

## Hydropower Water Workouts

### What's New at Hydropower

#### Article Highlights:

- New Products
- Resource links
- New Fitness Forum
- IAFC '04

#### Newsletter Highlights:

- Over-Training 2
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Hydropower Water Workouts has expanded the Fitness store to over 80 items with many more to come. All of the items in the store are below the manufacturers' retail price. Many of the items are over 20% discounted. We have everything from aquatic shoes to equipment storage systems. Stop by and see the new line up of products.

We have also redone our resource center to provide you with a vast array of tools.

We now have links to:

[ACE Fitness](#)  
[AEA](#)

[AFAA](#)  
[Aquatic Therapy & Rehab Institute, Inc.](#)  
[Arthritis Foundation](#)  
[ASCAP](#)  
[Dr. Len Kravitz](#)  
[Dynamix](#)  
[Exercise ETC Inc.](#)  
[Fitness Insurance](#)  
[Fitness Management Magazine](#)  
[Merck Manual](#)  
[National Multiple Sclerosis Society](#)  
[Grays Anatomy](#)  
[IntelliHealth AZ](#)

[Noah Health Topics and Resources](#)  
[Speedo USA](#)

**We have added a Fitness Forum to the web site to allow people to post questions and answers. We have a wide range of topics for everyone to discuss. Stop in and visit with us.**

The spring schedule wraps up in May with 2 presentations at the International Aquatic Fitness Conference in Orlando. We hope to see you there to kick off the start of summer.

### Industry Trends: I have My CEC's. Why Go To Workshops?

This month I wanted to take the time to discuss the importance of continuing education courses. As we all know, we must accumulate a certain number of Continuing Ed. Credits, CEC's, to keep our certification current.

Why is this important? One of the most important reasons is liability. Remember, we work in one of the fastest changing industries in the world. Without these Continuing Ed. classes, it is really hard to stay up to date, and we are expected as professionals in the industry to be practicing current/ up to date teaching and training guidelines.

Another reason these classes are important is to allow us to bring new ideas and/or teaching/training protocols to our classes or clients. It is very easy for trainers and instructors to get into a "rut". Workshops are an easy way to assist us getting out of the "rut".

One of the last benefits of attending Continuing Ed. classes is the networking opportunities that are present. What better place to make contacts of local instructors or trainers.

As you can see, there are several great benefits for attending workshops and training seminars. I try to

encourage people to spread their educational experiences out throughout the year to give them the chance to see any updates that come out during the year. I also strongly encourage people to keep going to the workshops after they have received all the CEC's necessary for certification renewal.

Remember that progress does not stop because your certification requirements have been met. The more informed you are, the better job you can do serving your classes and clients.

*Also, part of being a professional is staying current in your profession.*

## Certification and Workshop Calendar of Events



For a list and up to date information on events, please visit our web site at [www.hydropowerwaterworkouts.com](http://www.hydropowerwaterworkouts.com).

### Upcoming Events

**April 24-25, 2004**  
Albuquerque, NM

**May 18-22, 2004**  
Orlando, FL  
**International Aquatic Fitness Conference**

### Upcoming Events

**September 10-11, 2004**  
Gilbert, AZ

**September 18-19, 2004**  
Gillette, WY

**October 2-3, 2004**  
Claremont, CA

We are still looking to add dates for the fall. Please contact us to get your facility added.

## Aquatic Personal Training: Over Training

### *Avoiding Overtraining*

By  
Christine Vega

There is a definite increase in the number of individuals who are participating in sports and exercise programs. Many are exercising to attain better health, fitness, and appearance. Others exercise in order to prepare for competitive events. Whatever your goal, it is wise to be aware of the signs and symptoms of overtraining.

Overtraining occurs when you exercise too frequently or too intensely in relation to your physical condition. It can be defined as "too much too soon." Coaches, athletes and everyday exercisers must use appropriate progression in order to avoid overtraining along with its negative consequences.

In a physical fitness program or a sports training program, the rest days are as important as the activity days. Most coaches provide workouts for their athletes that alternate between "hard" days and "easy" days in order to prevent injury and attain maximum benefits. Additionally, at least a whole day of very limited or non activity is important within the weekly workout schedule in order to promote full recovery.

One way of determining if your body is ready for a heavy workout is to take your resting heart rate in the morning before getting out of bed. If the resting heart rate is elevated by 10 or more beats per minute over your daily average resting heart rate, then you should take the day off or engage in a very light workout.

Overtraining, sometimes called overuse, can cause an athlete or exerciser to become "stale", which often results in slower progress. In many cases, overtraining can lead to injured that hinder or halt activity. This is something that you definitely want to avoid with your students.

Following is a list of signs and symptoms indicative of overtraining. Bear in mind, they can also be signs of other physical or social problems.

