



President's Message.

I'm sitting in St. Johann, Austria before my first race tune-up race tomorrow, August 25, 2008. Wednesday I compete in the UCI Master World Time Trial championships and Thursday in the UCI Master World road race. I feel pretty good, but the best of the best are here. There are Russians, Spanish, Polish, South Africans, Belgians but mostly Germans, French and Italians. This is their sport. I can't wait! I've trained hard since my knee surgery in April and lost almost 10% of my bodyweight in the last two months. Last weekend in the Sequoias I rode 206 miles and climbed over 16,000 ft. in three rides. On August 8th I had my body fat tested in an underwater tank and I was 3.5%! Dr. Falsetti in Irvine performed metabolic testing on August 20th and my max sustainable power was 400 watts, VO₂ was 55.4, max heart rate was 174 bpm, anaerobic threshold was 154 bpm (88% of max heart), and my resting heart rate was 29 bpm! Not bad for 50 years old. My goal is to lose another 6-7 pounds, improve my AT and max wattage by October for the Senior Worlds. I've included the test results in the newsletter so you can see what they look like.

Please go to NCCPT.com and check out the new website. I encourage you to set up a Free User account and upload your photo and resume so clients and companies can hire you. Don't hesitate. Many companies recruit from the NCCPT. Some awesome job opportunities come our way and I don't want you to miss out. Training the Prince of Qatar was an internet job. Yep, that's how they found me. I also encourage you to become a member of NCCPTonline.com. Read inside on all the benefits.

We have an agility ladder someone ordered but didn't buy and we're letting it go for half price at only 39.95. Call us if you need one because we only have one!

Our trainer of the month is Peggy Tschauner. This woman lives health and fitness.

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

Stay Fit



NCCPT
FUTURE FIT NEWS

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**10 Biggest Mistakes
by Personal Trainers!**
by John Platero



10 Biggest Mistakes by Personal Trainers! **By John Platero**

Not listening. Trainers have to practice “Active Listening.” Words like “tone,” “shape,” “pain,” “experienced,” “ripped,” “fat,” “muscular” and “stronger” are words that can be used as both nouns or adjectives and can have meanings quite different from person to person.

Not servicing. Are you on time? Does your client have bottled water, a towel, a snack or reward, a work-out log? What makes you different?

Scheduling. Enough of this cancellation policy already. It should be like school. Students pay for a certain amount of classes in a semester. They miss a class then, they missed it. They make up the class on their own. Our profession is based on consistency. Clients shouldn't miss sessions. It's like taxes. Sooner or later you have to pay them; you might as well contribute a little at a time.

Forget the focus on sales. Personal Training, although excellent, isn't gasoline. It's not essential. Better to have to turn away clients. Always be marketing or thinking about acquiring new clients.

Failure to establish their own "community." Your business is people. Website, webinars, blogs, email, cards, phone, and text are some of the ways of staying in touch with as many people as possible. Do this monthly.

Training themselves. Don't give all your clients the same workout-- yours! Listen, assess, communicate and then design a work out best suited for them not you.

Failure to respect the joint. Always monitor the wrist, knee and especially the spine. Don't focus on the joint only, but also how it moves with the rest of the body and be particularly aware of where the forces are applied or accepted by the joint and the body's reaction to those forces.

Posture. Be a stickler. For the short amount of time you spend with your clients, make them stand and sit up straight.

Failure to educate. At least, until they learn about what they're doing. Be careful, some people really don't want to know, that's why they pay you.

Lack of initiative People have no clue of what can be done for them, Heart Monitors, VO2, foam rollers. You showed up, now what?



Racing at the Master Worlds **By John Platero**

Arrival

I arrived on Saturday to Innsbruck, Austria. The weather was perfect. As you get off the plane the view of the mountains is stunning. The mountains that provide the backdrop to the runway must be at least 10,000 feet high! It's a relatively small airport so you actually

deplane on the runway and walk to the terminal. The winter Olympics were held in Innsbruck twice; in 1964 and 1976 . You can view the ski lifts and the ski jump from the plane as you approach the airport.

