

# FitLifeBC

THE OFFICIAL PUBLICATION OF THE BCRPA FITNESS PROGRAM

V.09 / ISSUE 02 / SPRING-SUMMER 2017



**REGISTER NOW FOR  
BEST SESSION SELECTION  
AND SAVINGS!**

SEPTEMBER 16, 2017  
AT THE NEW DELBROOK COMMUNITY  
RECREATION CENTRE 851 WEST QUEEN'S RD.  
NORTH VANCOUVER, BC





  
new balance

Available at



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REBECCA TUNNAcliffe

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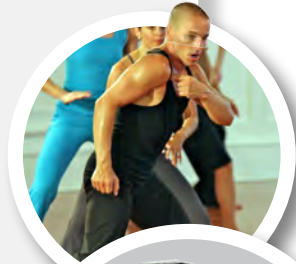
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**THE BCRPA FITNESS PROGRAM:**  
THE ROLE OF THE BCRPA FITNESS PROGRAM IS TO IDENTIFY AND PROMOTE THE HIGHEST PROFESSIONAL STANDARDS FOR FITNESS LEADERS IN BC.

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



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### 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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MESSAGE FROM THE CEO

# REBECCA TUNNACLIFFE



This Association thanks you, our Fitness Leaders, for the “associations” you make possible in your communities. BCRPA Fitness Leaders advance our purpose of “enriching the lives of people and communities through the power of recreation and parks.”

As an organization we are a community, connected in our shared intent and ambition. After a week in Whitehorse connecting with our provincial counterparts for the Canadian Parks and Recreation Association (CPRA) board meeting, and emerging from Symposium 2017 where connectedness was highlighted, I am reinvigorated by the opportunity to support your work by providing the highest standard of services and programs to you, our Fitness Leaders, our community. In celebration of this

community, our office is currently bustling with the launch of **BCFit® '17** registration, bringing our Fitness Leaders together for our upcoming conference this Fall. In a new venue, with perspective-broadening sessions, and new opportunities to network with your fellow Fitness Leaders, **BCFit® '17 is the education hot spot.** We are excited to launch a program that guarantees to leave you feeling informed, inspired and connected. Details here. You'll find BCFit® this year at the Delbrook Community Recreation Centre, a brand-new, state-of-the-

art facility nestled into the North Shore mountains, with a beautiful on-site pool and a dedicated spin facility (yes, spin is returning this year!). We're thrilled to feature 24 concurrent sessions and an invigorating opener with *Vancouver TheatreSports League* to “turbo charge” your leadership thinking for the day. This year also brings the all-new *Fitness Café*, inviting you to connect with your peers in engaging and informative dialogue around the issues that matter to you.



# ENRICHING THE LIVES OF PEOPLE AND COMMUNITIES THROUGH THE POWER OF RECREATION AND PARKS.

Please take a few minutes to complete the online survey found on page 13 and let us know what's on your mind (and earn 1 CEC for your time!).

This conference is open to anyone interested in Fitness – beyond those registered with BCRPA. Register now for early bird pricing!

In this issue of FitLifeBC, you'll find articles on Nia, the innovative workout that combines martial arts, dance and mindfulness; an article from 2015 BCRPA Fitness Leader of the

Year, Chrissy Duncan, titled *The Trainer's Dilemma*; and an article from former BCRPA Fitness Program Manager, Emmie Li, giving you some top training tips to help you achieve your potential. Read on to learn from your fellow Fitness Leaders – with your support, you keep our community at its strongest. I look forward to connecting with you all at BCFit® 17!

Warmly,  
**Rebecca Tunnacliffe,**  
**BCRPA CEO**

As an organization we are a community, connected in our shared intent and ambition.

EARLY BIRD SAVINGS  
END AUGUST 13  
**REGISTER NOW!**



# BCFit<sup>®</sup>'17

## Register NOW for best session selection and savings!



**BE INSPIRED!**

**BE INFORMED!**

**BE CONNECTED!**



### CONFERENCE FEATURES INCLUDE:

- 24 active & lecture sessions to choose from
- Workshops in Spin, Aquatics, PT, TRX, YogaKids, Older Adult, and more!
- 6 intensive pre-and post-conference workshops happening September 15 and 17

**KEEP UP TO DATE AND LEARN THE LATEST TRENDS AND BEST PRACTICES.**

Earn 16+ CECs in one weekend - your entire renewal amount! Extra CECs can also be obtained for attending the pre - and post-conference workshops.

