



A Step Above Personal Training Concepts

Love is always bestowed as a gift - freely, willingly and without expectation. We don't love to be loved; we love to love.

~ Leo Buscaglia, PhD

Jinjer's Thoughts

Personal Training . . . includes matters of the heart

It's very difficult to motivate my clients and facilitate

their workouts when Old Man Winter comes to town – his appearance bringing on the first cool snaps of winter. As another year winds down, clients stress levels tend to be much higher, and their attendance tends to be much lower. The most common statement I hear from them prior to Christmas is, "Christmas is approaching, and I haven't even started buying presents or decorating." Other statements might include topics such as: "taxes are due," "flu season has landed," "which family to spend Christmas with," and the "dread of traveling long distances." Common maladies are feelings of depression or loneliness, suffering the loss of a loved one, and more. In addition, some people suffer from Seasonal Affective Disorder (SAD) -- better said, "Seasonal Depression." So, how do personal trainers motivate their clients?

Do we make them work out anyway and tell them they will feel better?



Temporarily yes! Personal training is a holistic approach to complete wellness which includes matters of the heart.

A Personal Trainer is somewhat like a Life Coach, a Wellness Coach, and (for me) frequently a Spiritual Coach. However, when stereotyping a personal trainer, most people think of a person who "fits" the part -- toned, lean, muscular, cute or handsome, etc. -- working in a gym setting, following their clients around with a clip board while giving them exercises to do in order to meet the client's goals. Ok, that IS part of it. Nevertheless, personal training goes much deeper than that.

It is NOT a production line or an exact science; and it is NOT just about physically getting into shape. Personal training is a ministry in itself. To **minister** means to serve, or to give service, care or aid. My responsibility as a personal trainer is (1) to draw out a client's potential without being intrusive, allowing for personal transition on an individual basis; (2) to continually challenge my clients in order to empower and enable them; and (3) to watch them get stronger physically, mentally, emotionally, and spiritually as they stick to the program pursuing excellence in their training. Then I get them to reflect back to their first two weeks of training when they could barely do three



push-ups or ten minutes of cardio without gasping for air.

It has given me great satisfaction to watch them grow, and to see the joy in their eyes during the last week when measurements and physical assessments are completed and compared, and they see their own progress. It's awesome to watch those clients who have more severe medical restrictions -- who thought they would never be able to exercise safely -- successfully making progress. Or watching those with osteoarthritis and such excruciating pain that it hinders their abilities (even walking) who, after three months of training slowly and safely, are in "the best shape they have been in" in years. You would think they found the fountain of youth and drank from it. Or other clients with multiple sclerosis who feel limited but then, with training, see their physical abilities improve beyond belief.

What is faith? "**Now faith is the substance of things hoped for, the evidence of things NOT seen**" (Hebrews 11:1). Regardless of the client, as a personal trainer (in my opinion), I have found that it is important to have a positive solution for that individual when they walk through the door. You comfort them, believe in them, and listen to them. Knowing that we all

PERSONAL TRAINING *(Continued)*

have physical and emotional issues, we confess the things we want and not the things we have. That is exactly what personal trainers are doing when they interview clients, assess them and design a personal exercise program to meet their individual goals.

A personal trainer is one who directs the client toward a destination of increased health and well-being in the most efficient, effective, and safest way possible. Identifying with experiences, thoughts, or attitudes of another is one of the most important attributes a personal trainer can have. Taking a non-judgmental stand, serving the “**Lord your God with all your heart and with all your soul**” (Deuteronomy 11:13) and “**loving your neighbors as yourself**” (Matthew 22:39) can be the greatest rewards of personal training. One of the qualities of a personal trainer is having faith in their abilities and -- most of all -- continuing to believe in them, deep down inside knowing that “**with God, all**

things are possible” (Matthew 19:26).

Remember that client **confidentiality** is a **MUST**. As clients begin working out with their personal trainers, for the most part, the trainer is used as a sounding board. We all have “pangs” of the heart. We might be harboring old feelings of hurt about something and may never have forgiven the instigator of that hurt; or we may be angry with God about something such as blaming Him for taking a loved one. We sometimes feel that miracles of healing are beyond comprehension, especially if someone has an incurable disease according to this world. No matter how personal our relationship is with Jesus Christ, none of us have all the answers. However, we shouldn't lose faith and give up thinking all is worthless. My husband, James, once told me that just listening to someone, and loving them and comforting them is miraculous in itself.



Ginger-Pear Muffins

This batter keeps in the refrigerator for up to 3 days, so you can bake the muffins all at once or a few at a time.

Prep Time: 20 min **Start to Finish:** 40 min
Makes: 15 Servings

- 1 1/4 cups Gold Medal® all-purpose flour
- 3/4 cup packed brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon ginger
- 1/4 teaspoon salt
- 1 cup chopped pear
- 1 cup Fiber One® cereal
- 1 cup fat-free milk
- 1/4 cup refrigerated or frozen egg product, thawed
- 1/4 cup cooking oil
- 2 tablespoons finely chopped almonds
- 1 recipe Ginger-Cream Spread (below)

1. Preheat oven to 400°F. In a large bowl, stir together flour, brown sugar, baking powder, ginger, and salt. Add pear, stirring to coat. Stir together cereal and milk; let stand 5 minutes. Stir egg product and oil into cereal mixture; add to pear mixture, stirring just until moistened.

2. Spray 14 to 16 muffin cups with nonstick cooking spray or line with paper bake cups. Spoon batter into cups, filling 3/4 full. Sprinkle with nuts. Bake for 18 to 20 minutes or until a toothpick inserted near centers comes out clean. Serve warm with Ginger-Cream Spread.

3. Ginger-Cream Spread: In a small bowl, combine 2/3 of an 8-ounce tub fat-free cream cheese, 1 tablespoon honey, and 1 tablespoon finely chopped crystallized ginger or 1/4 teaspoon ground ginger until mixed.

Nutritional Information: 1 Serving: Calories 170 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 15mg; Sodium 160mg; Total Carbohydrate 29g (Dietary Fiber 3g, Sugars 16g); Protein 4g **Percent Daily Value:** Vitamin A 2%; Vitamin C 2%; Calcium 10%; Iron 8% Exchanges: 1 Starch; 1 Other Carbohydrate; 0 Vegetable; 1 Fat **Carbohydrate Choices:** 2.

**Percent Daily Values are based on a 2,000 calorie diet.*



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Christmas!**
*and a
Blessed New Year*

to all our
Boot Camp Cadets ...
from the staff of
A Step Above PTC
**May God richly bless you
and yours this holiday
season!**

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