My brother and his friend Grant Potter were already at the hotel but were out cycling. I had been up almost 27 hours and needed to crash. Went to bed around 5pm and woke up the next morning around 7am. Unfortunately, the weather turned bad and it was cold and rainy. The airline crushed Grants bike so we all rode to a bike shop where Grant bought a new bike. Although it was cold, we were so psyched up we rode the course a couple of times anyway.

World Cup Race

The next day was a World Cup race. It was a chance to ride with some of the competitors on the same course I would be facing in the Worlds two days later. The course is challenging with eight different hills which are 5-9% grade. Each lap is about 20 miles. We did two laps. The speed was fast, but I only hurt twice during the race. At the end of the race I was unaware of an 8-man break that had ridden off the front and thought I was sprinting with the bunch for the win. The cyclist directly in front of me overshot the last corner and almost crashed which caused me to slow down. You definitely don't want to slow down anywhere near the finish line. I sprinted as hard as I could and finished 15th in the group.

By now, the quaint little town of St. Johann is over run with thousands of cyclists from all over the world. There is live entertainment every night in the town center and my room is almost right over the center. A little hard to sleep but the races don't start until 1pm so I can sleep in until 9:30. Breakfast ends at 10am so I don't want to miss that.

Time Trial

Wednesday is the time trial. Everything goes wrong. I ride my TT bike to the bike shop to adjust the shifting which the mechanic does. On the way to the course, my water bottle cage comes loose; I lose the screw that holds it on and have no place to carry it so I have to hide the cage in a bush. My front brake starts to screech really loud like a monkey. It hasn't made a sound all week! As I step into the start house (which is the ramp they hold you on to start your race) a man points at my chain and it is about to come off. I try to put it back on but the entire drive train is stuck. I have 30 seconds to fix it, so the man helps me get it on. About 7 kilometers into the race, I shift, but my chain drops. I try to put it back on as I'm riding but the drive train is stuck again. I keep trying but resolve to the fact I'm going to have to stop. Once I slow and stop, I can't get the darn drive train to move. I finally get it going, jump back on the bike only to have the chain drop again, however this time the chain is jammed between the small chain ring and the frame. I stop again and it takes both hands to yank the chain out. I'm now pissed off and full of grease. Jump on the bike and take off again, adrenaline pumping but now I'm just disgusted. Not the emotion I wanted to have as I approached the hardest part of the course; the hill right before the turnaround. I blow up on the hill, crawled through the turnaround and slowly got going again. I really just wanted to stop and throw my bike in a field!

The only redeeming event of the day was Grant got 7th place with a flying time of 25:28! The guy is at least 40-45 pounds heavier than anyone close to him. I don't think he's human.

That night we went to dinner with some American cyclists, Fred, Reno, Kenny Fuller and his girlfriend at a beautiful restaurant in the mountains with an incredible view. The weather was perfect and we were able to eat outside on the veranda. I've been racing with Kenny for years but never had the opportunity to hang with him. Incredible guy. He has been a National Champion 35 times, 2-time Olympian in 1972 and 1976, 4-time World Champion and is the most humble likeable guy you'd ever want to meet. He won the 20k time trial that day and set a new course record of 26:13 at 60 years old! WOW!

Road Race

Road the World Championship road race today. Big pack, very aggressive and really fast. I tried to create a breakaway before the climb on the second lap but, no one else came and I couldn't stay away alone. I paid for it on the climb but managed to stay with pack and moved up on the descent. An 8-man breakaway formed on lap two which I tried unsuccessfully to catch a couple of times. In the last few miles, four guys tried to bridge to the 8-man break. I thought they might have a chance so I busted my hump to bridge up to the four guys. That one hurt. They sat up because I ended up towing the entire pack to them. In the end the break stayed away. In the bunch sprint there was a crash in the straightaway. Luckily for me I finished safely in the pack.

All in all I rode 380 miles, climbed over 11,000 ft of which 40% of that was racing. It's approximately an average of 60 miles a day, 1600 ft of climbing in 3.5 hours a day in a beautiful setting surrounded by 4000 other cyclists. Not a bad week.