## September 16, 2017

### NORTH VANCOUVER

at the NEW Delbrook Community Recreation Centre  
851 W Queen's Road | North Vancouver, BC

- BCRPA-Fitness
- @BCRPA
- #bcfit17

[bcrpa.bc.ca](http://bcrpa.bc.ca)





# WHAT'S ON YOUR MIND?

**WE WANT TO KNOW!**

The all new "Fitness Café" being held at BCFit'17® this year will be a dynamic session creating dialogue around issues concerning fitness leaders today. Whether you attend in person or not, you can be part of the conversation!

**CLICK BELOW, SHARE YOUR INPUT AND EARN 1 CEC!**

[CLICK HERE TO FILL OUT THE  
ONLINE SURVEY](#)

BCRPA will be capturing outcomes of the Fitness Cafe conversations to share back with you.

# THE NIA TECHNIQUE



BY RHONDA KOOL

## THE NIA TECHNIQUE - NATURAL, JOYFUL, BAREFOOT MOVEMENT TO CREATE AND ENERGIZE YOUR BODY, MIND, EMOTIONS AND UNIQUE SPIRIT

What if fitness could be fun, energetic, adaptable and creative? What if you could condition your body through flexibility, agility, mobility, stability and strength, while experiencing joy of movement? What if you could find a fitness class which would allow you to move, stretch and even sound like an animal of your choice? What if you could laugh out loud and at yourself while expressing and imagining many emotions as you move and dance with others?

Combining dance, martial arts and mindfulness, Nia answers all these questions. It tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. Practitioners believe every person can discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced.

Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit in 60 minutes - body, mind, emotion, and spirit. Nia is non-impact,

“Nia is like chocolate, you cannot describe it – you have to taste it.”

practiced barefoot, and adaptable to individual needs and abilities. Nia classes are taught by licensed Nia teachers. Some Nia classes are 75 minutes long to allow time before and after moving to connect with classmates and check in how participants are feeling. There is no experience necessary, just come with an open heart and willing spirit to move your body in your body's way – be yourself and have fun in bare feet, unless you need shoes for medical purposes.

"Nia is like chocolate: you cannot describe it - you have to taste it."  
Debbie Rosas, Nia creator

### **NIA IS:**

- a worldwide fitness movement with more than 20 years of technical advancement,
- a revolutionary fitness technique that replaces the idea of punishment with pleasure,
- a class that starts with fitness and ends with comprehensive healing of the body, mind, emotions and spirit,
- the first fitness program that advocates doing things the easy way instead of the hard way, and
- adaptable to every level of fitness, every age and type of body, even those with special limitations.





Check out [www.nianow.com](http://www.nianow.com) for more information

The music used in Nia classes is from all over the world, which definitely awakens the soul to dance and move. It connects you with amazing soul-stirring music; you can sweat your stresses out, express your emotions and voice through sounding “Aaaahhh”, laugh as you pretend to claw and growl like a tiger, or imagine moving in water stroking the space in slow motion.

Debbie and Carlos Rosas created Nia over 30 years ago, as the first fusion fitness program designed to promote pleasure rather than pain when exercising – no pain, all gain. The first level of Nia training is the White Belt and there are many trainers available worldwide. The week-long intensive White Belt is followed by Green Belt, Blue Belt, Brown Belt and Black Belt, each one week long – mostly taught at Nia Headquarters in Portland, Oregon.

Personally, I learned that moving my body to amazing music can be so beneficial and healing to my whole being. When I am feeling joyful and dancing with friends, there is nothing better.

Check out [www.nianow.com](http://www.nianow.com) for more information.

“To enter fully into a new relationship with your body, you must also recognize that your body is more than mere flesh and blood – it is infused with the energies of your mind, emotions, and spirit.”

Debbie Rosas, Nia creator



#### TOP 5 TIPS FOR NEW

##### NIA FITNESS LEADERS:

1. Be open to PLAY, be playful.
2. Honour and listen to your body and move in a way that fits your energy in the moment, rather than pushing, forcing and pounding during workouts. Movement must be conscious, not habitual. Whole-being fitness begins with heightened body and mind awareness, as you listen and sense physical sensations and start to move with purpose.
3. Use your body the way it was designed to be used. Gain fitness by doing movements that shift your own body's weight, with varying levels of intensity, range and speed.
4. Use the body to heal the mind and spirit by joining muscular movement with introspection, intention, visualization, imagery and expressiveness.
5. Discover your feet by moving and dancing in bare feet. It becomes a way to ground or centre, and to move efficiently, gracefully and powerfully.

