

# LORRAINE VAN LUIT

*'the motivational wealth of experience'*

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## ENERGETIC, INVENTIVE, CARING

### QUESTIONS FOR THOUGHT

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How has your own 'personal' style of training changed very much in the last 10 years given that your body may have changed? Do you apply this same mentality to your own clients?

I now teach and train (clients) at least 5 times more than I did when I first started working out; as a result, when I have time to myself, I enjoy yoga, hiking, running trails, canoeing, biking- any outdoor activities. I get strength training through teaching boot camp, body sculpt, Zumba and Pilates.

**A lot of people feel are hesitant to involve themselves in measures of fitness due to their fear of injury or compounding existing injury. How do you deal with this?**

Teaching clients body awareness (posture, correct lifting form, listening to their body etc.) while exercising, seems to give them more confidence and control. As a result, THEY are in charge of their personal workout and thus guide the results.

**The most important thing people should know about working out?**

There is no quick fix! start slow, focus on posture and always listen to your body.

**Most important advice you would give to another trainer?**

Listen and pay heed to what your client is saying and not saying.

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

Physiotherapy or Osteopathy

**What is the major difference between you and the other trainers around you?**

Years of experience.

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

In my world, there is no quick fix and extreme weight loss programs don't work.

**Do you believe in bootcamp training?**

Absolutely, incorporated as part of a cross training program.

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

I hope to train 'till the day I die. My focus would probably shift to a lower key, yoga based type of training.

**Most annoying act displayed by trainers around you?**

Gossiping and making fun of other people.

**This showcase can present you with opportunity—if you were to get 50 new cts, what would you do?**

Make sure that all of my trainers are able to do a great job!!!! I will have to share the new clients!

**How do you instill motivation when client struggling with commitment?**

Add lots of variety to the program to keep the interest level high.

**How do you deal with clients that give up after you have tried all and everything?**

Keep in touch, and try to involve them in other fun activities eg, Zumba, Yoga etc.

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

I am not qualified to advise on the subject of supplements and enhancers, so I always send my clients to a specialist. I personally don't use them.

**How would YOU personally screen trainers coming into this industry?**

At our facility, the new trainers have to work with a demo model; we (my partner & I) do a 'secret shopper' sort of deal and eavesdrop on the sessions. We also, take their personality, reason for becoming a trainer and ability to listen, into consideration.

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

Absolutely! Pilates, TRX training. Body weight exercises.....very effective!

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

Everyone is an individual; most people have an injury or structural defect and they need to be addressed.

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

Yes. Women tend to give more feedback (ouch, I don't like that exercise etc) and they seem to have more endurance ( childbirth does that to us!); men's ego tend to get in the way of admitting that something is painful or too difficult.

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

Love it! More fun, a little competition!

**Greatest mistake most trainers make?**

Stereotyping clients, inflexibility in their prepared routines and training all clients as they train themselves.

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

I do agree with weight training for children. I always start them on machines so that they don't have to worry too much about alignment, and then I focus on correct breathing and posture.

**How do you stay above and beyond the rest?**

I attend workshops, conferences and read!

**Have you ever had to treat an incurred injury on the spot?**

Let's put it this way, I didn't actually do the treatment; but called 911 and kept the person comfortable until the ambulance arrived.

**Do you work in conjunction with any other professionals for the same benefit of your client, is it done enough, do you think more trainers need to do the same?**

I always have and hope that everyone else does the same.

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

I use Pilates postural cues non-stop, no matter the program, the individual or the group. We all benefit from proper posture and alignment when training.

**What specific area of training would you consider yourself an expert and list why that is?**

Pilates/ Yoga based training is my passion.

**Do you specialize in one-on-one training or group training – do you feel one is better than the other, and how did you settle on this vantage point?**

I believe that a beginner benefits more from one on one training where as for an experienced exerciser; group training adds the extra element of fun, motivation and competition. I do both forms of training.

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

Firstly, I have way more energy, more self confidence and am able to take on any challenges that may come my way.

## WORDS TO LIVE BY...

*“Love what you do and do what you love!! “*