

CHRISTOPHER WINDOVER

Personal Training Specialist

Twist Conditioning Sport Conditioning Coach Level 2

(Sport Balance level 1 and 2, Sport Strength Level 1 and 2, Sport Movement level 1)

Owner/sole proprietor of Natural Fitness

519.277.1880

natural.fit@hotmail.com

<http://www.naturalfitness.webuda.com/>

**AMBITIOUS, DEDICATED,
OPEN-MINDED**

QUESTIONS FOR THOUGHT

With you being very active within the athletic community, what would you say that most athletes struggle with most when it comes to their fitness goals, and how do you approach this?

The things that I find athletes struggle with most is staying focused while training, which means a few things including eating and sleeping right and especially staying motivated while training. I work to keep the athletes whom I train motivated by keeping them engaged in their training and constantly changing things and challenging them in different ways. I involve some competitive drills and game-like situations to their training. I am constantly progressing and changing their workouts by involving multi-dimensional aspects of training including balance, ply metrics, multi-directional movement, power and endurance as well as velocity, flexibility and fun. I try to stay cognoscente of any issues they may be dealing with from injuries to not enough rest or too much stress. I have my athletes log their days including how they feel physically, emotionally, mentally and when and what they eat among other things. I keep things moving and try to keep an open relationship with these athletes so I can stay in-tuned with them.

How do you deal with those individuals cautious about injury, or even convince them that after all and everything that they have been through, they can rest assured that their safety is paramount to you as a trainer?

When I am approached by people who are cautious about injury, in order to reassure them after all and everything they've been through I work to set them at ease and trust me by doing a number of things.

-I routinely introduce all of my clients to each other while in passing between sessions or if they are in the gym at the same time. I encourage them to chat about my training and to let me know at any time if they have any questions/concerns/requests about training styles and approaches.

-I am always sure to show people my certifications and articles about my training and the insurance I have as well as all background information through statements and testimonials from previous clients so that anyone hesitant can view these and can be rest assured of the work that I do.

-While training I am always sure to educate my clients about why we do what we are doing and how the exercises we go through are going to help training progress and get them to where they want to be, injury-free.

-I train according to the risk vs. reward mentality. If the exercise is not worth the risk involved then we do not move forward until my clients are confident and are safe at all times with spotter when required.

-I begin training a new client by assessing flexibility, range of motion, imbalances, injuries as well as any issues noted through the PAR-Q and any we are able to identify through our first meeting/assessment.

-I always work according to a few other rules which are:

Unloaded movement before loaded movement.

Stable surface training before unstable training

Slow movement before fast movement

Always building skill before attempting any movement

How do you feel about certain extreme weight-loss T.V. shows?

Regarding some of the extreme weight-loss T.V shows and other related programs, I am not a big fan for a number of reasons:

The programs that are given are not always suitable as they incorporate a lot of ply metrics and training to absolute exhaustion.

People that watch these shows, although they may be inspired, are led to believe that training to exhaustion and through pain is an acceptable way to train in trying to lose weight.

I don't believe in training that can potentially hurt a client or that makes them feel bad about themselves as fuel to get them to continue.

I don't believe they show all that goes on and the absolute extremes that the people on these shows must go through, diet-wise, training-wise and the extreme amounts of weight that people lose, if true to timelines can be very dangerous to the health of an individual. Some people are losing over 100 lbs in just a number of weeks which can be very stressful on the heart and entire being of a person and likely is not maintained by these people after they leave the show.

So what do you see yourself doing in 5 years from now?

In 5 years I do see myself training because I absolutely love what I do. I see myself working with athletes, hopefully as the strength and conditioning coach for an OHL hockey team or teams, educating upcoming trainers and professionals within my networks, and owning a gym of my own.

Is there any advice you would give other trainers?

There are certain things that I see other trainers doing around me that annoy me such as not staying engaged in their clients programming and the training of their clients. Each client is different and needs to be motivated and trained as is required of that individual. Many trainers have "cookie-cutter" programs that do not necessarily fit for every client which is irresponsible and shows a lack of depth and caring for their clients. I've also noticed and worked among trainers who choose their favorites among their clients which show unprofessionalism. All people who look to become better by hiring a trainer should be treated with equal respect and trainers should always take the time to make each and every client a priority.

I have seen trainers creating programs that are not suitable for the individual they are training, including exercises that have not been progressed to do, or asking their clients to do things they have not demonstrated, possibly not even researched or even exercises that the trainer cannot do, themselves. This is dangerous, unprofessional, and shows a lack of depth and passion for training.

What are your thoughts on supplements?

I do not believe in supplements, physical enhancers, and I certainly do not feel comfortable giving advice about these as I am not a believer in anything that is not natural. I believe we should derive energy from natural foods. Introducing something manufactured and unnatural to the human body can give unknown and possibly dangerous or even fatal results. I believe in training the body as is naturally fed. I am not a scientist and I do not believe enough research has been done on supplements to give advice. Because distributors of supplements are often paid for sales as opposed to profound understanding of each and every supplement and all the ingredients therein, I do not condone these. If any of my clients need some type of supplement I encourage them to consult a physician and/or pharmacist as well as asking my clients to let me know of anything unnatural that they take so I may be aware.

How would you come in and better the industry?

I absolutely feel that all trainers should always be improving their understanding of exercise, the human body and fitness overall. The human body is the most complex machine in the world, to which there are many questions yet to be answered with absoluteness. I believe that all trainers need to "stay on top of their game" by staying educated and continuing their education for the safety of their clients and the evolution of science and knowledge of the human body. Over the years many exercises and routines have been proven to be debilitating and I believe this trend will continue so it is absolutely vital that all trainers should be involved in continued education to provide the very best service they can. This will work to uphold the regard by which many trainers are held by their clients, potential clients and the general public.

