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Hydropower Water Workouts

Happy New Year—A Year of Change

Every New Year brings new and exciting changes within the fitness industry. Our objective is to keep you on the cutting edge of the latest trends and research within the fitness industry. Hydropower Water Workouts is reaching out in new ways to its readers. We will be sending out a newsletter like this each month to keep you up to date on the latest fitness news.

Hydropower Water

Workouts still 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. We are constantly searching for new markets to bring our unique approach to personal training and group fitness classes.

Hydropower Water

Workouts is expanding its store to bring you a wider variety of services with the largest discounts available. We are creating new partnerships with equipment manufactures and other trainers throughout the year so that we can bring you the best that the fitness industry has to offer for the cheapest rate possible.

February AZ-WIN Meeting

Our first meeting of the year will carry a different format than usual. We will still be offering 1 AEA CEC for attending the meeting. We will be discussing the procedures involved in submitting the AEA CEC Provider application. As usual, we will also be offering an AEA CEC workshop at the meeting.

We are continuing to explore the possibilities of bringing the top presenters in the world to The Valley of the Sun. As of right now, we have the

two premier presenters of aquatic fitness in Angie Proctor (Executive Director of AEA) and Julie See (President of AEA) coming September 10-11.

We are still moving toward giving instructors the opportunity to get their AEA CEC's at the lowest possible cost while getting the highest quality of training possible.

AZ-WIN is introducing a new program that allows instructors/trainers to get free AEA CEC's. If you

attend the first three AZ-WIN meetings, you get the fourth CEC workshop free at the fourth meeting each year.

As always, please let us know if you have specific topics that you would like to see covered at the meeting or if you would like to host a meeting at your facility.

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

February 20-22, 2004
Kingwood, TX

March 12-14, 2004
Tucson, AZ

March 27-28, 2004
Fort Worth, TX

Upcoming Events

April 17-18, 2004
Stone Mountain, GA

April 24-25, 2004
Albuquerque, NM

September 10-11, 2004
Tempe, AZ

September 18-19, 2004
Gillette, WY

October 2-3, 2004
Claremont, CA

Aquatic Personal Training

“The water will help support the body during the workout to allow participants to do things that they may not be able to do on dry land.”

Aquatic personal training is growing into a viable avenue for trainers to build their business.

Research has shown that individuals can show benefits in all five components of fitness (cardio respiratory endurance, muscular endurance, muscular strength, flexibility and body composition) through a properly designed

aquatic fitness program. This allows anyone who can get into the pool to improve their fitness level and quality of life.

The pool offers a unique medium to workout in. The water will help support the body during the workout to allow participants to do things that they may not be able to do on dry land. This creates a whole new dimension to their training

regiment that otherwise may never be explored.

We will be dedicating this section of the newsletter to focus on various techniques and training modalities for trainers, instructors and fitness enthusiast to use to add to their current training regime or add a new direction for some cross-training.

Marketing Ideas

In this first issue, we will be introducing some of the topics we will be discussing.

One of the first things to look at when marketing is what we are marketing? Are you marketing a service, program or individual? These are the three areas

we are mainly interested in the fitness industry. Another component we must look at is our targeted audience. Is what we are marketing appropriate for this audience? These two things need to fit for the

marketing to be successful. The third aspect of marketing we will concentrate on is the medium of which the marketing is carried out.

Marketing is a key component to the success of any program.

Programming Ideas

By Laurie Denomme

ABSolute Intervals

The concept of interval training allows you to develop a class that can produce a greater amount of total work since the high intensity work phases are cycled with periods of rest. In addition, the wonderful thing about this type of training is that you can target any particular energy source by adjusting the length of work and rest ratios.

The Theory

In review, the ATP-PC energy system is your primary energy source during the first 30 seconds of activity while the lactic acid system is the principal source for activity lasting 30 seconds – 2 minutes. Unlike these two anaerobic systems the oxidative energy system’s power potential is quite low however; this system is utilized to support activity lasting longer than 2 minutes.

Interval training is a combination of a high

intensity work phase followed by a recovery phase. Often the work and recovery ratio is 1:3 but can be modified using your own creativity. Because of the short duration of the work phase participants can challenge themselves to work at maximal effort. The recovery phase may consist of either light activity like walking or active recovery such as jogging at a mild to moderate intensity. In order to maximize the benefits of this interval format, remain within the target training-zone throughout the workout.

