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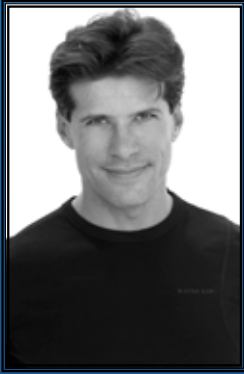
Issue 110 Sept 2013

NCCPT

Newsletter

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President's Message

It's been a while..... Change is the one thing we can always count on--- and much has recently changed at the NCCPT.

We've moved to a new location and have a brand new website. Check it out at www.NCCPT.com.

Please let us know what you think. The NCCPT has become an affiliate with www.ProFitJobs.com. What does this mean for you? You're now able to post your photo, resume and video for employers looking for personal trainers, yoga, kickboxing or group exercise instructors, sales or front desk staff and a variety of other health and fitness jobs.

If you're looking for personal trainers you can still use the locator system (Find a Fitness Professional) on the NCCPT website or go to www.ProFitJobs.com and post the job. If you're certified through us, go to www.ProFitJobs.com and complete your profile. Either way, the site will automatically notify you when a job or resume that matches your description is listed.....and it's free!

Our Featured Personal Trainer of the Month is **Jason Eubanks**. His compassion for his clients actually made me teary-eyed.

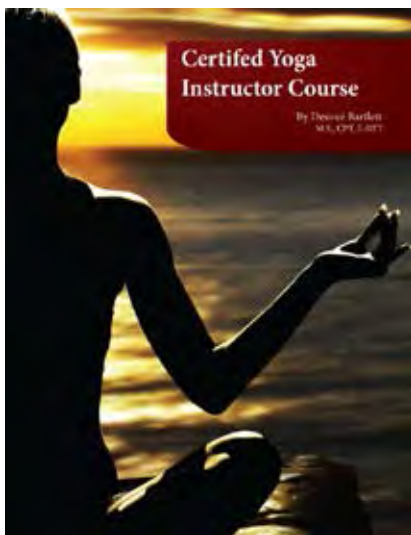
Please "Like" us on Facebook when you can at, <https://www.facebook.com/NCCPT>

and as always.....

Stay Fit,

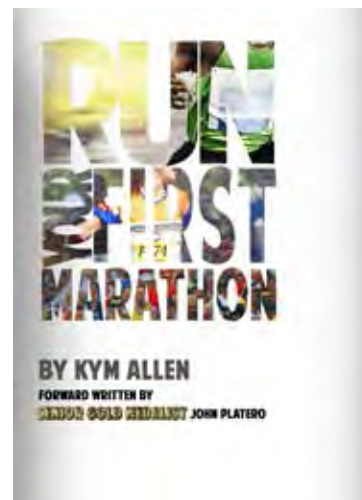
John Platero

We have a few new certifications and courses:



CERTIFIED YOGA INSTRUCTOR

Taught by Desiree Bartlett, MS. Learn the basics on how to conduct safe and effective Yoga classes. Includes video, manual, sample test and final exam.

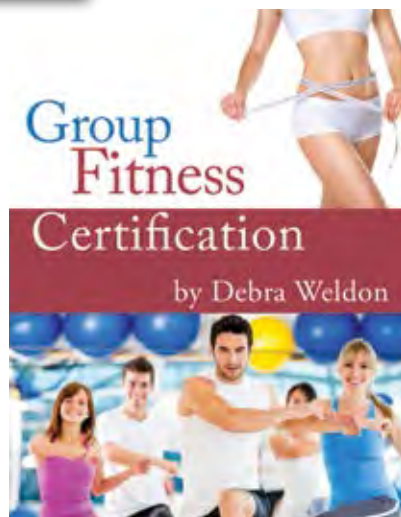


HOW TO RUN YOUR FIRST MARATHON

Authored by Kym Allen, MS. Learn how to properly train your clients to complete this daunting task. Includes both video and a manual. Earn .4 CEU's

CERTIFIED GROUP EXERCISE INSTRUCTOR

Taught by Debra Weldon with over 30 years of experience. You'll be able to increase the amount of personal training clients by teaching group exercise classes. Includes video, manual and final exam.



ROCK HARD SERIES These video courses breakdown the anatomy of a particular region of the body and teach you to effectively train each body part. Each course includes both video and a manual. CEU's are available for each course.

SUNSET Trail Series

E&J Productions Presents

Malibu Nights

Every Thursday evening – 5:30 p.m. at Camp Mt. Craggs
situated in the heart of Malibu Canyon

8 Week – 5k trail run series starting September 12
Final race is on October 31

Complete with sunset, food, expo and entertainment

\$27 per runner/race which includes a \$2 park fee/runner
Pre-register at imATHLETE.com for one race or the entire series
Same day registration available

www.sunsettrailseries.com
imATHLETE.com/events/malibunights



Scan Here to Register!

