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myself into continuing on. Although I was exhausted, I knew that if I continued to lie on my couch I would give up on myself.

In 2005, I was 39 years old. After two sons, two C-sections, and umpteen gray hairs, I decided to step back into the competitive body building arena. Prepping for that competition was much tougher than I expected. The stress of running a business and a family, combined with rugged cardio, weight training, and a new, strict dietary schedule was grueling, but I entered the competition desperately needing something to hold onto.

You see, competing also helped me to cope with my mother's passing from breast cancer in January of 2005. It was definitely a lot to handle. Winning my class was the icing on the cake. I continue to thank CTV for naming me their Athlete of the Week back then. While the acknowledgement was wonderful, reclaiming myself was the

best payoff of all.

I now see the times that I was overweight as a gift. Throughout the process of losing the extra weight, it gave me a better understanding of where our clients were coming from. I know what it is like to run a business, have children, and struggle to find time to exercise and eat well.

Having been a fitness trainer for 22 years, I understand how our thinking, eating, and exercise habits are intertwined. I understand that we often need a push and that for many of you preparing for a major competition is not an option. I also understand that the workshops listed on page 1 may just be the kick start you have

been looking for.

I'd like to give special thanks to Apple Fitness and General Manager Jamie McArthur for providing both their support and equipment to make my summer workshops possible. Apple Fitness Store Ltd. was established over 19 years ago out of a desire to do things differently. A leader in commercial and residential fitness equipment sales, Apple Fitness prides itself on "wowing" its customers with quality, integrity, and expert customer service. I cannot think of a more suitable partner in my endeavour to get you fit!

Sandra Bueckert



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Editorial
by **Sandra Bueckert**

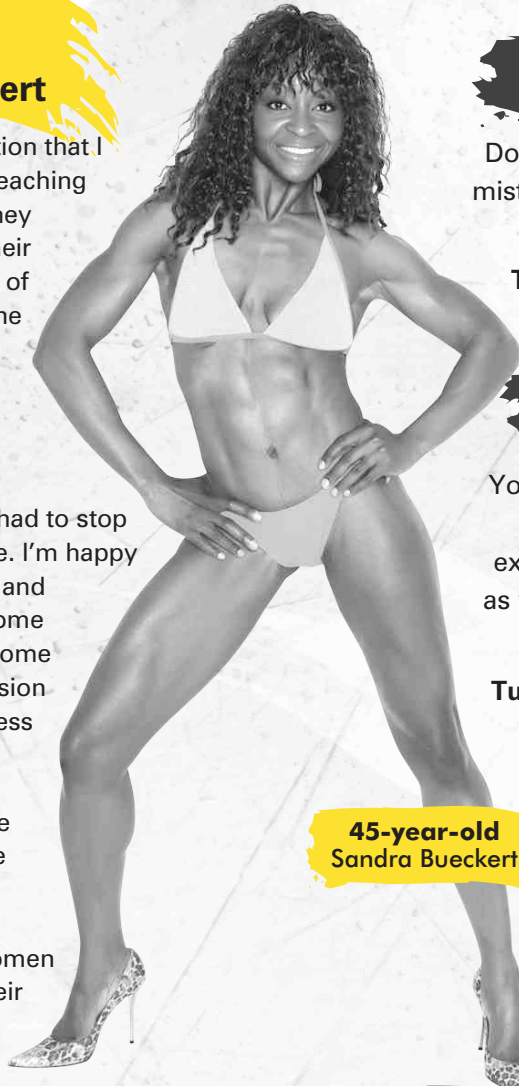
In 1989 I had the realization that I could make a living by teaching men and women how they could get more out of their training, and at 23 years of age, I started One On One Personal Fitness Instruction, Inc.

I quickly fell in love with personal training, but in growing One On One, I had to stop training clients for a time. I'm happy to say that I'm back at it and loving it. I've also had some fantastic opportunities come my way. One such occasion was speaking about fitness at Keyera Oil and Gas in June. The turnout was amazing, and I had some great questions from the crowd.

I'm often deluged by women with questions about their bodies (especially after children). Ladies, this summer is your chance to come and work out with me at One On One. My sessions will offer tips for building a great physique—especially when you don't have a lot of time.

Some of you may know that I started pumping iron at 16 years of age. I became a mother for the first time in 1995 and stopped looking at the scale when it went over 200 pounds. Although I lost some of my pregnancy weight, I carried an extra 45 pounds around for years. I can still remember standing in front of my bathroom mirror looking at the rolls of fat, stretch-marked skin and wondering how I had come to this place in my life. My back and joints ached, and I had no energy. There were days where I had to literally pick myself up a dozen times and talk

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45-year-old Sandra Bueckert

Arms with Sandra

Do you want lean sculpted arms? We will address common mistakes while teaching you effective techniques and training tips for building the arms you've always wanted.

Tuesday, July 26, from 6:30 p.m. to 8:00 p.m. | Fee: \$25.00

Ultimate Tush: Legs and Butt

You are forever asking me how to create a firm and shapely rear end. In this 1.5-hour session, I will show you what exercises I select and why. Warning—there is no such thing as "spot reduction." I will, however, discuss what you need to do to get lean and stay lean.

