

NOLAND CLARKE

'the fleet-footed multiverse trainer'

Can-Fit-Pro Certified Trainer

Aerobics Instructor

Dance Instructor

Muay Thai Enthusiast

PASSIONATE, MOTIVATIONAL, STRONG

QUESTIONS FOR THOUGHT

Client presenting physical issue (cannot raise shoulder laterally, high blood pressure, twisted knee during workout, lower back herniation, hunchback). As their personal trainer, what would be your approach?

Before training this client, there would be a need to review the client's history as to how they were injured, (sports, accident, type of work, improper movements during exercise). Modification would be applied using alternative movements suited to this individual's needs in order to assist in achieving their fitness goals.

Flexibility, endurance, strength, cardio. Which of these do you think is more important if any?

None of these components should be deemed more important than the other. In order to improve over-all physical well being, you need a combination of all components for a functional, healthy life-style.

What is the most important advice you would give to another trainer?

Dedication and Passion! These will help to prevent a trainer from becoming stagnant in their profession. They will always find the need to challenge themselves both physically and mentally which will result in them leading by example.

If you were not training, what other career path would you have taken?

I would still be an advocator for healthy well-being by promoting awareness for mind, body and spirit. An example of this would be massage therapist.

What do you think of extreme weight loss reality programs?

The concept of the show is great. It encourages obese people to lose weight. However, a lot of these exercises are unsafe by using too much speed and momentum, bouncing, jerky movements, with not enough emphasis on form and technique. Often these individuals' limitations are not observed by the trainers and unrealistic expectations for fast weight loss is both promoted and expected.

How do you instil motivation when client struggling with commitment?

Through client feedback, I attempt to pinpoint the root of the problem for their lack of commitment. As a result, I partner with my client, redesigning a program which offers improved interest and focus by re-evaluating their personal goals.

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

In my opinion, focusing on a well-balanced diet will provide you with enough energy to perform daily activities. Natural Multivitamin supplements are a necessity and are a great source of nutritional benefits to compliment a proper daily diet to maintain a healthy weight or life style.

Physical enhancers should not be promoted due to the negative side effects some individuals experience. An example would be heart palpitations (irregular heartbeats).

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

Absolutely! Before machines were invented, the human body had to rely on performing several different movements such as dancing, Acrobatics, Martial Arts, Callisthenics, and for some hard physical labour to stay in shape.

What is the most important lesson you have learned during your training career?

Humility is the most valued thing I have learned.

Would you say that there is a difference between training men as opposed to training women?

Yes. Several women who are participate in physical training have a low self esteem due to weight issues and are very self conscious of their body's appearance. It is imperative to maintain a professional client/trainer relationship while showing more compassion and consideration to their personal struggles. A healthy, respectful and relaxing environment should be created for female clients. For male clients, a sporty, locker room type atmosphere usually works them.

How do you feel about training two people at the same time?

I think it works very well. Two or more individuals help to create more energy and encouragement during the session and often challenge each other in a friendly competitive manner.

Do you work in conjunction with any other professionals for the benefit of your client? Is this practised enough times? Do you think more trainers need to do the same?

Yes. I make a point of meeting up with my teacher from Can-Fit to discuss new techniques/exercises in the industry as well as further my training with him in the art of Muay Thai.

There is always room for improvement to practise working with other professional trainers to share knowledge and to critique each others techniques more often.

Yes, I believe that more trainers should apply this practise as often as possible. The trainers can be updated on methods used on clients who are beginners right through to the advanced level. Also, these types of professional sessions offers continuity amongst the training practice.

Do you think weight training is safe and necessary for young athletes under the age of 12? Why or Why Not?

No, I do not think it is necessary or safe. At this age, their bones, ligaments and tendons are still forming/growing. Lifting weights, especially with little supervision, is strenuous, with the chance of poor form or technique used which could cause serious long term damage.

The proper training for the youth should be a program which would allow natural body movement or callisthenics such as push-ups, wall sits, leg squats, stationary lunges, chin-ups, sit ups, or planks. These movements, with proper supervision, would be safer and can be performed to gain strength without lifting any weights.

How would someone go about strengthening or stretching out their neck muscles? Is it safe to do so?

I would not recommend using weights, lifting or performing jerking motions with weights strapped to the back of the neck. A safer method would be to simply mimic natural range of motion exercises combined with stretching. This would both strengthen and increase mobility of the neck.

WORDS TO LIVE BY...

" I measure my success from my head to the sky-infinite possibilities!!!! "

