

NATALIE WOOD

'the go-hard cardio queen'

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ENERGETIC, INSPIRING, MOTIVATIONAL

QUESTIONS FOR THOUGHT

How does one keep eating throughout the day if they feel like they have no time, or their work schedule doesn't allow for it?

There are many nutritious and very easy meals that require no cooking or prep, that will keep blood sugar levels at bay and help keep a person's energy levels up through the day. I do realize that it can be tough for some people to eat "on the job" so you have to prepare in advance. A mini meal can be a small handful of almonds or walnuts and an apple (easy to eat and the core is your only evidence!!) precut a healthy sandwich or multigrain wrap filled with lettuce, chicken, tomatoes, avocado and other healthy additions (stay away from mayo and bad fats) and divide into 4 pieces and eat 2 of them as an early meal and the other 2 later on in the day- cut up veggies, pre-made soups (not canned) are all good choices to keep one full during their

busy work day. You need to develop new habits and make it a priority to get some good food into a bag to take with you for the day. Preparing food ahead of time and planning menus is crucial to overall good eating habits. Eating the mini meals throughout the day helps prevent hunger, low blood sugar, fatigue and it will help with staying away from that vending machine.

After getting pregnant, are there any exercises that one should or should not do?

If you become pregnant and are use to exercising regularly you can continue and make modifications as needed. You should always consult with your Dr. for their approval and to answer any questions that someone may have regarding their training program. It is not advisable to do rigorous training that will get the heart rate above 140 bpm. So doing lower impact workouts are much better for a woman who are pregnant. Women need to be careful to avoid exercises that can cause falls, deep knee bends, heavily loaded squats and when they are further into pregnancy, they will want to stay off their back and avoid ab crunches.

The most important thing people should know about working out?

That is a very vague question! The most important thing to me are the benefits of exercise, I have seen personally and with my clients so many benefits received...Not only weight loss but improved mood, relationships, confidence, self esteem, strength, endurance , I have had clients get off medication for insomnia and depression. When doing an actual workout the most important thing would be regarding proper form in order to prevent serious injuries.

Most important advice you would give to another trainer?

I would advise a trainer to put themselves in the client's shoes and guide/ motivate them the way they would want to be guided. Pay close attention to your clients and do not worry about what other people are doing around you. Make sure to praise each person that you train and give them feedback after and during each workout, this will motivate them to encourage them to give a bit more into the workout.

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

I would have been a nurse. Ever since I was very young, I loved taking care of other people and I was fascinated by the hospital environment, I would have considered also being a veterinarian because of my love for animals,

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

I have seen many other trainers in different settings, my strengths are in motivating clients, I am very good at reaching into their heads to always get them to give a bit more at each workout. I am very fussy about proper form and I make sure that clients understand all the muscle groups that they are using and why they are doing the exercises that I have them perform.

What would you change about the fitness industry?

Uneducated trainers, deception toward clients in regards to unrealistic goals and promises to the client and stalling of a clients progression are some of the changes I would like to see made to the fitness industry. People rely heavily on the knowledge of their trainers and they trust that they are being given the best workout/training possible in order to help them achieve the greatest results. This is not always the case with many trainers as they will stall their client's progression in order to retain the client for a longer term.

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

I feel these shows set clients up for letdown. The people are in very unrealistic situations and they are removed from their stressors and normal environments. I know many people think these types of shows are very helpful and motivational. These people are underfed, over-trained and medically supervised 24/7, these situations are not possible for the average person.

Do you believe in bootcamp training?

What exactly is bootcamp training? I have been an owner /head instructor of a fitness bootcamp for about 5 years and I have seen everything be called some type of bootcamp. I love teaching group fitness and I feel that the word bootcamp is very intimidating for many and it is also overused by many. It is unfortunate that many women in particular are being led in the wrong direction with women's only bootcamps. They are told they can reduce problem areas such as glutes and stomach and that they will not perform mens exercises which both are untrue as we know we cannot spot reduce and there is no such thing a men's only exercises.

Do you see yourself training in 5 years?

I see myself still training in a group setting and I would love to be training teens. I love to help others with confidence, self esteem and I feel that teens and preteens are the most impressionable .If feel this age group needs the most help due to the fact that technology and society had made it so easy for these groups to do everything in one place (their phones and computers) and they are not demanded to move as much physically as years ago. Habits are developed at young age and can be taught.

Most annoying act displayed by trainers around you?

Not paying attention to their clients, texting and talking to other people instead of focusing on their client. I have seen many trainers allow improper form and not fix the problem before bad habits are formed and injury occurs.

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?

A client came to me and day one and was so out of shape that she could not power walk. After 10 months of training 2-3 days per week she was down 70lbs and was the fastest in the group (note that she did not change her eating habits...this frustrated me!) she went from using no weights or very light to 15 lb weights for certain exercises and she moved from the back to the front of the group. I was so glad to help her succeed on her way to wellness. There are many awesome stories as my clients inspire me to be the best I can.

