

MARLA ARNDT

'the champion of change'

Owner/Operator of Frameworks Fitness Studio & Bootcamp Programs

www.frameworksfitness.com

NEPA-EEPP (Level Two: Enhanced Exercise Prescription Provider)

WNSO Pro Master Fitness Model

Magazine Contributor

Television Fitness Presenter

Newspaper Columnist

Hairstylist/Make-up Artist (prep fitness competitors for stage)

ENCOURAGING, DEPENDABLE, RESOURCEFUL

QUESTIONS FOR THOUGHT

Why is it that men naturally require more caloric intake than females - (is that even true)?

Men naturally require more caloric intake than females for several reasons. An average male has roughly 10-20 percent more lean tissue (muscle) than a woman of similar size and age. This makes for a lower body fat percentage. Men are more prone to build muscle, thanks to higher levels of the hormone testosterone. Because men have more muscle mass, they also have a higher resting metabolism. Muscle burns more calories than fat, so the more muscle you have in relation to body fat, the higher your resting metabolism. Women in general need to consume fewer calories than men because of a higher fat percentage and a tendency to burn fewer calories. This means they also need to make healthy food choices. However when a woman is pregnant her caloric needs increase by an average extra 300 calories/day and 500 calories/day when breast-feeding.

Should there be a drastic difference between the workout of a 40 and 60 year old woman?

I don't believe there has to be a drastic difference in a work out of a 40 and 60 year old woman, but some age related issues will determine where modifications will need to be in place.

In a woman's 40s:

After 40 many women find that they gain fat more easily in the torso, the triceps area, on the back, and in the belly as body composition is changing. The change in hormones, slowing metabolism due to losing muscle mass is the main reason for this. Lean muscle mass continues to decrease and body fat tends to increase. Some woman find their weight doesn't change but their body shape does. Welcome gravity! Resistance training is a real must in this stage of a woman's life! Train hard but smart! Here is a typical work out regime. One hour of weight training 3 days a week if you do your whole body at once (4 days for half an hour if you split it up), plus 45 minutes of cardio five days a week (it's more than in the 20s and 30s but with less impact and intensity). Take one day off.

In a woman's 60s:

In her 60s, problems like arthritis, bad knees, and spinal stenosis (a narrowing of the spaces between bones that can put painful pressure on the spinal cord) become common. Aches and pains shouldn't be an excuse for giving up on exercise. The maximum heart rate of a woman in her 60's is lower than that of a 40 year old. It is also important at this stage in life to do daily balance exercises. 60s sometimes means giving up high impact exercise that jars and stresses the joints—for example, replacing long runs with jogging one or two miles, or jogging in a pool. Resistance training is still very important, but lifting heavy weights may aggravate joints, so modify the weight. Stretching and balance are a must, as a decline in strength and fitness isn't entirely a natural consequence of the aging process but is also due to lack of use. We need to push ourselves physically no matter how old we are—we just may need to alter the activity.

3 days of whole body resistance training or split up body parts over more days. Using lighter weights and slower, more controlled movements combined with slow, sustained stretching. 3 days a week of challenging but not exhausting cardio, such as a slow jog.

The most important thing people should know about working out?

I think the most important thing people should know is everyone is an individual. One particular program does not fit all. Just because your friend loves to run, is excellent at it and feels great, does not mean you will get the same results or enjoyment from that activity. Find something that works for you and make it a part of your lifestyle, not something you do for the next few weeks to lose weight and look good for your high school reunion! A person is likely to stick with their work out and make it a lifestyle, if they actually enjoy what they are doing.

Most important advice you would give to another trainer?

Most important piece of advice I would give another trainer is don't just rely on books and courses to learn. You can take all the 'weekend certifications' you want, but the best learning is done while training a variety of clients. When I have to research about a clients health condition and how it relates to the program I design for them or the way I must modify certain exercises, that is when I truly learn the most.

What would you change about the fitness industry?

If I could change anything about the fitness industry I would have stronger regulations for fitness clubs to keep their clients working out safely. So much emphasis is placed on personal trainers selling packages rather than providing proper form and use of equipment. I often hear of the 'lost' people that can't afford a trainer while working at a fitness club and they are either wasting their time or getting injured while working out.

