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**Team up
with a
personal
trainer**

**Beat the
winter blues**

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Could you benefit from a personal trainer?



As they laugh while doing a workout at Hamburg Fitness Center, trainer Beth Rzendzian works with client Gerry Sanford with a kettle bell in order to build strength in her posterior core in addition to a cardio benefit. Photo by ALAN WARD / DAILY PRESS & ARGUS

By Arla McPeck
Ass't Niche Editor

Some people would say Bob Gilles of Brighton was making decent progress toward getting fit. In three months, the 59-year-old had lost 10 pounds and one inch off his waist by eating less and moving more.

But he wasn't satisfied. So he signed on with personal trainer Beth Rzendzian.

In three months working with her, he lost 18 pounds and 4.5 inches off his waist. And since then, he's lost 60 pounds.

It's not that he spent more time at the gym when he was training with Rzendzian.

He said he spent about the same amount of time, even less. The difference, Gilles said, is that she helped him make the most of his time and effort. She also took a holistic approach that included information and suggestions about obvious things like diet, as well as less obvious ones like sleep and stress management. And it was all individualized, tailored to his body and his goals.

That individualized approach is key, said Rzendzian. That's why her first step is getting an understanding of a client's values, needs, desires and goals. Then she can help him or her develop an action plan that will work.

It's about "connecting to the real reason that a person wants to meet that goal," Rzendzian said. "If the goal is weight loss, for instance, a person may say 'My father died at 65 and I don't want that. I have kids I want to be there for,' and that could be their determining factor for why they're doing what they're doing."

"If somebody is just coming in and connecting to a number on a scale, it's a short-term extrinsic goal, and it's going to produce a short-term result," said Rzendzian.

Perhaps that's why most diets fall short. "Diets are a \$54 billion industry with a 95% failure rate," she said.

She advises against just focusing on what the scale says.

"The scale only tells you half the information," said Rzendzian. "A beach ball and baseball weigh the same, but they look much different. The beach ball represents fat and the baseball represents lean muscle. We want to be more like the baseball and not the beach ball, even though the scale says they read the same. Muscle weighs more than fat."

Working out with a trainer

So how exactly did Rzendzian improve upon what Gilles was able to accomplish on



Trainer Beth Rzendzian uses a fun method of squats that utilizes tossing and rolling a ball. Photo by ALAN WARD / DAILY PRESS & ARGUS

his own? Efficiency was part of it. "She makes excellent use of your time," said Gilles.

When he was working out on his own, he would do one exercise at a time.

In contrast, he said, "she has you do two exercises at a time, and you burn twice the calories. You always do combinations of exercises."

Rzendzian also keeps her clients moving for the whole hour with a concept called "active rest."

"In between exercises, especially in a group, you take turns," said Gilles. "While you're waiting for your turn you do jumping jacks, lunges, squats and other active things. You're always moving to make the best use of your time."

Also, Rzendzian had Gilles start a journal about his diet and exercise.

"Journaling is a big thing that helped exercise-wise and nutrition-wise," she said. "He logged what exercises he was doing, and what he was eating and at what times, and what his energy level was."

Rzendzian said journaling is helpful to establish a mindset that creates exercise as a behavior and makes a healthy lifestyle an everyday part of life. There are several on-line applications to make it easier; Rzendzian's clients' number one favorite is My Fitness Pal at <http://www.myfitnesspal.com>.

Rzendzian advised some diet changes as a result of what the journaling revealed.

Creating a healthy new you

Rzendzian invites the public to attend an all-day holistic health and wellness workshop on Saturday, Feb. 23 from 10 a.m. to 4 p.m. at the Brighton Lion's Club, located at 465 W. Main St. in Brighton. The workshop features local experts speaking on nutrition, relationships, organization, motivation, personal budgeting and more. A catered lunch is included. Cost is \$60; find out more or register by noon on Feb. 22 at www.livinghealthyfit.com/wellness-workshop.

"She actually had me eat more than I was eating, and at different times," said Gilles. "Now I eat more for breakfast, more before and after workouts, and more protein."

Group workouts

If you like the idea of a personal trainer but want to save money, consider training in a small group. You'll still get many of the benefits.

"I like small groups of 4-6 people," Rzendzian said, "but not more than that because the personal component gets lost."

She said some people are motivated by being in a group and push themselves to work at a higher level of intensity. The social factor is fun too.

In any event, she advises people to work out doing whatever they enjoy.

"If you like zumba, then I encourage you to do that because it's what motivates you. If you go on the elliptical (and you hate it,) you're not going to be motivated. You should do what you like; you'll get the most out of it. If you just want to be healthy and move, classes are very beneficial in both the social aspect and the physical intensity level."

Selecting a personal trainer

All personal trainers are not created equal. Rzendzian has several suggestions to find good one.

- Make sure the person has a degree or certification from a credible source. Some examples are the American College of Sports Medicine (ACSM, the gold standard) the American Council on Exercise (ACE) and the National Association of Sports Medicine (NASM.)

- Look for referrals: What are people saying about the trainer?

- Sit down and talk with the trainer and see if his or her expectations and philosophy matches yours. "It's almost like dating," said Rzendzian. "Not everybody's going to be a good fit, and that's OK, because there are different energy styles."

Ask plenty of questions about what's included. Diet help? Articles? Motivational feedback by email or voice?

- If you are part of a gym, sit back and watch the different trainers in action



Trainer Beth Rzendzian keeps up a constant stream of positive encouragement and instructions as she puts client Gerry Sanford through her paces on a pulley chest press machine. Sanford is leaning back against a instability ball during the set. The Pinckney resident is recovering from a heart attack which ocured on April 6th. She has since that time lost 30 lbs. and is steadily improving her health. Photo by ALAN WARD / DAILY PRESS & ARGUS



As the workout winds down. Trainer Rzendzian helps client Gerry Sanford stretch, a step important to post-workout wellness. Photo by ALAN WARD / DAILY PRESS & ARGUS

before choosing.

"It's really important a trainer shows they can offer value and are not just going to be putting you through workouts," Rzendzian said. "Instead, it should be a whole inclusive program that addresses your problems and concerns and will help

you get to where you want to go."

Beth Rzendzian is the owner of EverFit Personal Fitness. Visit her website at <http://www.everfitfitness.com> or contact her through Hamburg Fitness Center & Camp at 810-231-4169.