



President's Message

I hope you are enjoying your summer and your business is flourishing. I have been racing and training, trying to get in the best shape I can.

Many trainers have let their certification expire and have expressed interest renewing their certification by just taking the exam as opposed to re-attending the course. I've also found students aren't listening, paying attention or learning anything on the second day of the personal training course, because they are worrying about the exam. The **NCCPT** has decided to partner with **LazerGrade**, a computer-based testing company with testing centers all over the country. Now, students will be able to test when ready and be able to concentrate on the curriculum at the personal trainer course without stressing about the exam. We hope to have this all in place by September. Students can also purchase a **study guide** as well as **sample test** to help prepare for their exam.

Read about our **Personal Trainer of the Month, Vincent Cambrea**. This guy is awesome. I wish I lived near Gainseville, Florida so I could have him work on me.

Stress is a major factor in our lives. I myself have seen it manifest itself in lower back pain. Read the article inside for ideas to help your clients lower their stress. Get out of the gym for some of your workouts too!

Stay fit!

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 personaltrainer@futurefit.net

Stay fit!

LOWER YOUR STRESS THROUGH EXERCISE

by John Platero



Too much stress is a killer, we all know that. Stress comes in form of physical, mental and/or emotional demands of everyday life. When stress is detected, the brain triggers a “fight or flight” response that causes the adrenal glands to secrete the hormone adrenaline. Adrenaline then increases heart rate, blood pressure and cortisol which depresses the immune system. Long ago, this “fight or flight” response occurred in situations of physical danger such as war or an attack of a wild animal. Presently, this response can be triggered by financial issues, traffic jams, school, exams, office politics, late nights, deadlines and dietary factors. Caffeine, nicotine and sugar can also stimulate the adrenal glands when no major external stress is present.

When we physically exert ourselves our bodies release endorphins (chemical substances) that are similar in nature to opiates. These natural substances produced by our own bodies are free of side effects, except for making us feel good.

Symptoms

Signs of stress include insomnia and early morning waking, teeth grinding at night, fatigue, headaches, depression, anxiety, panic attacks, irritability and aggressive behavior. If stress is prolonged over long periods of time, hypertension, heart attacks, depression, anxiety, irritable bowel syndrome, ulcers, menstrual problems and adrenal exhaustion can occur.

Benefits of Exercise

1. Stronger immune system. The better shape you are in, the stronger your immune system will be.
2. Sleep. Regular exercise has shown to be very effective in helping people fall asleep easily and sleep more soundly.
3. Anger management. Research has shown the importance of expression or repression of anger and hostility plays in disease progression.
4. Endorphins. The positive mood states associated with frequent exercise is so significant that some believe exercise is the most effective treatment for clinical depression. Even more so than anti-depressant drugs.
5. Introspection. Exercise can be a solitary escape from the daily pressures from a stressful society. Swimming, hiking, cycling or a good run can provide a mini-vacation where one can self reflect on important issues, create solutions and recharge their energy levels.
6. Reduce muscular tension. Stress causes muscle tightness. Exercise causes muscles to work, thereby releasing stored tension allowing the muscles to return to their optimal length.

Types of Exercise.

The best exercise depends on you. If you work around a lot of people, go solo. A hike, jog or bike ride by yourself might be the thing for you. Obviously it is more relaxing to walk along a nature trail than to walk along a busy street. Feeling uptight? Try a boxing or kickboxing class to release some tension. If you don't feel like working out, buddy up.

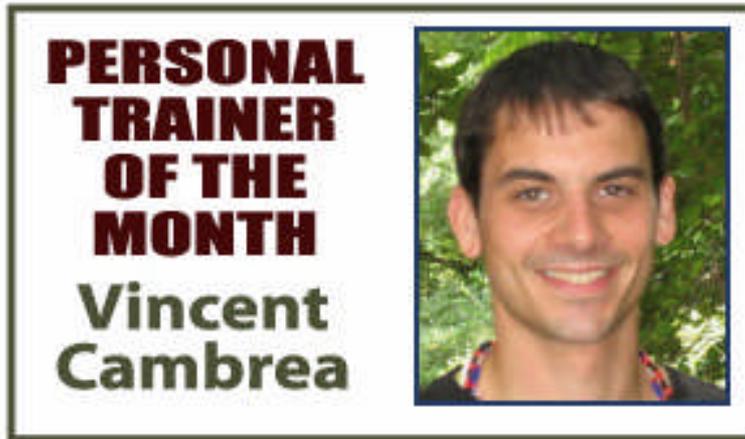
A group exercise class or a personal trainer can help motivate you or plan the workout. Compete against someone in a tennis, racquetball or golf game. However, if these activities create more stress than they alleviate, steer clear of them. Try Yoga or Tai Chi which focus on the inner system and incorporate deep breathing, stretching and meditation. Remember, after 15 – 20 minutes the endorphins epinephrine and norepinephrine are released into the system which lower tension and keep stress stabilized. Therefore all aerobic activities lasting at least that long or longer lower your stress level.

