IL. Available to order from Human Kinetics Canada at www.HumanKinetics.com or by calling 1-800-465-7301.



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FITNESS PROFESSIONAL

Sandi Knox

Recently profiled as a top ten nominee for the Fitness Professional of the Year, Sandi Knox is the 2015 **canfitpro** Fitness Professional of the Year, Fitness Instructor Specialist!



How did you first get involved in the fitness industry?

I was always active and fit throughout my childhood and was first introduced to a gym in my twenties where I began weight training with friends who were bodybuilders. I quickly became a “gym rat”, working out 3-5 days/week, and taking boxing lessons. I later moved to Winnipeg, and after a life-changing attack, I took up martial arts as a way of protecting myself. Fast-forward three years and my passion developed not only further in Tae Kwon Do and Muay Tai, but eventually from a corporate office job to a certified fitness instructor. Blending my love for martial arts, I put music to basic choreography and developed “Cardio-Kick”. It is still one of my favourite classes to teach and I love having members with me who started in day one.

After a year of teaching at various facilities around Winnipeg, in 2008 I took the plunge and opened my own studio, Body Balance. I went from wearing dress suits to work to wearing track suits and I've never looked back!

Describe what you currently do.

As the owner and operator of Body Balance, I wear many hats from personal training clients to teaching boot camp, cardio box, pilates and yoga. I love helping our members of all ages with their fitness and nutrition goals. My passion to share health and wellness brings me to corporate Health & Safety Programs helping office workers, plumbers, horseback riders, and every other group you can imagine! I love giving back to the community by volunteering and offering warm-ups for marathons and offering a community self-defense program for women called Defense Divas.

Describe your favourite fitness routine and why you love it.

I would have to say for my own home workouts: interval cardio and weights is one of my favourites. I love the feeling that cardio bursts like jump squats and burpees gives followed by some great full body weight training. When it comes to teaching I have two all time fave classes to teach: cardio-box (the first class I ever taught!)

and boot camps; especially teaching to large groups outdoors in warm weather. Both of these class styles give participants confidence, courage, strength and a social aspect. You will often hear me say “you don't have to always love the exercise. But love the results!”

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

I pay much more attention to what I put into my body and also how I'm treating it. I feel it has made me healthier mentally, physically, emotionally and spiritually. I take pride in setting personal fitness goals for myself and my husband several times a year. We will do 60-day challenges and then do a professional photo shoot to commemorate our progress. I believe this shows my clients how serious I am about my own health and wellness and how important it is to set goals and encourage them to do the same.

Feedback from my clients over the years has confirmed that my focus on fitness has changed their lives too. I've had the privilege to help many overcome obstacles such as regaining strength after surviving cancer, rehabilitation after surgeries, gaining strength during and after pregnancy, recovering from illnesses. I've had clients tell me I've changed their lives in their workplace, home life, spiritual life, relationships, etc. My prescription for clients is based on their needs and wants and I give them the tools to learn to re-connect with their mind and body through intuitive training. Knowing that each client is motivated in a different way has allowed me to provide the best to my clients. When clients come through the door they think they're just going to change their body, but I teach them that it's a whole package deal. In some cases it is “giving people their lives back” with movement, stimulation, and motivation in a non-judging environment using a wide variety of training techniques.

My vision is to integrate all good things into all areas of their lives; when changes happen on the outside they happen on the inside too and I'm the person shining that light on those changes and helping clients to realize they have the power to change their lives in any way they see fit.

PERSONAL TRAINER OF THE YEAR



“I’ve had the privilege to help many overcome obstacles such as regaining strength after surviving cancer, rehabilitation after surgeries, gaining strength during and after pregnancy, recovering from illnesses.”

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

I have learned that no matter where you come from or what you’ve experienced in life you can be anything you want to be it just takes hard work and dedication. If you can visualize it you can make it happen!

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

The greatest challenge for me has been balancing my passion for fitness and helping others and making sure I have “me” time. Since I am always creating new ideas, projects and planning five years in advance, living in the present is hard for me. I have learned to create balance by scheduling down time and having a passion for something other than fitness and for me that is horses. I own a horse and spend my spare time trail riding; it is my way to rest and refuel!

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

Pay it forward. If you help others succeed you will be successful.

What does it mean to you to be this year’s canfitpro Personal Trainer of the Year?

It has been a dream come true to win the **canfitpro** Fitness Instructor Specialist of the Year 2015. Attending the world fitness expo in Toronto with thousands of other trainers was an amazing event. The power of so many influential instructors and trainers in one place was overwhelming. This experience has been life changing and has fuelled me to reach even higher and set more goals. I am now presenting at conferences and will be teaching fitness courses in the near future. I have been inspired to write a book on my experiences as a trainer over the years. Thank you **canfitpro** for all the amazing programs you offer and for having these awards as it really pushes us as trainers to go above and beyond what we would normally do in our communities, for ourselves and for our clients. We are all in this together.

