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MOTIVATING, ENERGETIC, PASSIONATE

QUESTIONS FOR THOUGHT

Some say cross-training puts too much pressure on the joints--your response?

Well this really is a hard question to ask as training with different modalities and different angles places less stress on a joint if done with proper control and ROM. I firmly believe that if someone comes to me with a shoulder or knee problem and they start to perform exercises that their bodies are not meant to handle then yes, cross training will put added pressure on the joint. Especially, if they are using ROM's that their bodies are not familiar with.

In the end, it all comes down to the awareness of the client or trainee that is performing all sorts of different movements to understand how to perform each movement with their muscles, not their joints. A wise man once taught me to move like Jet Li, and I firmly believe this holds true in almost all movements. MOVE WITH FLUIDITY!

What are your thoughts on males that don't believe in cardio and just weights?

From my experience, males that do just weights and no cardio, simply believe that there is no extra benefit from cardiovascular training for building muscles. Although, you have the other side of males who understand the body better and use weightlifting as a compliment or form of cardio. I mean, who said cardio was meant to be on a treadmill or bike. Hell, cardio is ANYTHING that works the heart and lungs to a greater degree. If you are huffing and puffing then chances are you are creating a positive difference in your cardiovascular system.

Most important advice you would give to another trainer?

The most important advice I would give to another would be to seek help to learn more about the human body in ALL aspects. Find someone that knows more than you and learn as much as you can from them. If that means getting sessions off them to learn then do so. If it means spending 100 dollars to ask them questions over the phone because they are at a distance then DO IT! You must INVEST in yourself and your business in order to reap the rewards. Have a mentor for everything. A mentor for program design, business and marketing, anatomy, human movement etc. would give you the confidence and understanding to better yourself and your client. Find people that can help you become a better trainer.

Chances are the mentors you are following and listening to are successful as well

Success leaves clues, follow them.

What is the major difference between you and the other trainers around you?

I would say the MAJOR difference between me and other trainers is my understanding of the human body and human movement. Understanding the strengths and weaknesses of my clients help me understand progression and regression. This has got to be one of the biggest and most overlooked things in the personal training industry. Again, if you do not understand the human body, then how on earth are you supposed to know where a specific weakness is coming from and adjust your exercises accordingly?

What would you change about the fitness industry?

The MAJOR change I would like to see happen in this industry is the solidifying the credibility of each personal trainer. Not by the amount of certificates they have or how many years of exercise science and KIN they have at University. Rather how well they understand each clients issues and being able to serve up the best program for each individual. To have an outline of how they will approach the clients goals and needs. Basically, we need this industry to be more PROFESSIONAL. These are human bodies we are dealing with here. It seems a lot of new trainers may not know what they are doing and are potentially creating more dysfunction in their clients than they are function.

Realistically, I would love to see a better upbringing of trainers in this industry through proper standards and higher degrees of testing.

MORE PRACTICAL, HANDS ON APPLICATION.

KNOWLEDGE is only as powerful as you apply it. Without action knowledge is useless!

Most annoying act displayed by trainers around you?

Most annoying act displayed by trainers would be texting on their cell phones when their client is performing an exercise. Now I am TOTALLY against even carrying a phone on me while I am training someone but, I do realize that sometimes people need it for pertinent reasons. Nonetheless, watching a trainer text or talk to someone while a client who has no idea how to

perform an exercise properly, is leaving them to perform with no coaching or discretion to what they SHOULD actually be doing. It really is disgusting and I would not like to hear a story of a client getting hurt due to a trainer not PAYING ATTENTION.

What is the biggest challenge facing you as a trainer?

As a trainer, I would say we are faced with challenges ALL THE TIME. We constantly have to face them and find solutions on how to become better. At this moment and time, I am working on the business aspect of Personal training. As I now run my own business, I need to keep up with all the tools and tactics to ensure the success of my business.

Most important lesson you learned during your training career?

I would say the most important lesson I learned thus far is the ability to progress and regress clients in ALL exercises I may give. If something is simply too hard for a client or they display a weakness in a certain exercise we must be able to address it. This lesson sticks out the most because of what it has done with getting my clients the best results. At the end of the day, we must give them those results!

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

There are so many different reasons I think we should train women differently. One would be the difference in our muscle fiber makeup and maintenance. I also find that in training women we should also look at the psychological and not just the physiological. As good trainers know, training with weights will not make MOST women balloon up into a 'big ball of muscle'. Some of our female clients however are so programmed by the general myth that any type of weight lifting will build big muscles. Most women want to acquire lean muscle mass, have a slim stomach and a strong core. So we simply give them what they want. The beauty of it is that as trainers we can adjust our exercises for women to help build lean muscle tissue without them seeing any of the worried about bulky effects.

Greatest mistake most trainers make?

I would say that the greatest mistake most trainers make is they pick one thing they believe in and firmly believe that this "thing" can get their client the result they are looking for NO MATTER the client. For example, the bodybuilder guy. This trainer believes in bodybuilding training and PURE isolation exercises. He gets all his workouts from various magazines. He is the type of individual that will give a 43 year old mom, mother of 2 small kids, her own "CHEST DAY". Please tell me what mother needs to train her chest for a whole workout. The trainer may know no different. This is the way he trains and therefore that is the way he feels everyone else should train as well.

How do you stay above and beyond the rest?

I stay above and beyond the rest by keeping on top of research and learning new things about the human body and other aspects of health and fitness. I stay above and beyond because I CONTINUALLY INVEST in myself to give a better result to my clients. A mini tip would be to read an hour a day about health and fitness. At the end of the year you will have read 365 hours of Health and fitness information! WOWZERS!! Call me crazy but after just 3 years you have over 1000 hours of educational material stored up in your filing cabinet. That's my dirty little secret; got any secrets, let me know!

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

I agree 100% working in conjunction with other professionals and I am still seeking to find more professionals to help me with issues that may arise with my clients. First we must ask ourselves what the main job is for a personal trainer and that of others, such as a physical therapist or qualified practitioner. The main job for a personal trainer is not to diagnose or treat clients, but if needed to refer out to someone who is qualified to do those things. Rather than wasting countless hours trying to assess your clients for their problems, simply have them go to someone who can do that with the right qualifications and much quicker. Referring out is not done NEARLY enough in the personal trainer industry but I would say it is getting better. In my opinion, ALL trainers must be open to referring out. Just like trying to pick the RIGHT trainer, we must first find the RIGHT therapist or professional to help get the best result for our clients.

WORDS TO LIVE BY...

"Although I have many I love - by each and every day I would say, never ever, ever, ever, ever give up!!"