

**I'm Trina Lambe**  
**Our mission is...**

*I am the owner of Train by Trina*  
to reach, teach and educate thousands of people  
on how to live a healthy life through activity.



**May 2009**

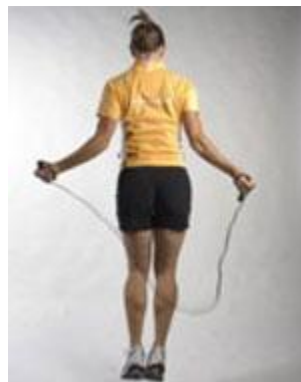
## **In This Issue**

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Dear Train by Trina Friends,

This month I am excited to introduce a new feature to our newsletter. Exercise Video Training! That's right, not only can you read about great exercises to do at the cottage in the article below, now you can click on the video link provided and watch and listen to my personal video training!

It's like having a personal trainer in your inbox! Once you watch the exercises, save them to your ipod and take me to the cottage with you this summer!

In our Nutrition Corner, Cherilee let's us know that carbs aren't so bad. You will not be disappointed by the tasty and easy to make sweet potato baked fries - my favourite carb!

Once again we are offering some great promotions to motivate you to get active! This month get a free skipping rope when you purchase a 10 Pack of Personal In-Home Training Sessions or receive a six pack of Steam Whistle Premium Beer with the purchase of a 20 Pack.

Be Active!

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## **Special Offers & Promotions**

**FREE Skip Rope!**

Learn Stick-With-It Strategies when you buy a 10-Pack of In-Home Personal Fitness Training Sessions with one of our certified fitness instructors.  
Book before the end of May and receive a free Skip Rope from TKO Fitness a value of \$20.00!!

Book Today! [<mailto:trina@trainbytrina.com>]

### Free 6 Pack of Steam Whistle Beer

That's right we said it, Carbs aren't that bad and to prove it we are offering a free 6 Pack of Steam Whistle Beer with the purchase of a 20-Pack of Personal In-Home Personal Fitness Training.

Offer Expires May 31 2009



[Book Today!](#)

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## Exercises for the Deck and Dock

Want a good total body workout when you are up at the cottage this summer? If so, try the exercises below when you are out on your dock at the cottage this year?

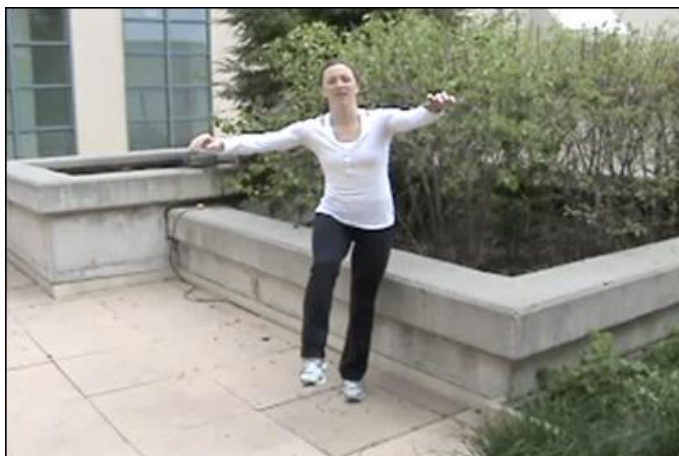
### Start With a Warm up

Walk or jog for 5 minutes and then stretch. Include stretches for the front and back of your thighs, as well as your calves, lower back, chest, shoulders and neck.

### One Legged Sits:

Stand with your back to a bench, high stair or large flat rock that is about knee height.

Lift one foot off the ground and slowly lower your body down until you are seated on the bench. Return to standing position without allowing the foot in the air to touch the ground (or using your hands). Complete 10-15 repetitions 3X per leg.



### Pushups:

Lie face down on a mat with your hands at chest level and shoulder width apart, with your palms down. Position your feet so only your toes are in contact with the ground, and engage your abdominals.

Using your arms, push your body up off the mat until your elbows are fully extended. Be sure not to bend at the waist - your body should form a straight line at the top of the movement. Pause for a moment and slowly lower your body down, by bending your elbows, until your nose is just above the floor. Perform 10-15 repetitions.



#### **Trainer's Tip -**

Try this exercise with your knees on the ground and your feet up in the air if you find performing a pushup while up on your toes too difficult.