SPECIALTY PRESENT

Paul Galloro

Paul Galloro, RYT 500, E-RYT 200 is the 2015 **canfitpro** Specialty Presenter of the Year, a Divine Wellness Consultant, and a Senior YogaFit Master Trainer.

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

The work I'm currently doing is beyond the physical aspect of wellness and dives deeper into the emotional and mental wellbeing of my clients. Incorporating all my experience from personal training, yoga, pilates, and fitness instruction, to meditation and self-study. I run life coaching, emotional healing, and wellness programs in Richmond Hill, ON as well as leading YogaFit Teacher Trainings in Canada and Internationally.

What do you love about what you do?

Honestly, the best part is watching my clients transform. I'm not talking about physical transformation (although, that's amazing all on its own), but what really excites me is when there's a consciousness shift. Seeing "I can't" transmute into "I can... and am!" arouses my spirit. That shift in perception is far more important to me than being a certain size. At the end of it all, it's our thoughts that will give them the drive to achieve those physical goals.

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

Obviously being awarded 2015 Specialty Presenter Of The Year is up there! I'm so grateful for this honour to receive such a prestigious award. I honestly had no idea it was even a possibility for me.

I have to mention a very important moment in my career. I had a client a few years ago who, whenever asked "How are you?" would always respond, "not bad." For me, it was like nails on a chalkboard! After that, she would go on about all the not-so-enjoyable events of her day. About eight months into our time together, when I asked how she was that day she replied "I'm good," and talked about her day differently than usual. I wanted to burst into song at that point, but I didn't. I felt like if I drew attention to it, it would vanish like when you see a deer in the forest and make a sudden move. The next session, it happened again, and then the session after, and the session after. I finally had to acknowledge it. She didn't realize the transition, but she was thrilled. I've watched her life take on a vibrancy that wasn't there before – it was honestly so amazing to see.

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

I wouldn't say it was a mistake, but one of the reoccurring patterns I had to break was trying to please people at the expense of my truth.

Every time I did something that didn't fit me, it would literally suck the joy out of me - whether it was teaching a discipline I didn't want to, or taking a client at a time that didn't fit in my lifestyle. Once I learned the word "no" and exercised my right to use it when it was warranted, life became more abundant. It was like the floodgates opened and creativity poured out of me. My offerings began to speak to my soul; they were an extension of my true self and attracted the right people for who needed what I was putting forward.

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

Authenticity for sure! I've experienced it as a student and teacher. I can tell when the person who is leading me through a class or workshop is doing so from their essence. I can even notice the difference in myself. When I teach from that space, I feel so vibrant and full of life. When I teach something that doesn't make my mouth water, I feel flat and sometimes heavy doing it. I know some people would argue experience and knowledge is what sets people apart, and it's true, but the most important thing you could do, especially when starting out in this field, is to go out and study what excites you and from the people who make you feel energetic and wonderful.

Is there anything else you'd like to add?

One of my personal life lessons in the last four years has been "let it go!" Great things happen when you release the things that no longer excite you, or bring you joy. We all have a divine brilliance deep within that needs to come out and be shared with the planet. Let those heavy things go, keep being true to yourself and your dreams, and I promise you, they will come true and they'll come with a million other blessings you had no idea even existed. Do the stuff that makes you forget time; the stuff that nourishes your spirit and makes you tingle all over.

"Oh, and one last thing...I love you!"

Paul can be contacted at:
paulgalloro.com | me@paulgalloro.com | fb.com/paulgalloro

ER OF THE YEAR



Seeing “I can’t”
transmute into “I
can... and am!”
arouses my spirit.
That shift in
perception is far
more important
to me than being
a certain size.



Be Here, Now

by Georgia Mattheos

As another year comes to a close along with the busy holiday season, it is natural to think of all the things you have to do: make your long list, buy all the presents, visit all the relatives, and by January 1st you are exhausted. The days fly by and then you are back to your regular routine with the “holidays” merely a distant memory.

What if you could pause amongst the busy days, reflect on the positive relationships in your life, take note of the memories you’ve built this year, and just be present? How would that impact your life and the end of this year?

Here are some tips for mindfulness anywhere, anytime:

- **Begin and end your days with gratitude.** Before you get out of bed and just before you fall asleep, consciously acknowledge three people, experiences, or things that bring you

joy. If you are brave, consider writing these down! Reflecting on what you do have, and what is going well in your life, will bring your attention to more of that.

- **Close your eyes and take ten deep breaths** (easy to do at your desk or in your parked car).

- **Incorporate some restorative stretches before bed.** It will help your body wind down and will encourage a more restful sleep.

The Daily Reminder is brought to you by canfitpro, the leader in fitness and wellness education. www.canfitpro.com

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A man with brown hair and a beard, wearing a light blue and white striped button-down shirt and dark blue jeans with a brown belt, is holding a white tablet. He is looking towards the camera with a slight smile. The background is a blurred crowd of people.

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