UNDERWATER HYDROSTATIC BODYFAT ANALYSIS for John Platero

| Health Corp Cyclist Data Collection Form | | | | | |
|--|----------------------------------|------------------------|--------------------------------------|--|-------------------|
| NAME: | JOHN PLATERO | AGE: | 30 | DATE: | 8/28/2008ID# 4412 |
| BODY COMPOSITION | | | | | |
| | ACTUAL | | IDEAL | | |
| Height (in) = | 67 | Height (lbs) = | 157 | Weight (lbs) = | 157 |
| Weight (lbs) = | 147 | Body Fat (%) = | 4.34 | Body Fat (%) = | 5% |
| Body Fat (%) = | 4.34 | Lean Body Mass (lbs) = | 150 | Lean Body Mass (lbs) = | 150 |
| Lean Body Mass (lbs) = | 150 | | | | |
| CARDIOVASCULAR/STRESS TEST | | | | | |
| Resting Heart Rate (beats/min) = | 28 | ***** | NORMAL ATHLETE | | |
| Resting Blood Pressure (mm Hg) = | 100/74 | ***** | EXCELLENT | | |
| Maximal Heart Rate (beats/min) = | 174 | ***** | EXCELLENT | | |
| 1 & 2 Min. Recovery HR. (beats/min) = | 158/151 | ***** | EXCELLENT | | |
| Anaerobic Threshold (beats/min) = | 134 | ***** | EXCELLENT | | |
| Max. Oxygen Consumption (ml/kg/min) = | 55.4 | ***** | EXCELLENT | | |
| Total Time on Bicycle (min) = | 10130 | ***** | EXCELLENT | | |
| Power Output (Watts) = | 400 | ***** | EXCELLENT | | |
| NUTRITION | | | | | |
| To achieve ideal weight, consume 2742 calories/day & 61 grams of fat per day. Ideal macro-nutrient ratio is approx. 60% carbohydrates, 20% protein, & 20% fats. | | | | | |
| EXERCISE PRESCRIPTION | | | | | |
| | ZONE 1 EASY | ZONE 2 MODERATE | ZONE 3 HARD | ZONE 4 AT TRAINING | |
| PURPOSE | Active Recovery & Fat Burning | Aerobic Endurance | High Intensity Aerobic, Metabolic | Interval, Speed Work Lactic Acid | |
| PERCENT A.T. | 45 - 50% | 90 - 95% | 95 - 105% | 105 - MAX | |
| HEART RATE | 100-123 | 123-140 | 140-162 | 162-MAX | |
| FREQUENCY (DAYS/WEEK) | 3 | 3 | 1 | 1 | |
| DURATION (MIN) | 40+ | 40+ | 20 | 20 | |
| YOU SHOULD PLACE TRAINING EMPHASIS ON ZONE: 344 | | | | | |
| JOHN PLATERO 4412 | | | | | |
| BLOOD PROFILE | | | | | |
| Total Cholesterol (mg/dl) = | 155 | ***** | EXCELLENT | | |
| HDL (good) Cholesterol (mg/dl) = | 76 | ***** | EXCELLENT | | |
| LDL (Bad) Cholesterol (mg/dl) = | 66 | ***** | EXCELLENT | | |
| Triglyceride (mg/dl) = | 67 | ***** | EXCELLENT | | |
| COMMENTS | | | | | |
| 1) CHOLESTEROL IS EXCELLENT. | | | | | |
| 2) THYROID IS EXCELLENT. | | | | | |
| 3) ROUTINE BLOOD TESTS ARE EXCELLENT. | | | | | |
| 4) FITNESS LEVEL IS EXCELLENT. | | | | | |
| RECOMMENDATIONS | | | | | |
| 1) KEEP DIARY OF HEART RATE & EXERCISE. | | | | | |
| 2) DIET = 61 GRAMS FAT/DAY OR LESS & 20% FAT IN DIET OF 2742 KCAL. | | | | | |
| 3) RETURN VISIT SCHEDULED FOR: THURSDAY, OCTOBER 23, 06 @ 11 AM. | | | | | |

UNDERWATER HYDROSTATIC BODYFAT ANALYSIS for John Platero

Body Composition Analysis

Date: 8/8/2008
Time: 11:10 AM
Location: Gold's Gym- Oxnard
Operator: Linda

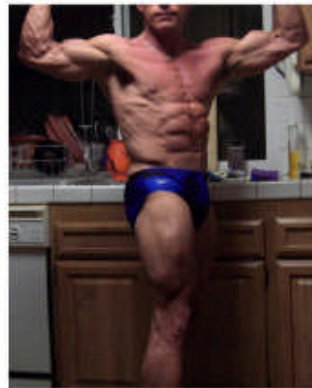
Linda Finley 805.205.5356

About Your Analysis

The human body is composed of bone, muscle, internal organs, water, and adipose tissue (i.e., FAT tissue). From both health and cosmetic standpoints, the relative amount of adipose tissue in your body is of concern. A variety of techniques have been developed to evaluate the total body fat percentage. Hydrostatic Body Fat Testing is referred to as **THE GOLD STANDARD**, or the method by which all other methods measure their own accuracy.

