

# MARISA ANDERSON

*'the first lady of fitness'*

Personal Trainer Specialist (Can-Fit-Pro)  
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Certification Completion:  
Resist-A-Ball C.O.R.E.  
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## MOTIVATING, DEDICATED, TOUGH LOVE

### QUESTIONS FOR THOUGHT

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**How would one go about decreasing the post-pregnancy bump?**

Once the client got the go ahead from their doctor to workout, it's time to start on that baby bump. Whether you had a natural birth or cesarean, your abdominal wall has been stretched and has weakened. The goal is to start strengthen the abdominal wall with some core exercises. It doesn't matter where you are for Kegel exercises, they can be done anywhere and everywhere; pregnant or not I think these are important. From what I have been told from my clients, it feels a little weird when starting up with abdominal exercises after giving birth. I start my clients off with planks in working the whole girdle area, trying to get the abdominal wall working again and getting that mind and body connection. Then I would reintroduce the ab crunches, then working the obliques and once that starts feeling somewhat normal then start extending legs away from the body increasing the intensity of the exercises. This is always dictated on how the clients feel and how their body is responding. Also keep in mind that you can do as many crunches as you want if you are not eating healthy you will not see the results

that you may be hoping for. Remember, the body went through a very traumatic moment when giving birth and will be going through quite a bit of changes, so be patient with yourself and embrace the joys of giving life.

### **Would you say it's better to work out in the heat or cold?**

This is a tough one because I have done both...hmmmm. Some may disagree, but I personally would say heat. Yes they both have their pros and cons. When working out in the heat you can stop at any moment to hydrate and find shade to cool down and not have to worry about your muscles cramping up like I have felt many times in the cold. In the cold I found it hard to keep my core temperature up somewhat a challenge and when I stop I would have to start over to get my core back up. Also when sweating in cold temperatures it evaporates, therefore unlike in the heat where you can feel and see the sweat, in the cold I find that you lose that awareness of dehydration. I know this is extreme but there are chances of getting frostbite and possible getting that portion of your body removed but like I said that is extreme. Besides, I find myself and my clients in a better mood with heat and don't complain as much as when they are cold.

### **The most important thing people should know about working out.**

The most important thing is to really know why you are working out. I hear the same thing just want to lose these 10-20 pounds. That is not a good enough answer; we need to know why you want to lose that weight. Without knowing why we (client and I) can never get to the how to train and where (our destination). Of course, have fun doing it all.

### **Do you see yourself training in 5 years?**

Yes absolutely I will be training in 5 years and in 55 years if my body lets me train as intensely as I am now, if not I will do what I can. This may sound funny but I will be 40 in two years and I'm really looking forward to it, I train older adults that inspire me to keep active at no matter what age.

### **There are certain memories, occasions or success stories that tend to mold us...**

I have always been physically active from 4 years of age to now. Trained in Classical Ballet for 15 years, played volleyball, track and field but had always struggled with my weight from 8 to 24 years of age. (My heaviest was close to 200 lbs at 13 years old.) I remember the first time I stepped into a gym, I fell in love, I was watching an aerobic class and decided I wanted to do that. Not only did I do it, I became an aerobic instructor and personal trainer and still love like it

like it was my first day. With my new found knowledge I was able to get my weight under control and take it to the next level. Let's just say the fat kid is now participating in fitness competitions. Then one of my clients wanted to do the same so got her all ready for her first competition. It was such a joy to see that I really can help people achieve theirs goals, small or big. **I believe that if we can help ourselves we can help others!**

### **If you can get one client back and train over...**

I'm not perfect it has happened. 5 minutes into their program they just walked out and I didn't see them again for 3 years. Asking **why, why, why** and what their **biggest obstacle** is very important. Without the knowledge you don't have the power. Where I failed was not knowing how big the obstacle was, and it was their work. They had a very stressful business and when working out they just couldn't leave work at the door. I should have gotten them in the mind set that it was their time. As opposed to just running into the routine, the initial focus should have been what they were going through at that particular moment, then ease into the routine when ready.

They may come in for physical health, but a good workout can help them mentally. Always find the core of the client's goal and objectives.

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

I would sit down with them and reevaluate everything that they did and show their achievements no matter how big or small that they had accomplished. If they have been true to themselves and followed everything that I planned out, I would ask them... "Do you really want to give up on yourself to live a long and healthy life"? Lets forget about the extra ten pounds and look at the big picture, your health. Are you (the client) willing to invest in health?

If all was said and done, I would even give them the opportunity to train with another trainer to try and achieve their goals because I would like to think that I have their best interests in mind and I want them to succeed.

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

**YES OF COURSE!!!** Using what we were born with, our physical body is an excellent tool to gain strength, without lifting weight. Another in the gym setting is yoga; it is an excellent way to gain strength without lifting, not only physically but mentally.

Outside the gym there are many sports that you can achieve strength in without lifting weights. It can be done!

## **What is the most important lesson you've learned during your training career?**

Help the client in the goal making process to be realistic and attainable. Don't set yourselves up for failure. Also really get to the core of what they want to achieve and their goals, I always try to get to the emotional meaning of it all. I can't stress it enough, but once I really know the true reason of 'why', it makes it that much easier to achieve that goal.

## **Would you say there is a difference between training men and women?**

No difference at all. I believe it's all based on individual needs and wants. I do have men that want to just tone then I have woman who want to build. Whatever the goal we are achieving should and will determine our workout routines.

## **Do you believe in weight training for children?**

I wouldn't call it weight training, I like to call it sports conditioning. I do train children that are into sports that would like to further enhance their sport skill with some conditioning. I use the exercise ball, their own body weight, and plyometrics. I find this way kids get an effective workout and its a great way for enhancing their game play and strength. I also take the time to let them know the consequences of working out with heavy weights at such a young age. Educating children early in life about effective training will give them the tools they need as adults when it comes to training. "That sometimes it's not just about training heavier but training smarter!"

## **How do you stay above and beyond all the rest.**

I was told to have an open mind when it comes to everything and I use that same philosophy with fitness. I'm always looking for new ways to change things up for me and for my clients with their workout routines. I love to go on line and check out the latest and greatest in the fitness world. I enjoy taking workshops, learning and gaining new ideas to take back to work. I also ask other trainers what are their favorite new exercises are and if they have one I haven't used before I will take it and use it; I usually have to give one in return of course.

## WORDS TO LIVE BY...

*"Have fun in everything you do!!!"*