

“USE YOUR CORE!” - ARE YOU UP FOR THE CHALLENGE?

by: Nadia Bender



So here I am on vacation with my family in Hilton Head, South Carolina.

The thought of being on vacation for me means no personal training and no teaching aerobic classes. This means I'm no longer a teacher of form while on holidays because I'm not in my element. Yet I was placed in two situations where I'm still able to apply my skills and make it fun and easier to work out.

My kids reminded me that I don't have to teach anyone exercises, yet I am in the pool of our villa and my kids want me to create an obstacle course for them. Everyone likes a good challenge. As for my kids, they didn't even know that what I got them to do was actually considered exercising!

Next we went kayaking with the dolphins in Shelter Cove Harbour. I was in a two-seat kayak with my son Daniel. We were given a three-minute instruction on how to use your core when kayaking before we actually got into the kayak. I am not a kayaker by any means! So our two hours of kayaking became quite tiresome for Daniel and I never realized how much harder it is to kayak with two than by yourself. I remembered the guide's most important tip to use your core and not just your arms to avoid getting sore shoulders. It came in very handy. It also helped to expend less energy than is necessary, especially in 100-degree heat! So as I'm applying my knowledge about how to use my core, I'm able to out-kayak the other people on the tour, even though they were in a single kayak!

What I also noticed was that one of the guys kayaking was not able to keep up so I offered my advice on his form and how to use his core more for rotation and to shorten his stroke to take it out of his arms and into his abs. He was very grateful that someone noticed and offered to help halfway through the trip, as he asked, "Why didn't someone tell me sooner?"

What I thought to myself was: once a personal trainer, always a personal trainer. It really doesn't matter what sport or physical activity it is, the phrase "Use your core" is key to making the sport work for you!

Are you wise about how to use your core effectively or do you need some direction to make it work better for you?

Please feel free to give us a call if you want to learn more about how to use your core and not feel like it is too much effort!

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