If you can get one client back and train them over?

I cannot think of any one client that I would like to have back. Being in the group fitness industry lots of people try but do not continue with their fitness. I would like everyone back who started with me my first year in Whitby. I still have quite a few of them but I feel that I have progressed greatly as a trainer and I would love the opportunity to train many of them again.

This showcase can present you with opportunity--if you were to get 50 new clients, what would you do?

I take care of them to the absolute best of my ability, educate each and continue to educate myself for new ways of training etc.

How do you instill motivation when a client struggling with commitment/how do you deal with clients that give up after you have tried all and everything?

I find many people struggle with commitment issues and find many excuses not to train. Reminding people of their goals, the benefits of their training program, and giving lots of opportunities throughout the week to ensure they get their workouts in, really helps them commit to regular training. I also personally call them and email to make sure that their family/personal life is not hindering with their training

What is the biggest challenge facing you as a trainer?

Getting people to attend all of their workouts and to be consistent (in my group fitness) As a female trainer, people do not always take me very seriously until they have been put through one of my workouts ☒

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

I believe in fishoils and vitamins- that is all. Enhancers are a form of cheating and attaining goals through means that you would not be able to through the diet and normal training. They are

very bad for hormones and overall health. I do not recommend any of these types of supplements

Do you think that trainers hold too much influence over clients?

Yes to some degree, I feel that people are very trusting of trainers and will listen to and believe what they are asked to do. Many trainers are teaching improper workouts, form and not properly monitoring their clients when working out.

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

I think that depends on where someone has received their certification. If someone has done a weekend course and received a certificate than yes I feel that they should be required to upgrade their education annually or bi-annually. I know many trainers who are constantly upgrading their skills and knowledge. I do feel that some type of testing should be required to regulate this and to ensure that trainers do have up to date knowledge and education.

How would YOU personally screen trainers coming into the industry?

I would have them train me for at least 3 sessions and have them explain why we are doing each exercise and explain to me the primary and synergist (secondary) muscle group involved in each exercise. I would ask them their prior experience, their goals both short and long term and I would assess their knowledge through testing.

Do you prefer working with men or women- why is that?

I love training women but I love to train men even more. Many men are shocked by the results they have achieved while training with me, they are pleasantly surprised by the programs I write and there is always a bit of an ego factor that challenges me as a trainer.

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

Yes...through body weight exercises, and core work, such as pushups, body weight squats, lunges, split squats etc...various plank exercises and isometric holds

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

Never assume anything!

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

People say this often and I would like someone to explain the difference, the anatomy may be a bit different but there is no difference in exercises that a man or women can perform...exercise variation depends on strength and endurance and I know many women who are much stronger than lots of men.

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

This can be effective as long as each are being pushed to achieve their own levels of fitness and not relying on partner who may be below their fitness level as this could hinder their progression

Greatest mistake most trainers make?

Form errors that cause clients injury and not allowing for proper progression in order to retain a client for a longer period of time.

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

Body weight exercises, cardio, balance and agility exercises are great for children but to hand a set of weights over to a 5 year old is not only extremely dangerous but very dumb. Children do not have a mind to muscle connection, they can get seriously injured and they are not physically able to handle a weight training program.

How do you stay above and beyond the rest?

I keep my education updated and I also research other trainers and their programs. I spend a lot of time reading and researching online to make sure that I have up to date knowledge at all times

Have you ever had to treat an incurred injury on the spot?

I have had one injury occur while during one of my group fitness classes, a woman dislocated her shoulder (previous injury that was not marked on her PAR Q) , I applied ice and waited for paramedics to take her to the hospital.

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 have a great chiropractor that I recommend to my clients if they need attention, I think having good referrals on board is essential to provide clients.

What is the greatest change you have made in your given routines in the past 2 years?

I have incorporated lots of conditioning sets into the group programs which allow each participant to push at their given level and to allow for progression in their fitness. My programs have progressed over the years based on client progression and updating my education/knowledge

What specific area of training would you consider yourself an expert in and list why that is?

Group fitness because over the past 5 years I have personally taught over 1500 workouts, I love training big groups ☒

Do you specialize in one-on-one training or group training—do you feel one is better than the other, and how did you settle on this vantage point?

I never started personal training, I owned a group fitness business right off the start. I was never comfortable in the gym setting when I first started as there were so many undereducated and unqualified trainers around and I did not want to be a part of that group. I wanted to give people a chance to afford personal training but share the expenses in the group setting. Group dynamics can be a lot of fun ☒

Who or what have been some of the biggest influences in the development of your routines and why does it make you great?

I never really turned to anyone in particular at first, I would say that Jeff Angus has played a huge role in my progression due to his extensive knowledge and education.

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

It has allowed me to teach up to 12 group fitness classes per week, healed a back injury that occurred in 1986 and it gives me amazing energy to perform all of my daily functions with ease.

WORDS TO LIVE BY...

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

Thomas Jefferson