



## President's Message

I'm sitting in a hotel in **Sao Paulo, Brazil**. I spoke at a fitness convention today about "Training the Core." However getting here was a challenge. I was supposed to have left on Wednesday morning to arrive Thursday morning so I would have Friday to recover from the time change. When I arrived at the airport on Wednesday morning they asked me for my visa. I was unaware you needed a visa and my employer never mentioned it. I immediately called the consulate who informed they closed at noon. It was 11:20 and I was far from Beverly Hills so I didn't make it. I drove back home and looked on their website for the requirements to obtain a visa and learned it was impossible to get a same day visa. I figured "let me get everything they require anyway and I will give it a shot." I went to Kinko's and purchased two passport photos, obtained a \$130 money order from 7-11 because they don't except checks, made copies of my birth certificate and grabbed a utility bill. Left my house at 6:30am Thursday morning and made it to the Brazilian Consulate at 7:30am to sit at their door until 9am when they opened. When I got to the window they of course informed me it was impossible to obtain a visa in one day. What could I do? I left an emailed my employer in Brazil from my phone with the bad news. He called me within 10 minutes and told me a guy was willing to go to his boss in the consulate to see if he could help us. I turned around and went back, found the guy and gave him my papers. I waited until 11:45 when I finally got my visa. Unbelievable! A visa in about an hour and fifteen minutes! I then made it from Beverly Hills to Burbank in a van in 45 minutes only to be told the 1pm flight was full. I didn't give up. I talked to a supervisor and it turned out that for only \$655 I could get on that flight. I paid the money, got on the plane and sat on the tarmac for another hour which made me lose my connection in Dallas. Nice. Now I had a choice. Leave a little later that night, go through Santiago, Chile but my bag wouldn't arrive in Brazil until Saturday morning or, fly the next morning at 6am through Miami and my bag would go with me. I chose the latter.

American Airlines gave me a \$10 voucher to eat in the airport and put me up in a hotel. Do you know what you can buy for \$10 in an airport? I had to back through security again, take off my shoes, jacket, pull my computer out, etc, just so I could spend \$10 for food. What was I thinking? Made it to bed around 11pm but couldn't sleep because I was afraid I wouldn't wake up at 4am. Remember, I don't have my bags. Woke up, had to wear the same clothes again to fly 2.5 hours to Miami. Arrived at concourse C and then had to walk to Concourse J to fly another 8 hours to Sao Paulo. Finally made it to Brazil Friday night at about 8:30 pm but I was so tired I left my research for the presentations on the plane. Oops.

It was different speaking while someone translated. Luckily I speak some Portuguese so I can say some of the words myself plus it allows me to know when the translator is done.

It seems personal training is very popular here. Trainers predominately work for themselves and pay a fee to the gym like the good old days in the USA. For most people, personal training is the best way to go. They make more money then becoming PE teachers.

In this issue **Lisa Armano** writes an article about the knee and our **Personal Trainer of the Month is Tim Evans** from Pennsylvania.

Spring is almost here. I can't wait for the warmer weather!

If you would like to write an article, classified ad or have any events coming up or comments on the newsletter, please contact us through the web at [www.NCCPT.com](http://www.NCCPT.com)

Stay fit!



The banner features the NCCPT logo and 'FUTURE FIT NEWS' on the left, a page number '2' in a white box on a dark green background on the right, and a yellow box containing the article title 'Training the Knee by Lisa Armano' and her credentials 'NCCPT- & NSCA-Certified Personal Trainer'. To the right of the text is a black and white photograph of a person's knee being examined by two hands.

Training the Knee  
By Lisa Armano  
NCCPT- & NSCA-Certified Personal Trainer

The knee is probably the most complicated joint in the body. A knee injury can affect any of the ligaments, tendons, or fluid sacs (bursa) that surround the knee joint, as well as the bones, cartilage, and ligaments that surround the joint itself. Because of the knee's complexity, the number of structures involved, the amount of use it gets over a lifetime, and the range of injuries and diseases that can cause knee pain, the signs and symptoms of knee problems can vary widely.

Little or lack of exercise can cause weakness of the knee and leave it susceptible to injury. However, in many cases, knee injuries are caused by abusive sports. Many

people are devoted to a daily regime of running, tennis, volleyball, or racquet ball, and may take regular trips for weekend-long skiing and boarding runs when weather permits. If one hasn't learned proper body mechanics for their sport, weakness or imbalances exist, or their body isn't built for those particular repetitive movements, they may be creating a knee problem every time they hit the court/street/slope. The simple fact is some people aren't suited for certain activities.

Cartilage tears and ligament injuries are common acute ailments that can cause knee pain. Repetitive activities can lead to an ongoing or chronic condition such as tendonitis, bursitis, arthritis or gout. There are over 100 different forms of arthritis, rheumatic diseases, and related conditions. Virtually all of them have the potential to affect the knee in some way. When an injury occurs a medical history, physical exam, and diagnostic tests such as x-ray, CT scan, or MRI can help obtain an accurate diagnosis for the proper physical therapy or rehabilitation method to be prescribed.

### Recommendations for Existing Knee Injury

When surgery is unnecessary, regardless of the diagnosis, the most common recommendation for recovery consists of low-impact muscle-strengthening exercises such as riding a stationary bicycle or moderate water aerobics (only in cases when the inflammation has subsided). Remember to always consult a physician before starting any injury recovery program to determine what is right for your condition.

