

BLAISE

'Blaise InFitness'

Certified Personal Trainer

Certified Group Core Strength & Stretch Leader

Bootcamp Instructor

Nutritional Coach

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PASSIONATE, RESOURCEFUL, MOTIVATING

QUESTIONS FOR THOUGHT

What would you consider as one of the most neglected area/regions of the body females train, why, and what do you recommend.

I'd have to say chest and back. The chest gets neglected because they have a fear of losing their breasts or see it as a 'mans' exercise.. Consequently, back is neglected. Scaps are so weak and I find that so many of my female clients can't even do a proper push up...and even being on their knees poses quite a challenge. I like to start with push up planks, scapular retraction and protraction on the knees, wide isometric push ups on the knees, use the resistant band to open up the chest and provide resistance for the scaps. As my client gets stronger we can do things like chest press or flies off the stability ball with all of the many variations. While working towards strengthening the body as a whole.

What is the biggest mistake you feel most people make when it comes to nutrition?

I would have to say their knowledge of carbs, intake of the wrong carbs, not enough carbs or too much carbs. No balance. In my experience with clients, their lack of correct information about the importance of healthy carbs is a huge hindrance in their dietary goals. They believe that if they eat 'carbs' that they will not lose weight. And even if they are aware that the body NEEDS carbs, they don't know exactly which carbs to eat! Carbs that don't make glucose levels in the blood spike like green leafy veggies and whole grains are best especially if you are susceptible to becoming diabetic or are diagnosed with pre diabetes. Also because complex carbs are absorbed slower and help to keep you feeling full longer and therefore less likely to over eat.

The most important thing people should know about working out?

The most important thing people should know about working out is the REASON behind WHY they work out. Is it because they want to look better? Do they do it because their friend is doing it and its a way to socialize? Are they under well and striving to get better? Are they preparing for an event, a particular sport or is it an outlet to vent their stress and frustrations in life? Is it to impress someone? Or maybe its simply because they want to be more active. All reasons Ive heard before but I find that by knowing the answer to this question, its easier to individualize the workout, set goals and achieve them in a realistic time frame. People have a focus and tend to be more motivated when they have a reason behind exercising. Another VERY crucial thing that everyone should know about working out, is that "FORM is EVERYTHING". Its more effective to have done three perfect reps than to have done ten sloppy ones. Paul Chek says..."Perfect Practice Makes Perfect" and that in my strong belief is FUNDAMENTAL to EFFECTIVE and SAFE training.

Do you believe in bootcamp training?

Absolutely I do. My style is a bit different from your "traditional" boot camp instructor. I'm assertive without being loud and in your face. I motivate not through force but through positive reinforcement.

I believe that there are pros and cons to group training of course.

CON: It's difficult to monitor everyone in a large group closely and effectively but PRO: it definitely is high energy and a lot of fun. People who come to bootcamps come with the idea that they are going to be given a proper routine and more importantly challenging workout that flows in a group setting.

CON: Some can also be intimidated by the idea of participating in a "Boot Camp" because of the stigmas that are sometimes attached.

PRO: Its an opportunity for those who are already fit on a moderate or high level to really get a safe and amazing workout for a fraction of the cost of what it is to work one on one with a trainer.

CON: Not always the best option for those who are entirely new to fitness because they might be intimidated by the stronger individuals.

PRO The stronger ones are in a position to encourage the less stronger ones.

Do you see yourself training in 5 years and in what capacity?

Without a doubt in my mind! In fact I see my self doing this for the next fifty years in some capacity. Even if its making clones of myself as I sit back and watch the businesses run themselves or being a philanthropist who supports "Fitness for All". I can't see myself doing anything else. I LOVE training!! I have found my calling in life...THANK YOU UNIVERSE!!!

Most annoying act displayed by trainers around you?

I can't STAND it when trainers talk badly about their 'fat' clients. It hurts me when I see trainers NOT correcting their client's bad form. I approached a 'trainer' once on that and was given the response..."they don't listen or I can't get them to do it right". BUT THAT'S YOUR JOB!!! Your job is to make sure they do it right or train them progressively. Don't make them run b4 they can walk. Another thing I can't relate to is a trainer who does not practice what they preach. If you are 20 pounds over weight, eat poorly and are generally unfit...I don't believe you have any place being a trainer or life style coach.

What would you change about the fitness industry?

The big gym mentality, that is towards trainers and clients. The big gyms take advantage of the few good trainers and force them into a sales position with a quota. The trainers are then over worked and under paid and the clients are over charged and not getting the quality of training that they paid so much for. As a result people become very skeptical about working with a trainer when they might desperately need to...or they quit altogether due to a lack of personal success.

The fad workouts that boast losing 20 pounds in 6 weeks or preying on peoples self esteem to make a buck. The fitness industry should educate and liberate people from the iron grip of misinformation. Fitness has a lot to do with common sense and learning basics. It does not have to be mind blowing and over whelming to the point of desperation.

Do you prefer working with men or women- why is that?