“I’ve noticed that I can come to a Nia class feeling a little down, and within the hour my entire mood shifts. My body comes alive and is filled with energy and joy. I feel such a great physical release. My spirit soars with the rhythms of the different musical cultures of the world. I also love the integration of the various martial arts and yoga. In every Nia class, I rediscover the creative child that lives within me – and I let her out to play.”

Bonnie, a Nia participant

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**RHONDA KOOL** has been a BCRPA registered Fitness Leader for over 8 years. She started with the Group Fitness Module and soon after completed the Weight Training Module. After her first Nia class, she was captivated with the natural movements of the dance arts, martial arts and healing arts and has not looked back since.



BY EMMIE LI

## TOP TEACHING TIPS

Is good teaching innate or made? Those of us who have been instructing for a while could look back on our careers and realize how far we have come. For those starting your teaching journeys, whether in group classes or personal training, the passion that drives you will continually fuel your improvement.

We began with the simple joy of helping others. We want them to succeed. We want them to win. We want them to fit in and we want them to know we did it, so they can too. Though we may not know exactly how, we each make a difference. That shift is innate.

On the other hand, what we make is a commitment to improve. We hone in on our craft; we don't take it for granted. It will, in fact, direct us back to that inherent comfort and fulfillment of sharing and teaching.

Here are three practical instructional tips that will improve, refresh and enhance your skills:

### STEP 1 KEEP IT SIMPLE

Do you find that your class or clients sometimes just don't "get it"? No matter how hard you try to explain an exercise, they simply don't understand your instructions. In fact, the more you explain, the more confused they seem. This is because we tend to over explain. So the first tip is to keep it simple.

The most important aspect of this exercise is to flex the spine using the core.



Keep it simple sounds cliché and obvious; but it is in fact an art. The work of a great teacher is to break down and explain, in the simplest terms, the most significant aspects of the subject.

In order to keep it simple, we should break down all aspects of the exercise. This requires a detailed understanding of your subject (or exercise). In Pilates for example, we introduce an exercise towards the beginning of the workout called The Hundred.

It incorporates the core in spinal flexion while legs extend and arms pump to the breath. It can be overwhelming for beginners without sufficient abdominal strength, coordination and body awareness. So we break it down.

The most important aspect of this exercise is to flex the spine using the core. So we teach that first. As the core gains strength, the legs will extend. As we learn the breath, the arms assimilate. The breakdown of this exercise requires

# "the process of reaching an ideal state of simplicity can be complex"

an understanding of movement priorities. All muscular engagement will enhance the core. Therefore, simple instructions that are progressive will produce results.

Note however, that breaking down an exercise doesn't necessarily mean modifying. Exercise breakdown can be done in almost every workout. The level of breakdown however, will depend on the participants' abilities. Those more advanced require less information but novice students generally require more time to digest all the minute details of the movement.

Modification is a deduction process whereby the exercise, in its full form, is presumably not yet achievable (for whatever reason). As such, we make the exercise "easier" and more accessible. This is done by addressing the barriers to the exercise. The general assumption is that the actual exercise is known.

When we breakdown an exercise however we do the opposite. We build up the skills (and strength). We assume that the learner doesn't yet know the exercise in its full form and we are introducing it, step by step.

## STEP 2 DECLUTTER

In keeping things simple by breaking down, we declutter the excess of what learners aren't ready for. As a result, they receive and feel success.

But how do we declutter when there's so much to impart? Every moment, we want to "correct" because we are

passionate about helping them "do it right". We know they will feel great when they get it. We have all been there. This is why we want to share. Sometimes, we so desperately want our clients to succeed that we bombard them with cues and corrections. Instead of satisfaction, they feel overwhelmed, stressed and confused.

Many won't actually tell us. Perhaps they don't even consciously know. But something prevents them from wanting to return. They may simply feel that they will never get it or that they're "too inflexible", "too heavy", "too slow", "too weak" or "too" something. They cannot accomplish what we ask of them. A general negative experience will discourage anyone from continuing.

It is our job, therefore to explain less. Use fewer words. Start by discarding the non-essentials. Do you find yourself doing or saying anything that doesn't add value? If you constantly utter "um", "ah", "so" or "good", try eliminating them and see the difference it makes. Believe it or not, even praises can sound like a broken record after a while. They could lose their impact.

