

FitLife BC

THE OFFICIAL PUBLICATION OF THE BCRPA FITNESS PROGRAM
V.08 / ISSUE 02 / SPRING-SUMMER 2016

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THE BCRPA FITNESS PROGRAM:

THE ROLE OF THE BCRPA FITNESS PROGRAM IS TO IDENTIFY AND PROMOTE THE HIGHEST PROFESSIONAL STANDARDS FOR FITNESS LEADERS IN BC.

THE BCRPA IS THE SOLE PROVIDER IN BC OF THE NFLA NATIONALLY RECOGNIZED FITNESS LEADERSHIP PERFORMANCE STANDARDS AND REGISTRATION.

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IF YOU WOULD LIKE TO SUBMIT AN ARTICLE FOR PUBLICATION IN A FUTURE EDITION OF FITLIFE BC, PLEASE CONTACT THE EDITOR AT: COMMUNICATIONS@BCRPA.BC.CA

BCRPA STRATEGIC INTENT:

The BCRPA is a recognized leader in building healthy, active individuals and communities.

BCRPA MISSION:

The BCRPA is committed to leading the parks, recreation and culture sector in building and sustaining healthy active communities, including fostering economic and environmental sustainability. We inspire and support community leaders and practitioners through advocacy, communication, education and resources.

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WE ACKNOWLEDGE THE FINANCIAL ASSISTANCE OF THE PROVINCE OF BRITISH COLUMBIA IN THE PUBLICATION OF THIS ISSUE.

The online magazine is issued to BCRPA Registered Fitness Professionals as one of the benefits included in registration dues.

MESSAGE FROM THE CEO

REBECCA TUNNACLIFFE



As I start my sixth month as your CEO, I reflect on the experiences I have had learning about the fitness, recreation and parks sector, and all of the individuals I have met that form our member and registered fitness leader base.

With recent ventures to the first national Parks Summit in Canmore, to our Symposium in Whistler, to Lake Country, and to Campbell River, each of these field trips has given me a deeper appreciation of how your work develops and strengthens communities, and enriches people's lives. I'm in awe, and am thrilled to help lead this sector. It is my hope to quickly become familiar with all our regions and as many members as possible. In Campbell River I had the opportunity to observe a few fitness classes, met the fitness instructors, and heard their presentation to the staff. It was very

inspiring and wonderful how they respond to their community's changing needs. I've also met with several executives in three of the four main Ministries important to us (Ministries of: Health; Environment; Community, Sport and Cultural Development; Transportation), as well as with many key stakeholders. The possibilities are broad for where we focus our work in the coming years, and the relationships are healthy.

I would like to highlight three Fitness Program initiatives whose success is a direct correlation to

the professionalism and high standards of our BCRPA registered Fitness Leaders.

We continue to work in partnership with The Centre for Hip Health & Mobility in delivering the Choose to Move and ActivAge™ programs in communities around BC. We are currently in cycle 2 of 3, running the programs in 11 communities and encompassing all five health authority regions of the province. Feedback from recreation program coordinators, our BCRPA registered Fitness Leaders, and program participants has been very positive. All are seeing firsthand the effects the programs are having on older adults – positively impacting participants overall wellbeing through increased physical activity levels as well as increased social engagement. We are looking forward to Cycle 3 starting in the fall, with over 20 communities hosting the program across BC.

We have three Fitness initiatives whose success is directly correlated to the professionalism and high standards of our BCRPA registered Fitness Leaders



Another event we are looking forward to is BCFit® '16, happening Saturday, September 10. We are thrilled to be back in Burnaby at the Fred Randall Pool in the Edmonds Community Centre for the aquatics portion as well as a new facility, Fortius Sport & Health, for the main conference. More than half the presenters are new to the conference, offering trending topics and fresh ideas. We are also including a panel discussion on physical literacy and fitness and not just one but two keynotes with inspiring and motivating information to share.

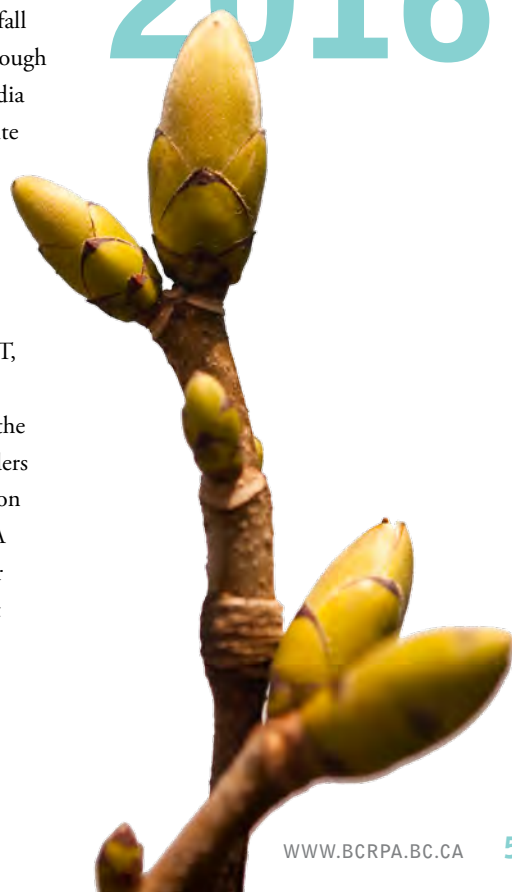
Nominations are now being accepted and I strongly encourage you to put forward a leader you know

A standard part of the conference is the BCRPA Fitness Leadership Awards. Nominations are now being accepted and I strongly encourage

you to nominate a leader you know (it could even be yourself!) who you think is a positive role model in the industry. You inspire your clients, communities, and each other through the work you do, and we want to acknowledge and showcase that. There are three categories in which we recognize the work of our fitness leaders: Educator of the Year, Manager of the Year and Fitness Leader of the Year. Award recipients are announced and awarded during BCFit® '16. Recipients are also profiled in the fall issue of FitLifeBC, announced through our social media channels and media releases, and featured on the website and in our Annual Reviews.

