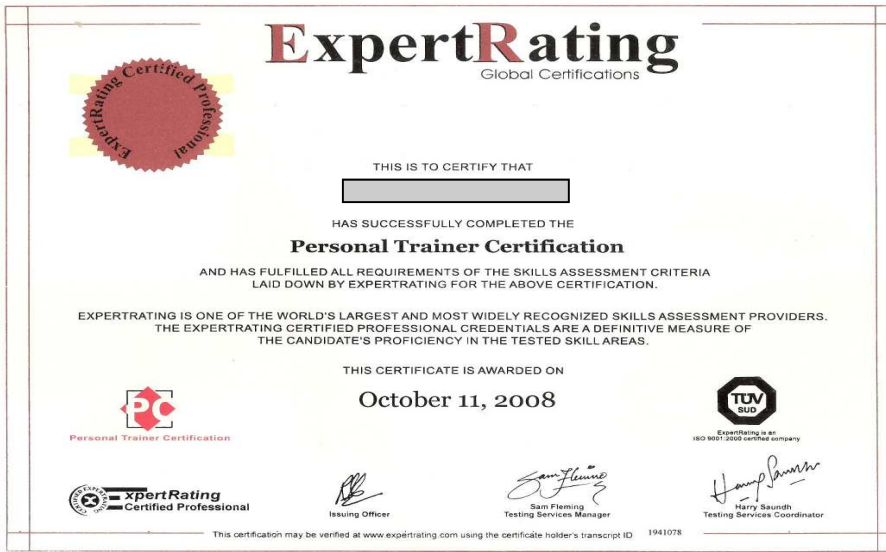


THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

(Most) Personal Trainers Suck



THE STAT:

20

Grams of sugar in a typical serving of ketchup. Simple sugars are hidden in lots of your foods...read the labels!

fooled: EVERYTHING works for a little while, so even a really bad trainer might make you a little stronger and a little skinnier in the short run.

You should ask questions of your trainer, and expect straight answers. I don't care how many letters a trainer

Continued on p. 4

ALL CERTIFICATIONS SHOW IS THAT YOU'RE NOT AN IDIOT AND YOU PROBABLY WON'T HURT ANYONE. DON'T ASSUME A BUNCH OF LETTERS AFTER A NAME IMPLIES EXPERTESE.

Personal training is an industry rife under-qualified and over-proud professionals. And "professionals" is a bit of a stretch. The vast majority of personal trainers are completely self-educated and have only

studied enough to pass a basic certification. This is roughly as much studying as it takes to learn "chopsticks." So...buyer beware.

When you hire a trainer, you're making a sizable investment in your fitness, and it should produce a return. You should be taught exercises, told what your plan consists of, and what kind of results to expect. And don't be

CORE

A new round of our ever-popular CORE class returns in October, and is offered at new times: Mondays at 8:30am and Fridays at noon. Pre-registration is required, and sign-up is

done in four-week blocks. Contact jagoe@elementalgym.com to register or to ask specific questions.



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Kill Your Old Cardio Workout

In the old days, we did "cardio." We thought the "fat-burning zone" really worked, and we wasted a ton of our most precious resource, time, plodding away on cardio machines.

Trainers used to have you do three sets of ten on a half-dozen isolation exercises Monday, Wednesday, and Friday, and do an hour of this "cardio" the other days.

This was standard prescription for about 20 years...the same 20 years that the obesity epidemic grew to full-size.

If you get good results, and avoid going bonkers cruising on an elliptical for 60 minutes at a time, read no further. But if you are like me, and two minutes on a treadmill seems like two hours, give this little trick a try:

1. Get warmed up. I mean warm. Take five minutes,

starting at your "fat-burning" zone, and speed up slowly throughout the five minutes until you are at a VERY fast pace near the end.

2. Stand around for 2 minutes. Get a drink (of water).

3. Jump on the elliptical, get it going at a medium resistance level, and then race it up to 200 strides per minute for about 30 seconds. Slow down for a minute, and then repeat three more times.

4. Stand around for 2 more minutes.

5. Get on the stair machine, starting at a normal, easy pace.

6. After you've burned 5 calories, increase the level by 1, burn 5 more calories, and repeat until you are no longer on the machine. It shouldn't



INSPIRING, ISN'T IT?

take long.

7. Hit the showers.

This is neither boring nor ineffec-

tive. You'll be done in way less than an hour, will have burned off some of those Thin Mints, and you probably won't even feel bad about being out of the gym so quickly.

October 2009

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				BURLY GIRLS 1P Begin winter hours	CORE 12P	
4	5	6	7	8	9	10
	CORE 830A	CLIMB STRONG 12P and 6P	LAB 11A / PRO- GRAM 12P and 6P	CLIMB STRONG 12P and 6P / BURLY GIRLS 1P	CORE 12P	
11	12	13	14	15	16	17
	CORE 830A	CLIMB STRONG 12P and 6P	LAB 11A / PRO- GRAM 12P and 6P	CLIMB STRONG 12P and 6P / BURLY GIRLS 1P	CORE 12P	
18	19	20	21	22	23	24
	CORE 830A	CLIMB STRONG 12P and 6P	LAB 11A / PRO- GRAM 12P and 6P	CLIMB STRONG 12P and 6P / BURLY GIRLS 1P	CORE 12P	
25	26	27	28	29	30	31
	CORE 830A	CLIMB STRONG 12P and 6P	LAB 11A / PRO- GRAM 12P and 6P	STRONG 12P and 6P / BURLY GIRLS 1P	CORE 12P	

Jamie Bernard interview

How did you decide personal training vs. trying to do it on your own?