## STEP 3 REDUCE

Along the lines of decluttering, reducing the amount of information offered can greatly influence a learner. According to John Maeda, the author of *The Laws of Simplicity*, reduction is in fact, the first law.

However, excessive reduction to the point of incoherency also serves futile. So how do we acquire the quintessential acumen of a minimalist teacher?

### TRY THE FOLLOWING:

- Pause for 3 to 5 seconds after you offer a verbal cue.
- Breathe when you are tempted to repeat a cue.
- Slow down your speech to half pace.

Maeda says, "the process of reaching an ideal state of simplicity can be complex", and "the simplest way to achieve simplicity is through thoughtful reduction. When in doubt, just remove. But be careful of what you remove".

Offering too few instructions may create the impression that we lack confidence. Too many cues can irritate a learner's mind into mayhem. It is therefore important to balance the two. According to Maeda, ask yourself these two questions: 1) how simple can I make it and, 2) how complex does it have to be?

In simplicity, decluttering and reduction, we communicate seamlessly to our class and clients to make for the most effective workout. Those receiving our instructions will be energized; and we will be fueled.

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EMMIE LI, Pilates TFL For more on her teaching, please visit <https://wp.me/P3SZ7C.aj>

# THE TRAINER'S DILEMMA



BY CHRISSEY DUNCAN

## THE TRAINER'S DILEMMA

"I want to lose 25lbs in three months time and I want to work out six days a week" We have all heard this client statement before - but as their trainer or coach, how can we begin to teach them the steps needed to achieve this?

If we are being honest, sometimes as a trainer or coach we get a little bit excited when this client comes to us begging for help. It appears they have all the elements of being able to succeed. They have a deadline and what "sounds like" the willingness to put in the work.

We answer their plea, "Yes, we have the perfect program to help them." The plan is laid out to meet them three days a week; they are to attend the gym three other days on their own. Ideas and guidelines on a basic meal plan are shown to them and off they go with high motivation and their current numbers on the scale to reference.

Two weeks go by and it is time to check the numbers. The scale hasn't moved. The client's face shows complete shock and disbelief. They protest, "How can this be? I've been working so hard." You mutter off a few concepts about how this sometimes happens when starting a new program, muscle weighs more than fat, hormones could be a factor and maybe they aren't eating the right foods at the right times. But the client is not listening. They are too upset to hear anything and feel the whole thing has been a waste of time.

You give them a moment then decide to dig a little deeper and ask questions. "So.... how many days did you work out on your own? And, "Tell me about your food intake over the past week." The true story is revealed with the client's answer, "In the past two weeks, aside from the six days with you, I only made it two or three other times to the gym on my own. I was too sore and work got busy. Planning meals

went out the window as I had birthday parties this past week and work functions, which meant drinks, eating out and, of course, cake. But I thought because I have been working out with you that it still would show something on the scale."

It is right here we realize that this client's behaviour does not match their goal.

### HOW DO WE AVOID THIS?

#### 1. FIND THEIR WHY

Without having a clear WHY, failure is probable. As coaches we need to work with our clients to help them understand what 25lbs means to them. John Berardi from Precision Nutrition teaches a simple **5 WHY QUESTIONING SYSTEM** that can help have a sharper understanding<sup>1</sup>, here is an example:

- |  |  |
|--|--|
| 1. Why do you want to lose 25lbs?        | To look better in my clothes.  |
| 2. Why do you want to look better?       | If I look better I will have more confidence.  |
| 3. Why do you want more confidence?      | When I feel happier with the way I look, I will have the confidence to try new things.                                       |
| 4. What new things would make you happy? | To try surfing with my partner while on vacation and not worry about how I look in my bathing suit.                          |
| 5. What would this mean to you?          | The activity would be a good way to connect with my partner plus eliminating anxiety over the way I look is important to me. |

1. CREDIT TO JOHN BERARDI AND THE TEACHINGS OF PRECISION NUTRITION. THEY'RE ONE OF THE LEADERS IN TRAINING HEALTH CARE PROFESSIONALS AND, SPECIFICALLY, FITNESS PROFESSIONALS ON HOW TO BETTER WORK WITH THEIR OWN CLIENTS FROM A NUTRITION PERSPECTIVE.



Now you understand that your client has anxiety over the way they look and possibly a lack of connection in their relationship. This sounds like a motive! How can we use this motive to fuel change in their behaviour? Is this enough?

**2. WILLINGNESS TO CHANGE**

With knowledge of their why, now can we determine what they are willing to change in order to meet their goal. Ask the questions, “Where are you on the commitment scale?” and “What are you willing to change right now in order to reach your goal?” (see diagram above).

