

# Here are Some Easy Tips to Help your Students

1. Hydrate, throughout a class it is critical to drink some water. At a cellular level you burn more calories.
2. Cardiovascular exercises burn calories at the time of exercise (perhaps 300-400 kcal per class) however, muscular conditioning exercise build strong muscles or lean muscle mass which equates to 40-50 kcal / pound of lean muscle mass. In other words if you have 5 pounds more lean muscle mass (at the same weight) your metabolism increase about 250 kcal / day. That equals 1750 a week!!!! A lot more than 2-3 sessions of cardio only!



3. Keep Active. The science behind weight management is simply stated by this formula. Energy in has to be less than energy out to burn calories. If you keep eating more or driving through Tim Horton's (or Crispy Cream) then you may end up adding more calories in than out!
4. Add activities of Daily Living. That is, every activity counts. Walk to the grocery store, carry your groceries and that adds up. Add social activities like walking instead of coffee and talking and expended calories are increased dramatically. Add gardening, cleaning, anything that you move! The more you move every day – the more total calories you will burn.
5. Keep Track of What You are Eating. Most people greatly underestimate their caloric intake. Salt, fat, sugar and alcohol are empty calories.

6. Many people severely overestimate their exercise intensity. These participants think they are working more intensely than they really are. Moderate intensity is five on the rate of perceived exertion. Rule of thumb: If they can talk and can carry on a constant conversation they are NOT working very hard.



7. It's extremely important to keep that muscle mass metabolically active. You don't want to lose it. So what does that mean? Your exercise program must be one that you enjoy. If you are a walker, a sports enthusiast, a swimmer, instead of taking the same route, playing the same games or swimming the same lengths throw in some

cross training. Jump in the pool and train for resistance. Every muscle group can be trained in a such a huge variety of ways using the unique properties of water - it's scary.

We highly recommend that all Certified Instructors or Personal Trainers complete either the full Weight Management Consultant Certification (to teach the program to your students as well as to earn extra income) OR complete the Weight Managing Instructor Certification (to automatically renew and upgrade your qualifications and learn key strategies to help your students) OR utilize the Managing a Healthy Weight Workshop/Home study program for 8 hours CEC's - **WHY?** 99% of your patrons or clients are interested in Managing a Healthy Weight. Giving them tips and systems to improve will help their lifestyle journey!

Upgrade your skills and review a program that emphasizes wellness and positive lifestyle change. Whether you are learning healthy habits for your personal use or tips on how to apply them to your classes, this program is an excellent tool to help everyone manage a healthy weight – and losing weight and becoming more healthy is the #1 reason people attend a program.

#### **CTW010 - Weight Management Consultant Certification**

The goal of this program is to train the Consultant to be confident to deliver the 10 week Managing a Healthy Weight Program. This may be facilitated as an adjunct to an ongoing group exercise program or introduced as a stand-alone program to attract and help people struggling with an unhealthy lifestyle. Includes: Consultant Manual & MHW workbook, 2 Fit Bands, DVD032, DVD048, DVD049, DVD052, 3 Laminated Program Cards, CD Presentation Disc & Exams. (Certification status when successful). \$299.00

#### **CTW011 - Managing a Healthy Weight Instructor Certification**

Losing weight and becoming more healthy is the #1 reason many people attend a fitness program. Upgrade your skills and review a program that emphasizes wellness and positive lifestyle change. Includes: MHW Workbook, DVD052, Fit Bands, DVD032, DVD048, DVD049, 3 Laminated Program Cards, Certification Exam and Diploma. (Certification status when successful). \$199.00

#### **8 hours Continuing Education Home Study Program**

The Managing a Healthy Weight workbook combined with an instructional DVD will take you through pertinent information on basic nutrition and strategies to improve your lifestyle. \$139.00

**Special thanks** to the Orangeville Instructor Group - the survivors in the Photo left to right.. Jill Newberry Evans, Leah

Mackay, Ann Fenton, Margaret VanOmmen & in front in the anatomy body suit Julie Twynham. The Anatomy Body Suit comes in 6 sizes XXS, XS, M, L, XL, XXL,