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ATTENTIVE, COMMITTED, INTUITIVE

QUESTIONS FOR THOUGHT

What is the best type of workout for an individual that only works out 2x per week?

I would usually recommend that this person do a full body circuit workout. With only two workouts per week, putting an emphasis on individual muscle groups would mean spending hours in the gym each time. Not only is this difficult to fit into most schedules but it is likely to have negative effects on your training, you lose focus as you become tired which will increase your risk of injury and decrease the effectiveness of your workout. Circuit training will allow the individual to work out each muscle group in a much shorter amount of time. Brief rest periods between sets allow for a cardiovascular workout at the same time, and since there is less focus on each individual muscle, recovery time will decrease allowing for two effective workouts each week. Another great advantage of circuit workouts is that by substituting different exercises and changing the order, it is easy to add variety and increase the effectiveness of each workout.

Now, I said I would usually recommend this type of workout because typically, in this situation the individual is someone without much training experience and circuit programs are a great way to learn proper lifting technique while getting an effective workout. For an individual with more experience I might go with a different program such as supersets. Still sticking with the full body workout, the difference being the individual would focus on two opposing muscle groups at a time and then move on to another two. This allows the individual to get a greater volume in a shorter time per muscle group and still fit an entire full body workout into a

manageable amount of time. The point I want to emphasize is that individual differences often warrant different programs.

With a person stuck on 'bed rest', how does one prevent muscle atrophy?

We've all heard the saying "use it or lose it" and when it comes to muscles this relates perfectly. Movement against resistance is crucial for the development and maintenance of muscles. It is recommended that healthy individuals exercise regularly in addition to all the movement of daily living, so it becomes so much more important to exercise when all the movement of daily living is taken out of the equation. A person's injury or condition will effect what he or she is able to do but it is important that this person uses any non-injured muscles as much as possible. A broken leg should not stop a person from lifting objects or simply making arm circles. A person should always check with his or her doctor prior to engaging in exercise and to avoid any movements that cause pain; the idea is to maintain muscle mass in order to shorten the rehab period without prolonging the recovery of the injured tissues.

Mobility exercises while lying in bed can be as simple as making circles with your arms, and elevating the legs. And remember, if you cannot do it by yourself, another can help perform these for you. What matters is that the limbs actually get moved.

The most important thing people should know about working out?

People need to know that working out is just one key component of healthy living. Without proper nutrition, sleep and other healthy habits a great workout program is wasted. You can't out-train a bad diet, someone expecting to lose weight by spending an hour on the treadmill and then going home and filling up on empty calories will never reach their goals. Proper nutrition will give you the energy to make it through a great workout and the nutrients needed to recover and improve for the next one, not to mention the other numerous benefits associated with daily living.

What would you change about the fitness industry?

I would like to bring about a general awareness to people that you don't need an expensive gym membership or large equipment in your home to get an effective workout. Exercise, whether its cardio, flexibility or strength training, can be done anywhere, without any equipment at all. I think if more people knew how to take advantage of their surroundings and use their own body weight as resistance it would make exercise much more accessible and affordable and bring about a much healthier population.

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

I see myself training for the rest of my life as a full time career. Everybody wants to find a job that doesn't feel like work and for me, this is it. I would like to see my in-home training business grow and inspire other quality personal trainers to take training out of the gyms where people don't have to choose between buying a car and learning how to live healthy lives.

How do you instil motivation when client struggling with commitment?

It's difficult to generalize since every individual is motivated by something different. However, in most cases I try to take a psychological approach, sometimes changing a person's goals and reasons for working out. If I can convince a client that exercise is a life-long choice and not just a means to fit into a dress for a certain occasion, then the motivation to exercise flows from an internal place rather than the reward of temporary weight loss. In my experience the most highly motivated people are those with the mindset that exercise brings about its own rewards through feeling great and breaking down personal barriers. So, my goal with less-motivated clients is to flip their perception of exercise from hard work that will lead to a single reward to part of a lifestyle that brings about continuous rewards.