We need to prepare our clients for the mindset and reality that comes with beginning a program and what daily actions need to be taken to achieve their goal. We need to teach them that for every action there is a reaction and for every behaviour there is an outcome. Just like when planning a BBQ, you can set a date in advance but you cannot control what the weather does on that day. When trying to lose weight, you can eat well and exercise but you cannot control your fat cells. We cannot control the outcome but you can control the behaviours that lead to the outcome you want.

How do we break this down into something that our clients can understand?

**3. IS THE CLIENT'S GOAL REALISTIC?**

In our example, the client’s outcome goal is to lose 25lbs. They planned to work out six days a week for six months. Now we will ask the client the following:

- Is this realistic to sustain?
- Have they considered their time commitments in other areas of their life like work, social, family and community?
- Would an adjustment to a smaller number of pounds to lose be more effective, attainable within the time frame and allow them to feel successful?

For example you could frame your compromise this way: How would you feel if you lost 15lbs and your clothes dropped by three sizes? Would this make you happy? Would this be an achievable number we could begin with then re-assess once you hit this goal?

**4. SET REALISTIC BEHAVIOR GOALS WHICH ARE SUSTAINABLE OVER TIME.**

Finding out where values and priorities lie is an important piece to this puzzle. The concept of drawing connections between values and priorities is a great tool. How each of us prioritizes things on a daily basis is based on where we place the highest value. What is high on our priority list? If having fresh breath and clean teeth are high on the priority list we make it a daily action to brush and floss. If sitting and reading the paper at your favorite coffee shop is priority; we make our daily schedules work to take this action. If maintaining a healthy weight and having muscle tone is high

priority we make time for exercise and we are aware of what foods we put in our body.

**GETTING CLEAR ON DAILY ACTION PLAN USING OUTCOME CIRCLES.**

(see diagram below).

Outcome: Drop 3 sizes and lose 15 lbs in 3 months (insert date)

**THIS MONTH I WILL:**

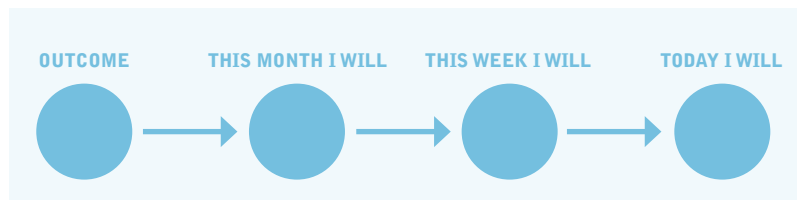
- Meet with my trainer 12 times for weight training sessions.
- Complete 8 cardio sessions on my own starting with 30 min increasing to 45 min by the end of the month.
- Limit alcohol consumption to 5x this month.

**THIS WEEK I WILL:**

- Block off time in my calendar for my workouts.
- Prepare and take lunch to work 3 out of 5 days.
- Get to bed by 10:30pm 5 nights out of 7.
- Increase cardio from 30 min to 35 min by Friday.

**TODAY I WILL:**

- Pack my workout clothes ready for tomorrow.
- Purchase and prepare food required for dinner and lunch for the next 2 days.
- Set my alarm to wake up 15 minutes earlier to make and eat breakfast.
- Replace 1 coffee with a glass of water instead.



“By failing to prepare, you are preparing to fail”.

– BENJAMIN FRANKLIN

- Check off and track my daily activity on the calendar.
- Write down everything I eat.

Having daily small achievable behaviour actions will ensure the likelihood of success. It doesn't matter how insignificant or basic it may seem in relation to your big outcome goal; having them both written down and the ability to check off allows for feelings of accomplishment.

The brilliance of underestimating: even if you think you can complete more than 45 minutes of cardio by the end of the month, underestimate. It gives room to grow to more if time permits however; it sets the standard of the minimum required when time is limited. If you think you can take lunch five days a week but know that work commitments means restaurant meals on occasion, then underestimate so you can still be successful and have the flexibility to lunch out if needed.

### 5. HOW TO MEASURE WHAT'S IMPORTANT

There are lots of ways to measure progress but determining what is important to your client makes a huge

difference. Do we use the scale, body fat percentage, fat caliper testing, tape measure, progress photos or would more basic measuring tools leave your client feeling accomplished with the will to carry on. Are they app savvy and wanting to track their food intake on a device or manually? Are they the type of person to get hung up on the number of calories ingested? Should they focus on how tracking food makes them feel or their hunger cues? How will they track their workout days to ensure they reach the goal they set of X number of workout sessions? Whatever methods you both decide on ensure that it's not overwhelming. Keep it simple enough to ensure progress and determine how often this will be re-measured.