Tuesday, July 26, from 8:00 p.m. to 9:30 p.m. | Fee: \$25.00

\$25.00 PER SESSION OR \$40.00 FOR BOTH.

Sponsored in cooperation with **Apple Fitness Store**

The "I have no time to work out and tell me what to eat" session

First, I'll be short, sweet, and to the point by providing you with a weight-training workout to do when all you have is 30 minutes. We will demonstrate the exercises and you will get a no-nonsense program to take home! One of the last topics we will explore is what to eat to stay lean. We'll also explore nighttime eating, how to overcome negative thinking, and more!

There are two session dates:

Thursday, July 28 and Thursday, August 25 | 7:00 p.m. to 9:30 p.m. | Fee: \$35.00

Fit & Fabulous Classic

Fit, 40+ & Fabulous Classic competition coming this fall for men and women over 40. Details: OneOnOneFitness.ca

Fit **40+** & Fabulous Classic

There's a myth that once you're in your forties (and don't even get me started on fifties and sixties) that you're done. We are considered too old or over the hill. The option is to give up on ever thinking you can be sexy again. People who think this way have a lot to learn about what a person's body is capable of. In fact, I believe that most people don't know how lean they really could be. Here's your opportunity to chase your dreams and reclaim your body!

Who can enter?

Open to men and women

What are the age brackets?

40-49; 50-59; 60+

What category do I fit in?

Beginner (0-2 years of competitive experience); Intermediate (2-5 years of competitive experience)

Why should you enter this competition?

Because you've needed a reason to take your fitness up a notch!

Because fitness is a journey and this journey is meant to be lived;

Because you told yourself that "someday" you'd enter a fitness competition;

Because the idea of entering a fitness competition scares you out of your mind and thrills you all at the same time;

Because it's time to break through your own limitations to see just how far you can take your physique;

Because you don't need a reason. You've

come into your own and the time is now!

When is it?

Saturday, December 3, 2011

Where is it?

Location to be announced

Competition info:

Round 1: Attire you choose (must be able to see shoulders, arms, legs and abdominals); Round 2: Evening wear

Judging Criteria:

Competitors will present themselves on stage, execute a series of quarter turns to the right allowing the judges to view them from the front, left side, back, and right side before returning to the front position. They will then step to the back of the stage in serial order in a straight line or curve facing the judges. Competitors will be called forward for comparisons.

Competitors should have good to excellent muscle tone and appear to have reasonable levels of body fat.

Information sessions:

To find out more about how you can enter this event, resources, entry information, and more!

- Thursday, July 28 from 6-7 p.m. at Glamorgan Community Association
- Thursday, August 25 from 6-7 p.m. at Glamorgan Community Association
- Monday, September 5 from 6:30-8:30 p.m. (Location to be determined)

For more information go to www.oneononefitness.ca

Lean and Mean Fitness Challenge Winner

Katrin Barham: The Winner Who Learned from Past Mistakes



Winner of the \$1000 shopping spree.

Katrin Barham is not your typical 52-year-old mother of three. With a total loss of 15 pounds, Katrin brought her body fat from 29.6 per cent to 22.6 per cent (a 23.6 per cent change from where she initially started). She also took four inches off her waist, Barham is this year's Lean and Mean winner. A three-time participant in the Lean and Mean Challenge (and 2003 winner), Barham is also no stranger to One On One.

"I have always been active and took part in gym when I was younger, but as I got older, I got flabby and suddenly realized that maybe I should go to a personal trainer," says Barham. "In fact, I distinctly remember my third grade teacher and her 'bat wings' when she was up at the blackboard and saying to myself 'no way is that happening to me,' and here I was as a 44-year-old on my way to developing my own bat wings." An online search eight years ago yielded plenty of intimidating personal trainers, but it wasn't until Barham stumbled upon the One On One website that she became serious about the possibility.

"I liked the studio's no nonsense approach and the focus on giving clients the tools and inspiration and letting them run with it," says Barham.

Another reason she was committed to getting into shape was the volunteer work she did at a local senior citizens' home. "I would see all these people who had trouble doing the most basic of

chores—carrying grocery bags, walking—and knew right away that I didn't want to end up like that," says Barham. "I truly think that exercise and weight training slows the process of aging."

Ironically, Barham was also thankful for the rest her personal trainer provided for her. "As moms, we are asked to make a million decisions every day. I found it so nice to be able to go to the studio and shut off for an hour. I let my personal trainer tell me what to do and felt renewed every time I left my training session," says Barham. "There was no second guessing."

Having won the Challenge in 2003, Barham quickly gained back the 25 pounds she had lost. "I was so dedicated that I made sure that I had no chocolate, no alcohol, and stuck to a rigid schedule, but when the Challenge was over, I reverted to old habits and the weight slowly crept back on," says Barham.

