



President's Message
by John Platero

I can't wait for spring. In California and it's still cold. Well, at least for us. 40's and 50's is not fun to cycle in. I prefer the 70's and 80's. I guess my year wouldn't be complete without an injury. Crashed on my time trial bike and it looks like I tore a ligament in my left thumb and sprained my right wrist. The MRI says I might have a tear in my flexor digiti minimi brevis muscle. Look that one up. It's taking its time to heal as well.

We are currently in the process of preparing our application for the NCCA third-party accreditation. We're working hard on this but it will take some time.

Do your clients do cardio? Do you ever check their footwear? Read inside on what to consider for your clients feet.

Our Personal Trainer of the Month is a "one-of-a-kind" woman who exemplifies a career we should all be lucky enough to have. Read about Chantel Durelli inside.

I finished my book. The title is "Yes You Can – Fitness Over 40 – A New Beginning." The book is geared towards the public by I think you will find the information interesting, especially if you train clients over 40 years old.

I went to the IRHRSA in San Francisco and honestly didn't see anything that new or exciting. Of course, there were many booths and a lot of excitement but nothing blew me away.

I hope the economy isn't affecting you too bad, but from what I hear, personal training is still being purchased and trainers are still doing their thing. That's good news.

Please check the website at nccpt.com for our latest blogs and fitness tips. Feel free to start your own blog if you want.

Those Sneaky Sneakers

by Kimball Theoret



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As personal trainers, group exercise instructors and coaches, we are often placed in the position to diagnose aches and pains ranging from sciatica to plantar fasciitis to a crick in the neck. We have a professional responsibility to remind our clients that we are not doctors and do not hold a medical degree, although we are happy to discuss the symptoms of an ailment and help them think through some possible courses of action.

As a running and cycling coach, I see over 100 athletes per week all showing up with various injuries and what we call in the training world, tweaks. Yes, a highly technical term. One of the things I do when an athlete complains of pain almost anywhere is check out their footwear. The obvious is often overlooked! Think about how you are training your client, what movements they are doing throughout your session and how they are affected by their contact with the ground or lack thereof. Are they using the treadmill to warm up, getting in a run after your strength training session, hitting the basketball court or doing martial arts moves?

Here's the deal. Look at your client's footwear. No, not to see if the hot pink and neon yellow stripes in their sneakers match their shorts and tank top, but to verify their footwear is sport specific. As fitness professionals, it is our job to optimize client performance and prevent injuries. Wearing the proper footwear is the first step, yup, I said it, to a successful training experience, but is often overlooked by both the client and trainer. I have over 20 pairs of sneakers in my closet. Each pair is sport specific and is worn based on functionality, not color scheme and outfit matching.

There is some merit to the sport shoe manufacturer's marketing of training specific models beyond selling you more sneakers. I switch my runners from cross trainers to running sneakers and suggest my strength training clients bring 2 pairs of sneakers if they are going to run after weight lifting. Again, an outfit coordination challenge! Why? Think of it this way. I don't wear my cycling shoes for running even though it would save time in Transition 2 during a triathlon. Okay, so let's address the less obvious. Probably the biggest source of sneaker confusion is cross trainers versus running sneakers. In easiest terms, cross trainers focus on overall stability, lateral support and basic impact needs, therefore, they tend to be firm, with wider bases, less prominent tread and less cushioning than a running sneaker. While one could possibly do a short jog in them, they are best suited for strength training, non-impact cardio machines and cross fit-type sessions. Running sneakers, however, focus on facilitating forward motion, a heel to toe strike, providing less impact on joints through shock absorption and are more flexible and fitted in design than a cross trainer.

I have personally witnessed the following scenarios in the gym (though none are my clients as they are properly educated about sport specific shoes of course)! (1) A runner running 4-6 miles in martial arts shoes experiencing shin splints and heel aches due to lack of shoe cushioning. (2) A martial artist twisting an ankle while kicking a heavy bag due to the lack of pivoting ability in a running sneaker's prominent tread design which sticks to the floor. (3) A cross fit exerciser wearing running sneakers toppling off a BOSU due to lack of lateral support rather than lack of coordination/balance. I could go on and on, but you get the idea.

The bottom line. Your business depends on keeping your clients injury free. Make it a habit to go over proper footwear with your clients and make sure they are wearing the best sneaker design to support your training session format. As for the fashion focused, advise them to match their outfits to their sneakers!

Pursue excellence...

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PERSONAL TRAINER OF THE MONTH



Chantel Durelli is the quintessential personal trainer. As I interviewed her and she recounted her life, I realized she has achieved all of the aspirations that most students hope to accomplish as they start their career as a personal trainer.

Like most trainers, Chantel was an active child. Flips, twists and monkey bars were just some of the activities she enjoyed. “My parents wouldn’t let me participate in organized sports because I was too busy getting a 4.0 grade average. Girl Scouts was enough. At least they thought so.” That didn’t stop Chantel. Dying to participate in gymnastics, Chantel would find friends who were in gymnastics and have her teach her the moves. Even though she learned back flips, front flips, back walk-overs and back hand-springs her parents still wouldn’t let her participate because “I was too much of a kamakazee.”

