



FIT BITS

FALL 2007

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902-425-1128 EXT.224 www.nsfa.info Diane Bellefontaine, Executive Director

From the Editor

Jolene Titus

Change is in the air. You can feel it. Fall marks the beginning and end for many activities. Vacations and outdoor activities such as camping, baseball and swimming come to a close as families and individuals make time for routine in their work or school activities.

As the leaves change and the weather gets a little cooler, many people also begin to move their fitness activities back inside. As a result, you may experience increased numbers of participants in your classes or find additional training sessions being booked as people re-define their goals for the fall.

In this edition of FitBits you will find articles to help you embrace this change for yourself or for your participants. Cynthia Moulin's article *Going the Distance* helps us find the balance between carb and fluid intake to maximize performance. In addition, Darren Steeves' article looks at the growing issue of obesity in Nova Scotia and the role fitness professionals can play in stemming the tide.

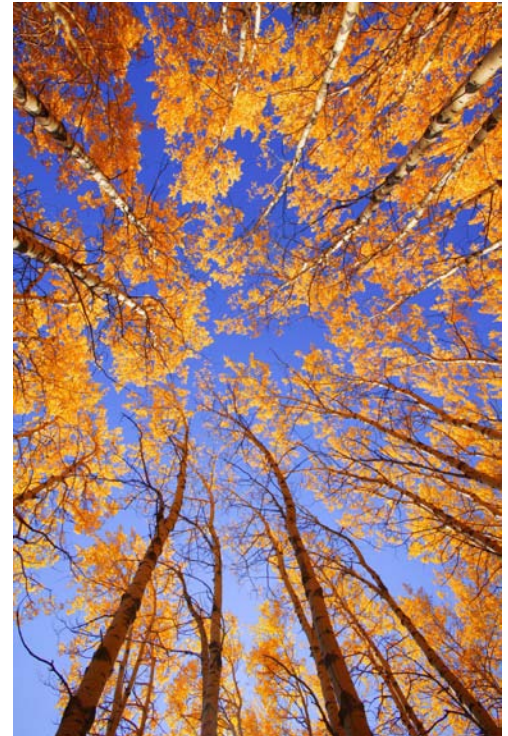
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"Take care of your body. It's the only place you have to live." - Jim Rohn



Numerous classes and regional workshops are also being offered this fall and you will find that information in this newsletter edition. Now is the chance to embrace the change in you – try a different specialty fitness module or learn some new skills and CEC credits through this fall's regional workshop courses.

Best of luck as you re-define your fall routine and support others in their quest to healthier living and activity! If you have suggestions or submissions for the newsletter please email me at promotions@nsfa.info. Happy reading!


NOVA SCOTIA

Health Promotion
and Protection

About NSFA

The NSFA trains, certifies and supports fitness leaders and promotes fitness, active living and wellness throughout the province.

The Nova Scotia Fitness Association (NSFA) is a member of the National Fitness Leadership Alliance (NFLA) which means your NSFA certification is recognized nationally and is transferable to any province/territory in Canada.

We want to hear from you!

Have a question? Looking for a course? Talk to us:

NSFA FALL OFFICE HOURS

Monday	1:30pm-5:30pm
Tuesday	11:30am-6:30pm
Wednesday	1:30pm-5:30pm
Thursday	1:30pm-5:30pm
Friday	11:30am-5:30pm



Contact: Rob Frederick

Email:

robfrederick@fitnessstogether.com



KINETIC SOLUTIONS
COMMERCIAL EXERCISE EQUIPMENT

Contact: Richard Harrington

Email: rick@kineticsolution.com

Upcoming Regional Workshops

For more information on upcoming courses throughout the province, visit www.nsfa.info. To register for courses contact Diane at 425-1128, ext. #224 or diane@nsfa.info.

1. St Mary's The Tower, Halifax, with Melissa Millar. Sunday Sept 30th 1-4pm. Includes *Toning Ball Workout* and *Evolution Dance*.
2. St FX Keating Millenium Centre, Antigonish, with Diane Bellefontaine. Sunday Oct 28th 1-4pm. Includes *Fun Step Ideas* and *Interval Workout*.
3. Acadia University, Wolfville with Dianne Levy, Danny MacKinnon and Diane Bellefontaine. Sunday Nov 18th 1-4pm. Includes *Aqua*, *Body Bar/Cardio Strip* and *Gliding*.
4. St Mary's The Tower, Halifax, with Melissa Millar. Sunday Dec 9th 1-4pm. Includes *Stability Ball- Beyond the Basics* and *Cardio Spice*.

