



# June 2006



Dear **Train By Trina** Readers,

Seeing as Father's Day has just passed, we had an opportunity to think about our childhood and reflect on the ways our father has contributed to our lives, I thought it would be a good opportunity to give you more information on how we can help our parents to age gracefully and stay active.

- Encouraging your Parent to stay active
- No Excuses Promotion
- Toned Arms
- Keeping your kids active this summer

## Encouraging your parent to stay active

In order for your parent to age gracefully and continue to live independently they need to be able to do those simple task that you and I take for granted, like getting up and down stairs, reaching, bending, carrying and lifting.

Being active is safe for most aging adults and the benefits are tremendous. As long as you do not have any bone, joint or muscle pain and you have a clean bill of health from your doctor, activity can be very positive.

Sitting or lying for long periods of time is a serious health risk, according to the World Health Organization. Inactivity leads to a decline in bone strength, muscular fitness and coordination, not to mention the increase risk of heart disease. Some experts say that inactivity post 60 is as much of a health risk as smoking.

*Start slowly for best results*

If you are to encourage your parent(s) to adopt a more active lifestyle, they will need to start slowly and build up their activities. They should always listen to their bodies and rest when they are tired - just as any of us should. You want to encourage them to add between 30 and 60 minutes of moderate activity most days of the week, starting slowly, and breaking it up into manageable periods if they can't sustain the effort of continuous activity for this length of time.

*Choose a variety of activities from each of these three groups:*

### Endurance

- Continuous activities that make you feel warm and breathe deeply
- Increase your energy
- Improve your heart, lungs, and circulatory system

## Flexibility

- Gentle reaching, bending, and stretching
- Keep your muscles relaxed and joints mobile
- Move more easily and be more agile

## Strength & Balance

- Lift weights, do resistance activities
- Improve balance and posture
- Keep muscles and bones strong

Getting started is easier than you think. Train by Trina trainers would go to their residence and develop a specific program for them. Many older adults are unsure of what to do when it comes to exercise, so with our help, we can build their confidence with the goal to have them exercise on their own.

Contact me if there is an older adult in your family who would benefit from some personal attention to get them started on a healthier exercise program.  
[trina@trainbytrina.com](mailto:trina@trainbytrina.com) or (416) 788-2535.

## Featured Promo: No Excuses

Train By Trina has partnered with Diet Delivery to help all of you kick-start the summer.

You have 28 days to get into the habit of healthy eating and exercise. Healthy balanced and portioned meals will be delivered to your door at 6am for 28 days along with a Personal Trainer 3 days a week.

Find out more...

[http://www.trainbytrina.com/005~Welcome/010~28\\_Day\\_Weight\\_Loss/](http://www.trainbytrina.com/005~Welcome/010~28_Day_Weight_Loss/)

## Exercise of the month

For toned arms do the **OverHead Triceps exercise**.

**Target Area:** Back of your upper arm (Triceps)

**Equipment at the gym:** Triceps extension machine or cable pull

**Equipment at Home:** Thera bands or Free weights

**Set up:** Using a dumbbell, stand with your feet slightly apart and your knees slightly bent. With your arms fully extended, hold on to one dumbbell with both hands using an interlocking grip.

Using a Thera band, stand with your feet slightly apart and your knees slightly bent. Hanging on to one end of the band with your arm bent over top of you shoulder, elbow facing forward, palm facing the ceiling. Place the other end of the band under your heel on the same side as you have then band in your hand. Make sure the band is tight.

**Movement:** With a dumbbell, holding your core strong and tight, slowly lower the dumbbell back behind your head until your forearms are parallel to the floor. Pause for a moment then gradually lift the dumbbell to your starting position. Control your movement throughout the entire exercise. No swaying; keep your torso strong. Exhale on the stretch up and inhale on the way down.

Using the band, hold your core strong and slowly lift your palm up to the ceiling. Exhale on the lift, keeping your elbow pointing forward and your arm close to your ear. Pause at the top. Control your movement throughout the entire exercise. No swaying; keep your torso strong. Exhale on the stretch up and inhale on the way down.

**Tip:** While using the dumbbells or band you want to keep your arms close to your head and maintain your posture so that you do not arch your back.



## Keeping your Kids Active this summer

If you are looking for a great way to keep your kids active over the summer, this is it! Called The Kids Fun Run Mini-Marathon Challenge, this exciting program was recently introduced at select schools in the Greater Toronto Area. Kids trained and ran their way to a Mini Marathon, which is 42.2 kilometers. That distance may seem daunting, but the kids did it safely and easily by running the distance over time, not all at once! You can organize this for your kids over the summer. There is a 6-week training plan and eating guide available at [www.kidsfunrun.ca](http://www.kidsfunrun.ca) it gives you pointers on running for kids and Peter at [www.mynextrace.com](http://www.mynextrace.com) would love to hear about your success with The Mini-Marathon Challenge. He can also provide a "race bib" and finishers' ribbon for your kids.

For more information click [www.kidsfunrun.ca](http://www.kidsfunrun.ca)

*I invite you to share the knowledge that this newsletter provides. Please forward this email on to friends or associates that you think would enjoy and would benefit from Train by Trina services and information. Thanks for reading and get out and enjoy this great summer weather!!*

Cheers,  
Trina



Photo by Walter Segers at Verity