Client Data:

Name: John J. Platero
Phone: 310-505-8116
Sex: M
Age: 49
Height (in.): 66.75
Residual Volume (L): 1.964
Dry Weight (lb): 157
Wet Weight (lb): 9.57
Water Temperature (°F): 92



Body Fat:

Body Fat Percentage: 3.5 %
Weight of Body Fat (lb): 5.5

Lean Body Mass:

Lean Body Mass Percentage: 96.5 %
Weight of Lean Body Mass (lb): 151.5

| Client History: | <u>Date</u> | <u>Weight</u> | <u>Lean Lb.</u> | <u>Fat Lb.</u> | <u>Body Fat%</u> |
|------------------------|-------------|---------------|-----------------|----------------|------------------|
| Current Test: | 8/12/2008 | 157 | 151.5 | 5.5 | 3.5 % |
| Previous Test: | 4/30/2008 | 168.5 | 151.4 | 17.1 | 10.1 % |

For additional information, please access www.BodyFatTest.com
 Or Contact
bodyfattestventura@gmail.com



Personal Trainer of the Month
Peggy Tschauner
By John Platero

Peggy grew up in a time when women weren't encouraged to play sports. Her father was a baseball coach. "He was pre-title 9," said Peggy. "I hung out at the field; caught pop ups and threw the ball."

At Georgetown College in Kentucky she needed a work-study job to help pay for her tuition so she worked with the football team as an athletic trainer for all four years. "This was a turning point for me." After graduating with a degree in Biology and a minor in health education she tried her hand at teaching kids. "I graduated high school when I was 16 and college when I was only 20. I was too young. I didn't like teaching kids."

During her college years, her family moved to San Luis Obispo, Ca. so off to the beach she went. After taking some education courses she discovered Cal Poly had a master's degree in Exercise Physiology with an emphasis on Corporate Fitness but they required too many undergraduate courses, so back to the South she went.

Peggy received her Masters degree in Fitness Management from the United States Sports Academy in Mobile, Alabama. "It was the 80's. The economy was good and a lot of companies had corporate wellness programs."

In one year she received her masters and moved back to San Luis Obispo where she worked at Cal Poly in the PE department. Shortly after, she moved to Pacific Palisades, Ca. to work at the Pritikin Longevity Center as a teacher and a trainer.

During that time her left knee started to give her pain. She went to Kerlan-Jobe Orthopedics and they told her to either stop running and teaching so many aerobic classes or she would need surgery. "Management started to look really enticing about then."

From there she moved to Corona, CA as Fitness Director at Circle City Fitness and Wellness in conjunction with Circle City hospital. "The doctors couldn't get along so the partnership was dissolved and I decided to go to San Francisco for vacation. It turned out to be a lucky vacation because I met my husband of twenty years."

Peggy then worked for the Riverside Community Hospital at the Behavioral Health Center implementing the Optifast program. Sandoz (the parent company) offered her a job as an account manager, which kept Peggy traveling from Minneapolis to Honolulu. "I

was always on a plane. Since my husband was in the Navy it was very difficult to nurture a relationship and we wanted to start a family so I gave it up.”

Her husband was transferred to San Diego and Peggy answered a classified at the Kona Kai Yacht Club and Resort and got the job as a Fitness Director. She also worked part time in the weight management program at Scripps Hospital in La Jolla, but, her husband got transferred to Rhode Island. Peggy worked at the YMCA and taught water aerobics and arthritis exercise. She was raising a daughter so part time was great for her.

Two and half years later they were transferred back to San Diego where she helped start up a YMCA as a membership director and fitness director.

