



Secrets
to getting your
PRE-BABY
BODY
back >>>
FAST!!

Copyright © 2014

AUTHOR **DAVE BURGIS**

NHFA NATIONAL HEALTH &
FITNESS ACADEMY



Hi there and welcome...

I'm Dave the founder, director and head teacher at the National Health and Fitness Academy. Thanks for downloading this eBook containing some of the most useful information for training ladies for Post Natal exercise.

I'm guessing if you are reading this you're considering becoming a personal trainer or at least exploring your options. You may possibly be focused on training post natal clients or looking to do the ever popular Mums and Bubs exercise and training. If so, I commend you for taking the first step!

This book is short for good reason. You don't need to read 300 pages to discover weather you are really interested in this, or if a career in Personal training could be the right option for you or even how to train post natal clients.

There are many reasons why personal training may be for you. These may include...

- Knowing more about your own health, fitness and well-being
- Working your own hours
- Having job satisfaction
- Creating a rewarding career not just financially but also emotionally
- Helping people discover their self confidence and to look and feel their best
- Bringing in a part time income with flexibility to fit around your other commitments

If you were nodding your head and thinking, well yes that would be nice, to some or all of those then becoming a PT is probably a great option for you! Imagine being paid great money to do something you really love while helping others to feel great about themselves! It makes sense. Why keep your boring or unfulfilling routine or working in a job you don't enjoy and deprive yourself of a career or a way to make

money that you do really enjoy? Seriously, why not do something that you really love? Years ago, I was in that particular position. Until it finally dawned on me that I really should do something I enjoy, sounds obvious. Despite what some people, mostly those who have no real idea about the health and fitness industry advised, I took what seemed like a bit of a daunting step by enrolling and completing a personal training course. I actually laugh about it these days and it certainly doesn't seem like what should have been such a daunting decision now. The best thing is that it turned out to be the absolute best thing I have ever done! And, I know so many people who have a story just like mine.

My mission is to now help those that are in a similar position into having an enjoyable, fulfilling part time or fulltime career as a personal trainer who earns great money by helping people to create a better quality of life. Why? Because I have been in that position and my life is so much better for taking action. I'm so glad I made the decision to do it! I live a happy rewarding and fulfilling life everyday. I have had the opportunity to help so many people and have enjoyed every minute of it. Now, I want to create the opportunity for others. There are so many people that would love to help others a few hours per week, or to go all the way with a career that they actually enjoy. Unfortunately for so many it's just a dream as they are not prepared to do what it takes to make it a reality and to make it happen. I hope you find the following pages really informative and it inspires you to take action to increase your quality of life standards which will help those around you to increase theirs as well.



Why Should You Listen to Dave?

Dave Burgis is the founder and director of the National Health and Fitness Academy. He has been one of Australia's leading Personal Training and fitness educators for almost a decade. He has educated over 5000 personal trainers, trained hundreds of clients and had the honour of speaking in front of tens of thousands of people on motivation, health, fitness, weight loss and coaching all types of strategies to help people achieve their goals.

Dave's major passion is educating people in Health and Fitness. He is well known for taking the complicated subjects and making them simple for everyday people to understand but more importantly implement into their everyday lifestyles.

His other passion is creating and developing great personal trainers, that's why he not only heads all of the academy's programs, but also still teaches the majority of the programs himself. This has been one of the major draw cards and deciding factors for many of the students that have made the decision to complete the program and be trained at the academy. After becoming aware that he would only be able to assist a small number of clients as a PT he realised that to assist more people, he would have to develop his own Academy and produce more



great trainers. His teachings focus on the majority of the population and how the trainers can assist more everyday people to live a healthier and happier lifestyle.

Dave created the National Health and Fitness Academy and designed these superior courses to create the industries best personal trainers. The National Health and Fitness Academy is one of the fastest growing fitness educators in the country with their award winning personal training and health and fitness courses. The industry is speaking for itself with their students being at the very top of the industry assuring success for their clients. His mission was to create the best value personal training courses in the country and he guarantee's that he has achieved this and continues to do so!