When my daughter was almost one year old I was still wearing my huge clothes. I finally admitted I needed some outside accountability. I also had no energy for my family but had plenty of excuses to start "next week".

What happened inside of you that solidified your will and motivation?

I felt like I was losing myself. This was affecting my family. I originally set out to do only one training package. This "jump start" turned into an addiction. I was hooked on training. It was also a slap in the face to see how badly I had let myself go.

How long did it take before you began to see and feel results?

It did not seem long at all before I felt results. Jago quickly showed me I could push myself to do things I didn't think were possible. I would say within the first weeks of the session.

Where did you start and where are you now?

Sometimes I am still shocked to think where I started. It seems like the moment I became pregnant with my first child I stopped worrying about diet and exercise. Scary!! I had my

son and then 21 months later gave birth to my daughter. I never lost the weight from the first pregnancy before number 2 came along. I was more than 30 pounds heavier than I am now and 4 sizes larger. I did not have any stamina, my cardio was a joke. I thought a mile jog seemed like a challenging workout. Now I completely enjoy the gym and crave the workouts. I am challenging myself with running events. My goal for this summer was to complete the Lander Half Marathon and I did it, finishing at 1:57.

How did you set goals?

I started by wanting to lose 20 pounds. I realized that wasn't going to be as impossible as I thought once I started training. So I began to set new goals and Jago helped with guiding me to reach them.

What did you change nutritionally and what was the hardest?

Everything!!

The hardest is still portion control. I have changed what I eat quite a bit. I have learned to eat more often but with less food and better choices. I really increased my protein intake.

Since you have reached so many of your goals what do you set your sights on now?

This has been a bit difficult lately. I feel like I met my big goals and have now lost some motivation. I do better when I have specific goals like events to complete and focus on continuing to improve instead of settling for maintaining.

What do you feel are the keys to fat loss success?

For me...guidance from someone who knows what they are doing, accountability to someone other than myself, gradual changes instead of trying to change all of my bad habits at once. I think most important for me is if I have weak moments, I forgive myself then get back in gear.

Jamie Bernard is an Elemental athlete. She is married, has 2 children and works full time as a kindergarten teacher. She has the same 24 hours in her day as we all do. Now that she completed the Lander Half Marathon she has her sights set on a 30K trail run next summer followed by a full marathon.



Elemental. We get results.

ELEMENTAL TRAINING CENTER
134 LINCOLN
LANDER WY 82520

Phone: 307-332-0480

Email: steve@elementalgym.com



PLEASE VISIT US AT:
ELEMENTALTRAINING.COM

ATHLETE RESULTS FOR SEPTEMBER-

- Both Andy and Katie Strike won their age groups at the Meeteetse Absaroka Challenge 5k on Labor Day weekend.
- Emily Tilden and Sydney Thielke completed the Daybreak Triathlon, earning 7th and 26th place respectively.
- Ty and Megan Peterson competed in the Kokopelli Triathlon in St George, Utah. Ty got third in his age group, and Megan's official result was still being determined as of our press time.
- BJ Tilden climbed the route "Genetic Drifter." This is the hardest rock climb at Wild Iris.
- Ty Peterson and Steve Bechtel participated in the Dakota Five-O mountain bike race in Spearfish, SD, finishing well before dark.
- Ellen Bechtel earned sixth place in the women's division of the Jelm Mountain 10 mile run, near Laramie.

(Most) Personal Trainers Suck (continued from p.1)

has after his name, "Because I said so" is not a good answer. Exercise is a confusing realm and a trainer should study it. Trainers don't need to answer medical questions, therapy questions, or injury questions, but they should know exercise. Likewise, doctors and therapists shouldn't be expected to know the ins-and-outs of getting fit.

Your trainer should be able to explain: bioenergetic pathways, fat-loss metabolism, isolation versus integration, how to get big, how to get skinny, muscular versus anaerobic endurance, why the fat burning zone is a load of crap, how to do a power clean, the difference between short and long intervals (hint: it's not just duration), strength training versus bodybuilding, the thermogenic effect of digestion, and any other exercise question you might have. They should also be able to explain why they are having you do single-leg half-squats with a twist on the BOSU. It better be a damn good

answer, too.

Any trainer who withholds information from you probably doesn't know that information. If your trainer fundamentally changes his training philosophy each week after watching "Biggest Loser," you might consider a change. And most importantly, if you feel like the training isn't working, it's not.

But wait, here's the really cool thing: If you get a good trainer and a good plan, you've been handed the keys to success. Training works like gangbusters if it's done right. The tough part is you still have to do the work. At our training center, we want to provide the highest level of coaching available. We demand that our coaches continually learn, that they actually workout themselves, and that they question their own methods regularly.

Think about your coach or trainer like a GPS: some of them are cheap and hard to understand, some of them are expensive and get you exactly where you want to go, and none of them are worth a damn if you don't pay attention to what they tell you.



Mei Ratz photo