Going the Distance

Cynthia Moulin, RD

Cynthia has been working in the fitness and health industry for the past 10 years. She is a Registered Dietitian, CPT and Group Fitness Instructor. Cynthia works as a private practice nutritionist and CPT and specializes in weight loss, sports nutrition and eating for energy.

With the Valley Harvest and PEI marathons and half marathons just around the corner, my thoughts turn to fueling during long distance training. The following can apply to distance runners, but even the non-running gym enthusiast can apply these same principals. The longer you train during each session, the more important food and fluid are for optimal training and enhanced recovery.

Too many runners and distance athletes overlook the importance of food, and some people even skip or reduce their fuel intake in an effort to aid weight loss. However, under-fueling during activity not only compromises your workout, it also

sets you up for overeating during the rest of the day.

For people who engage in less than 60 minutes of exercise at one time, water is the most likely and suitable fueling choice. However, research supports that individuals engaging in exercise as short as 20 minutes perform better when they consume water plus fuel (i.e. a little bit of carbohydrate as part of a sports drink). It's important to assess what your training and weight management goals are and then drink accordingly. From this point forward let's focus on workouts lasting about 90 minutes or longer.

Three key things to focus on are:

1. adequate fluid
2. adequate carbohydrate for energy
3. recovery food

One of the easiest changes to make to boost your energy level and enhance your training is to drink more water. Signs that you're not getting enough water include fatigue, headaches, poor concentration, and muscle cramps (stitches) during exercise. Also, if your urine is dark in color and/or has a strong odor, you are dehydrated. People who drink at least 8 glasses of water per day reduce their risk of breast cancer and colon cancer by 50%.



Water IS best! Fluids such as coffee, tea, milk, juice and pop are not as effective at rehydrating your body's cells. Drink these fluids in moderation, and make sure you drink plenty of water.

How much water is enough?

Men should drink between 2.5-3.0 liters (10-12 cups) per day to replace normal fluid losses, and women should drink between 2.0-2.5 liters (8-10

cups) per day. When you are active, drink an additional ½ cup water for each 15 minutes of activity.



You can combine steps 1 and 2 by consuming sports drinks to get your fluid and carbohydrate needs met. On average, sports drinks will supply about 100-150 calories per 500mL (2 cups). Exercisers should aim to consume between 100-200 calories per hour when they are going for more than 90 minutes. This includes the 1st hour of exercise. For example, if you are completing a 2 hour training run, or participating in 2 x 1 hour fitness classes, you should consume between 200 and 400 calories during that long workout. Keep in mind you will have likely burned off about 1200-2000 calories (some from stored fat and some from stored carbohydrate).

It's important to top up your carbohydrate stores since they are the preferred source of fuel for your working muscles and without them your body won't perform as well. If sports drinks aren't your thing, you can try power gels (100-150 calories each), bananas (100 cal), 2 small boxes of raisins (80 cal), energy bars (200-300 cal), or simple diluted fruit juice.

Post exercise, the optimal food intake includes a source of carbohydrate to replenish muscle stores (bread, cereal, pasta, rice) AND a source of protein to aid in muscle recovery and repair (milk, yogurt, eggs, meat, chicken, fish etc). Aim to eat as soon as possible – preferably within 30 minutes of finishing your workout. Great meal ideas that are fast and easy include: high fiber cereal with milk and berries; sandwich filled with meat, chicken, tuna, cheese or egg, topped with veggies; whole wheat bagel with yogurt and fruit and; pasta with tomato sauce and grilled chicken or lean ground beef.

The Hype About the Canadian Standard for Fitness Leadership and Certification

By being NSFA certified, you have joined over 10,000 leaders across Canada certified with provincial certification associations! Certification with the NSFA means you have joined an elite group of individuals who are confident in knowing they have met national standards for exercise leadership. Your certification is national in scope; it extends across Canada from coast to coast because NSFA certification is transferable from one provincial certification organization to the next. If you move, your certification moves with you.