### 6. WHAT ABOUT MOTIVATION?

Preparing the client for the lows is an important factor to address. Have them understanding that when we wake up, motivation doesn't just arrive in our lap. Motivation comes from action. Some days we don't have the motivation to go to the gym. When we take daily action, over time results will come. These results can fuel motivation but still daily action is

needed to continue moving forward. Have a clear picture of the person's WHY, something big enough that you can see and feel it when you close your eyes. This is will ultimately be the glue that holds you accountable.

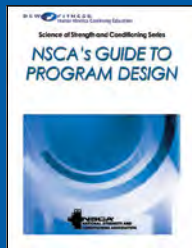
“Winners take imperfect action while losers are still perfecting the plan”  
Gina Graves

Creating a clear picture of why they want to reach goal, assessing where their willingness to change lies, working to set realistic goals, breaking them down into daily actions, measuring what is important and taking action steps instead of relying on motivation is the key to helping our clients become winners.

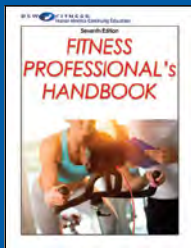
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**CHRISSEY DUNCAN** has been in the fitness industry as an instructor and personal trainer for 13 years. She now coaches clients worldwide working on habit based change improving both nutrition and overall wellbeing using the coaching systems taught through Precision Nutrition. Contact email is [Chrissy@kiwicardio.com](mailto:Chrissy@kiwicardio.com)

## EASILY EARN your CECs online TODAY!

Here are five newly-approved courses. Or see ALL our BCRPA-approved courses at [www.HumanKinetics.com/BCRPA](http://www.HumanKinetics.com/BCRPA)



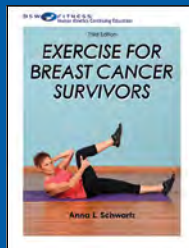
13 CECs



14 CECs



9 CECs



6 CECs



5 CECs



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# RECIPE CORNER



BY ANDREA MCDONALD

## DATE-BASED MIGHTY BITES

SUMMER'S HERE AND IT'S TIME TO GET OUTSIDE! THESE ENERGY-SUSTAINING MIRACLE WORKERS ARE AN AWESOME CHOICE FOR YOUR NEXT ENDURANCE TREK, WHETHER IT BE HIKING IN THE TRAILS OR RIDING YOUR BIKE.

**DATES ARE LOADED** with fibre, potassium and essential minerals. The pink Himalayan salt adds another kick of trace minerals and electrolytes to keep you moving.

**These energy-sustaining miracle workers are an awesome choice...**



Cinnamon tastes yummy but it's also a powerful anti-oxidant and has anti-inflammatory properties. Maca powder, known to boost energy and stamina, delivers on multiple levels — providing balance and vitality by nourishing your adrenal

glands and even boosting your libido (wink, wink).

Add all ingredients to your food processor and blend until well mixed. Roll into small, 1/2-inch, bite-size spheres. Roll in cacao nibs for an energy-boosting crunchy texture.

Makes about 20 bites. Store in your freezer and pop a few in a Ziploc bag and away you go on your adventure!

Want to really rev it up? Add some ground coffee to the mix.

ANDREA MCDONALD is a Holistic Health Coach (R.H.N.) and spin instructor at Method Indoor Cycling in Vancouver. You can follow her on Instagram and Facebook @andreamcdonaldnutrition.

### RECIPE:

**12 MEDJOOl DATES, PITTED**

**1 TEASPOON CINNAMON**

**1 TEASPOON MACA POWDER\***

**15 GRINDS OF PINK HIMALAYAN SEA SALT**

**1/2 TEASPOON GROUND COFFEE**

(OPTIONAL CAFFEINE BOOST)

**CACAO NIBS FOR ROLLING**  
(OPTIONAL)

\* READILY AVAILABLE IN HEALTH FOOD STORES





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TAG DUNDAS, BCRPA REGISTERED PERSONAL TRAINER, TRX MASTER TRAINER

# SUSPENSION TRAINING - IT'S TIME TO MIX IT UP!



Suspension training is an amazing tool for fitness professionals to have in their toolbox. Whether you're using it to regress movements for a beginner client, or to add more challenge for your advanced clients, it's a must have. Here are two intermediate movements that you can easily incorporate into client's program or group fitness lesson plan.

