



## Featured Trainer: Debb

I am a provincially Certified Personal Trainer and fitness instructor who works with clients in Saanich, BC. Teaching individuals and classes allows me to motivate people in different ways. As a personal trainer I work with clients in a one-on-one setting, over time, so we can discuss and track their progress and achievements.

In contrast, leading participants through a group fitness class gets them moving, interacting, and motivating each other! Commitment to a group fitness class is a preferred option for many.

It is rewarding to see people gain confidence, increase their strength and energy levels, improve their body image, and feel better in general. It is amazing to witness, and I thoroughly enjoy being part of those life-changing milestones — this is why I do what I do.

Fitness was not a big part of my life until the last decade. A sudden, and serious health issue and lengthy recovery, gave me perspective on the importance of my health. I felt like I was given another chance to build and maintain good health, and from it, developed a passion for helping others to do the same.

My two favourite classes to teach are STRONG by Zumba® and Osteofit. STRONG is a high intensity interval training (HIIT) class that uses music to match each move. This class is for anyone who wants to become well-conditioned, toned, and enjoy increased after-burn using their own body weight.

I teach a modified version of the STRONG class to start, and then progress as the group becomes ready. I use my experience as a personal trainer, including providing direction and verbal cueing.

Osteofit could not be more different than STRONG! This amazing program (designed by the BC Women's Hospital & Health) came about through a need to help patients who had fractured a bone due to osteoporosis. Clinicians wanted to recommend a safe exercise program to outpatients who suffered a fracture, but there weren't any that addressed things like fall prevention, spine stability, and strength training with precautions. This program has life-changing benefits for its participants. The biggest fear for a post-fracture patient, and older participants in general, is the fear of falling. Osteofit teaches fall prevention and keeps participants fit through progressive training.

### \*Debb's Top 10 Health Tips\*

- Do some cardio! Whatever inspires you, just get your heart working.
- Avoid processed foods. Whole foods taste better anyway. ;)
- Minimize sugar. You know you'll just crash soon after eating it anyway!
- Strength train at any age, with a trainer! Lift heavy things (safely!), if you can't get to a gym.
- Eat high protein foods to boost your metabolism.
- Get plenty of sleep. Aim for 8 hours, and grab 9 when you can.
- Make healthy eating a habit. It can become your lifestyle, not a diet.
- Take care of your gut health: fermented foods are king. (Kefir, sauerkraut, kombucha, kimchi)
- Eat herbs and spices, they have anti-inflammatory properties. Yum!
- Reduce acidity in your diet with more alkaline foods, like: fruits nuts, legumes and vegetables

Debb's personal adage; "The grass is greener where you water it."

You can find Debb at one of our four centres here with Saanich Recreation!