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Hydropower Water Workouts

What's New at Hydropower

I hope everyone is having a wonderful summer and looking to finish strong. We have had a very exciting summer here with several new projects in the works.

We have been able to add several new vendors for our store. Please check out the sponsor's section on the back page for some of the new vendors.

The two big vendors we have added to the store are Adolf Kiefer and Associates and Dynamix music. Both of these have allowed us to branch into some new areas of fitness that we have not tapped.

Kiefer is allowing us to expand into clothing, bags, land based training tools, and much more. This is going to be exciting once the store is updated with the new merchandise. We should have the new products on the site by late August. We are adding new products daily.

We are very pleased to be working with a Dynamix retailer to bring you a wide variety of aerobic CD's by Dynamix. For those of you that know me know that Dynamix is the only music I use in my workshops and classes.

We are also teaming up with Terri Mitchell, PTA, and AEA Trainer to produce a new training CD for personal trainers. This will be a comprehensive CD for both land and aquatic personal trainers and a must for your resource library.

We are still consulting with the therapist in Iraq to help with the treatment of our soldiers. This has been a great honor that we have embraced with open arms.

Don't forget to come by the store to see all the new merchandise this month.

Remember to keep it cool.

Marketing: Dress for Success

If you remember, last month we talked about subbing classes as a way to market yourself. I wanted to follow-up on this. Last week, I subbed my first class in years at a facility that I did not work at. And believe it or not, I got a job offer out of subbing the class and potentially 2 new personal training clients. I can not stress the importance marketing to expand your personal business. The topics we talk about really do work.

For this month's topic, I want to talk about is dressing for success. This means be dressed professionally.

What does this mean, dress professionally? Well, many facilities have staff uniforms that

have to be worn when working. Make sure that you are dressed cleanly.

To start with, you should have your shirt tucked in. This is one of the biggest mistakes that I see among trainers. They will be working with the shirt just hanging on them. Not only does it look sloppy, but it can also be a hazard for the client. This makes it easier for the shirt to get caught on the client or weights; yes, I have seen this happen.

Also, have pants that are neat and not all wrinkled. This is something else that I see a lot. For most personal training sessions, I do not recommend the trainer to be wearing tight fitted clothes. For one, it may not

present the right image, but it can also be intimidating for clients. Also, we are not there to flaunt our body around in front of everyone.

Remember, it is not a fashion show or an ego bust for us. Dress conservative and clean cut.

Also be well groomed. For the guys, shave. Be sure to comb the hair to look presentable. For the women, please do not wear a lot of make-up. The gym is no place for wearing heavy make-up.

These are some of the comments I received from a poll I took last month. I asked members what they first noticed and looked for in a personal trainer and aerobic instructor. These were the comments.

A Review of Food Safety in the Summer

By: Tasha Foster, RD

Summertime is often a time for cooking out on the grill and picnics. Therefore, there is a greater risk for food borne illnesses to occur. So here are a few tips to make sure your outdoor grilling and picnic experiences are safe, as well as enjoyable.

Selecting foods in the grocery store

- Check the “expiration” date on the package
- Check the packaging for a tight seal and for any damage
- Shop for cold foods last
- Immediately put refrigerated and frozen foods away when you arrive home

Wash hands often to reduce contamination when preparing foods

- Make sure soap and water or moist towelettes are available

Prevent cross-contamination

- One cutting board should be used for meat only
- Bring utensils for handling raw food and a DIFFERENT set of utensils for handling cooked foods
- Clean the grill before each use to eliminate any bacteria that may be present

Use a meat thermometer. Meat that is not cooked thoroughly may cause food poisoning

- Cook all food items to proper temperatures to eliminate harmful bacteria

Food Item	Temperature (°F)
Steaks	145-160
Ground beef	160
Sausage	165
Pork chops	160-170
Whole chicken	180
Chicken breast	170
Stuffing	165
Fish	Cook until fish is opaque and flakes with a fork
Leftovers	165

Serving food items

- Keep cold foods cold – below 40°F
- Keep hot foods hot – above 140°F

Storing food items

- Food items should quickly be refrigerated below 40°F to make certain the bacteria growth is slowed
- Leftovers should be placed in containers less than or equal to 2” deep and eaten within one week

Going on a Road Trip?

Road trips are also a time when the incidence of food borne illnesses may be increased. Sandwiched, fresh fruits and fresh vegetables are the most common foods taken on road trips (Impulse Research, 2003). Most bacteria can be eliminated by keeping hands and utensils clean and keeping food items at the proper temperatures.

Wash hands often to reduce contamination when preparing food

- Use soap and water (get to a bathroom) or make sure to bring moist towelettes
- Pack a cooler with ice and keep it in a cool car to keep foods cold (below 40°F)
- Make sure cold food items stay cold
- Pack leftovers from restaurants in the cooler within 2 hours after eating
- Opt for snacks that are convenient and do not require a lot of preparation

Source: <http://www.fightbac.org>

Source: ADA/Impulse Research, 2003

Tasha Foster, Registered Dietician

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I received a BS in Dietetics and a BS in Food & Nutrition in Business from Purdue University in West Lafayette, Indiana. I also completed a dietetic internship that provided me with experience in areas of community nutrition, foodservice, medical nutrition therapy and long-term care nutrition. Upon completion of the internship I passed the registration exam to become a Registered Dietitian (RD). I worked in public health nutrition prior to moving here to the Phoenix area. I am now continuing to work as an RD in Tempe, Arizona.



Aquatic Workout Facts and Tidbits

I would like to talk to all of you about some fun interesting facts that we should all learn and be able to recall when talking to people about aquatic exercise. So, many times, I hear people talking and trying to explain some physiological effects of working in the water without knowing the facts to be able to answer questions that come up. So, this month we are going to go through some common questions that I hear.

