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PASSIONATE, FOCUSED, DEDICATED

QUESTIONS FOR THOUGHT

How do approach a client that is having a hard time establishing proper eating habits necessary for reaching their goal?

One of the first things you need to do is be very clear on your client's "Why". Make it a priority to understand what is the driving force that is motivating them for their specific goal? In terms of making eating changes, I think that people tend to have difficulty when they are forced to make drastic adjustments very quickly with very little variety.

Although having a nutrition plan is critical to achieving a goal, when someone falls off track it can be very de-motivating.

I feel you should empower the client to learn more about what they should eat and why vs. only providing a list of what they need to stay away from. They should learn the health benefits and be provided with alternative options so they can have some diversity in their plans. Also ensuring that their plans are customized to their lifestyle may make a difference in making it easier to stay on track.

With your being a fitness model/competitor, how do you approach and deal with others who may either be intimidated or disenchanted by the industry's heavy focus on aesthetics?

As a fitness competitor I know firsthand that the industry is extremely focused on the aesthetics of the athlete and that knowing whether the individual is actually healthy is not usually the first priority. However, when I compete or speak to aspiring competitors I emphasize my own desires to treat fitness competition as personal mental and physical test against myself. My original desire to compete was sparked as a way to confront my own past insecurities and develop confidence in myself.

Although the entire industry doesn't not share the same view there are many competitors and models that advocate competing in a healthy and holistic way and my desire is to use the platform that I have to share my passion for leveraging fitness as a tool to improving your confidence and health. I would definitely advise anyone who is disenchanted to look beyond the glitz to know that there are advocates who choose to compete or model as a means to motivate others or meet personal goals and not solely to represent unrealistic ideals.

What would you change about the fitness industry?

One component of the fitness industry that I would change is having a greater emphasis or spotlight given to health as a holistic concept. I think there is an abundance of focus given to the aesthetic benefits of fitness – you can look no further than magazine or TV that highlight losing weight or having a ripped physique but I think there should be more dialogue about how being healthy equates more than working out but focusing on how you fuel and nourish your body and also having a healthy mind.

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

I'm not a huge fan of weight loss shows, especially those that are set up as intense competitions. I think they try to present themselves as motivational tools but I don't think that they present a realistic outlook of how to lose weight in a safe and healthy way.

Do you believe in boot camp training?

I was inspired to get certified as a Personal Trainer and start studying Holistic Nutrition from my coach who owns a bootcamp called the Hourglass Workout. I think that it's a great way to meet new people and also for individuals who may want to try something new or to train with people with a similar goal. However, every bootcamp is not created equal so definitely do your

research, check out testimonials and don't be afraid to even contact the trainer before your start to find out if it's the right workout for you.

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

As a holistic nutrition student I am presently learning about the benefits and also dangers about some supplements. I definitely feel that there are many natural supplements that can be beneficial however I always advocate that individuals seek out advice on supplements from a licensed nutritionist before taking anything.

Do you feel that trainers should hold scholastic certifications or be required to complete 2 courses per year?

I think that it's important that trainers possess a current certification and make a conscious effort to continually update their knowledge. Clients enlist the support of a trainer because there is an expectation that they have the knowledge and skill to help them reach their goals.

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

Yes. It all depends on the client's definition of strength. They may want to have stronger endurance or strengthen their motivation and desire for working out. Lifting weights is just one example of how a person can become physically stronger but I think that is also important to not ignore the other components of a person's wellness.

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

Yes there is a difference between training men and women based on the hormonal differences between the genders and in the way that men and women respond to a training program. Depending on a person's body type, certain exercises may not be as effective and women who seek to build muscle may variations within their program to account for the fact that we naturally don't have as much testosterone.

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

I have never trained two people together before but this is more as a result of my own personal preference of wanting to ensure that I can give one person the appropriate attention. From personal experience, I have been trained with partner before and it was great experience but that was mainly because my trainer was very experienced and made sure that she would only train a pairing that had similar goals and skill level.

I think that if a trainer decides to train more than one person they should ensure that they are comfortable training one person first and ensure that the pairings are compatible

Greatest mistake most trainers make?

Having a one size fits all method for all clients. It definitely makes sense to have common methodologies but it is important that a Trainer takes the time to understand their client's skill level, comfort and goals before prescribing a program.

How is it exactly that training makes you a stronger person in your day to day life?

It instills a sense of focus and discipline into my life. Working out and following a healthy lifestyle can start for many reasons but it is easy to let things slip and no longer be a priority. Training allows me to feel empowered to know that I am contributing to my health in a positive way.

WORDS TO LIVE BY...

“ If you love your body when you're thin but hate it when you're not, then you love yourself conditionally, which is not love at all. If you can't love your body, you can't really love yourself. ”

Marianne Williamson