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**The following article features the elite athlete expertise of Trina Lambe, and more!**



## **How to perform like an athlete**

<http://www.torontosun.com/life/healthandfitness/2010/02/03/12727446.html>

**Summon your Olympic spirit and channel it into your life**

**By JOANNE RICHARD, SPECIAL TO QMI AGENCY**

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You may not be able to ace a triple axel or max the moguls but you can still summon your inner Olympian.

Athletically inclined or not, with the Olympic Games kicking off Feb. 12 everybody can get into the spirit of getting out there and going for the gusto!

Every one of us has much more to give in almost every aspect of life, including family relationships, in school, at work and in our charitable giving, says elite coach Barry Shepley.

“Olympic athletes all share the same ability to exceed beyond what most people think is possible — by thinking and acting like an Olympian, we can go further in our general work, life and relationships.”

The Olympics truly pull us together — “they are “our kids” and cousins and paperboys and girls. No event is more watched around the world... The vast majority of Canadians support and are

excited about the Olympic Games,” says the Hall of Fame Olympic coach and president of Personal Best.

Former elite athlete Trina Lambe agrees: “Having the Winter Olympics back in Canada brings a sense of comradeship and community to the nation. The whole world is looking at Canada right now – it’s been 22 years since the Calgary Olympics and as a nation I think we are ready to be on display to the world once again.”

Lambe, a personal trainer, says that watching elite athletes compete at the Olympic level inspires and motivates us to achieve our personal goals.

“While 99% of us know we can never do what these amazing people do, they still inspire us,” adds Shepley. “They make skiing or swimming or running look so graceful and enjoyable that the participation number of all Olympic sports in the years following the games.

“More boys and girls – and parents – will want to cross-country ski and snowboard. Large participation sports like hockey will simply solidify in the minds of Canadians,” he adds.

Watching the Winter Olympics can motivate us to get up and get out and enjoy a wide variety of winter sports and activities, says Lambe, adding that it takes extra effort to get out and be active during the cold, dark months.

“Just remember that when you’re doing outdoor activities in the cold weather, to warm up before you go out to prevent injury, keep hydrated via foods with high water content, such as oranges, apples, broccoli, tofu, along with clear beverages, and to bundle up,” says Lambe, owner of [trainbytrina.com](http://trainbytrina.com)

“Did you know our bodies lose more water in cold weather? Low humidity causes added water to evaporate from our bodies so it’s important to stay hydrated even if it’s freezing out and you’re not visibly sweating.

Take some lessons from the real athletes: She recommends “maintaining a healthy lifestyle by following their food-as-fuel approach.” Before eating, ask yourself, “How can I best fuel my body?”

Athletes think of their bodies as finely tuned machines and we’d all be a lot healthier if we did the same, adds the former nationally-ranked figure skater.

She adds that “elite athletes are exceptional at managing competition stress and can easily adapt to new situations and surroundings. These are valuable life skills that can apply to all Canadians.”

### **Take Trina Lambe’s tips on summoning the Olympic spirit from within:**

\* Friends make everything better: Thinking about trying a new sport or even picking up an old one? “Doing it with friends keeps you accountable and pushes you to reach your goals,” says Lambe.

\* Sleep on it: “Eight hours is the gold standard. Proper rest will enhance your performance level in all areas of life.

\* Let’s get physical: Aim for 30 minutes of cardiovascular activity at least five days a week to improve cardiovascular health, reduce disease risk, elevate mood and help you sleep better.

\* Food for Fuel: “Shift your thinking and look at food as fuel. Just as your car needs gas, your body needs hydration,” says Lambe, who strongly recommends drinking Vitaminwater for both

hydration and fuel. "It's like the premium-grade gas at the gas station; great fuel and hydration in one."

\* Aim for the podium: "The old adage of shoot for the moon, even if you land in the stars is all worth it," says Lambe, adding that it may be as simple as setting a goal of committing to get physically fit with a bit of cardio every day.

### **Dress like an athlete**

Get in gear with great gear.

Looking like an athlete will help you feel like one too when you're making tracks in the great outdoors! Plus there's no better time than to show your support for Canada.

Combining fabulous fashion and function, the brand new Canadian Freestyle Ski Team Collection by Columbia will have you looking like a million-dollar athlete.

Stay warm and comfy with men's and women's winter jackets and pants, all featuring the innovative Omni-Shield advanced repellency – fully waterproof and breathable – and a cool maple leaf emblem by Columbia.

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Or really take cover with the long and stylish St. Lawrence Parka for women and men, comes in both red and black, \$399.99. Check out the waterproof, breathable and insulated Federation pant featuring venting and adjustable waist.

Show your loyalty with a charcoal print Cypress hoody or red and white Aurora fleecy; \$199.99 and \$69.99 respectively.

### **Learning from athletes**

Elite athletes offer great life lessons, according to Barrie Shepley:

- Goal setting
- Hard work
- Overcoming many, many setbacks on the way to the long-term goal
- Delayed gratification – few Olympians make a lot of money
- Passion for what they do
- The ability to perform under pressure with precision
- How to be graceful under defeat

**About Train by Trina:**

Toronto-based Train by Trina is a leader among Canada's most prominent personal training companies.

Founded in 2004, Train by Trina is owned & operated by Trina Lambe, a certified ACE Personal Trainer and overall success coach and fitness expert.

Train by Trina makes fitness **accessible to everyone** – whether it is a regular weekly session at your home, or a one-off, in-office consultation to help you set up your own program. For more information, please visit [www.trainbytrina.com](http://www.trainbytrina.com)

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