

SCOTT KIELPINSKI

'the progressive manager'

Certified Personal Trainer
Health Centre Manager
Spin-bike Instructor

RELIABLE, LIGHT-HEARTED, STRAIGHT-FORWARD

QUESTIONS FOR THOUGHT

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

Yes by using your own body weight and gravity, you can build strength, endurance and explosiveness.

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

The most important thing I've learned is to take progressions one step at a time. Sometimes you want to try to "impress" a client with how difficult you can make a workout, when something less difficult will yield the same benefit.

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

There is a big difference between training men and women. First of all their goals are usually very different. I also have noticed that they respond to different types of exercise. For example men tend to respond better to muscle building workouts.

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

There are positives and negatives about training two people at a time. On the plus side there can be some competition between the two clients that helps to motivate them, or additional encouragement provided by the other person. On the negative side, the clients might not be at the same level or have the same goals resulting in ideally different programs.

Greatest mistake you feel most trainers make?

The greatest mistake I've noticed trainers making, is failing to correct proper technique or posture during an exercise their client is attempting.

What do you think is major cause of fitness-related injury?

What I've noticed most being in gyms is a lot of incorrect form, technique and/or posture while attempting an exercise. Some of the reason these occur is a result of lack of education or a desire to lift a weight that the body is not ready for. (Making blooper reel material doesn't help either!)

If a client you're working with suffers with constant energy loss, what would you recommend?

Look into different areas of their life including nutrition, sleep, workout frequency, stress. If their nutrition was out of line I would recommend seeing a naturopath to check if their body was deficient in any areas; such as water, vitamins, or minerals. If sleep seemed to be an issue we would look at different relaxing methods before bed, and their night routine before getting into bed. Next we would monitor their resting HR in the morning to make sure it isn't raising, which would be a sign of over training.

Most important advice you would give to another trainer?

The most important advice I would give to a trainer is to have 100% of your attention on your client the entire time. I've seen many a trainer distracted by friends/coworkers/cell phones etc. This leaves the impression that your interest lies elsewhere and the client's well-being may not be your primary objective.

How do you deal with clients that give up after you have tried everything you thought possible?

If I have tried my best and the client still wants to give up, I would try them with another trainer that I recommend to see if there may be a better fit.

Do you believe in supplements or physical enhancers, and what do you advise where these are concerned?

My personal belief is that supplements are highly overrated. Take the word for its meaning and only supplement something you are not getting in your diet, but first try to get it from an initial food source. I would also highly recommend a client to do their due diligence and research anything they are putting into their body that is not natural.

The most important thing people should know about working out (what do you really want to leave people with)?

The most important thing that I feel people need to know is the need to change and challenge yourself in your workout routine. The majority of people I've seen that are frustrated with a lack of change in their health/body stick with the same routine day in and day out. Do something your body is not used to and it will stimulate a response.

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

The other career path is actually one that I have experience in, which is the management of the health center in a fitness club. This allows me to work more with the trainers to teach and mentor them into giving their clients the experience I would want for myself or my own clients.

WORDS TO LIVE BY...

"Our only limitations are the ones we set up in our minds"