

LINDA WATSON

'the judge, jury, and executioness of fitness'

Can-Fit-Pro Certified

Canadian Kickboxing Assoc. Certified

Real Ryder Spin Certified

Boot Camp Certified

GENUINE, DEDICATED, HARDCORE

QUESTIONS FOR THOUGHT

Are swimming and dancing considered proper workouts and do I need anything more?

Swimming and dancing are both great workouts. Swimming is a total body workout, and one that I partake in regularly. I would say you would definitely still need something more. Depending on your level of fitness, some type of weight or strength training is always beneficial.

Please explain why it is certain people feel nauseated and then throw up during workouts/ what do you recommend?

My personal experience, and I actually warn people at the beginning of my boot camp class, if you get dizzy, or feel lightheaded, do NOT stop moving, do NOT sit down, and do NOT bend over (seems to be the most natural response to lightheadedness, bending over..) I tell them to keep moving, walk around, head up, and focus on breathing. Overexertion, or sometimes not enough or too much food or water, and even medical issues can cause the onset of these feelings during workouts.

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

I am a trained paralegal who used to do fitness part time. There is NOTHING else I would rather do, and have slowly made the transition to fitness as a full time career.

What would you change about the fitness industry?

The Barbie doll image...I work out at a gym where all the girls that work there are in full make up and hairspray, about a size 2, and none of them have any real knowledge of fitness. I am real person, who goes to work out to sweat!!! Caked on make up and hairspray have no place in the gym! I think people feel a lot more comfortable, and less intimidated by someone who looks like a "real person" in the gym.

Do you believe in bootcamp training?

Absolutely, 100%. I won't say that boot camp is for everyone. I mean, if you are 50 years old and have never been physically active before, boot camp isn't where I would suggest you start. But I specialize in teaching boot camp, and I think it is one of the most effective workouts.

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

Definitely. Fitness is an industry that's always changing, and as professionals in this industry, we should be required to be on top of any and all new, current information that could benefit both us as trainers, and ultimately, our clients.

How would YOU personally screen trainers coming into the industry?

I believe that to succeed in this industry, you have to be passionate about what you do. And you have to genuinely love people. Motivating people all day every day can be exhausting if your heart is not in it. Personality and a sense of humor, along with an arsenal of knowledge, are essential.

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

Most definitely. Again, if you are overweight, and have never worked out before, I'm not going to give you 50 lb dumbbells and tell you to start doing jump squats?!?!?! Walking lunges, planks, beginner push-ups, body weight only exercises can help build strength to a level where you can start to incorporate weights.

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Remember to focus on breathing, slow down workout a bit, break up or take breaks in-between sets

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

I do one on one, small group training, and group ex with up to 50 ppl at a time in a class, like kickboxing for example. I think as long as you are prepared for your session, you can customize a routine that works for two, three, four, or more people, even if they are at different fitness levels.

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 do. I have a good friend who is a Registered Holistic Nutritionist, and I tell my clients all the time. I can train you from now until tomorrow morning, but if you are going to leave me, head over to McDonalds and grab a big mac...what's the point?? I believe very strongly that fitness and nutrition are one in the same. By that I mean, you can't have one without the other.

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

I'm sure a lot of trainers can relate to what I'm about to say. As trainers, not only do we train people physically, we are sort of their psychotherapist as well. You learn a lot about your clients lives, their stresses, their struggles, their heartbreaks, and I think you have to be strong to be their trainer and that "shoulder to cry on" on the days that they just don't have that extra push in them. I also think that while doctors save lives once the damage is done, trainers save lives by preventing the damage in the first place. All of those things make me a stronger person.

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

Yes. In all raw honesty, I find men talk the big talk when they first start to work out. And men generally have different goals than women. I find men want to get bigger, women want to get smaller! Women, on the other hand, tend to often underestimate their own strength. I hear a lot of "I can't do that", I can't, I can't...I tell my clients I don't know what that word means, and I don't let them use it around me...

So for men and women alike, I do believe in interval training, plyometrics, and weight/strength training. But again, men usually want to bulk, and women are terrified of getting "big", so different approaches have to be taken.

WORDS TO LIVE BY...

"Our greatest fear is not that we are inadequate, but that we are powerful beyond measure..."

Nelson Mandela