This issue of FitLifeBC has many articles from fitness leaders on a variety of interesting topics from Fitness for Equestrian Riders, HIIT, MEND Program, Kettlebells and even a dose of Salt! Thank you to the contributors and to you – the readers – with your support this publication ensures that our registered BCRPA Fitness Leaders have a dialogue for ongoing professional development and inspiration. I look forward to meeting many of you in September at BCFit® '16!

ANOTHER EVENT
WE ARE LOOKING
FORWARD TO
IS BCFIT® '16,
HAPPENING
SATURDAY,
SEPTEMBER 10.
2016





BY NOELLE VIRTUE

BCRPA FITNESS LEADERS ARE HELPING FAMILIES TOWARDS HEALTHIER CHOICES



mend

MEND (Mind, Exercise, Nutrition, ... Do it!) is a free healthy living program for children aged 7-13 and their families who are working towards healthier, more active lifestyles. Families meet twice a week with trained staff to learn about nutrition and participate in fun active games.

MEND was launched in BC in 2013 with five programs and has grown to 26 program offerings across the province. Funded by the BC Ministry of Health, the program was adopted to provide families with valuable tools and tips to make healthy lifestyle choices and achieve healthy weights.

As one of the key partners, the BC Recreation and Parks Association supports municipal recreation staff to implement and run MEND in their communities. Here's what some of the BCRPA registered fitness leaders have to say about working with MEND.

HOW HAS BEING A MEND LEADER BENEFITED YOU IN OTHER ASPECTS OF YOUR WORK?

"Being a MEND leader you work with such a variety of kids and it's really helped me to be more empathetic and learn to motivate in a more personal way".

– NATALIE FRIESEN
MEND Exercise Leader, Powell River

"Being a MEND Leader has helped me have a better understanding of the impact that healthy eating and lifestyle changes can make for people of all age groups."

– TRACI ADDISON
MEND Theory Leader, Burnaby

"Being a MEND Leader has taught me more about the 'human condition'. That we are not 'one size fits all'. I have learned to adapt very quickly to circumstances that can change very quickly (a skill I felt I was good at before but feel even stronger in now). I have learned that I can be flexible and think on my feet. Best of all I get to be super silly with the kids when I am leading. I love the silliness and spontaneity of children."

– COLLEEN ESCHNER
MEND Exercise Leader, North Vancouver

WHAT IS YOUR MOST MEMORABLE MOMENT OF THE PROGRAM?

"The very first session we had a child who was overweight and had difficult

time running. After the 6th week of attending MEND, he was able to run around his school, and by the end of the program he had beaten the time he set as a goal to make it around the school. It was very moving to me and life changing for him. I was so proud of his achievement."

– CRYSTAL ERICKSON
MEND Theory Leader, North Cowichan

"My most memorable moment was in one of the first sessions. There was a young girl who was so shy and nervous she cried and could hardly participate, but as the session went on she gained such confidence. She learned new things and was so proud of herself and the changes she had made. I'll never forget her and her freestyle dance moves during our games."

– NATALIE FRIESEN
MEND Exercise Leader, Powell River

"We had two children who were very reserved. They stayed in the corner of the room when we played and didn't



IT'S REALLY HELPED ME TO BE MORE EMPATHETIC AND LEARN TO MOTIVATE IN A MORE PERSONAL WAY

THIS PROGRAM MAKES AN IMPACT ON FAMILIES WHO PARTICIPATE IN THE PROGRAM



IT IS AN ENJOYING, FULFILLING AND POSITIVE EXPERIENCE BEING A MEND LEADER



like to run around and play. I think they just felt awkward and resentful. Slowly over the weeks they began to talk more and become more engaged. They played hard and had fun and became great MEND friends and team mates. By the end of the session they were openly sharing their experiences, knowledge and ideas. It was stunning to see the difference in these children.”

– COLLEEN ESCHNER
MEND Exercise Leader, North Vancouver

WHAT WOULD YOU SAY TO OTHER FITNESS LEADERS ABOUT BEING A MEND LEADER?

“It is an enjoying, fulfilling and positive experience being a MEND leader. The children are engaging and wonderful beings. If you have the opportunity to be involved with MEND as a theory leader or exercise leader or an assistant, grab it!”

– CRYSTAL ERICKSON
MEND Theory Leader, North Cowichan

“This program makes an impact on families who participate in the program and the children involved gained tools that will stay with them for the rest of their lives.”

– TRACI ADDISON
MEND Theory Leader, Burnaby

“The program is all about health and having fun. If you have the chance to become a MEND leader, take it. It will help you to become a more well-rounded fitness leader and you will actually feel a real sense of privilege being able to help these amazing kids.”

– NATALIE FRIESEN
MEND Exercise Leader, Powell River

BC Recreation and Parks Association supports municipal recreation staff to implement and run MEND

in your community about this amazing program. To find out more about the program or to request brochures visit www.bchealthykids.ca.

APPLY TO BECOME A MEND LEADER.

Visit www.bchealthykids.ca to see if MEND is running in your community. If so, contact the local Programmer to find out how you can get involved as a leader, assistant or volunteer.

WHAT YOU CAN DO!

HELP US SPREAD THE WORD TO FAMILIES ABOUT THIS GREAT PROGRAM.

Whether you're teaching a spin class or working one-on-one as a personal trainer you can help spread the word

NOELLE VIRTUE is the Project Manager for the MEND program at the BC Recreation and Parks Association. She completed her Master's degree in Food Policy at City University, London and has worked in health promotion and advocacy for more than 12 years.

PHYSICAL FITNESS



BY DEEA FANTAZIU

PHYSICAL FITNESS AND EQUESTRIAN PERFORMANCE

Every rider has at one point been told by a non-rider that riding is easy. After all, it looks like you just sit there and the horse does all the work, right?

In actuality, nothing could be further from the truth.

Riders are multi-tasking endurance athletes. Every moment that a rider is in the saddle they need to be simultaneously balanced, coordinated, relaxed, calm, maintaining correct form, and keeping their 1200lb partner mentally engaged and working correctly. It's a lot to think about and coordinate all at the same time, and it explains why riding is one of the very few sports in which athletes get better with age.