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

This is a controversial topic but I am a firm believer in consuming foods with as little processing as possible and supplements don't fit into that category. My reasoning for this comes from the fact that natural foods have been around forever, we know what nutrients they provide and that our bodies can actually digest and use them, they don't have any side-effects and there is no concern for how they will affect our health in the long term. There is virtually no regulation of supplements and we are hearing more and more reports in the media of products tainted with various metals such as lead and arsenic and some that 'accidentally' contain anabolic steroids. The only advice I have for someone interested in taking supplements is to be well informed on the product you are interested in and to consult a physician or nutritionist before spending the cash and risking your health.

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

First of all, the word 'strength' can have many different meanings, but whether it's physical, emotional, or any other type of strength, it can absolutely be achieved without lifting weights. Now, there are many different ways one can achieve physical strength, but they all involve a stimulus. This stimulus, whether its calisthenics, yoga, or actually lifting weights, must get progressively greater otherwise there is no reason for your muscles to adapt and become

stronger. The human body is very efficient so with no stimulus at all your muscles will begin to weaken as your body no longer has a need to maintain the muscle (In fact, the same can be said of your bones, ligaments, and tendons, sometimes leading to irreversible losses). So, physical strength can be achieved without lifting weights as long as there is some form of exercise stimulus to cause that strength; the beauty of exercise is that other forms of strength can be achieved as well through the building of self-confidence and self-efficacy.

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

My opinion on training two people at a time is the same as my opinion on boot camps, it can be a great way for beginners to start a training program at a more affordable rate but that is all. Some people are apprehensive about starting a workout program by themselves and that's fine, but, in my experience, it really shouldn't go beyond that because, even if both people have the same goals and enjoy the same type of workouts, inevitably, they will progress at different rates. Often, this will hold one person back which leads to other issues like motivation. The degree of motivation and the underlying reasons for working out will differ for everyone so this is a big concern. As a trainer it is much easier to inspire a client when his or her attention is directed toward me rather than a friend who is struggling with the commitment to work out. So, I believe, after the initial four weeks or so, it is far better if clients train one on one.

Greatest mistake most trainers make?

The greatest mistake most trainers seem to make is not reassessing their clients' progression. The whole point of working out with a personal trainer is to safely maximize results in less time, so it is critical that a trainer assess their clients' progression on a regular basis. Many trainers will assess a client's needs during the initial consultation and create a program to suit that client but over the course of training, clients' needs change. A trainer's job isn't over when the client leaves the gym, too many trainers seem to forget that as a client progresses, the program needs to be assessed and updated in order to continue that progression. I make it a rule, to reassess my clients' programs at least every six weeks. This way I can see how well they are responding and make necessary changes before any plateaus are reached.

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

I don't believe in weight training for children, but I strongly encourage exercise in the form of sports and good old fashion child's play. Let's face it, weight training feels like work for most people but they do it anyway because they understand the benefits that come from it, and they are able to make an informed decision. As a child it can be difficult to understand the reasons for weight training other than someone telling you to do it, so, regardless of the possible negative physical effects weight training may have on children, I don't think its right to have a

child doing something that feels like work. Physical activity, on the other hand, doesn't have to feel like work, especially when it's part of a game, which is something most children enjoy. Not only that, but I have never seen a report or read an article claiming physical activity had any negative effects on children. As children are growing, their muscles, tendons, and bones need a stimulus to promote healthy growth and that stimulus is physical activity; there is no need to for the potential risks of weight training.

How do you stay above and beyond the rest?

I stay ahead of my peers by recognizing the fact that there is always more to learn and that, as a professional, it is my responsibility to stay current in my field. There is an ever-growing body of research studying the endless concepts associated with personal training and many trainers fail to recognize that. Degrees and certifications make a great foundation but a trainer needs to build on that by reading articles and conversing with peers.

Another of my keys to success is actually trying out these new concepts. It's one thing to read about it and another to actually experience it. I won't recommend an exercise to my clients unless I've done it myself; this way I am better able to guide them through it.

Finally, simply living a healthy life is probably the most important factor. Not everyone faces the same challenges of healthy living but going through my own challenges helps me advise my clients on theirs and inspire them to continue.

WORDS TO LIVE BY...

"Go Commando! -because limitations are like underwear, we put them on ourselves."