Canada's new national standards for fitness leadership and certification are based on Health Canada's National Fitness Leadership Alliance (NFLA) guidelines. The NFLA, which is a Canadian partnership of provincial fitness certification/registration delivery agencies, sets the standards for fitness leadership and certification in Canada. These performance standards provide a framework for the knowledge, skills, and values of fitness leaders and are essential for training leaders to design and instruct safe, enjoyable, and effective fitness class experiences for generally healthy people. Canadians will continue to have access to qualified fitness leaders in their communities.

As part of a fast-growing group of organizations, NFLA members include:

- **British Columbia/Yukon**—British Columbia Recreation and Parks Association (Fitness Branch), www.bcrpa.bc.ca
- **Alberta/Northwest Territories**—Alberta Fitness Leadership Certification Association, www.provincialfitnessunit.ca
- **Saskatchewan**—Saskatchewan Parks and Recreation Association (Fitness Division), www.spra.sk.ca
- **Manitoba/Nunavit**—Manitoba Fitness Council, www.manitobafitnesscouncil.ca
- **Ontario**—Ontario Fitness Council, www.ofc-fpao.com

- **New Brunswick**—Fitness New Brunswick, www.fitnessnb.ca
- **Prince Edward Island**—Island Fitness Council, www.fitnessnb.ca
- **Nova Scotia**—Nova Scotia Fitness Association, www.nsfa.info
- **Newfoundland/Labrador**—Newfoundland/Labrador Recreation and Parks Association



What does the NFLA have to offer?

NFLA partners are fully recognized as Fitness Leader Certification/Accreditation training leaders in a variety of group and individual specialties such as:

- Group Fitness/Exercise
- Strength/Resistance Training
- Aquatic Fitness
- Older Adult Fitness
- Youth Fitness
- Adapted Fitness
- Individual Fitness/Personal Training
- Trainer/Evaluator/Supervisor of Fitness Leaders



NSFA Upcoming Fall Courses

About the Certification Process

Becoming certified with the NFLA-NSFA is simple and is valid for 2 years.

Stages	Requirements
Stage 1: NFLA Fitness Theory Module 1 (pre-requisite for all modules)	100% Attendance Written exam pass 80%
Stage 2: Specialty Course Modules 2-6	100% Attendance Written/practical exam pass 80%
Stage 3: Apprenticeship	Recommended 10 hrs of practical experience or case study/observation
Stage 4: Evaluation	Current level C CPR
Stage 5: Certification	Successful completions of stages 1-4 Payment of NSFA membership/insurance

Fall 2007 & Winter 2008 NSFA Courses

What's new? The **NSFA Fitness Theory** course has been increased to 24 hours, for a better learning experience and to be consistent across the country with the NFLA Standards.

Fitness Theory (FT)

Mount Saint Vincent University

- Sat Sept 22, Sun Sept 23, Sat Sept 29, Sun Sept 30. To register please contact Pat MacDonald. Phone: (902)-457-6563 E-mail: pat.macdonald@msvu.ca

Dartmouth Sportsplex

- Sept 27 to Nov 15 (Thurs 7-10pm) & Feb 14 to April 10 (Thurs 7-10pm). To register please contact Debbie Murphy. Phone: (902)-464-2600 Ext. 331

NSCC Truro Sport & Wellness Centre

- Oct 10 to Nov 21 (Wed 6-9pm). To register please contact Shelia Rafferty. Phone: (902)-896-2300 E-mail: shelia.rafferty@nsc.ca

Sport Nova Scotia

- Fri Nov 23, 4:00pm – 10:00pm, Sat Nov 24, 9:00am – 6:00pm and Sun Nov 25, 9:00am - 6:00pm To

register please contact the NSFA. Phone: (902) 425-1128 ext. # 224 E-mail: diane@nsfa.info

Resistance Training Leader (RTL) Mount Saint Vincent University

- Oct 2 to Nov 20 (Tues 7-9:30pm). To register please contact Pat MacDonald. Phone: (902)-457-6563 E-mail: pat.macdonald@msvu.ca

Dartmouth Sportsplex

- Nov 21, 28, Dec 5, 12 and Jan 9 (Wed 7-9pm) To register please contact Debbie Murphy. Phone: (902)-464-2600 Ext. 331

St. Mary's Tower

- Sat Dec 1 and Sun Dec 2, 9:00am – 6:00pm both days. To register please contact the NSFA. Phone: (902)-425-1128 ext. #224 E-mail: diane@nsfa.info