Riding requires a strong core and demands muscle endurance, strength, balance and flexibility. If a rider isn't balanced or isn't strong enough to maintain their form in the saddle and unable move their body in sync with their horse, their horse will have to compensate for this lack of body control. More often than not, this results in horses having to work unevenly through their bodies, which over time results in muscle imbalances and injury. Symmetry is everything. Just like people being right-handed or left-handed, horses naturally have a stronger side and a weaker side. One

Riding requires a strong core and demands muscle endurance, strength, balance and flexibility.

of the rider's jobs is to work with their horse to develop both sides equally. Rider core endurance and position control is essential for developing proper symmetry within the horse, and so if the rider is asymmetric and unbalanced, the horse will inevitably be asymmetric and unbalanced.

Every horse and rider partnership has an exponentially greater chance of reaching full potential if the rider incorporates proper physical training out of the saddle in conjunction with riding. No matter the riding discipline - English, Western, trail riding, competitive or for pleasure, performance in the saddle will be greatly improved through training the appropriate muscles and working to improve balance, flexibility and

coordination. Furthermore, the rider's safety is greatly increased if they are agile enough to perform an emergency dismount and to protect their body in case of a fall. Horses are creatures of flight, and even the most dependable and well trained horse can be startled into spooking or taking off. Riders need to be ready for anything at any given moment, and must be able to control their bodies to react accordingly while maintaining their center of gravity on a horse. In case of a fall, a rider who is more physically fit has a better chance of incurring less injury and having a better prognosis for recovery.

The May 2015 issue of Practical Horseman magazine featured an article on Karen O'Connor, one of the most experienced and effective riders



in the sport of three-day eventing, which consists of three distinct phases of competition: dressage, cross country, and stadium jumping. In the article, Karen mentioned that during competition season, her fitness needed to be on point for her own safety and that of her horse. She worked on strength training and cardio endurance every day and her body fat percentage ranged between

10-12%. This is impressive and while that extreme level of fitness isn't crucial for riders competing at lower levels and for pleasure, it's wonderful to hear a high-level ambassador of the sport stress the importance of both the horse and the rider's physical fitness.

- Core strengthening exercises are always important for riders because being able to maintain good posture is key to a good ride. Planks are fantastic isometric exercises that work the entire core. Use an unstable surface such as a BOSU, stability ball or balance board to increase the difficulty level and challenge the core to work dynamically.

EXERCISES TO IMPROVE PERFORMANCE IN THE SADDLE:

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Government Funding may be available for these programs

- Upper and lower body strengthening and balancing exercises that teach muscle groups to work independently, such as single arm rows and single leg deadlifts. Performing strengthening exercises on an

unstable surface is also a great way to discover and address muscle imbalances and alignment issues within the body, increase proprioception and help increase balance. Great exercises for this include balancing on one leg,

walking on all four sides of the feet, and kneeling or standing on a stability ball.

- Stretching and foam rolling to increase flexibility, especially for the hamstrings, hip flexors and calf muscles.
- Yoga is a great way to lengthen the muscles, release tension and increase flexibility. Downward dog, eagle, chair and triangle poses are especially effective in targeting the muscles used by riders.

Riding is a demanding activity, requiring muscle endurance, strength, balance, flexibility and coordination from both horse and rider. By working on their own physical fitness, balance and alignment, riders have a greater chance of keeping their horses physically fit, balanced, correctly aligned and happy, while also increasing the safety of both horse and rider.

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DEEA FANTAZIU is the owner of Infinity Personal Fitness operating out of Prince George, BC. She is a registered BCRPA Personal & Group Fitness Trainer, as well as a rider and competitor in dressage. She can be reached at info@infinitypersonalfitness.com or visit www.infinitypersonalfitness.com

PoolSafeBC

NEW ONLINE FORMAT

elearn.bcrpa.bc.ca



BCRPA, in partnership with the BC Municipal Safety Association, WorkSafeBC, Lifesaving Society and CUPE BC, is proud to present the **PoolSafeBC** course.

Why PoolSafe BC?

- Multiple hazards in aquatic environment
- Young Workers
- Injury and fatality statistics

The Goal

Aquatic centre staff will enhance their knowledge & skills to recognize, evaluate, and control hazards in pool settings in BC.

New Online Format

- Take the courses whenever, and wherever is most convenient to you
- Stop and start at your leisure, it will remember where you left off
- Print out a certificate immediately after successful completion
- Only \$40

Target Audience

- Maintenance Staff
- Lifeguards
- Aquatic Programmers

Suitable for anyone who works at an Aquatic Facility in British Columbia

Course Content

- Rights and Responsibilities
- Hazards
- Chemical Safety
- Emergency Preparation and Response
- Comprehension Test
- Participation Certificate at completion



Pool safety is everyone's responsibility!



LIFESAVING SOCIETY®



For more information or to book a course, contact: BCRPA: 604 629-0965 ext 229 or parksandrec@bcrpa.bc.ca www.bcrpa.bc.ca

FACEBOOK FOR YOUR FITNESS BUSINESS



BY GILLIAN GOERZEN

FACEBOOK FOR YOUR FITNESS BUSINESS: DO THIS NOT THAT!

Facebook isn't just a fun way to kill time between clients and connect with friends! It can be a powerful tool to help you gain and retain your best clients. How? By building relationships and creating community through thoughtful and helpful content that is relevant to your clients (or clients to be)! But just as in fitness, there are some definite do's and don'ts for presenting yourself and your brand on Facebook.

#BESUPERYOU

FOR MORE TIPS ABOUT HOW TO CREATE AND BUILD COMMUNITY ON FACEBOOK COME TO GILLIAN'S SESSION AT THIS YEAR'S BCFIT® '16 CONFERENCE! DETAILS [HERE](#).