**FOR ALL SUSPENSION TRAINING EXERCISES YOU MUST "SET YOUR STANDARD"**

**ANCHOR YOUR SHOULDERS**

*shoulders back and down*

**HIDE YOUR BOTTOM RIBS**

*pull chest toward spine*

**ENGAGE ABDOMINAL RING**

*muscles around your torso*

**EVEN BELT LINE**

*neutral pelvis*

**CONTRACT YOUR QUADS**

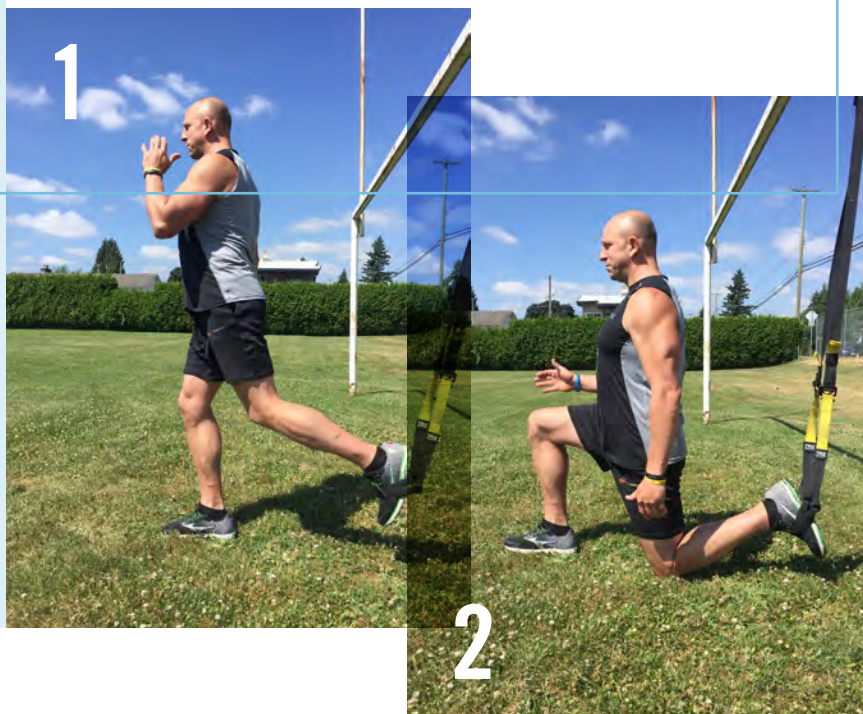
*when you can*

**CONTRACT YOUR GLUTES**

*when you can*

**EXERCISE #1:**

Single Leg Lunge - mid calf level - Stand facing away – one foot in both foot cradles- start with back knee on the ground underneath hip, hip in alignment with your anchor point. Ensure your shins and spine are vertical –root your foot into the ground- set your standard- stand straight up remaining as tall as possible- slowly return to start position just shy of your knee touching the ground.



HANDOUT COURTESY OF BCRPA

## SUSPENSION TRAINING - IT'S TIME TO MIX IT UP! CONTINUED.

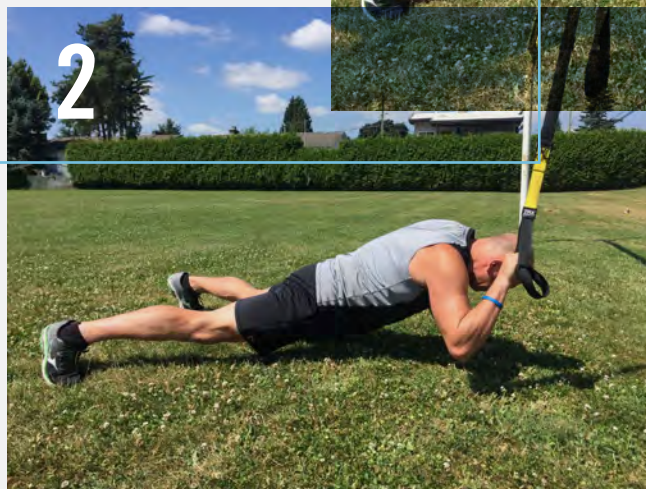
NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

### EXERCISE #2:

Push up, tricep extension combo - TRX handle at knee height, knees on the ground, face away from the anchor. Put one hand in handle -fully extend arm with your other hand on the ground -set your standard -lower your body down to the ground The TRX arm is performing a tricep extension while the grounded arm is performing a push up.