Q: How come I can't get my heart rate up as high in the water?

A: There are five theories to why heart rates are lower in the as compared to the same intensity exercise on land.

1. Water Temperature- The water will cool the body off. Because one function of the cardiovascular system is the cool off the body, the heart does not have to work as hard.
2. Gravity- The water reduces the effects of gravity and allows the heart not to have to work as hard to pump blood back to the heart from the lower extremities.
3. Compression- The water acts as a compressor on the entire body. This causes a smaller venous load to the heart than equivalent land exercise.
4. Partial Pressure- A gas, oxygen, enters a liquid, blood, easier under pressure. This increase in efficiency, allow the heart to pump less blood to supply the body with oxygen.
5. Dive Reflex- This is a primitive reflex associated with a nerve that is found in the nasal cavity. When the face is submerged or even splashed for some individuals, this reflex will decrease blood pressure and heart rates. This will reduce the load placed on the heart.

Q: What benefits can I get out of working out in the pool?

A: For this answer, I always refer back to the 5 components of fitness to start with.

1. Cardio-respiratory endurance
2. Muscular endurance
3. Muscular strength
4. Flexibility
5. Body composition

From here, I will usually go into talking about the improvements in agility, balance, and muscular balance. With muscular balance, I will usually explain how the water is 12 times more resistant than air and the 3 dimensional properties of the water. This allows the body to have an equal amount of resistance placed upon it in any direction of movement which will ensure muscular balance with a well designed workout using no or drag equipment.

Q: Why should I wear shoes for aquatic exercise classes?

A: There are two main reasons I will usually tell people. The first is for their personal safety. The shoes will add some cushion and decrease the impacted on their body. Also, the shoes will give them better footing to prevent slipping. This allows them to concentrate on the movements and not slipping on the bottom of the pool. Also, the shoes will protect against any hazards on the pool bottom and help prevent blisters on the feet.

The second reason I encourage shoes is for the added benefit the participants will gain during the workout. The shoes will add a little more intensity to the workouts by adding drag and some resistance to the leg movements.

Q: I can not swim. Can I still take water aerobic classes?

A: Of course, most water aerobic classes focus on vertical exercises. I have non-swimmers in the class all the time. I would recommend standing in a little shallower water and staying close to the wall. This will allow you to get a little more comfortable to the water. Also, you will be able to start learning the movements without the worry of being in the water. Usually as people become more comfortable, they will slowly move away from the side of the pool. This takes several weeks for some people, depending on their individual comfort level. The most important thing is to be there in class doing as much as your comfort level will allow.

Q: Is vertical shallow water aerobics considered an impact activity?

A: Vertical shallow water exercise is considered an impact activity. It is however a low impact activity. So it will be safer than land based impact activities, but it is not as effective for things such as osteoporoses as land based impact activities. This does not mean that you can not show gains in bone density through aquatic workouts. You can make really good gains in bone density through the right type of programming in the water. There have been numerous research studies done to support this over the years.

If anyone has other questions that they would like to address, please let us know and we will talk about them. Also, you can submit your questions to the forum for everyone to be able to read and answer.

Personal Training: Training From the Inside Out

“We start with the mind and innermost, deep muscles and work our way out to the superficial muscles.”

I wanted to take this month to share with you a different approach or method of personal training. This ideology will work for both land and aquatic personal training.

Let's start with the old cliché that a system is only as strong as its weakest link. This is what we want to try to eliminate with this method of training. We are working towards strengthening a system to have no weak links. Only by eliminating the weak links can we accomplish this.

I would like to start by talking about is some common areas that are over looked during training programs.

The first being kinesthetic awareness. We need to try and teach our clients to be aware of what their body is doing and where their body is in a spatial perspective. To do this, we have to develop and create a training protocol that will promote these types of sensations on the body and neuromuscular system. This can usually be done through isolation movements (for each muscle group) at low weights for high reps, 15-20. Because of the high reps, I would recommend doing no more than 2 sets. In most cases, one set will be enough. Form is going to be a critical component of this phase of the training.

The next area of the body we want to focus on is muscle recruitment. We need to train the body how and in what order to recruit the muscles. This can be done once again with

isolation movements and in conjunction with the kinesthetic awareness phase. To teach muscle recruitment, we first need a light weight that each muscle group can handle by itself. Once we teach each muscle how to contract independently, then we can move on towards more complex movements that involve multiple muscle groups. We must also teach ourselves how to activate and deactivate muscle groups during this phase. One nice side affect of this phase of the training will be intense core training and strengthening of all the stabilizing muscles in the body.

Know you can see why we call it training from the inside out. We start with the mind and inner-most, deep muscles and work our way out to the superficial muscles.

Now, you are going to be ready to start doing some conventional strength training protocols with your client. One important factor to remember with this last step is that you will need to make sure that you are using a training regimen that promotes training of both the fast and slow twitch muscle fibers. Again, to fully strengthen a muscle, we have to strengthen the entire muscle. One last thought for this phase, **do not** abandon what was being done in the first two phases during this phase. You always want to be modifying and adjusting the workout to allow for constant overload to be place on the body at each and every phase.

I hope this gives you something to think about with your clients. We only touched the surface here, but good luck.

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

Upcoming Events

September 10-11, 2004
Gilbert, AZ

September 18-19, 2004
Gillette, WY

October 2-3, 2004
Claremont, CA

Upcoming Events

October 8-10, 2004
Bellevue, Washington
AEA Regional Conference

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



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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 14 years. Over the last 14 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 14 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.