Dave also implemented some revolutionary and innovative ideas that dramatically raised the standards within the personal training industry. With the implementation of a 100% money back guarantee that could be taken advantage of at any stage within the programs. This gave students and potential students total piece of mind when committing to a new career. He also developed the Bamboo Mentor Program, which can only be described by graduating students as life changing!

A final progression was also developed by Dave to ensure that students had not only a bright career and future while Personal Training but also for after as well. The Masterclass program that Dave remains tight lipped about is according to students, "extraordinary." Dave is extremely well know for his drive and dedication in ensuring not only his own success but also particularly that of the students on their mission to assisting more people to gain a more healthier and fulfilling lifestyle.

Winner of many awards within the fitness industry, Dave is also a successful entrepreneur, investor, sought after success coach, nationally renowned speaker and leading educator. He is a key note speaker at various events, as well being a guest contributor to various health and fitness magazines and the author of numerous publications such as the 'The secret Psychology of weight loss success,' and 'The secret strategy behind success'.

Chapter 1 >

How to know when you're ready to exercise again

Many women in the childbearing year wish to commence or continue with their exercise programs during and post pregnancy to maintain their health and quality of life. The traditional medical advice has been for exercising women to reduce their habitual levels of exertion in pregnancy and for non-exercising women to refrain from initiating strenuous exercise programs. This advice was primarily based on concerns that exercise could affect early & late pregnancy outcomes.

Recent investigations focusing on both aerobic and strength conditioning exercise regimens in healthy pregnant or postnatal women indicate that moderate exercise does not increase adverse pregnancy outcomes or quantity or composition of breast milk. This creates an increasing demand for appropriate fitness services for pre and post-natal women and therefore provides a fantastic opportunity for those that would like to focus on these expectant and new mums. It is imperative that pre and post-natal women are cared for individually, as there can be considerable variation between individuals and pregnancies.



So when we look at programming and when to return to exercise as a new mum there really is no written rule for knowing when exactly to return. There are many things to consider which may include...

- How active the client was before the birth.
- What types of exercises where they doing during the pregnancy,
- If any musculoskeletal damage has been identified,
- What their energy levels are like?
- Any ongoing health issues or lack of recovery.

The type of activity and when a new mum can return to exercise depends on pre-existing fitness, her pregnancy, labour, delivery and the post-natal health of both herself and her baby. Too much, too soon can cause long term problems and regrets. After a period of time when the post natal client does feel as though they are ready to start exercising again there are many warning signs that should be carefully monitored. If these are recognised during exercise, it does not mean that they are not ready to train, however it may mean that the intensity or the type of training may need to be altered. It is recommended as a PT you stop the exercise and refer to their health care professional for medical advice if their client experiences any of the following:

- Excessive shortness of breath
- Dizziness or feeling faint
- Fainting
- Headaches
- Chest pain or palpitations
- Blurred vision
- New or persistent nausea or vomiting.

Chapter 2 >

Guidelines for training Post Natal Clients

Personal trainers should consider the following within their programming for post-natal clients. It is advisable to include the following activities:

1. Appropriate recovery of pelvic floor, core strength, endurance and control prior to any other exercise. These can be achieved through a number of different exercise methods. These will be taught in only some Personal Training courses but most courses that are specifically for training Pre and Post natal clients will contain these exercises.
2. Gradual progression of exercise to match the clients level of core strengthening and core control. Progression is the real key here. It is best to start off nice and slow and as the muscles start to activate strength will build. It's a case of putting together a long term plan for success and to avoid injuries.
3. Load, reps and sets should be based on form and the ability to maintain pelvic floor control, underlying core stability and normal breathing. It is extremely important that new mums don't try and attempted exercises using load or weight, that they were able to use prior to pregnancy or prior to the birth if the client trained during pregnancy. There are many musculoskeletal challenges and problems that can occur that neither the trainer, clients nor even doctors may be aware of. These may not be discovered until they have been put under too much pressure.
4. Postural awareness and strengthening (especially of upper back and shoulder girdle). These areas often become weaker during pregnancy. It is important to get these muscle groups active and working in conjunction with the core and pelvic floor.
5. Gentle stretching (especially of neck, lower back and shoulders). Stretching is important to help

maintain elasticity in muscles, which will help to avoid possible injuries in the future and also to help maintain correct posture.