NSCC Truro Sport & Wellness Centre

- Jan 19, 20, 9:00am - 6:00pm both days. To register please contact Shelia Rafferty. Phone: (902)-896-2300 E-mail: shelia.rafferty@nsc.ca

Older Adult Fitness Leader (OAFL)

NSCC Truro Sport & Wellness Centre

- Fri Nov 16, 6:00pm-10:00pm, Sat Nov 17, 10:00am-5:00pm and Sun Nov 18, 9:00am-4:00pm. To register please contact Shelia Rafferty. Phone: (902)-896-2300 E-mail: shelia.rafferty@nsc.ca

Dartmouth Sportsplex

- April 17 to May 15 (Thurs 7-10pm). To register please contact Debbie Murphy. Phone: (902)-464-2600 Ext. 331

Group Fitness Leader (GFL)

Mount Saint Vincent University

- Oct 4 to Nov 22 (Thurs 7-9:30pm). To register please contact Pat MacDonald. Phone: (902)-457-6563 E-mail: pat.macdonald@msvu.ca

Dartmouth Sportsplex

- Nov 22, 29, Dec 6, 13 and Jan 10 (Thurs 7-10pm) To register please contact Debbie Murphy. Phone: (902)-464-2600 Ext. 331

Aqua Fitness Leader (AFL)

Dartmouth Sportsplex

- April 16 to May 14 (Wed 7-9:30pm)
- To register please contact Debbie Murphy. Phone: (902)-464-2600 Ext. 331

Battling The Bulge, *Dareen Steeves* *Darren Steeves is the Fitness Coordinator at Dalplex and the Head Strength and Conditioning Coach for the Atlantic National Sports Centre.*

Obesity continues to be a growing problem in today's society and Nova Scotia is no exception. In



fact Nova Scotia has one of the highest percentages of obesity rates in Canada with approximately 30% of women and 20% of men in Nova Scotia considered obese. According to the 2004 Canadian Community Health Survey, nearly one quarter (23.1%) of adult Canadians, 5.5 million people age 18 or older, are obese. This has an impact on our individual and collective health and on the economy as well.

Are we doing a poor job, are people not listening, do people not care and what can be done? We as fitness professionals must stay abreast of current research and NOT give in to gimmicks and quick fixes. While intensive weight loss programs enable individuals to lose a great deal of weight most research shows that persons who successfully lose weight will regain all of their weight loss within 5 years. High protein diets, getting fit in 8 weeks and other concepts like these do not work in the long run. We must work from sound principles and current research to achieve success.

What the research is saying

For example, one study by Leser et al., which involved 38 healthy obese women participating in a 6-month weight management research protocol, concluded that weight regain was associated with percentage of fat intake. Consistent with previous studies, Ewbank et al. found a significant relationship between reported activity and

prevention of weight regain. According to the study, two years after losing weight, subjects in the highest exercise group had a lower mean weight than those in the more sedentary group. Average weight loss was twice as great in the most active group, and percent of weight regain was also significantly less in the most active group.

Streit et al. found a linear relationship between monthly and cumulative weight loss and the number of days that food records were kept as part of a comprehensive weight management program that integrated self-management and social skills, moderate exercise, and an eating plan. Other studies have suggested that longer, intense, socially-supportive and diverse programs that address lifestyle factors result in greater weight loss.

Our role

Research shows that obese Canadian men and women have relatively lower levels of leisure time, physical activity and fruit and vegetable intake. One aspect that continues to be a challenge is that income and education are associated with leisure time, physical activity, fruit and vegetable intake and tobacco use. On a societal level we have to continue to improve our economy and fight for an improved educational system that meets the needs of all. Is there a correlation between a healthier society and a brighter economical future? I believe so.

As fitness professionals we need to follow sound principles in a very difficult up hill battle. We need to help people understand that healthy living is a lifestyle change and a long-term commitment. The reality is, on average, people rebound seven times before long-term success.

Here are some strategies that you can use to support your clients:

- Do relapse planning with your clients that include conversations like, "What happens if I fall off the wagon for 6 months, what do I do?"
- Have on-going meetings and check-ins with clients. A phone call once a month might do the trick.
- Commit to finding exercise and activities that clients will sustain for life.

Having successful weight loss that is long-term is extremely difficult, we all know that. Stay the course and avoid the quick fixes. I wish you continued success!