	DO THIS!	NOT THAT!
YOUR PERSONAL PROFILE (AKA YOUR FACEBOOK ACCOUNT)*	Recognize that YOU are a brand. And your personal profile needs to reflect this. Use your personal profile to present yourself as a professional who "walks the talk." If you plan to use Facebook to promote and build business recognize that the entire platform is PUBLIC. Comment, like and post mindfully.	Don't spam your friends with endless promotional posts asking for business from your personal profile! Move that conversation to your page and invite them to like your page. Most importantly be sure to keep your liking, comments and posts relevant to your brand!
WHEN SHARING CONTENT	Sharing content is one of the ways Facebook creates an impact - but if you don't clarify WHY you're sharing something your reader doesn't necessarily know WHY you did - and may draw their own conclusions (which might not be favourable to you!).	Be cautious when sharing - where did the content originate? If it redirects your potential client to another trainer's site - is that ideal? Do you agree with that trainer's philosophy? If you re-direct them anywhere it should be to YOUR blog/website (ideally) and if not that, at least to someone you like and respect (because you may be inadvertently sending business their way)!

*This is how Facebook explains the difference between your Personal Profile and your Page: Personal profiles are for non-commercial use and represent individual people. You can follow profiles to see public updates from people you're interested in but aren't friends with. Pages look similar to personal profiles, but they offer unique tools for businesses, brands and organizations. Pages are managed by people who have personal profiles. You can like a Page to see updates in News Feed. Keep in mind that each person who signs up for Facebook has one account with login information. Each account can have one personal profile and manage multiple Pages.

<p>YOUR BUSINESS PAGE (AKA THE PROFILE YOU CREATE FOR YOUR BUSINESS)*</p>	<p>Post regularly and provide VALUE! Ideally you need to post good quality content 3 times per day. Make use of the scheduling tool in Facebook or a program like Hootsuite to manage this workload. Make sure you're offering good value in your posts. Share tips, short videos, inspiration and engaging content that GIVES something to the client and sets you up as a valuable fitness resource. As much as possible try to make your posts interactive. Ask questions, use the poll feature, include a call to action to comment below. When people comment the post is viewed by Facebook as more engaging - and is bumped up in the newsfeed. Also make sure you're interacting with your likers - if they comment on a post make sure you're responding back within a reasonable time frame. Every time the post receives a comment it gets bumped back up in the feed. Not only does this practice bump up your content, engaging with your current clients and potential clients on your Facebook Page not only provides value to them but also shows others that you're responsive and helpful! If you do that - when you DO offer a promotion - the reader will be much more inclined to both trust you and buy from you!</p>	<p>Don't ONLY post promotional posts (hello informational cheeze). Not only is this irritating to the reader (which means they may unlike your page), Facebook has recently changed their algorithms (again) and if it's deemed promotional and NOT sponsored (aka not a paid ad) your reach will go way down. If you're going to promote, be mindful of your frequency (1-2x per week is appropriate) and consider sponsoring it (using Ads Manager).</p>
<p>GROUPS</p>	<p>Use groups to maintain connection and provide value to your current clients. Have specific groups for different clients and groups. If you offer registered programs then have a virtual group to provide support and accountability on the days you don't meet! Use one basic accountability group for all of your private clients to support them between sessions. Post daily or at least regularly and provide them with reminders, tips and recipes to help them stay inspired!</p>	<p>Don't add people to your groups without their permission. And make sure they know WHY they're part of a group. Groups are not intended to be used for business/sales. Facebook will put users in "facebook jail" if you are not using the system properly (aka spamming people with your business offers in a Group). This approach with groups is used frequently with many direct sales companies and it's a direct breach of Facebook rules. Don't go to Facebook jail!</p>
<p>IMAGES</p>	<p>Post catchy images that capture attention (you may want to use a tool like canva, wordswag or picmonkey). You want people to stop scrolling and read your posts! Keep your images professional and brand appropriate. Always think about your ideal client when you're posting - especially imagery!</p>	<p>Thought provoking imagery is great, but be mindful of the often grey line between thought provoking and offensive. Don't post images that are potentially offensive or not compliant with your brand and image. This has the potential to offend your ideal customer and turn them away (to your competition).</p>
<p>LIVE!</p>	<p>Make sure you're always on the leading edge of what is NEW and GREAT on Facebook. Facebook wants people to USE their new tools - and those who do will see their posts go UP in reach! When you go LIVE approach the video the same you would a pre-taped post for your page - explain who you are and WHY they should listen RIGHT away! A catchy title helps too! Be concise and provide value.</p>	<p>Don't use LIVE video to "hang out." Don't wait for people to join you (they may not - sorry!). But the video will be posted to your page AFTER it's recorded - so just get going and share your awesome ideas and tips! Go on with intention and keep it short and sweet.</p>

Most important - be consistent in all things you do (sounds a bit like fitness right?). Be thoughtful and intentional about your approach on Facebook and you will see your clientele grow!

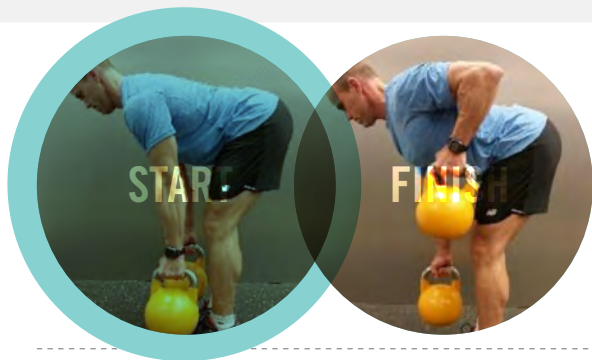
GILLIAN GOERZEN is a passionate educator, speaker and fitness professional with over 15 years of experience. She offers running clinics and personal training in her hometown of Nanaimo, BC and works virtually with clients throughout North America, helping them define "fit" and "confident" so they can rock their healthy lifestyle!