If you or your students are experiencing any or a few of these symptoms, take a close look at the current training program. Rest, combined with hard/easy days of activity may help to achieve better physical performance.

#### Physiological/ Physical Signs and Symptoms of Overtraining

- Increase in resting heart rate
- Decrease in body weight
- Increase in stress levels
- Disturbed sleep patterns
- Frequent illnesses
- Frequent injuries
- Performance detriment
- Decreased libido
- Tense muscles

#### Psychological Signs and Symptoms of Overtraining (When any of the following occur at excessive levels)

- Frequent judgment errors
- Mood changes
- Interpersonal problems
- Loss of concentration
- Less aware of environmental cues
- Focus of attention turns more inward
- Problems making decisions
- Feeling rushed

The point is to get your or your students into shape without overdoing it. Remember that although a water workout can be gentler in terms of

## Programming Tips

ACOG Guidelines

### Recommendation for Exercise in Pregnancy and Postpartum

There are no data in humans to indicate that pregnant women should limit exercise intensity and lower target heart rates because of potential adverse effects. For women who do not have any additional risk factors for adverse maternal or perinatal outcome, the following recommendations may be made:

During pregnancy, women can continue to exercise and derive health benefits even from mild to moderate exercise routines. Regular exercise (at least three times per week) is preferable to intermittent activity.

Women should avoid exercise in the supine position [lying on the back] after the first trimester. Prolonged periods of motionless standing should also be avoided.

Women should be aware of the decreased oxygen available for aerobic exercise during pregnancy. They should be encouraged to modify the intensity of their exercise according to maternal symptoms. Pregnant women should stop exercising when fatigued and not exercise to exhaustion. Weight-bearing exercises may under some circumstances be continued at intensities similar to those prior to pregnancy throughout pregnancy. Non-weight bearing exercises such as cycling or swimming will minimize the risk of injury and facilitate the continuation of exercise during pregnancy.

Loss of balance could be detrimental to maternal or fetal well being, especially in the third trimester. Further, any type of exercise involving the potential for even mild abdominal trauma should be avoided.

Pregnancy requires an additional 300kcal/d in order to maintain metabolic homeostasis. Thus women who exercise during pregnancy should be particularly careful to ensure an adequate diet.

Pregnant women who exercise in the first trimester should augment heat dissipation by ensuring adequate hydration, appropriate clothing and optimal environmental surroundings during exercise.

Many of the physiologic and morphologic changes of pregnancy persist 4-6 weeks postpartum. Thus pre-pregnancy exercise routines should be resumed gradually based on a woman's physical capability.

### Contraindications to Exercise

The aforementioned recommendations are intended for women who do not have any additional risk factors for adverse maternal or perinatal outcome. A number of medical and obstetric conditions may lead the obstetrician to recommend modifications of these principles. The following conditions should be considered contraindications to exercise during pregnancy:

- Pregnancy induced hypertension
- Pre-term rupture of membranes, Pre-term labor during the prior or current pregnancy or both
- Incompetent cervix/cerclage
- Persistent second or third trimester bleeding
- Intrauterine growth retardation
- Multiple gestation

In addition women with certain other medical or obstetric conditions, including chronic hypertension or active thyroid, cardiac, vascular or pulmonary disease, should be evaluated carefully in order to determine whether an exercise program is appropriate.

*American College of Obstetricians and Gynecologists. Exercise During Pregnancy and the Postpartum Period. Technical Bulletin No 189, ACOG, Washington, DC, 1994.*

## Marketing Ideas

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**“One thing I try to never do is offer “free” sessions. The word “free” devalues your services. You want to create value with your marketing.”**

This month we are going to look at ways to market ourselves as a personal trainer within a health club. To do this, we need to decide if there is a unique type of training we can offer. For us, it will be aquatic personal training.

Flyers are always a good place to start promoting the program. The flyer should contain a couple of key elements:

1. Benefits of aquatic training
2. Your qualifications as an aquatic personal trainer

You should also consider doing some promo programs for people and advertise times for people try your programs. Set aside and evening and run 30 min. segments that people can sign up for.

Another idea that works well is to train one of the sales people. They in turn can add aquatic personal training to their sales pitch during tours. This will usually get you a couple extra clients each month. You need to pick one of the most active sales people for this to be really beneficial.

Another method that can work for you is to hold your aquatic training sessions in the part of the pool that is the most visible for the club. Remember visibility is a key component to marketing to other clients. You want people to see your aquatic training programs. A great time for the training is right before and after the water aerobic classes. Participants in the water aerobic classes already like to workout in the aquatic environment. Many of them will have some specific goals or needs that just can not be addressed as efficiently in a group setting. So it gives you the opportunity to have direct contact with people that want your services.

One thing I try to never do is offer “free” sessions. The word “free” devalues your services. You want to create value with your marketing. I will reward clients by offering them a session as payment for referring a client that buys 10 sessions. This keeps your value up and the trainer/client relationship professional.

