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INNOVATIVE, MOTIVATIONAL, PACK LEADER

QUESTIONS FOR THOUGHT

As we know, one of the critical points to training is close observation. How do you maintain a close eye on individual form in a group setting, and also trying to watch their pets?

When it comes to form and technique, as a Personal trainer, I know what to look out for, the good and the bad. The same concept applies to being a Dog trainer, we know how to interpret psychological behavior and body language, enough to know what to anticipate, and know what they are "saying". We teach our clients what we see, so that they learn cues from their dog, resulting in better handling control.

In our larger group settings, we have a Personal Trainer conducting the workout, and a Dog Trainer supporting the owners with obedience tips and help when needed.

Such as when at our indoor locations, we have a smaller group setting (max of 4 dog/owners). All bootcampers work in close proximity to the trainer who has both Certified Personal Trainer and Dog Trainer qualifications. These semi private bootcamps are much more intimate, therefore easier for one trainer to watch and manage all participants.

We never want anyone to get injured from working out incorrectly, so proper form comes first and foremost in our program. Secondly, all human participants are educated that we have a safety rule when it comes to the dogs, which is no socialization. All dogs stay on the leash at all times and remain with their owner.

How in fact does working out with a pet help you improve your fitness goals?

By adding the dogs to our program, exercise becomes less of a chore and much easier to stay committed to. Once the commitment is there, exercise becomes a lifestyle, the more you do it, the easier it gets... The easier it gets, the more you can do! If your dog enjoys training with you he'll be more willing to learn and more likely to remember what you've taught him. If you enjoy training with your dog, you'll be more willing to stick to routine because he is your motivational tool!

Thank Dog! Bootcamp includes a variance of dog training while everyone does cardio & resistance training. Positive energy, immediate feelings of achievement, and ongoing efforts to comply – makes everyone relate, bond and have a good time while they work out.

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

I started my career off with education from Twist Conditioning originally. The way they devised the functional training aspect into their routines seemed to really hit home with me, and it stuck. I believe that your workout should not only get you the look you want, but also help you out with every day functions, that most of us seem to take for granted. Whether it be lifting a box, playing a sport, or commanding your dog to drop because you see a car coming, the education someone gets from my training will help them learn functional skill sets they can apply to real life situations.

I used to work at a gym almost every day, yet even though I was there, I had no time to get in a good workout for myself – without having to stay after work, which meant being away from my dogs even longer than I wanted. That's how this idea evolved for me...I hated having to choose between exercise for myself, or exercise for my dogs.

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

Training has made me stronger psychologically. I believe in myself, and that transpires through to the delivery of my personal and dog training. With dogs, one can't fake being a leader – and you need to be one to get their respect. I have become a perpetual researcher... which coincides with my belief that Knowledge is Power. If I don't know something, I'll be the first to admit it, but won't let it rest as unknown.

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

I used to be very structured, always had every workout planned out ahead of time, and I stuck to it. Now, while I still have, and try to stick to a planned routine, I gauge how and when to move on based on how and what my clients are feeling or doing. I read them, and I ask them questions. I focus on working the muscles through to exhaustion, and if that means that we didn't get through all that was planned, no biggie, a great workout was achieved, and we'll get to that another time.

How do you stay above and beyond the rest?

I perpetually change up my routines to suit my client's needs and desires. Not one of my clients have ever had to ask me if we can move on to something else, nor has anyone ever been able to say they get bored! I keep devising new exercise routines that are effective and enjoyable. That's why I do Thank Dog! Bootcamp, a great deal of gratification comes from working out with your dog.

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

I love training duo's or multiple people at one time. Positive energy transpires and emanates from group training most of the time. This energy creates camaraderie and even a bit of competitiveness that some people need to stay committed, and push themselves to the limits of their capabilities.

The most important thing people should know about working out?

I believe in the education of sensation and knowing what one should be experiencing when they are doing a particular exercise. Watching for correct form and technique are fine, but one can achieve a better workout when the brain is thinking about what it is or should be doing. Once this happens, many people have an "ah-ha moment"!

Most important advice you would give to another trainer?

When I first started as a Personal Trainer, another veteran Personal Trainer gave me some great advice that I will continue to live by, and pass along for the rest of my life. He said, "To find your niche and set yourself apart in this market, you need to find where your true passion lies in training & focus on that."

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

I'm so fortunate to be able to say that I am getting to do both of my passions as a career, physical fitness, and working with canines. I can function as just a Personal Trainer, or Dog Trainer, or I can do both without having to sacrifice one for the other with Thank Dog! Bootcamp...I really do have my dream job(s)!

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

I think that those shows can be very motivational for both trainer and potential trainees. From a Personal Trainer perspective, I know how challenging it can be to keep a client motivated at times...so I learn from those motivational speeches too! For someone that feels they have a mountain to climb and feel hopeless when it comes to weight loss, seeing such accomplishments enable them to see the light and possibilities of commitment and hard work. The only problem that I see, is the time frame in which the tv show participants lose the weight – which I don't think is realistic in the real world. Most people don't have access to a nutritionist, or meal planner, and also do not have the ability to make working out their full time job.

Do you see yourself training in 5 years/ in what capacity?

In 5 years I will definitely still be training and innovating new programs and routines for Thank Dog! Bootcamp. My goal is to manage other Thank Dog! Bootcamp locations, and sell licenses to others who believe in the program and are as passionate as we are about it. We want to take the nation by storm! Your Dog as Your Workout Partner – how can it get better than this!?

WORDS TO LIVE BY...

“ You need to find elements within one's routine that will bring on a smile. Making even the toughest exercise programs enjoyable can help people to truly commit to a healthier lifestyle. ”