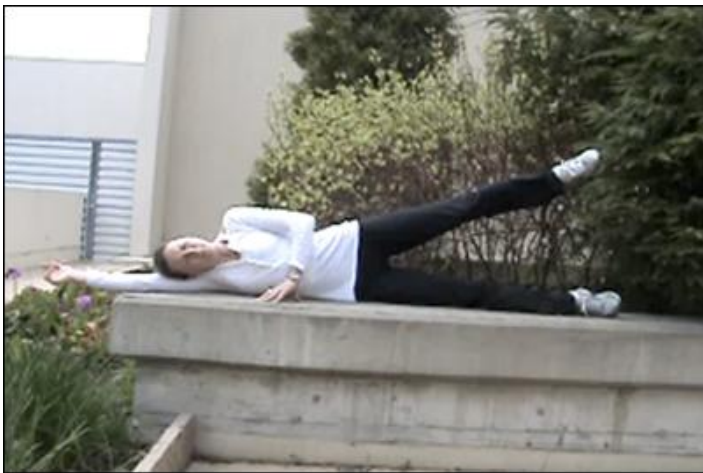
#### **Core**

##### **Pilates Sidelying Leg Lift \*:**

Lie on your side with your legs together, so that your neck, shoulders, hips and knees are aligned. Rest your head on your bottom arm and place your top hand palm down, at chest level on the mat in front of you. Keep your fingertips pointing towards your head and engage your abdominals.

As you inhale point both feet and then lift the top leg 10-12 inches off the mat. Hold it steady and then lift the bottom leg until your thighs and ankles touch. Pause and then flex both feet. Slowly exhale as you lower both legs back to the start position.

**Trainer's Tips** - Perform this exercise in a slow, controlled manner and do not allow your body to roll forwards or backwards as you complete the movement.



\*Check with your physician before performing this exercise if you have lower back problems.

#### **Cardio**

##### **Sprints:**

Start at one end of the dock and run as fast as you can for at least 50 metres, then walk back to your starting point. Complete 6 repetitions. If the dock or deck you are using isn't long enough, try this exercise on the beach or the grass.

**Trainer's Tip** -Reduce the number of repetitions if this is too challenging for you. For those who want more of a challenge up the number of repetitions or try running up a decent sized hill.

### **End with a Cool down**

Cool down by walking slowly for at least 5 minutes and then stretch your muscles again.

And there you have it - a quick and effective workout that can be done anywhere - even up at the cottage. This year you've got no excuses, so stay active!

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## **Nutrition Corner**

Welcome to the "Nutrition Corner". Each month we will bring you fresh ideas, recipes and tips to help you reach your goals of living a healthy life!.

### **Good vs Bad Carbs**

Carbohydrates are getting a bad wrap with the popularity of high protein diets that restrict carbohydrate intake. While initially successful, these diets fail because the body crashes from having to convert proteins and fats into glucose for energy. Your muscle and brain need high levels of glucose and carbohydrates are the preferred source for energy conversion.

All carbs are not created equal however, and it is "bad carbs" that we need to avoid such as refined and processed foods like white flours in breads or sugars such as high fructose corn syrup or glucose in pop. These are empty calories, and quick to absorb in the bloodstream which creates a sugar spike that not only sends an emergency signal to the pancreas to pump out a lot of insulin but also the quicker the dissolve of food, the faster it turns to fat.

The glycemic index is a scale that measures how quickly foods deconstruct in the body and turn into sugar. The higher score the quicker they digest.

"Good Carbs" are slower to digest and lower glycemic, which is the preferred type of carbohydrate. Foods like most vegetables, whole grains, squashes and fruits have fibre, and longer chain sugars which take longer in the body to digest and therefore fuel better. Remember to choose fresh, local and organic produce when available.

Article and Recipe provided by Cherilee Garofano, RNCP

Here is a fun and kid friendly [sweet potato fry](#) you will just love.



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## **Trainer Profile: Lauren Shuster**

Lauren is a graduate of the University of Toronto with a Bachelor of Science in Physical Anthropology and Biology minor. She is certified through CAN-FIT-PRO as a Personal Trainer Specialist and Fitness Instructor Specialist.

Lauren's programs focus on realigning the body, improving balance and strengthening the core (abs, hips and back) so that the client can function at their highest fitness level and decrease their risk of injury over time.

As a new mother to four month old Bennett, Lauren uses her knowledge and experience from teaching mom and baby fitness classes, to train clients through their pregnancy and post baby using safe and effective exercises that re-energize and condition the new mom to make her feel her best. Lauren also specializes in helping the older adult client build bone density, regain strength and increase



mobility to ease joint and muscle pain.

She is currently working on getting her C.H.E.K. institute Exercise Coach Certification. Book a Session with Lauren Today and receive your free assessment and personalized training program

To start training with Lauren [Book a Session Today](#).

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## ***Trina in Motion***

In support of National Mental Health Week, Train By Trina was helping to fund and find a cure for Lupus. Thanks to those that came out in the rain and joined me at Queen's Park this weekend to walk a block for Lupus and hear my presentation on the benefits of walking.

For more information on Lupus go to Lupus Ontario: [www.lupusontario.org](http://www.lupusontario.org).

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Train by Trina is always here to help you with your fitness goals and needs. Send us an email or give us a call and we will answer any questions you may have on the path to better health!

Sincerely,



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

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