- Range of Motion movement in order to maintain normal joint movement and relieve stiffness.
- Strengthening exercises to increase strength in the surrounding muscles. Check the glutes and the foot. The knee is sometimes referred to as a “dumb joint between a complex ankle and hip.)
- Aerobic and endurance exercises to help control body weight. (Some studies show that aerobic exercises can reduce inflammation in some joints.)

### Knee Injury Prevention

Strengthening the quadriceps muscles are considered to be one of the key sources of protection for the knees. Powerful quadriceps, hamstrings, and calf muscles can function like shock absorbers and absorb impact before it is transmitted to the knee joint. Stronger muscles mean safer knees, even if the knee joint is less than perfect.

- Warm up before exercising by doing light cardio vascular exercise, followed by dynamic stretches for the quadriceps and hamstring muscles in order to reduce tension on the tendons and also relieve pressure on the knee during activity.
- Strengthen the leg muscles that support the knee. Leg extensions, hamstring curls, leg abduction and adduction, and partial squats are highly recommended exercises for knee support.
- Assess the glutes and the feet.

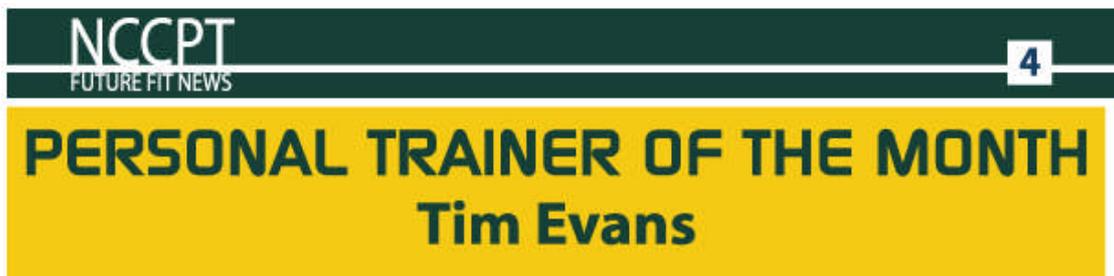
- Avoid sudden intensity changes during exercise. Gradually increase force or duration of activity.
- Wear proper shoes with correct inserts or support.
- Maintain a healthy body weight.

If there is pain or one is recovering from injury. All exercises should be performed without weights. Aquatics are the best place to start. Weights can be added to most exercises once the joint is healthy or one is working on a preventative program.

Always use common sense when starting an exercise program with your clients. If they experience brief pain that goes away after a few repetitions of the exercise, you may continue. Sometimes it may take a few sessions for the stiffness or pain of an unused joint to go away.

If the pain is intense or stabbing, do not continue. **PRICE** and consult with a physician to take all necessary precautions to reduce the risk of further injury.

Be patient with your client's progress. The body is capable of incredible healing and profound strength. The knee being a complex joint will need time to meet the demands of our high-energy life styles. Be consistent with your program. Over time one can develop the desired result of stronger and healthier knees for your clients.



### **Personal Trainer of the Month Tim Evans**

Although Tim played football, baseball and wrestled in high school, he didn't get serious about weight training until attending **Slippery Rock University** where he majored in Health & Fitness education and minored in Exercise Science. His bodybuilding led to a contract with **Quest Health** who used his photos for their protein drinks and supplements.

After college he was hired as a personal trainer at a gym and as the Head Strength Coach, Supervisor and Physical Education teacher at **Greater Latrobe High School**. "I teach grades 9-12 in physical education and **Personal Fitness**. "Our program is different than most schools. Each student chooses a fitness goal for the semester and I help coach them to reach that goal. We've now integrated the **NCCPT curriculum** for students who

want to sit for the exam at the end of the semester and become certified through the **National Council for Certified Personal Trainers**”

Tim currently trains about 30 clients a week at **Snap Fitness** and owns his own company called **TOTAL FITNESS**, a personal training company that trains independently out of gyms and peoples homes.

During the summer Tim runs sports-specific training camps where he might see 300 kids a day and beefs up his clientele to about 40 people a week! And I thought I was busy

Tim stays in shape by working out with multi-joint, power movements three-five times a week, performing low intensity cardio five times a week and kick-boxing two days a week. “I tore my pec about 18 months ago wrestling for fun. I heard it pop! It’s been a long road back. I don’t think I’ll ever be able to lift the heavy weights I used to.”

His favorite clientele is a toss up between bodybuilders, “I love to play with people’s diets to see them change,” and the “no hope” people. You can make a big difference and change their lives.” When I asked him about his training philosophy he replied, “It’s all about helping people achieve their goals and feeling comfortable in any situation they might be in. When they get into the weight room and see how they can change their body they might become motivated to take on additional tasks outside of the gym.”

“I love personal training. It’s very rewarding on a few levels. It helps me stay focused to stay in shape, eat healthy and live the lifestyle myself. And, I also get to do something important for another person in a positive way.” We couldn’t agree more.

For Tim’s dedication to his profession, career, fitness lifestyle and his desire to help teach and inspire the youth of today **we’re proud to have Tim Evans as the NCCPT April, 2008 Personal Trainer of the Month.**

