



“Discovering the athlete in everyone”



Author: Kim Bond

TSCC – Sports Conditioning Coach – Twist Conditioning
Group X Director/ Specialty Personal Trainer – Steve Nash Fitness World
Trainer of Fitness Leaders - BCRPA
kim@everydayathletes.ca / 604-786-3089

Newsletter

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Editor Update

I want to welcome you all to my new monthly newsletter. In this publication you will find a variety of information on health and wellness.

As fitness professionals, we are always striving to stay on top of the newest and most important information that will help us stay on top of our game, as well as some enlightening tidbits that truly allow us to bring out our passion in doing what we do best, which is helping others achieve the their own level of personal wellness and uniqueness.

As an educator, I am a strong believer that by educating everyone in the only thing we have in common in this world (your body), we are creating a healthier and more harmonized environment allowing each us to contribute to a productive and environmentally aware society.

Yours in health, wellness and happiness

Kim Bond

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Industry Update

BCPRA Changes
As a Regional Representative and a Trainer of Fitness Leaders for our provincial governing body BCRPA, I would like to bring to your attention some big changes to registering as a fitness professional with us. For the new registration details, go on to our website and visit the section “[Certification Process](#)”. These changes are coming into place as we work our way towards a national certification that will benefit all of us both locally and

as we work out of province including abroad to other countries. I will keep you updated on the changes.

Certification Options

As certified professionals, we are always looking for additional ways to increase our knowledge and profiles. Functional Fitness is fast becoming the way of many training programs today.

One of the certifications I recommend for anyone deciding to specialize in this training is the [Twist Sport Conditioning Coach Certification](#). Not only are these courses available to us in Canada, but many of their programs are now transferable throughout North America and soon to international areas as well.

Another excellent certification is [Third Age \(55+\)](#). By the year 2030 the demographics in this age group is going to be the highest

then any other age group. Coupled with 25-45 year olds that have the same symptoms as aging from living unhealthy lifestyles, exercise and nutrition will be the number one line of defense. Many of the techniques learned in the Third Age Course can be applied to unfit middle aged clients as well.

Exercise of the month.

Body weight and functional fitness are the industry focus. I am noticing more and more trainers and bootcamp instructors using plyometric type exercises including the Squat Thrust: You start standing tall with your arms over your head, squat down deep and put your hands onto the ground, pushing your feet behind you into a plank position and then perform a push-up, bring the feet back into the hands and shoot up into the air.

It seems to me there is little modification for this exercise and beginners and injury prone people get caught having pain and agonizing effects from this exercise.

The first thing a fitness professional needs to ensure is that the client can do the following things:

- Squat properly
- Push-up properly
- Know how to land properly after jumping in the air

After consulting with various health professionals that deal with sport type injuries, the consensus is, when the squat goes deeper than a 90 degree

angle in a fast motion, the ACL (anterior cruciate ligament) tearing risk increases. Proper technique on all three of the above areas can greatly reduce this risk.

Body Fuel (Kim's Nutrition Section)

Should I buy organic or not?

Fruits and vegetables have the most opportunity to collect pesticides on them as they are treated daily to avoid rotting and bug infestation. When we refer to pesticides, fruits and vegetables either have a high load (too much) or a low load (ok to eat) on them. I have compiled the list that I would buy organically ranking from the most to the least load (but still too much pesticide to consume). I have also compiled a list of the one's that would be safe as they are grown with a minimal amount of all pesticides.

The Dirty dozen (Buy these organically)

Peaches
Apples
Bell peppers
Celery
Nectarines
Strawberries
Cherries
Kale
Lettuce
Imported grapes
Imported carrots
Imported pears

The Clean 15 (Not necessary to buy organically)

Onions
Avocadoes
Sweet corn
Pineapples

Mangoes
Asparagus
Sweet peas
Kiwis
Cabbages
Eggplant
Papayas
Watermelons
Broccoli
Tomatoes
Sweet potatoes

Stress

What is it and how do our bodies respond?

Stress is a natural response and can be a good thing. But with too much or the wrong kind, our bodies can go into a tailspin. Take better care of yourself by understanding how stress works.

Stress is an automatic reaction that happens in your body when there is a perceived threat. The release of chemicals (such as the hormone adrenalin) sharpens your senses, focuses attention, quickens breathing, dilates blood vessels, increases heart rate and tenses your muscles. This is the "fight or flight" response that prepares us to act quickly to tackle or avoid danger. And that's a good thing.

On the flip side, it's not as helpful for most day-to-day stresses of modern life, such as never-ending deadlines, nagging traffic jams, financial worries or seemingly endless family responsibilities.

And while a certain amount of the right kind of stress can be a positive force that provides challenge, change and stimulation, excessive, negative

or low-grade stress that extends over a long period of time can have a detrimental impact on your physical and mental health, relationships and general enjoyment of life.

Let your body be your guide

We all have our own ways of responding to stress: you may be prone to crying while your partner might become irritable or suffer insomnia.

Because stress is such an individual experience, it's important to let your body be your guide. Learn to recognize the ways that you tend to react, and the events or situations that are likely to cause you to feel stress.

Also know that symptoms tend to escalate if the stress continues. Be aware of where you sit in the stress continuum:

Level 1 - Immediate stress

- Increased heart rate and blood pressure
- Rapid breathing
- Perspiring and sweaty palms
- Indigestion and nervous stomach

These symptoms occur in response to a stressor that causes fright or nervousness. Your body releases adrenalin to prepare you for action. Examples range from immediate, external danger such as a fire or a car speeding towards you to a self-imposed situation such as a job interview or first date.

Level 2 - Continued stress

- Feelings of being pressured or driven
- Exhaustion and fatigue
- Anxiety
- Memory loss
- Colds and flu
- Increase in smoking or alcohol and caffeine consumption

These symptoms can occur when there is no relief from a Level 1 stress. Your body begins to release stored sugars and fats, using up its resources. For example, a long-term deadline at work, or a drawn-out divorce may lead to Level 2 stress.

Level 3 - Ongoing stress

- Insomnia
- Errors in judgment
- Personality changes
- Autoimmune disorders
- Heart disease
- Mental illness

When a stressful situation is not resolved and carries on for prolonged periods, Level 3 stress can result. Your body cannot produce the energy resources it needs and the on-going strain can cause dysfunctions and breakdowns. An unsatisfying and highly demanding job or caring for a disabled family member could potentially cause this kind of stress.

Products

I have been lecturing on Suspension Training and its benefits for fitness training. Go to our website and click on Fitness Products and it will take you directly to Twist

Conditioning Shopping on Line. You will find the TRX merchandise under *Strength and Power*.

<http://www.everydayathletes.ca/>

Research

I have done a lot of research to keep current in this industry as a leading professional. There are many places to get research information now. Check out this website, American Society of Exercise Physiologist, it has up to date technical information on many topics.

<http://www.asep.org/journals/JEPonline>.