Next month, we will look at other forms of printed marketing material.

## Ask The R.D.: by Susanne Girard

SMG.RD,

*What percentages of carbs, protein and fats do you recommend for the average person working out to consume daily?*

Thanks,  
Commercially Confused

Dear Commercially Confused,

The percentage of carbohydrate, protein, and fat intakes for the average active person is certainly a great question in the "diet debate" these days! The fact is, going back to the basics in terms of balance, moderation and variety is the ideal answer for most.

The best general recommendation I can give is to utilize the USDA Food Guide Pyramid (you can find the pyramid on the USDA web site). The pyramid follows the guidelines of ~50-60% of calorie intake from carbohydrates, ~10-20% from protein, and ~20-30% from fat. The key to effectively

using the pyramid is to make healthy choices (ex: choose whole wheat bread instead of white), monitor portion sizes (ex: 1 serving meat is a 3-ounce portion, or equal to the size of a deck of cards), and include a variety of foods (particularly fresh fruits and vegetables).

Clearly this goes against our low-carb craze, which for the active individual is a must!

Your body utilizes carbohydrates as its preferred energy source. A certain amount of carbohydrate must be supplied by the diet (not less than 50-100 grams per day for a **non-active** person) in order to spare protein from being utilized as an energy source. The theory that the body will utilize fat for energy is a myth. Only very limited amounts of fat can be converted to a carbohydrate source and utilized for energy.

The body is also only able to utilize a limited amount of dietary protein for use in muscle-

building. The idea that eating more protein will help you to build more muscle is, yes, another myth. Any protein (or carbohydrate, or fat) eaten in excess will be stored as fat. So, the body stores the extra dietary protein as fat, which is not easily converted to carbohydrate, and then utilizes your protein stores (muscle) for energy.

How do you avoid this muscle-wasting, fat-sparing action of the body? Eat enough calories, particularly form carbohydrate.

Your body has minimum and maximum needs for nutrients (carbohydrates, protein, fat, vitamins, mineral, and water). Going below minimum recommended intakes will cause a deficiency response. Going above the maximum will cause a toxicity response. The best advice is to make healthy food choices, monitor your portions, and enjoy a variety of foods and physical activities!

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## Hydropower Water Workouts

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### We're on the Web!

See us at:

[www.hydropowerwaterworkouts.com](http://www.hydropowerwaterworkouts.com)

## Sponsors



All of our sponsors provide us with pricing below their normal retail prices.

Hydropower Water Workouts also uses the equipment from each company for various programs.

### About Hydropower Water Workouts...

Hydropower Water Workouts was founded in 1994. When Hydropower first began, the sole purpose was to give everyone the opportunity to enjoy the benefits of a healthier, more active, more enjoyable lifestyle through the comfort and safety of aquatic fitness.

Since that time, Hydropower has expanded to include facility management and programming. Hydropower is also involved in consulting with facilities, fitness professionals and fitness enthusiasts. In 1996, Hydropower relocated from College Station, TX to Phoenix, Arizona. After relocating to The Valley of the Sun, Hydropower expanded once again. Hydropower now dedicates a large portion of its resources to continuing education classes for fitness professionals and the development of a stronger, more credible aquatic fitness industry through education and networking.

Greg Peterson is the founder and owner of Hydropower Water Workouts. He has a B.S. in Kinesiology from Texas A&M University. Greg is a certified personal trainer through AEA, ACE and NASM. He is a certified Fitness Instructor through AEA. Greg has been leading aquatic fitness classes for over 13 years. Over the last 13 years, he has gained considerable experience while teaching to every imaginable population and class format. He has accumulated over 7500 hours of teaching experience. Greg has also been personal training individuals in the pool and on land for over 13 years. His clientele has included everyone from the physically and/or mentally challenged to the elite athlete.

Greg is an Aquatic Training Specialist with the Aquatic Exercise Association, Inc. He has been a Provider for AEA since 1997 and a presenter at the International Aquatic Fitness Conference. Greg is a CEC provider for AEA, ACE and AFAA. His unique

approach to class formatting and choreography has been shared with 1000's of individuals across the country and around the world. He also has a no nonsense approach to personal training that helps trainers of all levels expand their knowledge and programming capabilities.

Greg also won the US Water Fitness Association National Water Aerobic Championship in 1994 and placed 2nd in the International competition in 1995. Greg has been published in an international fitness magazine numerous times and co-authored the AEA Aquatic Personal Training Certification Manual. He was a regular guest on the morning news show talking about aquatic fitness in the mid 90's in central Texas and featured on the morning show in Phoenix in '97. Greg has been in newspapers ranging from the **Bryan/College Station Eagle** to the **New York Times** in regards to aquatic training/programming and land-based personal training.