6. Rest and relaxation, Possibly the most important thing with nutrition and exercise. Many new mums have been on missions to get themselves back in pre baby shape and have forgotten to rest. This can lead to them becoming run down and prone to injury or worse still sickness, which in return can affect the new born baby greatly.
7. A very gradual return to low impact. This is extremely important especially for those that have suffered extra damage during the birth and those that are looking to make a very quick return back to exercise.
8. Return to resistance exercise gradually. As mentioned in the previous chapter, every exercise in every session needs to be closely monitored. There are many warning signs to look out for. By being very aware of these we can keep our new mums, healthy and safe by closely monitoring and adapting the exercise as required.

Chapter 3 >

Guidelines to avoid when training Post Natal Clients

Personal Trainers should consider the following within their programming for post-natal clients. It is advisable to avoid the following activities:

1. Any exercise that may cause or aggravate any pre or post-natal related condition. It's important to be mindful of what types of exercises are working what particular muscle groups. We need a clear understanding of what potential challenges may arise by performing certain exercises. The key is to have a very good understanding of anatomy and how the human body really works.
2. Exercises that cause a bearing down on the pelvic floor. It is important to start activating the pelvic floor and core but even more important not to over activate or place the pelvic floor under too much pressure or load. A slow progression is the key to avoiding any damage.



Secrets to getting your Pre-baby Body back >>>> FAST!!



3. Any exercise that causes loss of bladder or bowel control. This will come down to each individual and how much conscious control they have at what point. Working within a comfort zone is important for the client to gain confidence and avoid any unnecessary incidences or accidents.
4. Exercises that cause breath holding or compromised quality of movement. It is vitally important when doing exercise with any client that breathing is top of mind. To have muscles working efficiently, muscles need oxygen. It is important to monitor your clients breathing while exercising and even stretching, as often we are prone to hold our breath at times. This can also help to avoid increasing blood pressure which pre and post natal ladies often suffer from.
5. Abdominal exercises that involve significant outer abdominal muscle load such as sit ups, abdominal curls or hovers, until the client is able to engage their pelvic floor and maintain core recruitment throughout the move. Often these are the first exercise that new mums look to achieve gains or results in. Often these should be the last. It is important to focus on functional type movements and exercises until the body has fully recovered and is functioning together back at 100%.
6. Exercises that may strain vulnerable areas such as neck, lower back and shoulders. By once again using functional exercise that we would tend to do in every day life like squats lunges etc, we can generally avoid placing too much stress and strain on these area's and muscle groups.

Chapter 4 >

Burning fat fast

There are many theories around how to burn body fat. There are however some important facts to consider if you are trying to shed a few kilo's. We need to consider first of all how much excess body fat we have in order to predict how long it may take to lose. We also need to consider that clients that are pre or post natal will naturally hold extra body fat. The body is designed that way. Losing body fat post natal is very possible however it may take a little longer than for a girl in her early 20's that has not recently given birth.

Generally what I have found is that just like the average person Post-natal clients lose the most amount of body weight in the fastest time by using larger muscle groups and sticking to the exercises that use the most amount of muscle. This can be through both cardiovascular exercising or through strength or resistance training.

We can liken this to a car analogy. If a car has a larger engine and goes fast it burns more fuel. As a person looking to burn lots of the body's fuel (fat) it makes sense to use larger muscle groups. It takes more energy to make these big muscles work, therefore we have to burn more energy to continuously activate them. The longer time period we spend doing this, the more energy we burn.

The other thing with an engine is that the less efficient it is at using the fuel, the more fuel it burns. Therefore one key to losing weight is to make sure that we are constantly changing our exercise routines and programs. The body never gets used to this and therefore is always less efficient. Less efficient once again

means that we will burn more fuel and in our case more body fat.