Helpful Tips

On the days you don't exercise do something else that relaxes you:

- Massage
- Facials
- Aromatherapy
- Listen or play music
- Paint
- Dance
- Stay away from caffeine, alcohol and nicotine. Drink some relaxing teas such as chamomile.
- Drink plenty of water
- Gardening
- Good sleep

Your health is important so be careful and don't get stressed out too much. Make exercise a priority. Find an activity you enjoy and stick to it. If you don't know anyone who does it, do it anyway, eventually you'll make friends. Relax, at least a little and smell the roses!



Vincent hails from Rockland County, New York about 20 miles north of the city spent most of his young life skateboarding, rollerblading and snowboarding. At 19, he moved to Gainesville, Florida to attend the Florida School of Massage. After completing the six month program, Vincent moved to Florida and began his massage practice. In 1998 he joined a gym and in 2000 he became certified through NASM. He began training people both inside and outside his office.

After five years in Vermont, Vincent returned to Gainesville. He continued his studies by networking with a chiropractor and a physical therapist. In 2003-2004 he was introduced to the Chek Institute and is now a Level III Practitioner. If you aren't familiar with the curriculum you must complete three prerequisite courses before you even attend Level I. Level I addresses mostly the lumbar spine, Level II addresses the primal movement patterns and Level III addresses the upper quarter. Each level consists of eight days, small groups and homework every night. You must demonstrate your skill each day. 'It's very challenging,' says Vincent.

In 2003 he opened his own clinic called **Functional Integrated Therapy**. "It's 1500 sq. ft. I have two massage therapists and two personal trainers working with me. I train about 10-15 hours and massage another 10-15 hours a week."

In addition to teaching the NCCPT certification courses in Gainesville, he also teaches at the Florida School of Massage. "I teach Swedish and Sports massage in the five week blocks and twice a year I teach the Advanced Sports Massage twice a week." *I don't know how he keeps track of it all.*

"I like to help people with chronic pain, injuries or some kind of dysfunction. It allows me to think more and I can incorporate all of my different knowledge and training. Most of my practice is built around this type of clientele."

Vincent's philosophy is very simple. "I evaluate you (which takes two hours) to determine where to start. I listen to where you want to go and then I create the road map." Vince refers his clients to a nutritionist for guidance.

To keep in shape, he rock climbs four times a week at a local gym, practices Caporeira twice a week, practices balance work in the gym three to four times a week and performs a daily stretching routine.

"I think it's extremely rewarding to help people change their lives, which in turn, changes your life. When people feel better about their bodies, they feel better about themselves."

I couldn't have said it better. I just wished I lived in Gainesville so Vincent could work on me.

For his dedication to his profession, his drive to increase his knowledge, help people to feel better and his dedication to passing his knowledge on to others **we are proud to have Vincent Cambrea as the NCCPT Personal Trainer of the month for August, 2007.**



The National Council of Certified Personal Trainers Partners with LaserGrade for the Computerized Delivery of the Personal Trainer Certification Assessment.

Contact: Steve Quimby
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Vancouver, WA – July 26, 2007 LaserGrade announced today the signing of a new contract to provide computer based test delivery services for the National Council for Certified Personal Trainers (N.C.C.P.T.).

"After 12 years of being in the personal training certification field we felt it was time to move to the next level. As an organization, N.C.C.P.T. is committed to maintaining the highest standards for our certification program as we grow and expand. We chose LaserGrade because of its experience, security, affordability and, most importantly, because of its track record of excellent customer service which we know will be a benefit to our members, said John Platero, Director of Education for N.C.C.P.T. "The flexibility we have experienced with LaserGrade has been an added plus."

"LaserGrade is very proud to be partnering with N.C.C.P.T. in the delivery of their computer-based assessments. N.C.C.P.T. recognizes the flexibility, affordability and professionalism LaserGrade offers in delivering their examinations. Not only is our technology affordable and flexible, but our convenient and secure professional test centers make it easier for candidates across the country to test," said Mark Setash, CEO of LaserGrade.

About LaserGrade

LaserGrade, with computer-based testing centers across the United States and Canada, is the largest United States owned and operated network in North America. Headquartered in Vancouver, Washington, LaserGrade offers proctored computer-based test administration for licensure and certification examinations using its own secure network and software. Additionally, LaserGrade offers proctored internet testing for test sponsors who may wish to use their own internet delivery platform. For lower stakes testing, candidates may test via any computer by logging on to LaserGrade's secure web-browser.

For more information visit our website at: www.lasergrade.com