

# ADAM J. BOGAR

*'the multi-talented entrepreneur'*

B.H.Sc., RMT, SMT(cc)

Clinic Director - Burlington

Bachelor Complementary Health Sciences – McMaster University

Certified in Contemporary Medical Acupuncture – McMaster University

Registered Massage Therapist: CMTO

Osteopathic Candidate: Canadian College of Osteopathy

Member of CMTO, OMTA, & Ontario Association of Osteopaths

Active Release Techniques Provider

SASTM Provider (Sound Assisted Soft Tissue Techniques)

American Fitness Professionals Association – Sports Conditioning Specialist

SMT(cc) – Canadian Sport Massage Therapist Certified Candidate

Certified Sports Conditioning Specialist: American Fitness Professionals Association

Certified Personal Trainer through Can-Fit-Pro and CPTN

## PASSION, LEADER, DETERMINED

### QUESTIONS FOR THOUGHT

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**Do men really require more caloric intake than females?**

**No**, in my opinion, men do not necessarily need more calories than females. Every client/patient should be assessed on individual goals, lifestyle, habits, and starting point in health. From this information gathered, a specific nutrition plan can be calculated and get into place.

**What do you think of the use of Thermogenics and if agreed, how would you recommend its usage?**

As a healthcare practitioner and personal trainer I don't agree with thermogenics or fatburners, and would never recommend to patients or clients. In my opinion, for any goal that a client wishes to obtain, proper exercise and eating habits must be achieved and followed through. Fat Burners or thermogenics have been proven dangerous, do not follow claims, and have become about marketing, rather than helping someone achieve their goal.

**The most important thing people should know when working out.**

The most important aspect that clients need to be aware of when engaging in fitness is that it needs to be safe and effective exercise. If we take a client beyond the benefit risk ratio, then we are not doing our job, can hurt our clients, and there is no point to the exercise. We need to make a safe environment for effective exercise.

**What do you think of extreme weight loss T.V. shows and other related programs?**

The concept of those types of shows is a great idea. It depicts, in an extreme way, how unhealthy our culture has become, and that there is still hope for millions of people to become active and follow a healthy lifestyle properly without extreme supplementation and dieting.

On the other side, the show displays an extreme view that is not safe to anyone. It teaches the average public that it is good to lose an extreme amount of weight in a short period of time. It also displays improper movements that can seriously harm an individual. Exercises that even the advanced fitness level participant shouldn't be performing.

**What is the biggest challenge facing you as a trainer?**

This biggest challenge is just being known as another trainer. Complaints I see in my studio everyday from either patients or new clients is how their trainer hurt them or didn't listen to their issue, and now are in pain, or turned off work with another professional.

**What would you change about the fitness industry?**

I would like to see the educational and professional standards of a trainer increase. I would like to see the guidelines of becoming a trainer become stricter, and more selective. I do not mean every trainer needs a full education in the respective fields, as some of the best trainers in the industry are educated in other lines of work.

### **Do you see yourself training in 5 years/ in what capacity?**

In 5 years, I still see myself in the health and fitness industry, but I do not see myself focusing on one-on-one patient/client care. I see myself working to train the trainers through business, and anatomy/physiology.

### **Do you believe it possible for an individual to achieve 'strength' without actually lifting weights?**

Yes, I do. Strength isn't just measured on how much weight a client may lift. For personal trainer, I believe that clients can achieve mental strength through self confidence and awareness. Working with kids in health and fitness can show much more increase in personality, confidence, self awareness and goal making. There are multiple studies that show kids who are active with fitness do better at home, in schools, and in relationships. Fitness can boost strength in many area's, and not just with weights.

### **What do you feel it the greatest mistake most trainers make?**

The greatest mistake I see trainers making is not completing a proper and thorough initial/health history assessment and physical screen (movement). As practitioners that work with the human body we need to know everything about our client, as the body is one, a body out of balance will have dysfunction.

### **Have you ever had to treat an incurred injury on the spot—please provide details?**

I have to deal with an injury on the spot if there is a boot camp running. The client is given exercise that is advanced, has not been screened, and nutrition is not on par. The most common injuries that we see are pelvic dysfunctions, from hip flexor and adductor pulls.

### **Would you say that there is a difference between training men and women?**

There is also a difference in training John and Paul. Every client is different, whether it male or female, age, body type, physiology. If a proper assessment and health history is obtained, every client should have an individualized program from exercise prescription to nutritional outlines.

## WORDS TO LIVE BY...

*"We are one functional Unit -  
Business and Body!"*