BY CHAD BENSON

KETTLEBELL WORKOUT



WARMUP	1-2 SETS OF DYNAMIC WARM-UP (X10-12 / MOVEMENT). INCLUDE MULTIDIRECTIONAL LEG AND ARM SWINGS + EASIER / UNWEIGHTED VERSIONS OF THE EXERCISES IN THIS WORKOUT.		
SUPERSET 1	KB STIFF LEGGED DEADLIFT W ALT 1ARM ROW (2-3 SETS X 6-10 REPS)	KB HIP SHOULDER2SHOULDER HALO (2-3 SETS X 6-10 REPS)	
SUPERSET 2	KB SUITCASE SPLIT SQUAT W PASS THROUGH (2-3 SETS X 6-10 REPS/SI)	ALTERNATING STRAIGHT LEG LIFTS (2-3 SETS X 4-6 REPS: 3-5SEC HOLDS)	
SUPERSET 3	KB PUSH-UP ARCHER (2-3 SETS X 4-8 REPS)	KB SWING (2-3 SETS X 10-25 REPS)	GOBLET SQUAT W OVERHEAD PRESS (2-3 SETS X 8-15 REPS)
COOLDOWN	1. SMR LOW BACK, HIP FLEXORS, BACK OF SHOULDER, HAMSTRINGS, PECS, QUADS X 30-45SEC PER MUSCLE 2. STATIC STRETCH SAME MUSCLES ROLLED AND HEAVILY USED DURING WORKOUT 3. ALTERNATE BETWEEN HEAVY AND LIGHT / ENDURANCE TRAINING DAYS		



STIFF LEGGED DEADLIFT WITH ALTERNATE 1 ARM ROW

JOINT & PLANE: SAGITTAL, LPHC, KNEE, ANKLE MOBILITY, LPHC & THORACIC STABILITY

Details: Create & maintain a neutral spine

- STEP 1.** Keeping the shoulders down & back, & knees almost straight, hinge & push the hips backwards.
- STEP 2.** Allow arms to move forward such that they are hanging, approx. in line with belly button. Pull 1 hand towards ribs, lower and pull the other.
- STEP 3.** Fully stand & unbend knees / hips (i.e. squeeze glutes)

SUITCASE SPLIT SQUAT WITH PASS THROUGH

JOINT & PLANE: TRANSVERSE THORACIC & SCAPULAR MOBILITY

Details: Stand or Split Kneel while firmly gripping the side handles with bell facing upward.

- STEP 1.** Achieve & maintain a neutral upper back posture before starting the movement.
- STEP 2.** With elbows bent, move bell smoothly around head. NB the bell will move from vertical to horizontal orientation.
- STEP 3.** Finish bell as pictured against the shoulder & vertical. Reverse directions to the other side & repeat.

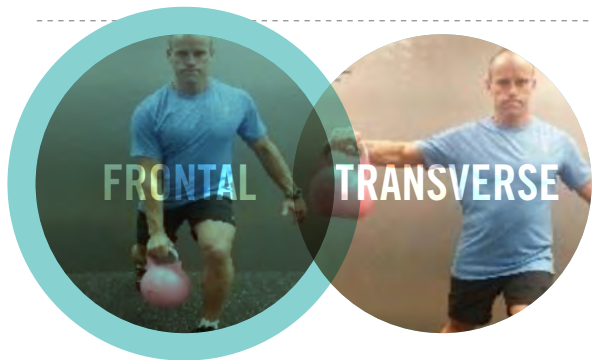


SHOULDER-2-SHOULDER HALO

JOINT & PLANE: FULLBODY TRIPLANAR

Details: This exercise can be performed stationary (split squat) or dynamically (lunge)

- STEP 1.** Hold KB or DB in 1 hand, then position the opposite leg as forward as needed to maintain neutral alignment, with back hip extended – not flexed.
- STEP 2.** Pass the KB, then back to the original hand in a pendulum motion.
- STEP 3.** Either lunge back or hold split squat & repeat. NB split squat hold - do not change legs until all reps (2passes/rep) are completed.



KETTLEBALL WORKOUT CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.



CHAD BENSON, MSc, BSc, BPE, CSCS: was educated at the University of Victoria and Memorial University of NL, Chad is the Director of Fitness Education for Steve Nash Fitness Clubs and the Lead Instructor at the British Columbia Personal Training Institute. Past training experiences include roles with the National Sailing Team, the Vancouver Canucks, the Canadian Sport Center, B2Ten, the BC Lions, Twist Conditioning, National Women's Basketball team & the Vancouver Ravens. Chad also has expertise with myofascial therapies, MAT, functional testing & sport rehabilitation. In 2013 Chad received the BCRPA Fitness Leadership Award for Educator of the Year.

HANDOUT COURTESY OF BCRPA



ALTERNATE OR 2 LEG L SIT

JOINT & PLANE: SAGITTAL

Details: With legs straight & forward of the KB's, place hands shoulder width & directly below the shoulders.

- STEP 1.** With a flat upper back, ensure shoulders are held down & back, tighten / brace core & lift either 1 or both legs off the ground.
- STEP 2.** Hold the lift for 2-5 sec & repeat.

ALTERNATING SHOULDER PLANK SHOULDERS T OR PUSH-UP ARCHER

JOINT & PLANE: SAGITTAL & TRANSVERSE

Details: Set KB's such that bent elbow is pointing straight up, and other arm straight. Look to hand & slide from one KB to other without torso lifting or sig. rotating. Repeat slide then push-up and over in a half moon movement (see transition pic). Keep pressure on both KB's to ensure the KB's don't tip over



KB SWING

JOINT & PLANE: HIP DOMINANT, SAGITTAL

Details: Stand slightly wider than shoulder width with feet forward. Place KB on floor, forward of the foot. Sit & push the hips back to grab the KB with 2 hands. Keeping your back naturally arched (neutral), drive hips forward until glutes fire to swing KB to chest level. Gently pull / swing down & between the KB between legs. Repeat for the desired number of reps. NB* the movement should look smooth in transitions & rhythmic in nature.

GOBLET SQUAT WITH OVERHEAD PRESS

JOINT & PLANE: SAGITTAL; LPHC & SCAPULAR, MOBILITY & STABILITY

Details: Hold the KB as shown with hands gripping the side handles & fingers extending forward or backward.

- STEP 1.** Maintain a neutral spine, keep the KB close to the torso, and then slowly lower until a notable change in spinal posture or elbows touch the knees.
- STEP 2.** Stiffen / brace the core, establish the foot tripod & push floor away, then triple extend your hips.