### NOTE:

*For each of these exercises the TRX remains motionless. Your body does all the moving.*



**TAG DUNDAS** is a Registered Personal Trainer, workshop presenter and the owner of TNT Fitness. He is the first Canadian to obtain TRX Master Trainer status and travels the world to learn from the best of the best. Tag is on a mission to educate fitness professionals on how to utilize suspension training in the safest and most effective ways possible, making it accessible for clients of all ages and ability levels. Want to master suspension training? Come to his sessions at BCFit'17 and be blown away!

# CEC ARTICLE

# QUIZ

THE FOLLOWING CEC QUIZ IS BASED ON THE ARTICLE:

## “BAREFOOT WITH NIA”

BY RHONDA KOOL

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: September 30, 2017. Credits earned will be inputted directly into The Registry® of Fitness Professionals by October 15, 2017, 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.

TAKE THE  
ONLINE QUIZ

**1. HOW MANY MOVES ARE IN THE NIA PROGRAM?**

- a) 10
- b) 56
- c) 52
- d) 100

**2. THE FACT THAT NIA IS PRACTICED WHILE BAREFOOT MAKES IT UNIQUE.**

- a) True
- b) False

**3. WHAT 3 DISCIPLINES COMBINE TO MAKE NIA?**

- a) Dance, Yoga and Tai Chi
- b) Step, Spin and BoxerFit
- c) Dance, Martial Arts and Mindfulness
- d) None of the above

**4. WHAT KIND OF MUSIC IS PLAYED IN A NIA CLASS?**

- a) Hip Hop
- b) New Age Fusion
- c) Classical
- d) World music

**5. THE LEVELS OF NIA TRAINING ARE AS FOLLOWS: RED, ORANGE, YELLOW, GREEN, BLUE, INDIGO AND VIOLET.**

- a) True
- b) False

**6. NIA HAS BEEN DESCRIBED AS A TECHNIQUE THAT PROMOTES THE FOLLOWING PRINCIPLE:**

- a) Punishment before pleasure
- b) Age before beauty
- c) No pain, no gain
- d) No pain, all gain

**7. WHAT KINDS OF IMAGES ARE CLIENTS ENCOURAGED TO TAP INTO IN A NIA CLASS?**

- a) Your inner animal avatar, like a tiger
- b) Inanimate objects like rocks
- c) Aggressive entities like boxers or soldiers
- d) Nature references like trees

**8. WHERE IS THE NIA HEADQUARTERS?**

- a) Seattle, WA, USA
- b) Vancouver, BC, Canada
- c) Mumbai, Maharashtra, India
- d) Portland, OR, USA

**9. FITNESS IS GAINED IN A NIA CLASS USING THE FOLLOWING TECHNIQUES:**

- a) Movements that shift your own body weight
- b) Universal gym weight equipment
- c) Aquasize and Aqua Mats
- d) Boot camp style cross training

**10. WHO ARE THE NIA FOUNDERS?**

- a) Gillian Michaels and Bob Harper
- b) Richard Simmons and Jane Fonda
- c) Debbie and Carlos Rosas
- d) None of the above

## ANSWER KEY TO THE WINTER 2017 QUIZ:

- 1. D. All of the above
- 2. B. False
- 3. C. Personal appearance
- 4. B. Consider which area would have the greatest overall impact if improved

- 5. B. False
- 6. B. needs improvement
- 7. C. making conscious choices about how you are living
- 8. D. impersonal responses towards clients

- 9. A. through personal/ professional growth
- 10. B. a full view of your life

# The Registry<sup>®</sup> OF FITNESS PROFESSIONALS

The Registry<sup>®</sup> of Fitness Professionals showcases the *talent, qualifications, certifications—* and *experience* of BCRPA registered fitness professionals who have met the highest and most stringent provincial and national professional standards. It also helps employers and clients find you.



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- Help employers and clients match the right professional with the right job
- Promote and validate the status of registered BCRPA Fitness Professionals

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To:

Cc:

Subject: The Registry<sup>®</sup> of Fitness Professionals

Signature: The Registry<sup>®</sup>

Thank you for contacting me through **The Registry<sup>®</sup>**. I would be happy to meet with you about the job, please let me know what time works best for you.

**Ann Smith**  
ABC Fitness Co.  
Director of Training & Programming

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Me On **The Registry**

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