

SELENA CORNWALL

'the strength and stability specialist'

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**DETERMINED, UNSTOPPATBLE,
UNCONFORMING**

QUESTIONS FOR THOUGHT

Why do muscles tense when cold and how can that affect a workout/activity?

The human body has a set temperature range in which it functions best, so when the environmental temperature decreases the body tries to protect itself by contracting muscle tissues to help the body produce internal heat. This makes physical activity slower, more laboursome as well as more dangerous. The muscle are not pliable, less flexible which means they are unable to contract and then relax, the elasticity is hindered, which makes tears and strains more likely.

Is it safe to fast for various reasons?

The body requires specific and consistent nourishment especially for those who are physically active. A depleted system is ineffective during exercise and this also puts greater strain on the body as it tries to function normally with fewer nutrients. With that said, fasting isn't necessarily dangerous, it just means that due to the fact that your body is running on less nutrients you need to do less activity. So working out should be down scaled while fasting, just to be safe.

The most important thing people should know about working out?

It's not about your workout. There are an infinite number of workouts that can be successful. Ultimately it's all about your diet. There is no miracle diet. There is no amazing drug. There is no "health supplement." You have to put your time in. That means buying all of your vegetables, making all of your foods. That means realizing that the media is not your friend and they are not trying to make eating healthier and faster for you. They are trying to get paid.

Most important advice you would give to another trainer?

When I read this question, the first thing that came to mind was, I wouldn't give any advice to a trainer. I hate talking to trainers. They are always the same, cocky and over confident, needing no advice. This is when I realized that was the answer to this question. Don't assume you know it all already, because you never do. Always be open to advice, never stop learning.

What would you change about the fitness industry?

The fitness industry inspires dependence. Instead of giving people the tools needed to be successful through education, they are taught to rely on so called "trainers". The fitness industry is supposed to be supporting fitness as a lifestyle; however, they do not help anyone to develop independence through education. I feel that education is most important so I would like to change this.

Do you believe in bootcamp training?

I am not a fan of the trendy boot-camps which are just a means of bringing in money from people with varying abilities and goals who are interested in taking part in the newest, coolest thing. Specialized boot-camps are designed for people of a specific group such as beginners, former athletes, and specific injury groups that focus on movements to rehab and strengthen those injuries and these can be both challenging and beneficial. But the "everybody" boot-camp, is asking for injuries. Not everyone has the same physical capabilities. The trendy boot-camps are typically too large for one trainer and often means that individuals get overlooked.

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?

My very first client was my most memorable experience. Putting yourself out there for the first time is very intimidating. My first PT job was at a club where they pretty much throw you out there and wait for you to make them money. This forced me to learn to be resilient, and excellent at selling myself on the spot. I had walked up to a woman who I had seen on several

occasions on an EFX machine. I just spoke to her for a while, just asking her questions about her workouts and talking about how I see her regularly, always working hard. She bought training with me but she ended up just opening up to me. It was an awesome experience. She confided that she had been approached many times by different trainers and she said that I was the first trainer that didn't size her up and judge her before approaching her. We ended up being really good friends. She thanked me at her wedding and I held her first baby! We stay in touch to this day.

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

There are many different types of strength. I absolutely believe that without weights, using callisthenic movements and endurance training, you can achieve strength.

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

Never stop learning, growing, and experimenting on yourself with unfamiliar training methods. You can never know everything about anything.

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

Children should not be weight training. During adolescence, there are a lot of significant imbalances in the body. Bones, joints and hormonal levels are in transition. For children who have not yet reached puberty, any form of weight training is dangerous to the child's long-term musculoskeletal well being. There is little benefit to giving weight training programs to children. Focused stretching and flexibility exercises will benefit all children. Children should be active and should be eating clean, healthy, natural foods.

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?

It is imperative that it is a collaborative effort between health and fitness professionals to make sure a client is able to reach fitness goals, especially when injuries are concerned. I feel that there is far too much division because of pride within specializations and in the end it is detrimental to the health and well being of clientele.

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

Less is more! Working out for an hour- what a waste of time. Execution, precision of movement and consistent increase in intensity is all I need, and I am toast in 40 minutes, tops!

WORDS TO LIVE BY...

"If you get knocked down for 7, make sure you get up for 8!"