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'the goal oriented trainer'

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INSPIRING, MOTIVATING, INFORMED

QUESTIONS FOR THOUGHT

The most important thing people should know about working out?

This is a very difficult question to answer because my response could go in many directions. However, I believe the most important thing people should know about working out is that you should be doing what best suits your specific goal. So for starters you need that goal, you should never walk into a fitness facility and not have an idea of what it is you are trying to achieve. Once the goal is chosen the right program needs to be implemented for success. This is where the problem lies with that majority of people interested in changing their current level of fitness because they are not doing the right type of workout for their goal.

Most important advice you would give to another trainer?

Perhaps the best advice would be for trainers to have a better understanding of proper technique, form and exercise selection. I think that too many trainers believe they need to re-invent the wheel when they would have far better success by learning to simply roll it the right way. This covers everything from terrible nutrition programs that don't have any sense or

reason behind them to un-stable dangerous exercises being performed by people who are not at a fitness level to safely attempt them. It's a trainer's energy and enthusiasm that makes a workout fun and challenging not the exercise selection.

If you weren't training, what other career path would you have taken?

I would be a history teacher, my degree is in history and it is something that I have always been very fond of. I draw a lot of similarities between my education and my career despite their surface differences. As a history major I was taught to research and dig deep into a subject in order to fully understand it as to make conclusions. I also learned that no matter how much I could learn that there would always be more to know. Fitness is the exact same and that's why I love it. I am a student of health like everyone else is in my profession.

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

I think these television shows paint a very distorted image of what obese people need to do in order to make positive changes in their body composition and lives. When I started my fitness journey I was one of these obese people and it is unfortunate that they have to be made a spectacle of while pursuing a better quality of life for themselves and their families. The show only reaffirms people's fears that it is only under the most extreme conditions that they can better themselves when it couldn't be further from the truth. The "contestants" workout 6 days a week for hours at a time and are fed a typical low fat high carbohydrate diet. With a fraction of exercise and a custom made nutrition plan one designed specifically for fat loss I believe that every obese person can change.

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

I do believe in giving advice on supplements, my clients are adults and they will make their own decisions in the end whether they choose to use supplements or not. I do reserve my advice for those who I think will benefit from their use, therefore my go to answer when asked about supplements is to ask about the persons diet. Considering the vast majority of the time the persons face immediately looks guilty and I know that there nutrition is incomplete and it needs to be improved on before supplements even need to be considered. If it is one of my clients and I know they are following their nutrition plan then I believe there to be room for supplements. In the end supplements are just that, supplementary to proper nutrition.

Most important lesson you've learned during your training career?

That's simple, everyone is different and everyone's body will respond in a unique way when change is implemented. The trick for a good trainer is to draw on personal experience and client history to find the best method for the individual to reach their goal.

Would you say that there is a difference between training men and woman?

My answer here will be brief but this question is always widely debated and that's why I've chosen to answer it. No, there is no difference in training men from women, the same basic rules of adaptation apply. The only difference would be in exercise selection, for example I won't have my male clients be doing a lot of glute kick backs or have a female client performing shrugs.

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

All depends on the 2 people, husband/wife combination are not going to be a good training tandem where 2 people wanting to improve their skills for a sports team or athletic event would make a good pair. It boils down to training with someone who is at a very similar training level and who has the same goals. This will ensure that both are receiving the full benefit of working out with a trainer.

Greatest mistake most trainers make?

The biggest mistake I see in the industry is that too many trainers complete their 3 day course write a test show a semi qualified instructor how not to die while doing a bench press and then they're done educating themselves. I believe a great trainer is one who has achieved personal success with their own fitness goals and who never stops trying to better their knowledge. The biggest downfall in our industry is that gyms employ people as trainers with no real understanding of how to actually have a client reach their specific goal. It takes more than a weekend for that.

Do you believe in weight training for children, if so how do you proceed and if not, what do you recommend?

I do believe in weight training for children, how to proceed will definitely depend on the child, their age, sex and level of development. If the child is young and a non-athlete I will proceed with mainly body weight exercises and choose ones that are low impact but still allow for an increase in difficulty because the rules of adaptation apply here too. Most of the children I see today would stand to benefit from a weight training program, The old impression of the

crippled body builder un-able to stand because of years of abusing his body are gone. Fear and ignorance has put weight lifting behind other forms of exercise that are less effective at having positive changes on someone's body composition. We are educated and our job is to get people from all walks of life to better their current fitness level and to educate them on a healthy lifestyle regardless of what their age is.

How does one implement 'cardio' routines to individuals that are grossly overweight?

My answer here will go against the grain when compared to most trainers and that is because I don't believe that a specific cardio program is needed for overweight people. I know through research and practice that weight training is a better form of exercise to reverse obesity than traditional cardio based types of exercise. And if we look at the definition of cardio isn't the real goal to increase heart rate for a period of time and then allow the heart rate to return to normal?? Of course it is and these effects are exactly what happens during a good weight lifting session. Plus the added benefit of gaining muscle will increase the person's ability to metabolize fat and reverse their obesity.

How, if possible, does one rebuild cartilage? And if not, what do you recommend?

Unfortunately, there is no known way to actually rebuild cartilage. Proper diet plays a large role in the development and strengthening of cartilage. Cartilage is made up of proteins which of course are comprised of essential amino acids. Therefore it is important to eat proteins with a high biological value so that the cartilage will have the right nutrition to grow. Essential fats play a large role here also, they are crucial for producing synovial fluid that lubricates the joint. Proper hydration plays a role here also, water will help keep cartilage smooth and elastic.

Correct exercise selection and treatment options will also benefit a joint with weakened cartilage. Strength training will strengthen the muscles that make joints strong and resilient to injury and will also improve blood flow which makes for faster recovery time. Supplements can also show improvement in cartilage growth and retention. Glucosamine sulfate works by building the proteins that make up healthy cartilage, and chondroitin sulfate provides a constant supply of the nutrients needed to repair damaged protein and build new protein.

WORDS TO LIVE BY...

"You are in control. You are responsible. It's your fault if you fail; it's your reward if you achieve"