Is Barefoot Running Good or Bad for You?

by John Platero

BEFORE we get into some science let's just use some common sense. If we were made by a god, then wouldn't that god have made us able to walk on the earth with the equipment he or she provided? Or, did he or she give us a brain so we could figure out how to better protect ourselves and we made shoes?

If you believe in evolution, then wouldn't our feet have evolved to protect ourselves against injury or did we evolve by making shoes which in turn protected our feet? Either way, we definitely come into this world minus footwear and arches. Look at any baby and you will see flat feet. That's because babies are born with a pad of fat in the arch area, and their foot and leg muscles aren't developed enough to support their arches when they first begin to stand. In fact, the arch doesn't usually develop until age two to three. A baby should spend some time every day with bare feet so they can exercise their feet and toes. Tickling a baby's feet and legs to encourage them to flex and stretch their foot muscles is a great idea to help them develop their feet. A baby who's just started walking takes about 176 steps a minute. The longer a toddler walks without shoes, the more it will allow their feet to develop naturally. When a toddler starts learning to walk, pediatricians recommend them to walk barefoot indoors, as long as the floor is clean and safe. Walking barefoot allows babies' feet to develop and strengthen without restriction. They then should progress to walk outdoors on rough surfaces.

Doctors recommend that babies go without shoes in early

development so that the muscles will strengthen in their feet. However, almost everyone then progresses to some kind of footwear. Does this weaken our feet? Would it be like putting a mitten on your hand? Does the shoe decrease the dexterity of the toes? Why do we have five toes and not four or six? There must be a reason. My contention is we have five toes to help us absorb forces when we land and to help us propel when we move. So what purpose do shoes serve?

“Couldn't a runner have the benefits of barefoot running by just learning the barefoot running technique?”

Shoes have been around for a very long time; way before roads and sidewalks were built. In fact, sidewalks were invented in 1677, by Anthony Uglie from Germany. Prior to that, the ground was not always level and probably a bit rough. Wearing shoes protected our feet. It would be hard to determine who and when the shoe was invented. It seems to have just “evolved.” Some believe they were invented about 45,000 years ago in the

Upper Paleolithic era. Since I'm pretty sure no one reading this was born prior to 1677, you've probably been wearing shoes longer than you have not. Even so, shoes have changed dramatically since the 1970's. As a kid, the Air Jordan's of our day were converse style shoes, which had very little heel or cushioning at all. *A modern cross-training shoe is painstakingly designed with lightweight material, heel support for lateral movement, and cushion for impact reduction. We've come a long way from just protecting the foot, nowadays, shoes are built to protect the ankle, leg, knees, and spine.*

With all types of training or exercise --- it's best to progress slowly and introduce new variables gradually. Everyone is

different and each person's tolerance is different. You must experiment and ultimately decide for yourself.

In the past, barefoot running has come to our attention because of athletes like Olympic gold medalist Abebe Bikila, European Championship gold medalist Bruce Tulloh and Zola Budd who was a World Cross Country champion. Running in bare soles recently came to my attention was when my late friend Alex Neira (Master trainer extraordinaire) recommended Vibram shoes. That led me to a book entitled *Born to Run* by Christopher McDougall.

Is it safer? More efficient?

Let's look at the difference in technique between barefoot and running in shoes. When running barefoot, the heel barely touches the ground or not at all when landing. In this way, the midfoot or forefoot is the primary contact with the ankle in slight plantar flexion. Running in this manner leads to a shorter stride, higher cadence and slightly greater knee flexion during the stance component of running. With the leg more extended and the ankle in plantar flexion the quadriceps and the gastroc-soleus complex are in a lengthened position which is a better position for the muscles to eccentrically absorb the forces of impact. The runner experiences a reduced impact force at initial contact. The shorter stride length may contribute to the decreased impact forces. In contrast, the shoe runner lands with the leg more extended and the ankle in neutral or slightly dorsiflexed with the heel as the first point of contact. In essence, many studies have shown that there is less impact with a midfoot strike in contrast to a heel strike. Here's a great website to observe these forces:

<http://barefootrunning.fas.harvard.edu/4Biomechanicsof-FootStrike.html>

Back to the evolutionary model

A geneticist by the name of Theodosius Dobzhansky observed that nothing in biology makes sense except in the light of evolution. All biological phenomena—from how DNA functions to how humans run – are the consequences of millions of years of evolution, often through the action of natural selection. Therefore, what and how the normal way to run, is affected by evolution. For example, fat and sugar were hard to find in the Stone Age. Agriculture was invented less than 10,000 years ago, therefore, from an evolutionary perspective it was normal to live with limited access to fat and sugar and abnormal to live with unlimited access to these foods. This may be why people seem

unable to control their inherited cravings for these foods. The same would go for shoes and running. It doesn't mean that cavemen were living better than we do today, but it does raise questions in regards to shoes and injury.