I'm game either way. Men and women are both fun to train. Having said that, I do have more experience training women one on one than I do with men. I have however trained several men at a time in a group capacity regularly over the past two years. I believe that I have mostly women clients because they are able to relate to me as a person; a mother, and as a real and natural woman in fitness.

Do you believe in supplements, physical enhancers, and do you believe in giving advice where these are concerned?

Hmmmm--Yes and no.

Point one. Its my belief that all supplements are not created equal. And because of that, its not the best idea to base you health on them. Even very good supplements don't stand alone. To have the best results with good supplements one still has to consume the proper foods and maintain a balanced diet, drink adequate water, work out, rest well and so on. It cant be in lieu of food as many people out there think. But I believe they can be used to gain a healthy edge.

Point two. Of course physical enhancers play their enormous part in the 'fitness' industry. So many are obsessed with their appearance. To some its an obsession with size and 'strength'. In my opinion, the body building industry has placed so much emphasis on 'perfect bodies' that people are willing to do anything to achieve their perceived yet unrealistic and unhealthy standard of perfection in as little time as possible. Especially if they are competitors in the fitness events. As far as giving advice on them, I tend to give both schools of thought while leaning to the left. But if a person is adamant about keeping their position...I let them keep it! I'm not a biologist, nutritionist or dietician. I'm just a human scientist/personal trainer who reads and decides what makes sense to her.

How do you instill motivation when client struggling with commitment?

I like to invite my clients to come train WITH me as friend. Whether its a cardio day or an intense training day for me I will do my best to make it work. I find that they appreciate the gesture and can sometimes feel motivated to push along and be more committed. Sometimes they just want to know that someone cares enough to pay attention. I also tend to text message my clients who I see are falling by the side of the road to ask them how they are and how their training is coming along. I try to find the root to their issue and deal with it accordingly. Sometimes I will talk about my own lack of motivation at times to show that I empathize with them. We all lag once in a while...

This showcase can present you with opportunity--if you were to get 50 new clients, what would you do?

I have three people that I respect greatly in terms of their training style and dedication to their clients. We share the same philosophy on fitness and even though we have varying training styles and personalities, we all share a few fundamental things in common: Our passion for training, our knowledge and our attention to detail. I would contract them to train selected clients under my guidance. Also, I would create smaller group training opportunities for those that insisted on training selectively with me. It gives them an opportunity to show me that they are dedicated and also for me to show them that I am capable of fulfilling their need on a level other than one on one. I also have a system that I use for the most popular time slots. Screening them and determining what their commitment level are important factors in me deciding if I will train them one on one or not. It takes a lot out of me to bond with and train a client. I want to make sure that they are as fully committed to me as I am to them. I use this process with one or 50! My time is valuable too ;-)

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

Yes I do. Gravity can be a hell of a weight! Strengthening a muscle through body weight exercises, the use of gravity, hi reps, intense core training, isometric work, plyometrics and by building up your lactic acid buildup tolerance; I believe it can make a person become VERY strong and durable.

What do you feel about training two people at a time?

The couple that trains together stays together!! I always say that to my couples who are in a romantic relationship. Couples or paired training is very effective for individuals who lack personal motivation. Usually one in the pair has more drive than the other. So they balance each other out! Also, couples' training is much more accessible to those who really need training but may not be able to make the magnitude of the investment it would take to do personal training. There is always a modification that can be made to increase or decrease the intensity of a movement to customize the workout to both individuals. Couples' training is definitely easier when both parties are at a comparable level...but even in extreme cases of disparity, a good trainer can cater to that if they know their stuff!!! I love training couples :-)

Do you work in conjunction with any other professionals for the benefit of your client, is it done enough, do you think more trainers need to do the same?

I can't say I work directly with anyone officially. However, I do have a physiotherapist and chiropractor, nutritionist and metabolic typing expert that I will recommend to my clients if I feel it is beyond the scope of my knowledge. I would like work in conjunction with someone who specializes in corrective exercise and treatments.

What specific area of training would you consider yourself an expert, and list why that is?

My strongest points are in core training and adaptive training. I firmly believe that it is imperative a person first build up their base or foundation. I am always sure to work on core strength and conditioning before I push a client to more intense levels of training. When the core is weak, it can easily break down and succumb to injury. Also, I believe in the importance of training individuals progressively. Especially for those who are new to exercising.

I'm also an expert at group training. I implement a lot of my individual core training techniques in a group setting with ease.

Do you specialize in one-on-one training or group training—do you feel one is better than the other, and how did you settle on this vantage point?

I do both well. And I have fun with both methods of training. One-on-one training definitely has the advantage of being more individualized and personal. Specificity of training is what gives personal training the edge or advantage. Group training is useful if you are already fit on some levels and you want a challenging and affordable workout. It is also useful for those who are motivated by training in a group environment. I can help to strengthen and educate more people at one time in a group setting than I can one on one so that also makes it a great way to train and inform.

WORDS TO LIVE BY...

“Just do it!”