“I fell in love with working with seniors.” She then took a position as a wellness director for Kisco Senior Living in Escondido until her husband retired from the Navy.

“I loved working there and would still be working for them but we decided to move back to Kentucky and there is no Kisco Center here.”

Peggy opened a 1200 sq. ft. fitness center with 23 members in 2006 and has grown to 2200 sq. ft. and 230 members! She has seven personal trainers on staff and every member gets a personal training session when they join. “We train each other too. It keeps the fun-factor alive.”

“I’m attracted to people who think they can’t exercise and I love to show them how to do it. Everyone can exercise; it’s just a matter of customizing the right program, finding the right thing that helps them move, which will help them feel better.”

With her bad knees, it’s the elliptical trainer that gets Peggy moving. She “gets her sweat on” four days a week and then teaches 3-4 toning classes a week.

“Everyone should meet with a personal trainer at least one time to get some professional guidance. Whether you’re just starting out or have been working out for twenty years, everyone can learn something from a personal trainer.”

I couldn’t have said it better myself.

Peggy is also teaching our NCCPT certification courses in Shelbyville, KY. We are proud to have Peggy as our September 2008 Personal Trainer of the Month.



The banner features the NCCPT logo and the text "FUTURE FIT NEWS" on the left. On the right, a computer monitor displays the NCCPT website. To the right of the monitor, the text reads: "NCCPT Online Membership our new website is up and here are some of the benefits of becoming a member:". A small box with the number "8" is in the top right corner of the banner.

NCCPT Online Membership

Our new website is up and here are some of the benefits of becoming a member:

Earn money for everyone you refer to our site on everything they purchase up to four levels deep.

Your own webpage so clients and companies can hire you.

A “real time” online scheduler that allows clients to book sessions, remind them of their sessions, handle cancellations and help you keep track of your income

Up to 20% off on selected products

Private label your own supplements

Download business forms for your business

Download professionally made marketing materials

Access to informative articles

Access to fitness videos

Access to the NCCPT Newsletter

Create your own website at a discount.

When you become a Premium member, you will receive your own special code. When you give this code to another person who purchases something on our site and/or becomes a member you will earn money on everything they purchase including their monthly membership fees. The person entering your code receives a free gift plus an additional monthly membership for free! The person who enters your code is Level 1 in your down-line. When your Level 1 repeats the same process, this next person is now your Level 2 in your down-line and on and on for two more levels or a total of four levels deep! You receive monies or commissions from anything these four levels purchase including their monthly membership fees! You will receive reports informing you of all the transactions of all four levels in your down-line which will help you develop an additional business model which over time creates residual income.

Chose from a template of web pages to upload your photos, bio and resume to help promote your business. Many companies and potential clients recruit personal trainers from our company. By uploading your information to our site, clients and potential employers can find you easily through our locator system on the site. Your web page will now help search engines find you. Link to our site to your own site and you can increase even more internet traffic.

The biggest complaint I receive from Fitness Managers is that personal trainers don't have time to keep track of the schedules, don't confirm their appointments and don't know when to renew their clients. Our on-line scheduler changes all that. When a person initially wants to schedule an appointment with you they have to be granted permission by you to start scheduling. This prevents anyone from messing with your schedule. Not unlike My Space, a person has to be approved to be in your network. Once they've been approved, this person or client can now book sessions in your on-line scheduler. When

they do book a session, they must then agree to the terms and conditions of your business. The terms and conditions is something you may edit at any time. Once the book their session the site automatically alerts you via email of that booking! The site will also remind the client via email of any future session coming up. This will help prevent “no shows.” If a client attempts to cancel a session outside of cancellation policy you have dictated in your terms and conditions the site will remind them of your cancellation policy. If the client still chooses to cancel the session they will be charged. If the client cancels, you will be notified of that cancellation via email which allows you to fill the time in any way you see fit! WOW. Recurring sessions or “blocking out” time can be copied easily; weekly, monthly or yearly just like Microsoft Outlook
There are business forms, waivers, medical release, assessment forms and marketing materials you can use to promote yourself and your business.
Within about 60 days we will have video clips of sample exercises you can download to create workouts for you clients.
No other certification company helps promote, market and build your business, supply you with tools to do so and pay you money four levels deep for referring people.

Please check it out and tell us what you think on our blog or give us a testimonial.