HIIT MISTAKES TO AVOID



BY MICHELLE & JONATHAN CARPENTER

TOP 3 MISTAKES TO AVOID WHEN PROGRAMMING HIIT

It is clear that HIIT (high intensity interval training) workouts have become a frontrunner in training methods for efficient fat loss and quickest “return on investment”. Most trainers and instructors have delivered some form of this interval training, recognizing that not only does it challenge their participants, but it can also be an incredibly effective way to attain results.

A 2014 survey of fitness professionals conducted by the American College of Sports Medicine identified HIIT as the number one training trend, distinguishing it as a leading tool in the fitness industry. But as with all things great, there are some major pitfalls to avoid to ensure you are delivering the best possible service to your clients. Continue reading for our top three things to avoid when programming HIIT.

WE ALL LOVE HIIT, BUT LET'S REMEMBER WHY!

HIIT consists of bouts of near maximal work with rounds of active lower intensity rest, and among many benefits produces increased mitochondrial biogenesis (more energy for muscles to tap into), increased insulin sensitivity (the body becomes more efficient at uptaking glucose from the blood), and an improved VO2 max (an improved

cardiovascular capacity). HIIT is not a new concept; it is simply being seen through new eyes with a new generation of trainers. For those of us who have been around awhile, we remember when the now commonplace Tabata protocol (circa 1996) was researched, providing evidence that steady state does not always reign superior. For dedicated runners, the tried and true Fartlek training method (circa 1937!) has provided distance athletes with a way to improve speed through alternating high and low intensity paces. Anyone who has trained high performance athletes in a purposeful way will have used some form of interval training to target both

anaerobic and aerobic gains. The HIIT concept has bridged the gap between elite training for specialized athletes and the average client pursuing fat loss or conditioning improvements. Despite being a physical and often mental challenge, when programmed correctly clients quickly begin to enjoy the outcome this training modality produces. To elicit the optimal benefits there are some common programming mistakes that shouldn't be overlooked.

TRAINING TOO LONG

Our clients all love a good challenge, a great sweat, and an efficient workout - all of which HIIT produces, but often

A true HIIT session will last 20-30 minutes before the anticipated benefit decreases and the body starts to fail.

20-30
MINUTES



times trainers will stretch a HIIT workout to 60 minutes and beyond. A true HIIT session will last 20-30 minutes before the anticipated benefit decreases and the body starts to fail. If performed at near maximal efforts, a HIIT session will tax the anaerobic and aerobic systems, leading to depleted glycogen stores in active muscle tissue and declining ATP and phosphocreatine levels (Boutcher, 2011). The body very quickly decreases its “ability to meet the rapid fuel needs of a contracting muscle”, which can result in injuries if continued beyond the parameters of 20-30 minutes (Kessler, 2012). So despite the temptation to fill an entire class or training session with this method, HIIT should be reserved and refined to fit in a short, but action packed period of time.

TRAINING TOO FREQUENTLY

It's tempting when we see success to repeat the actions that brought about the win, but with HIIT unfortunately more does not translate to a bigger victory. As with the session duration, the frequency with which HIIT is performed weekly and ultimately how it's programmed into the bigger picture (think periodization) is imperative to a successful outcome. Studies indicate the sweet spot for HIIT frequency is 2-3 times per week when paired with additional strength training and that if performed within one hour of strength-endurance based exercise, the mitochondrial biogenesis can be amplified (Boutcher, 2011). If programmed more frequently than 2-3 times per week, the likelihood of maximizing the benefits significantly decreases, and the workouts are no longer the powerhouse option they once were. Bottom line, despite

HIIT programs have the potential to produce results for a large population of clientele

the appeal in this circumstance, more often is not better.

THE CLIENT MAY NOT BE READY

HIIT programs have the potential to produce results for a large population of clientele: those looking to lose fat and improve cardiovascular conditioning. But we need to avoid the “one shoe fits all” mentality and first consider if HIIT will be appropriate both mentally and physically for each client. Training at high levels of

intensity can elicit all kinds of reactions beyond simple physical exhaustion; mentally it can be some of the most challenging training your clients have ever performed. High performance athletes survive their high intensity training using

targeted mental approaches, but the average person may not have the experience based knowledge to know how to process the difficulty of a HIIT workout, often resulting in mental breakdown (tears, giving up, self doubt etc). Ultimately

mentally preparing your client on what to expect is something to consider when using HIIT.

As with any type of new program, if a client is sedentary or inactive, considerations should be given as to their physical readiness and ability. Setting standard foundations in strength, joint stability, mobility, and conditioning are important before programming a true HIIT workout for a beginner. Herein lies the difficulty when programming HIIT for group classes, and why knowing your audience and modifying the workout when necessary is critical. Consider how intimidating it might be for a previously inactive participant to show up to a class that is going “balls to the wall” during a HIIT workout, and even worse the potential risks associated with having that new client jump into such a workout. So before using HIIT as a training method, ensure your client is prepared, physically and mentally, to take on the challenge that lies ahead.

KNOWLEDGE IS POWER

It's clear that HIIT workouts are in fact a hit with both trainers and clients, hence why it is paramount with HIIT, as it is will all training modalities, for the trainer/instructor to understand the mechanisms that deliver the result (the why!) and the optimal delivery method for the workout (the how!). Plan your programs with purpose and intent, and be sure that what your methods and approach are appropriate



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for your clientele and are designed in a deliberate way. This application of knowledge is your key to a successful HIIT session!

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your clients' HIIT workouts and understand why it is a simple, effective, efficient and empowering way to train!

Check out MIJO Sport on Facebook for more sport combat and fitness education topics!

REFERENCES: Boutcher, S. H. (2011). High-intensity intermittent exercise and fat loss. *Journal of Obesity*, 2011, Article ID868305. Kessler, H.S., Sisson, S. B., Short, K.R. (2012). The potential for high-intensity interval training to reduce cardiometabolic disease risk. *Sports Medicine*, 42(6), 489-509

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NUTRITION CORNER



BY: JOANNA DRAKE, RD HEALTHLINK BC

THE SALTY TRUTH: ALL ABOUT SODIUM

When it comes to versatility, availability and cost, few food ingredients beat salt. Salt acts as a flavour enhancer and preserving agent in all types of foods. It is used to create better textures in grain products, bind and control the colour of meat products, and control fermentation in cheeses. For these reasons, salt is pervasive in our foods, and most of us eat a lot of it.

