

*I'm Trina Lambe*  
It's my mission

"To reach, teach and educate thousands of people  
on how to live a healthy life through activity."



[Welcome](#)

[Services](#)

[About Trina](#)

[Our Trainers](#)

**[News](#)**

[Testimonials](#)

[Friends](#)

[Media](#)

[Careers](#)

[Contact](#)

## News

---

## Current Newsletter

**April 2008**

### In This Issue

[LAYERING? WHAT IS LAYERING?](#)

[Featured Trainer Profile](#)

[Exercise of the Month](#)

### Archived Newsletters

- [March 2005](#)
- [April 2005](#)
- [Summer 2005](#)
- [September 2005](#)
- [October 2005](#)
- [November 2005](#)
- [January 2006](#)
- [May 2006](#)
- [June 2006](#)
- [July 2006](#)
- [August 2006](#)
- [October 2006](#)
- [November 2006](#)
- [April 2007](#)
- [May 2007](#)
- [September 2007](#)
- [October 2007](#)
- [November 2007](#)
- [December 2007](#)
- [January 2008](#)
- [Feburary 2008](#)
- [March 2008](#)

## LAYERING? WHAT IS LAYERING?

Spring is finally here and with it comes the excitement of once again taking your workouts outside. But before you rush outside in a tank top, remember that the temperatures in this great climate of ours are still temperamental and you must dress accordingly. Layering is a great way to avoid either freezing or overheating during your activity of choice. With today's technology we have a number of new materials that keep us much warmer and dry. Cool Max, Dry Fit, Micro-Fiber, Core-Tex are a few, but how do we use this technology to our advantage? Layering is a combination of clothes that you wear to keep you warm and dry.



Your layers are dependant on the weather, activity period, activity level and personal preference. The shorter period of time you're out there, the more layers you'll need to compensate for the length of time it takes for your body to warm up. With longer periods of outdoor exercise, you'll be warmer and can wear a little less. Essentially there are three layers: base, middle, and outer.  
[read on...](#) (PDF)



### FEATURED TRAINER

**The Train by Trina team would like to extend a warm welcome to Nicole Monteith...**

Nicole graduated from Brock University with an Honours degree in Community Health Science and also holds a post-graduate diploma in Workplace Wellness and Health Promotion from Centennial College.  
[read on...](#)

## EXERCISE OF THE MONTH - LOWER BODY

### Basic Squat with Bicep Curl:

Level I: 1-2 sets

Level II: 2-3 sets

**Target Area:** Upper legs (Quadriceps and Hamstrings)

Equipment at the gym: Leg press

Equipment at Home: Free weights

**Set up:** Stand with your feet slightly wider than your shoulders and your upper body up tall. Keep your toes pointed forward. Hold a dumbbell in each hand, arms resting at your side, palms facing in.

**Movement:** Engage your abdominals and keep your upper body strong. Gradually lower your body until your thighs are almost parallel with the floor. As you are lowering down, start a bicep curl so that your elbows finish over top of your knees and your weights are at your shoulders with your thighs parallel to the floor. Pause for a moment at the bottom of your squat and then slowly rise up. Control your movement through the entire exercise. Your upper body will lean slightly forward and this is OK as long as it is only slightly. Continue breathing and squatting for an entire set of 12 repetitions. Take a breath and wait 15-30 sec and then move on to the next exercise.

**Tip:** Keep your toes pointing forward, your knees over your toes and your elbows over your knees.



---

Look for these new products at a Shoppers Drugmart near you!

**femMED**

---

[Back to Top](#)

---

*Train by Trina where the trainer comes to you!*

Web Site design, hosting, and management by: [Back2Front](#)  
Web Design Copyright © held by: [Back2Front](#)  
[Contact the Webmaster](#) of this site.



This web site is optimized for Internet Explorer; it may not render as intended on your browser.