In high school and she was finally able to participate in track, volleyball and basketball. At Pepperdine University, she walked on to the Spring Board Diving Team even though she had never dived before. “I practiced the moves on the trampoline and ran a lot.”

After college, Chantel sold memberships at Gold’s Gym and got into bodybuilding. “Cathy Palyo, who was a Ms. America and National NPC winner, mentored me and I started lifting heavy weights. I liked being strong, different and ripped.”

She then moved to Hawaii and worked on cruise ships for three and a half years. “I had a training partner and we would train with the rusty weights they had on the ship. While we were in port I would surf. Surfing in Hawaii is the best!” Surfing in Hawaii makes one very spoiled.

In 1996, Chantel moved back to the mainland and landed in Los Angeles. She got certified through ACE, NASM, worked at Sports Club LA and started her massage business. “In LA I did a few fitness competitions like the Galaxy but without the breast implants, it was hard to place high up in the standings.”

At Sports Club a celebrity trainer, Valerie Waters (who was a member), approached her to handle some of her “client overflow.” Here are a few of the clients Chantel has trained:

- 📄 Marlo Thomas
- 📄 Matt Dillon
- 📄 Julie Ormond

- 📄 Carrie-Ann Moss
- 📄 Arriana Huffington
- 📄 Steve Tisch (co-owner of the NY Giants and movie producer)
- 📄 Princesses of Saudi Arabia

“Celebrity clients are usually motivated by a deadline; a movie, show or something like that. It’s important to get them locked into a contract because their schedules will give them an excuse to miss their sessions. I prefer the measuring tape and skin calipers because they’re trying to fit into a particular size. Know your nutrition and have some tricks up your sleeve for them to lose weight fast. Be their trainer not their fan. Kick their ass, they like that. Don’t ask them for favors or autographs because it will turn them off.”

One of her clients, Nathalie Gauthier who was an entertainment manager had been a trapeze artist. She decided to open an aerial gym and asked Chantel to be her partner on the static trapeze. Thanks to Nathalie, Chantel was bit. The duo immediately started booking appearances. There was no stopping her. Chantel started to learn the other forms of aerial arts such as the Silks and Lyra or, Aerial Hoop. She is currently on her own and seeking financing to open her own Aerial Arts Academy with the name “**Tigre Volanti.**” If you are interested in learning about the aerial arts or getting some training you may receive more information at Chanteldurelli.com. She currently has a 20-foot rig where you can learn and have some fun.

“Aerial Arts incorporate strength, flexibility, grace and elegance. All my sports in the past were predominately power sports. I had good muscular symmetry and picked up the tricks fairly quickly but the graceful aspect is hard for me to master. I also like the fear and the pain of it. Not many people can do it. When I train clients on the aerial equipment, they must first overcome one of man’s greatest fears; the fear of height. Once they overcome that fear, it’s great to see people challenging themselves in a child-like, fun, silly way.” I can attest to her strength. I’ve seen her do 17 pull-ups; strict. That grip strength and her knowledge of the body make her an excellent massage therapist.

Chantel’s philosophy is “Consistency through variation.” “Do a little of everything everyday but take one day off to rest both your mind and your body. Mix it up. Yoga, weights, swim, hike, rollerblade, kettlebells, Hula-Hoop, walk a tight-rope or cardio, but find something you like to do. Don’t be lazy.”

“Personal Training and massage have been great to me. I don’t sit at a desk and I’m in charge of my own schedule. I pick my clients. It allows me to act, model, train and perform. What other job could allow me that freedom? I also love to see people really gain their self confidence and achieve their goals. One of my clients lost over 100 pounds, moved out on his own, bought a new T-Bird and started dating. He couldn’t even look at himself in the mirror when we started! I have another client that’s been with me for 14 years. She knows what she’s doing but I challenge her and make it fun.”

I asked her what the three main ingredients to her success were and she replied, “1. Practice what you preach. Live a life of health. 2. Get educated. Read literature on fitness every day. 3. Have compassion. Don’t pretend you know how they feel, but instead feel for them.”

This woman has been successful in all aspects of her life. She has done movies, 40-50 commercials, countless print jobs, trained celebrity and has long-standing clients. She will be performing in four acts in “**Beneath**” for the circus, **Cirque Bezerk from June 17 – August 9th in downtown Los Angeles, California.** Go to Cirquebezerk.com for more info and go check her out.

After all her success, Chantel still goes to workshops and challenges herself. In addition to her first two certifications she worked and studied at a physical therapy clinic, got certified through ACSM and just last year through the NCCPT. Her empathetic, caring nature comes through in all aspects of her life. Along with her continuous pursuit of knowledge and the courage to constantly challenge both herself and her clients in an entertaining, fun manner, we are proud to be associated with her and to have **Chantel as our April, 2009 Personal Trainer of the Month.**



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