To understand the impact of eating salt, it helps to understand what salt is made of. Salt has two main components: sodium and chloride. Both of these components are essential for life, and the body works hard to maintain the right balance of each. Their functions include:

- Maintaining blood volume and blood pressure,
- Helping with the absorption of other nutrients including amino acids and glucose, and
- Maintaining cell membrane potential, which is essential for nerve impulse transmission, muscle contraction, and cardiac (heart) function.

For more information about the complex roles of sodium and chloride in the body, visit:

OREGONSTATE.EDU
CLICK HERE >>

Although these nutrients are essential for life, too much can lead to health problems. In particular, a high intake of sodium can increase blood pressure, which increases a person's risk of heart and kidney diseases. Although there is ongoing debate about how much is too much, current research suggests that adults limit their sodium to less than 2300 milligrams (mg) per day. This may seem like a lot, but most people average closer to 3400 mg, meaning that most of us would be wise to find ways to eat less salt.

When people think about cutting back on how much salt they eat, their first thought is often to cut down on the amount of salt used in cooking or added at the table. This isn't a bad idea, but most sodium we eat (more than 75% of it) comes from restaurant foods and processed foods like soups and sauces, deli meats, and cheese. Some foods, like bread and

a high intake of sodium can increase blood pressure, which increases a person's risk of heart and kidney diseases.

breakfast cereals, are often high in sodium without even tasting salty. While the best thing you can do to lower your sodium is to cook more things from scratch using fresh ingredients and only a small amount of salt, learning to label read for sodium is helpful too.

Sodium is one of the nutrients listed on the Nutrition Facts table on all packaged foods. It is often



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SALT

Kosher, pink, sea, smoked ...
In the end, they are all just
salt and will affect our bodies
the same way.

given in both milligrams and as a percent daily value (%DV). Foods that are low in sodium have no more than 140 mg or 5% DV per serving. To learn more about how to read food labels for sodium and other nutrients, go to Healthy Families BC to Learn the Label:

HEALTHYFAMILIES
CLICK HERE >>

But what about all those salts that claim to have other health properties, to be more natural or less processed? Are they any better for us? Unfortunately they're not. Kosher, pink, sea, smoked... In the end, they are all just salt and will affect our bodies the same way. Some may contain other nutrients like iron, potassium, magnesium or calcium, but not in amounts that are significant. If you choose to use them, use them sparingly. Cook's Thesaurus provides a summary of

the different types of salt and how they vary in taste and texture. Find that information at:

FOODSUBS.COM
CLICK HERE >>

For more information about sodium or other food and nutrition topics, call HealthLink BC at 8-1-1 to speak to a registered dietitian. Dietitians are available by phone, Monday to Friday, 9:00am to 5:00pm or email them by visiting www.healthlinkbc.ca/healthyeating and click on "Email a HealthLinkBC Dietitian." This is a free service for all British Columbians.

JOANNA DRAKE is a registered dietitian with HealthLinkBC. A passionate writer, Joanna supports individual health and well-being through the creation, translation and distribution of food and nutrition resources available to the public and health professionals.

MOST SODIUM WE EAT (MORE THAN 75% OF IT) COMES FROM RESTAURANT FOODS AND PROCESSED FOODS LIKE SOUPS AND SAUCES, DELI MEATS, AND CHEESE.



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BIG PICTURE FITNESS



BY CATE BAIRO

'BIG PICTURE' FITNESS

In looking at fitness and wellness we are trained from the very beginning that it entails mind, body and spirit. But how well do we address mind and spirit in the ins and outs of our everyday classes and training sessions? I believe that we are getting better at understanding the importance of a holistic approach to fitness, but there is still work to be done in creating that experience for our patrons.

What is our goal as fitness professionals? I would venture to guess that most of us want our clients to create sustainable habits and lifestyle changes. We want them to be able to be well with or without us in the picture. In order for us to be successful in this endeavour, we must take a holistic approach. We must consider, just for a moment, that by incorporating mindfulness and...wait for it...spirituality into our practice, we may create the space for deeper and more lasting change within our clients.

The word spirituality can trigger all sorts of ideas, images and thoughts. I would like to invite you to think of this as a sense of connection. It can be to others, faith or the universe. Without connection, we can feel lost and we can feel like something is missing. The road can feel bumpy. With a strong sense of connection, we can feel supported, encouraged and held. Enter in success on the journey to wellness.

So how can we introduce mindfulness and spirituality into our practice?

HERE IS A LIST OF FIVE SIMPLE THINGS YOU CAN TRY WITH YOUR PARTICIPANTS AND CLIENTS TO GIVE THEM A HOLISTIC EXPERIENCE:

01

DEEP BREATHING AT THE BEGINNING OF THE SESSION. DON'T START YOUR SESSION UNTIL YOUR CLIENT FEELS GROUNDED AND PRESENT.

02

HAVE YOUR CLIENT SET AN INTENTION FOR THE SESSION. THIS CAN BE PRACTICAL, "I WILL PUSH MYSELF HARD TODAY" OR PERSONAL, "I WILL ACCEPT MYSELF WHERE I AM

AS IT IS WHERE I NEED TO BE AND TAKE ANOTHER STEP TOWARDS WHERE I WANT TO GO."

03

ENCOURAGE CLIENTS TO MAKE A LIST OF SOURCES OF STRENGTH THEY CAN DRAW FROM WHEN THEY NEED EXTRA SUPPORT. A SOURCE OF STRENGTH MAY BE A LOVED ONE, MENTOR, HERO, PRAYER, SAYING, THOUGHT, FICTIONAL CHARACTER, ETC., AS LONG AS IT CARRIES SIGNIFICANCE AND ELICITS A SENSE OF SUPPORT FOR YOUR CLIENT.