A popular variation of interval training with my participants is a combination of aerobic and abdominal training – ABSolute Intervals. This class format alternates 3 minutes of cardiovascular training with 1.5 minutes of muscular conditioning all focused on the abdominal region. (Note: Circuit training tapes are often designed to change the music to complement this design as music changes every 3 minutes to 1.5 minutes). In effort to maximize results and body awareness the abdominal exercises are performed at a very slow, controlled pace allowing the mind to connect to the muscles being activated.

The Benefits

This type of workout design is a fantastic way to train for many reasons including:

1. Increased enjoyment because of the variety the interval design provides.
2. Increased exercise adherence because you enjoy coming to class.
3. Potential for a greater amount of work to be produced during the workout.
4. Effective way to target a specific muscle group (i.e.) abdominal region, without reducing body temperature during a longer segment at the end of continuous training class.

See http://www.aeawave.com/trainer_tip_0211print.htm for the complete workout.

Industry Trends...How to pick a Personal Trainer

The fitness industry is one of the fastest growing industries in the world. As I talk to my friends and colleagues around the world, I notice that every country and region of the world is slightly different.

One constant that is still there, is the growing number of personal trainers. The personal training market is constantly evolving. There are a couple of things to consider if you are thinking about hiring a personal trainer.

1. Why are you hiring a trainer?

2. What are your goals?
3. Is the trainer certified?
4. Does the trainer have the expertise to address your goals?

I always recommend that individuals do research on their perspective trainer. Is their certification from a credible organization? What type of clientele do they usually work with? I have even recommended individuals to go up and talk to current clients after their sessions.

Phrases to look for when interviewing a trainer; avoid trainers that use variations of the

following.

1. I guarantee...
2. I promise...
3. This is the only way...

Also, you need to look for a trainer that has experience and is able to provide you with multiple training options. A trainer that is set on one type of training will in essence decrease your progress over the long run.

Remember that a key part of personal training is education. Make sure that you learn as much as possible from your trainer during the sessions...ask questions.

Why should I be certified?

“The biggest benefit of being certified through a credible certification program is credibility.”

What are the benefits of being certified? The biggest benefit of being certified through a credible certification program is credibility. This will make it a little more difficult to lose a lawsuit.

There are four elements that must all be present before an instructor or

trainer can be found negligent.

1. Duty
2. Failure to Perform That Duty
3. Proximate Cause
4. Damage

To determine if a fitness professional is negligent,

the courts would ask: “What would a reasonable and prudent exercise professional do in a similar situation?”

As long as a trainer stays current and follows the latest standards and guidelines, he/she should be able to avoid losing a law suit.

Do I need liability Insurance?

“We need to remember that being right does not mean not being sued.”

Why do we need liability insurance? If we are doing everything right and following all the guidelines, what could go wrong?

Well, unfortunately we live in a time where law suits are common. We need to remember that being right

does not mean not being sued. It just means that we have a better chance of successfully defending against a law suit.

Liability insurance is there to help us pay for the defense of these suits and help pay the settlements if we are found negligence.

I always recommend fitness professionals to carry liability insurance. I also strongly encourage you to never disclose the amount of liability you carry to any participant.

Good luck and work smart.

Ask The R.D.: by Susanne Girard

“In many areas there are no laws that define the scope of practice for someone using the designation of nutritionist.”

As part of our monthly newsletter, we will be featuring a nutrition question and answer column with Susanne M. Girard, Registered Dietitian.

Our readers will have the opportunity to ask their nutrition questions via e-mail. Each month select questions and their answers will be published in this column.

Why an RD? As defined by the American Dietetic

Association, “A registered dietitian is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential ‘RD.’” Requirements include: a Bachelor’s Degree, completion of a supervised practice program (internship), passing a national registration examination, and maintaining registration via completion of continuing professional education requirements.

What’s a “nutritionist”?

The definition and requirements for the term “nutritionist” vary. In many areas there are no laws that define the scope of practice for someone using the designation of nutritionist.

Get the right information... ask the RD!!!

To send questions, please e-mail

AskSMG.RD@juno.com.

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www.hydropowerwaterworkouts.com

What's New at Hydropower?

Hydropower is redoing the web site to bring you a friendlier and easier tool for all your fitness needs. We are changing the look and adding services to help us keep in touch with you.

Hydropower Water Workouts is gearing up for the release of several video clips covering

exercises for the entire body. These video clips will be able to be downloaded from the personal training section and store on the website. The targeted release date for these is February 19, 2004.

We also have new workshops that we are

now offering. We will be adding more workshops as the year goes.

We are also adding more links to our resource page to help you stay in touch with research and find up to date information.

Please visit the site and check out the exciting new changes.

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.