Obviously, shoes limit proprioception. Proprioception activates reflexes and aids the central nervous system. It seems logical, these feedback mechanisms which are muted with shoes, may have prevented certain injuries that wearing shoes may now incur. Add cushioning, elevated heels, arch supports, etc and you could see how these additions would encourage a different running form. In the evolutionary concept, shoes haven't been around long enough for us to adapt. Remember how babies develop their feet. However, in running barefoot, there is more friction which may cause pain or callouses.

Couldn't a runner have the benefits of barefoot running by just learning the barefoot running technique or, is it running barefoot that encourages the technique? Common sense dictates the answers to both of these questions is..... "yes."

In my experience as a personal trainer and educator, there are many variables that contribute to technique, injury and style. Each person is different. It is important to experiment. Remember, treadmill running is different than running on the earth. On the earth, we propel ourselves while on treadmill we're keeping up with a moving belt. With the access to video everywhere (cameras, smart phones), video your client or have someone video yourself from three different angles; front, back and the side. Compare the different running styles with the different types of shoes and without. Asking someone who normally runs barefoot to run in shoes is going to affect them and asking a shod runner to run barefoot could take some adaptation as well.

After reading as much literature as I could find, there was no consensus as to which way was better. No study has shown a clear relationship between shoes and running injuries and although there are many who get injured running with shoes there are many who are just fine. Whether shod, barefoot or wearing minimalist shoes, the challenge is to examine your running form both kinesthetically and visually and form your own opinion as to what is best for you.

References

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Lieberman, D. (2012) *What we can learn about running from barefoot running: An evolutionary medical perspective*. *Exercise and Sport Sciences Reviews*, American College of Sports Medicine, 0091-6331/4002/63/-72



NCCPT Featured Trainer

Jason Eubanks

BY HAMED HAMAD

What do you get when you add sports, endurance, passion and a 5'7" 190lb body? You get one of the greatest and most accomplished Strength Sports Conditioning Personal Trainers that has graced the NCCPT: Jason Eubanks.

At the age of 14, Eubanks was fully aware that he had an immense passion for sports, and an obvious realization that his fellow athletes were NOT his size. He says, "I wasn't the tallest or the biggest, but I played big and tall." And indeed he did. As his schoolmates went to the mall on the weekends and preferred to play with friends, Jason preferred to mold his destiny by running hills and mountains. And with the support of his mother, family and coaches, he became one of the most successful Dual-Sport Athletes of his kind.

With a focus on Track & Field and Football, he knew that he eventually wanted to become a personal trainer. But not before mastering his passion for sports and winning a championship on every level, including youth, interscholastic and intercollegiate. Just to name a few, Jason won the 1998 Arizona State Championship, helped sweep the Big West Championship back-to-back in 2008 and 2009 and participated in the NCAA Tournament in Kansas City. The more successful Jason became, the more his peers (men and women) wanted to be trained by him. They came to him for advice on endurance, track-technique and agility.

In 2002, Eubanks made it official by becoming a personal trainer and later joining the NCCPT in 2004, turning all that advice into a paid profession. When it comes to his personal clientele, there are absolutely no boundaries for Eubanks. From a 14-year-old Cross Country runner to a Vietnam Veteran Nurse in her mid-60's, he trains them all. But one particular client success story that still lingers in his mind dates back to the same year he was certified with the NCCPT.

While confined to an insulin-pump, one of Eubank's youngest clients was a 15-year-old diabetic whose dream was to run track. After constant worry and fear from his mother, she turned to Jason for advice. With safety, patience and faith in mind, Jason took the teen under his wings,



less than 3 months shy of tryouts. And better believe the teen made the team.

When asked multiple times about his favorite client, Eubanks says, "A client willing to perform." Eubanks believes that you could be your own barrier and your own guiding-light, and it all depends on you. There is no special trend, equation or book to follow, and definitely no disability that will ever be too big or too shy to face your biggest dreams. However, sports will forever be a factor in achieving those dreams while under his wings. To this day, Eubanks himself incorporates Cross-Training, Plyometric exercises and running in his own work-out. His philosophy: "Athletic training for excellent performance."

Jason's passion and empathetic nature brings warmth to our hearts at the NCCPT. We hope that all of our trainers can live up to Jason's compassion for his clients. We are proud to have him as our Featured Trainer.

For more information on Jason Eubanks visit him at LA Fitness of Northridge, California.