04

USE MEDITATION AT THE END OF THE SESSION TO HOLD THE CLIENT IN THE HIGHEST VISION



OF THEMSELVES. TAKE A FEW MOMENTS FOR THEM TO BREATHE INTO HOW GOOD THEY FEEL AND REMIND THEM THAT IN THIS STATE, THEY ARE THEIR TRUE SELF.

05

CREATE A MANTRA WITH THE CLIENT THAT THEY CAN REPEAT TO THEMSELVES AT ANY TIME THAT WILL KEEP THEM FOCUSED ON THE BIGGER PICTURE OF THEIR HEALTH. FOR EXAMPLE, "I AM BECOMING STRONG, BALANCED AND JOYFUL AS I SET A POSITIVE EXAMPLE FOR MY FAMILY."

There are a few other tools that you can use as well to take a holistic approach. Use a wellness wheel as a take home activity for your client to see where their lives are out of balance. They can make a list of simple things that they could do to create a deeper sense of fulfillment in areas that need it.

Lastly, drive home the importance of looking at wellness holistically. Ask your client, "What will better fitness give you?" The responses you would normally get could include: "better mobility," "more confidence," or "fitting into my old jeans." I challenge you to dig deeper: ask instead, "and what would this give you?" Keep going until you get to the fundamental values underneath like, "freedom", "love", "acceptance". This is gold to you. You can help foster a sense of freedom, love, and acceptance within your client along the way.

You are a facilitator of change. The greatest thing you can do for your participants and your clients is to find simple ways to support sustainable life changes. By taking the opportunity to look at the bigger picture with your clients, you will both get a better sense of what they are really looking for and how you can support them in feeling successful on the journey to wellness.

Without connection, we can feel lost and we can feel like something is missing.

CATE BAIO, B.Phe, CPC, ACC is a Certified Professional Coach helping busy people thrive with more joy and balanced lives. She and can be reached at 250-551-4451, cate@catebaio.com, www.catebaio.com

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Ann Smith
ABC Fitness Co.
Director of Training & Programming

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CEC ARTICLE

QUIZ

THE FOLLOWING CEC QUIZ IS BASED IN THE ARTICLE “**TOP 3 MISTAKES TO AVOID WHEN PROGRAMMING HIIT**” BY MICHELLE AND JONATHAN CARPENTER

Please note that questions may require you to apply information from the article and not simply recall it. This page is for reference only. The quiz itself is to be completed using the online form - click the button on the right. Deadline: AUGUST 30, 2016. Credits earned will be inputted directly into The Registry® of Fitness Professionals by September 15, 2016, NOT PRIOR. This quiz is worth 1.0 BCRPA renewal credit. A passing grade of 80% (8/10) must be achieved. CECs are only available to currently registered Fitness Leaders.

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Note: CECs will be entered into all Fitness Leaders' accounts on The Registry® upon verification of completion and passing of the quiz. CECs will be credited by Sept. 15 and NOT prior. If you are in need of the CEC for renewal before Sept. 15, please seek other continuing education opportunities, such as e-learning (<https://elearn.bcrpa.bc.ca/>). Incomplete quizzes and quizzes that do not meet passing criteria will NOT be credited the assigned CEC.

1. A 2014 SURVEY OF FITNESS PROFESSIONALS IDENTIFIED HIIT AS:

- A. The best strength training program available.
- B. An efficient fat loss training method.
- C. A quick “return on investment.”
- D. The number one training trend.

2. THE FOLLOWING IS NOT CITED AS A BENEFIT OF HIIT:

- A. Improved carbon dioxide discharge.
- B. Increased insulin sensitivity.
- C. Improved VO2 max.
- D. Mitochondrial biogenesis.

3. THE FARTLEK TRAINING METHOD IS:

- A. The same as the Tabata protocol.
- B. A way to improve speed.
- C. Not a viable interval training example.
- D. Best for anaerobic gains.

4. OPTIMAL HIIT WORKOUTS LAST:

- A. 60 minutes.
- B. 60-90 minutes.
- C. 20-30 minutes.
- D. 10-15 minutes.

5. WHO IS CITED AS CLAIMING “THE BODY QUICKLY DECREASED ITS ABILITY TO MEET THE RAPID FUEL NEEDS OF A CONTRACTING MUSCLE”?

- A. Boutcher, 2011
- B. Kessler, 2012
- C. Tabata, 1996
- D. Fartlek, 1937

6. A NEGATIVE EFFECT OF PROLONGED HIIT WORKOUTS IS:

- A. Taxing the anaerobic and aerobic systems.
- B. Depleting glycogen stores in active muscle tissue.
- C. Declining ATP and phosphocreatine levels.
- D. All of the above.

7. THE “SWEET SPOT” FOR TRAINING FREQUENCY IS:

- A. 2-3 times per week.
- B. 1-2 times per week.
- C. 3-4 times per week.
- D. 5-7 times per week.

8. CLIENT READINESS \ DEFINED AS:

- A. Mental preparation prior to commencing HIIT.
- B. A sound foundation in strength and joint stability.
- C. Good mobility and a basic level of conditioning.
- D. All of the above.

9. TRUE OR FALSE? KNOWING YOUR AUDIENCE AND MODIFYING AS NECESSARY IS ONE OF THE THREE MISTAKES LISTED TO AVOID WHEN TEACHING HIIT.

- A. True
- B. False

10. HOW SHOULD YOU MAXIMIZE THE BENEFITS OF HIIT WORKOUTS?

- A. Train 2-3 times per week.
- B. Do not train over 30 minutes per session.
- C. Perform within one hour of strength-endurance based exercise.
- D. All of the above.

ANSWER KEY TO THE WINTER 2016 QUIZ:

- 1. B. VEGAN DIETS ARE OFTEN HIGH IN FIBRE, WHICH IS FILLING.
- 2. D. NUTS, SEEDS, AVOCADOS AND DRIED FRUIT
- 3. C. 1.3-1.8 GRAMS OF PROTEIN PER KILOGRAM OF BODY WEIGHT PER DAY
- 4. D. EGGS
- 5. A. TRUE
- 6. C. DOUBLE
- 7. C. 32.4 MG
- 8. A. TRUE
- 9. D. ALL OF THE ABOVE
- 10. C. ALL OF THE ABOVE



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