



President's Message.

I'm sitting in **Lake Como, Italy** with about 48 hours left in Europe. For the last two weeks I've been cycling in Italy; the first week in the Dolomites and the second week here in Lake Como. I have ridden over 500 miles in over 30 hours and climbed more than 30,000 ft!

Cycling in Italy is so much fun. First of all, it's a popular sport so people respect you on the road. Secondly, riding allows me to integrate and befriend the locals; see, feel and even smell the countryside as opposed to a car. Plus, if I start to get lost, I can turn around anytime. Being fit allows me to ride in a pace line with other cyclists. Rotating in a pace line is similar to pistons in an engine, all firing in synchronicity, always aware of any subtle changes in speed or direction, all looking out for each other. It's a blast! The rides have led me to, or around, Lake Como, Bellagio, Menaggio, Porlezza, the island of Comacina (where they filmed the last James Bond) Lake Lugano, Switzerland, Lake Piano, Switzerland, the Stelvio (Italian Alps) and of course the amazing Grand Maratona de les Dolomites.

Prior to Italy I was in **Doha, Qatar** consulting a new Hospital/rehabilitation Center called **Aspetar**. It was a fantastic experience. This is my fourth time to the Middle East and Qatar has grown drastically since my first trip in 2001. The Rehab Director has created a concept where the surgeons, the physio-therapists and trainers are all on under the same roof. Athletes have dieticians and sports psychologists at their disposal as well. I worked with both the trainers and athletes and gave two presentations; one to the physios



and trainers on “**Functional Training**” and the other to entire hospital staff on “**the Role of the Coach in the Rehabilitative Continuum.**”

One of the topics that concerned the trainers in Aspetar was **heart rate zone training**. Please see the article inside. While I was training the athletes I tore my pec performing plyo-pushups or “burpees.” Never experienced an injury like that before. It made it extremely difficult to cycle or use my left arm. Between recovering from knee surgery on April 15th and the pec injury, (both on the same side) it made my training very difficult. My main objective is still the **World’s in St. George, Utah in October.**

Our trainer of the month is **Gary Loya.**

I’m hoping to have our new website up and running by the end of July to help you earn more money. I can’t wait.

I hope you’re enjoying your summer. I will be training hard for the **Master World Championships in St. Johan Austria in the end of August.**

If you want to write any articles for the newsletter or have any comments, information or views to express, please email me at info@ncept.com.

Stay Fit



Heart Rate Zone Training **By John Platero**

When I was consulting at the Aspetar hospital in Doha, Qatar the concept of heart rate zones kept coming up.

Why do we need or use heart rate zones? Here are some of the reasons:

1. Protection. Keeping the heart rate at a lower rate might prevent a cardiac event.
2. Target a specific energy system.
3. Burn fat, sugar or a combination of both.
4. Boost anaerobic threshold.
5. Increase performance.
6. Measurement of intensity.
7. Prevent boredom.

8. Increase cardio vascular health and efficiency.



For weight loss most people remain at their **Anaerobic Threshold** or below it to burn fat. The anaerobic threshold is the amount of heart beats per minute or the intensity where muscles don't receive enough oxygen to complete the work they are being asked to perform. When this happens, lactate and hydrogen ions build up changing the PH balance of the muscle cells while sugar becomes the primary form of energy. Most untrained individuals become anaerobic at 50-60% of their **maximum heart rate (MHR)**. With training, a person can improve that number to 65-85%. Some athletes won't go anaerobic until 90% or greater, of their MHR. This is important. If the goal was to burn fat then the higher the heart could beat without going anaerobic would allow the person to burn a greater amount of fat calories for the same amount of training time. If the goal was performance, then a person racing could run faster or have more power without draining carbohydrates which might be needed later to win the race.

Remember, the body is an adaptive machine. If one trains at a specific percentage the body will eventually adapt. Why not just run as hard as you can so the body can adapt? It's called **progression**. If a sedentary person were to train at greater than 90% of their MHR, they wouldn't be able to stay there long and they might injure themselves. It's important to allow the body's passive system (ligaments, tendons, bones) to adapt to the exercise as well as the fat-burning pathways to develop and supply energy.

If there were no numbers on the weights in the gym, one might grab a weight they felt was "hard" that day. However, this could be subjective and change from day to day. The numbers help a person focus on their goal and protect themselves from getting hurt. Heart rate training is the same. Using a heart rate monitor allows the exerciser to monitor the intensity of the bout of exercise. It's a measurement of intensity.

Using interval training is a way of elevating or pushing the anaerobic limits. It also creates diversity for the workout and makes it more fun.

In terms of the goals of performance, protection and fat loss, the percentage of max heart rate isn't as important as the anaerobic threshold. For example, if an athlete is at 85% of their max heart rate but isn't anaerobic, then they have more room to train. Or, if a person were at 50% of their max heart rate and were already anaerobic, then their

exercise prescription might be much different, not only for their safety but also for their fitness goal.

Should a person train higher than their anaerobic threshold? Most definitely, as long as they are healthy. The only way to improve a person's anaerobic threshold is to go beyond it, no different than the only way to get stronger is to lift heavier weights. If an athlete's anaerobic threshold is 85% or greater then they can train higher than 85%. I personally can sustain 90% of my MHR for almost an hour when I'm in shape. Make sure all your athletes and clients sign a waiver, informed consent and if needed a medical clearance from their physician. There is always the possibility of an injury or an accident.



Personal Trainer of the Month

Gary Loya

It seems as if Gary has never been idle. He began lifting weights, running and boxing with his father at about eight years old and hasn't stopped. As a youngster, Gary competed in the **Junior Olympics** in cross country. Yep, he was that good. He continued to compete in track and football in high school but also got "real competitive" in triathlons as a junior.

Gary had children at a young age; 18 to be specific, but that didn't slow Gary down. He attended **Arts Center** for two years to study fine arts and eventually graduated from **Platt College with a B.A. in computer graphics**.

In 1999 Gary became interested in adventure racing. "A buddy of mine was teaching an outdoor boot camp and I'm a total outdoors person so I got certified through the **NCCPT** and started helping him out. I was pretty serious into the adventure racing so I started to train people for those types of events. Mountain biking, trail running, kayaking, anything outdoors, I've raced three hours to three days!"

For the last ten years he's worked with **Breakthrough Fitness** as an independent contractor. "Between the center and my in-home I train about 36-40 hours a week." Breakthrough Fitness is in Old Town Pasadena, Ca.

Last year Gary began working with the **Steve Clarkson Quarterback Camps** around the country where he is in charge of "vertical core" training and the conditioning aspect of the camps. The ages range from 10 years old to collegiate.

Gary still weight trains, boxes, runs and now mountain bikes to stay in shape. “I’m a big hiker too. I do goal-setting with my clients and train with them for that goal. We leave next week to do the **Aids Ride from San Francisco to LA** which is 540 miles in a week. I’ve even done marathons with my clients.”

“The key to my training is movement. I want people to feel good about themselves. Fitness should be a part of your daily life, no different than brushing your teeth every day. I get to know my clients and find out what they always wanted to do and then make it happen. All my clients have to do is show up and I take care of the rest.”

“Personal Training is very rewarding. I become my client’s biggest fan. I believe in them and turn them on. I don’t see personal training as a job, it is something I love to do and want to do.”

When I asked Gary what he recommends for other personal trainers he replied, “If you’re good at what you do, you can make a great living at it. I never thought I could make money at this. I had a family, kids, did the 9-5 thing but here I am 10 years later loving it.”

Because of Gary’s passion for this profession **we are proud to have Gary as our July, 2008 Personal Trainer of the Month.**