Having been 'perfect' in her first win and gained it all back, Barham made sure to incorporate treats throughout this year's Challenge so that she didn't feel deprived. Working closely with personal trainer David Twan, Barham made sure to increase her twice weekly workouts to five or six sessions with added cardio (she sees Twan twice a week for personal training). However, according to Barham, her success largely came from her shifting attitude toward food. "I simply became more mindful of what I was eating," she states. "I now journal what I eat and what I plan to eat and make sure that I pack healthy snacks when I do go out."

And the results have been more than simply a lean body. With her increased fitness and mindful eating, Barham has more energy, more stamina, and sleeps better at night. Emotionally, she is more even-tempered with a more positive outlook. "I think this latest challenge was a godsend for me," she states. "I know many women my age and even younger who are in the throes of peri-menopause and menopause and are suffering. I feel great!"

Having finished her third Challenge, Barham has come to some realizations. "The one thing I have learned is that you have to be consistent, that I cannot eat whatever I want, and that I need to continue to set goals for myself." This is easier when you have a personal trainer like Twan, who has urged Barham to lose five more pounds this summer and keep it off. "I know what I need to do—keep planning, journaling, and staying focused," says Barham.

In fact, we can all learn from this year's winner. "As mothers, we are so used to putting ourselves last. For God's sake, you are worth it," asserts Barham. "You are the only one who can do it. Arm yourself with tools—a journal, a personal trainer, an exercise plan—and don't beat yourself up if you don't lose weight right away. You may be stronger or happier, just be thankful of all your little successes," says Barham.

Imparting her last nugget of wisdom, Barham says, "My attitude toward myself changed with this last Challenge—from perfect to good enough." Surely a mantra we can all strive for.

Fluids - Keeping You Cool and Performing Well Part 1 of 2

By Colleen Parsons
MSc., CSEP-CEP

Without a doubt, consuming adequate fluids will improve your sense of energy, alertness, and exercise performance. Indeed, one can spend both money and time looking for the perfect sports drink or hydration system. One of the best (and cheapest) performance enhancing products is—you guessed it—water, but there are times when water may simply not be enough.

Literature supports the notion that total body water averages 60 per cent (ranging from 45-75 per cent) of total body weight depending upon the body composition. Fat-free mass (muscle, bone, blood, other fluids) is approximately 70-80 per cent water and is the primary reason for this rather large variation. Maintaining normal hydration is important for normal body functions, which includes thermoregulation (maintaining your core body temperature) during exercise.

During exercise the degree of sweating is dependent on a variety of factors. Duration and intensity of exercise, environmental conditions, and type of clothing all play a significant role in sweat rate and its fluid and electrolyte losses. Additionally, body weight, genetic predisposition, acclimatization, and metabolic efficiency will also influence sweat rates. Temperate environments where body temperature does not rise significantly can result in far less sweat rates than hot or hot/humid environments where body temperature increases are not dissipated through normal sweating and environmental cooling with evaporation from the surface of the skin.

The prevention of excessive fluid loss (more than two per cent total body weight loss) and electrolyte imbalance is the goal of hydration during exercise. A loss of body weight greater than two per cent during an exercise session is directly related to physiologic strain measured through core temperature, heart rate and perceived exertion. Two per cent of

body weight for someone weighing 60 kilograms (132 pounds.) would be 1.2 kilograms (2.6 pounds).

With losses this great, a decline in performance is inevitable. The greater the total body water deficit, the greater the physiologic strain which can include the following acting in concert: increased core temperature, increased cardiovascular strain, increased glycogen utilization, altered metabolic function and perhaps central nervous system function. A greater than 2 per cent body weight degrades aerobic exercise and cognitive function in temperate to hot environments but less so in cooler environments. In fact, the body can tolerate greater body weight losses (3-5 per cent) from sweat with less detrimental effect on aerobic performance in cooler conditions.

The two simplest markers that aid an individual in determining their hydration status are weight and urine output. Although these have significant limitations, there are accessible "field" evaluations that all athletes can use. Weighing in naked before and after an exercise session and taking into consideration any fluids consumed during the exercise session can both be a fairly direct measure of how much an athlete sweats during a particular type of exercise under the particular environment of the day. The loss of one kilogram of weight is the equivalent of one litre water. If an athlete is lighter by one kilogram, drank 500 millilitres fluid during exercise, their fluid losses in that workout are one litre + 500 millilitres = 1.5 litres. The ideal situation is that you measure your sweat rate in different environmental conditions. What happens at the gym where the environment is climate controlled? What happens at 10 °C, 20 °C or 30 °C outside while you run and play at your exercise? Knowing specifically, how much sweat you lose under different conditions and calculating based on an hourly rate, is a very effective way to predict how much you need to drink during, and after, exercise to re-hydrate. Re-hydration recommendations are that you drink 150 per cent of your losses within a short time after exercise, doing a urine check at about four hours to see if your urine is pale in color. If you are still producing dark urine, you haven't caught up yet, so drink some more.

Did you know?

Read part 2 of Fluids - Keeping You cool and Performing Well online at www.oneononefitness.ca