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

Extreme weight loss shows or 'Reality TV' is everything but reality. They can spur an initial spark in the viewer and motivate them to at least think about their own health and lifestyle. This may or may not get the viewer off the couch! However, I think it is sending the wrong message and setting up many people for failure. I often hear from my clients that they want to lose 10 pounds a week and they want to try some of the exercises that 'the star trainers' have the contestants perform. I try and remind them that my approach is not a two week quick fix; this is a lifestyle and about being healthy, strong and fit forever. The show is about extreme work outs, extreme diets and the motivator...winning extreme amounts of money. All these 'extremes' have a beginning and an end and lifestyle changes will not be lasting.

Do you believe in boot camp training?

I do believe in boot camp training. It isn't for everyone but definitely a plus for many. As a trainer I can usually recognize which clients will benefit from a boot camp program. It really depends on the individual client's personality and needs. Some love the camaraderie and the social aspect of a group setting. Some also need the extra push and cheering from the group to challenge them more than if they were working on their own. I have seen many who join boot camp and the first session feel like a failure when they compare their ability with others. Weeks later, after not giving up and focusing on what they are capable of doing, feel empowered with the changes they have made! Many now feel 'ready' stronger and more confident to try new work outs and motivation to eat healthier.

There are certain memories, occasions, or success stories that tend to mold us and ignite the passion for our career what is one that you hold dear?

I worked with a client who really needed to make some major lifestyle health changes. It was a long process and many habits to change. Results were slow but steady. I will never forget the session we were heading out to run stairs. I handed him a knapsack with 50 pounds in it and said "let's go". I wanted him to remember what it felt like to carry the extra 50 pounds he lost. It really was an amazing moment and one that both of us will never forget. The reality of how he used to live became so much clearer. He had an aha moment thinking of the stress he put on his ankles, knees, hips, back and heart with the extra weight he used to carry. Those few steps I made him take will be a lasting memory for both of us.

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

I think the most important lesson I ever learned from my career is to not take the success or failure of a clients results personally. When I do my best as a trainer to teach, motivate and inspire and the client continues with their unhealthy lifestyle and doesn't reach their goals, I don't take blame. Equally, I remind my clients when they are so thankful 'what I did for them to get their results', I remind them that they did all the hard work and deserve to be proud!

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

I train both men and women the same with just a few minor differences. When working with a man or woman, I need to use slightly different styles or approach if I want to keep their attention and get results. Men always want to focus on chest and biceps and tend to neglect their other body parts! Woman, are on a 'fat loss mission' and focus more on cardio and getting lean. As a trainer I design programs and put my clients through work outs that satisfy all their needs. However, I do believe the laws of exercise physiology prove that squats, lunges, push ups, rows etc. work the same for both men and women

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 never train or practice outside my realm of expertise. I wish more trainers would practice referring clients to other professional instead of thinking they know it all. If I am working with a client that I feel would benefit from the knowledge and expertise of another professional, I never hesitate to refer. Whether a nutritionist, chiropractor, massage therapist, yoga specialist or even another personal trainer. If I can't provide my client with what they need I have a professionals in the industry that I feel confident to refer them to.

Greatest mistake most trainers make?

The greatest mistake some trainers make is treating all their clients the same. Giving the same work out, the same 'diet' and going after 'the weight loss' results to make them as a trainer look good. True results are not just about numbers on the scale. Anyone can provide a low cal eating plan and tons of fat burning work outs. I choose to help my clients learn a new way of life and live healthy permanently.

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

Training makes me a stronger person in my everyday life by reminding me that we all have a story. We all have success and failure. We are human. I am more compassionate, non judgmental and am reminded daily when working with my clients that we are all striving for the same thing. To live the best life we can. My goal as a trainer is to instill the tools and desire in my clients to reach their goals. I usually reap the benefit because they prove to me over and over again what is possible, thus keeping me in line!

WORDS TO LIVE BY...

"Muscles don't know age..."