What would you do if this opportunity provided you with an additional 50 clients?

If this opportunity presented me with an additional 50 clients in order to ensure that I am able to conduct business I would have to interview each and assess what they would like to achieve and any timelines or specific goals. I would inform each person that I have taken on an incredible amount of clients and would have to possibly introduce 30 minute sessions and look into a bigger training facility which would include 1 or 2 of my colleagues that I best see fit to work with my clients along with me.

I would want to be up-front with these clients about the substantial increase in demand yet work to keep training personalized in order to maintain the high standard of service I provide. I would immediately be actively working within my network of colleagues as well as conducting interviews for an additional 2 trainers and choose according to expertise and forward-thinking as well as the ability to learn and the passion to want to learn more. As well I would be possibly looking into possibly working in a larger facility or moving my current facility to another location in order to keep my clients happy.

What do you think about strength training with children?

I believe that weight training for children can be an absolutely positive thing when trained correctly. As with all things training, the human body needs stimulus to achieve optimal results. I have trained numerous children even to training Olympic lifts. This type of training needs to be done with care and a great amount of knowledge about how the body of the client works, knowing what is safe and what is not and what type of training is suitable. Proper technique and coordination must be developed in the child and because they are so young and their bodies in a learning and growing phase, children's bodies respond very well to proper training and they often learn very quickly with good coaching. I do not believe in training a child to exhaustion. I believe in training a child in a safe, progressive manner suitable to their age, gender, and desired outcome. 3 phases to consider when training a child are these: Education - helping the child to understand and learn proper technique, cadence, breathing, and safety procedures using very light weights or even a wooden dowel. The next phase is Progression - adding weight, usually a medicine ball or light weights. The next phase is the Functional phase in which I introduce variables such as reps, sets, and rest periods that are suitable to the child. This type of training needs to be done in an atmosphere that is comfortable for the child which sometimes means the parents are present while for others they need their parents absent while they learn as parental presence can add stressors.

So how do you stay above & beyond?

I stay above and beyond other trainers as best I can by always continuing to better myself through research and continued learning. I seek specialized training that applies to my clientele and beyond by continuing to certify myself among a wide variety of training perspectives from training under professionals who teach about sport-specific training, balance, movement, agility, speed, power, strength, endurance, rehabilitation, as well as a holistic approach which allows me to keep an open mind and staying educated about the newest scientific discoveries regarding spinal alignment, ministrations, visual, as well as vestibular imbalances. I keep myself in a network among other trainers and professionals in chiropractic, massage therapies, naturopaths, holistic practitioners as well as doctors and pharmacists. I refer out whenever needed and only teach what I know to be the best knowledge available to me. I treat each client with the utmost respect and according to the professional relationship that I have developed with each client. I remain caring, open to listening to my clients input, how they feel and any information they can provide and I make sure to do homework to best provide optimal training for each person.

In what area do you specialize?

I specialize in training one-on-one as opposed to group training. The training that I have undergone has been specific to training individually which allows me to be meticulous about the programming, allowing me to zero in on specifics about each client as opposed to lumping clients together as though they all have the same level of fitness, body awareness and strength,

also assuming that all are of the same background and looking for the exact same goal. I believe training people individually is the most effective way to individualize the program and create the best results taking into consideration the limitations, imbalances, injuries, weaknesses and strengths of the client. There is, however, a good argument to be had for training people together as it provides more motivation from the group that is training together which allows for some healthy competitiveness which allows for development and group cohesion among teammates, friends, etc. I am a big believer in individual training as I look to specialize each and every clients program for their specific goals which allows me to spend my time with them entirely on that client so they have all my attention. I have trained both one-on-one and teams and enjoy both but I do see more benefits in trainings 1 person at a time. When the time is reached that all (teammates, workout partners) are on the same level it allows for group training to occur then.

Do you work in conjunction with other professionals?

I absolutely believe in working in conjunction with other professionals for the benefit of my clients. I specialize in training, not chiropractics or massage therapy, etc. I believe this to be a vital component as it allows for a holistic approach to my clients and allows them to get the best results possible. I believe this is not done enough by trainers and in my experience this is an ignorance issue and a prideful one, both of which are detrimental to the success and benefit of the client. More trainers need to learn to do this because it shows an understanding of limitations as a trainer and good judgment for the client.

Who are some of your greatest influences?

People/things that have made the biggest influences in the development of my routines which allow me to be an excellent trainer have been the opportunity to train with Peter Twist, CEO of Twist Conditioning, attending seminars and presentations by Paul Chek, working with devoted athletes such as Mandy Bujold, National champion boxer and Olympic medal hopeful for the 2012 Olympic games as well as all of the clients I have worked with, the many professionals that I routinely rely upon for their knowledge and the exquisite things that people achieve while working with me. I have had the opportunity to learn from some of the world's foremost experts which has allowed me to grow and learn exponentially which has kept me hunger for more information, giving me a passion for my work. I take pride in what I do because of all I have learned and the thirst to always learn more. This allows me to offer knowledge that few others have and helps me to keep an open mind when training as opposed to following one style. I train functionally, and I am always learning which makes me a great trainer. I listen to my clients and learn from them on a daily basis.

WORDS TO LIVE BY...

*“Why just workout when you can train
to be better”*