There is a lot of misunderstanding between burning muscle and fat. Some people believe that muscle can turn to fat and vice versa. This is definitely not the case. Our bodies are all made up of cells. It is however made up of different types of cells. We have muscle cells and a completely different cell structure being a fat cell. These cannot turn into one another. A muscle cell has a nerve that attaches into it to activate, if it turned to fat, it would some how be trying to activate a fat cell to contract to move a part of our body which is obviously impossible. If a fat cell turned into muscle, we would then have to grow a whole new nervous system and nerves to then attach to each new muscle fiber that was originally made from fat. Once again, impossible.



So let's have a quick recap...

- Muscle cannot turn into fat,
- Fat cannot turn into muscle,
- To burn more we need to keep ourselves inefficient, by continuously changing the types of activity and exercise that we do,
- To burn more we need to use big muscle groups like our legs. Bigger muscles take more energy to activate and therefore we will burn more!



Chapter 5 >

Best cardio based exercises

Many people have their favorite types of exercises. Some love cardio, and some despise it. Often those that despise it are generally guys that are trying to build muscle. Cardiovascular exercise is great for burning energy and lots of body fat. Cardiovascular fitness is based on doing one or many activities at a moderate intensity for longer periods of time. This means that we can burn lots of energy, in a period often between half hour to hour but possibly more for those that are conditioned.

By doing cardio, we aim to get our heart rates up, but not up to high. When we get our heart rates up extremely high, we tend to burn a higher amount of carbohydrate and less fat. Our cardio sessions should be focused on moderate intensity so that we sit in what's called our fat burning zone. A really general guide to keep your heart rate is around 180 - age however this is just a general guide and everyone is different. By doing this we are working our body quite hard by using the larger muscle groups. By using the larger muscle groups we burn more energy but the good news is that we are in our prime zone for burning body fat, or our (Fat burning zone.) If we keep our heart rate at a good consistent level we still will burn carbohydrates but more importantly for weight loss a higher amount of body fat which is normally the aim. For those that are quite overweight it is best to start off with the basics. Walking to begin with then once again to make sure that we are always staying inefficient we need to change it up.

The best part about doing Cardiovascular exercise is that it can be completed using no equipment at all. Just walk or jog and any other type of exercise that you can think of that gets your heart rate up. If you head to a gym you will find a huge area specifically built for cardio.

Equipment that you may find in gyms include....

- Treadmills,
- Exercise/Spin bikes,
- Boxing equipment,
- Rowers,
- Cross trainers,
- Climbers,
- Steppers etc.

A question that I get asked a lot is how long should I exercise to lose body fat? There is no one answer for this. It depends on your goal, how much time you have and what type of exercise you're doing. If we were doing cardio it's best to spend at least 20mins where your heart rate is up. For best results I'd encourage most people to be doing 30-45mins. This will however take some time to get use to if you are not conditioned so remember that its best to take it easy at first, and to slowly condition you or your client to a larger exercise time.

It's important to note that you do not have to just stay on any one piece of equipment for any length of time. As an example you can spend five minutes on six pieces of equipment, which will help your body stay inefficient. This also helps if you get bored easily or don't enjoy certain exercises so much. You may even get better results from exercising this way compared to just performing the one type of exercise. An example may be 30 mins on the exercise bike. So move around and enjoy all the different types and remember, there are no rules!

Chapter 6 >

Best strength training exercises

There can be many reasons why a person may train but as a guideline we say in the industry as personal trainers that when first starting out at least 80% of our clients are training because they have to, not because they want to. They train because...

- The doctor has told them that if they don't lose weight then they will have huge medical challenges in the future.
- They need to get into shape or into a lower dress size or suit size for a wedding, graduation or reunion etc.
- They are single and feel they need to lose weight to get back in the dating scene.
- Rehabilitation and or to strengthen themselves after an injury.
- Gain confidence and boost their self esteem.

In fact in Australia only around 5% of the population has some type of a regular exercise plan. Therefore 80% of our clients are what we call "Have to's" and only 20% are our "want to clients."

This creates a whole new challenge for us as Personal Trainers. For a start our clients don't want to train and wouldn't be here if they felt like they didn't have to. This means that we have to completely change the way in which we program for these people. Most of these people are looking to get in and out of the gym as quickly as possible with the mindset of "So what do I have to do?"

With this in mind we need to construct simple programs for them that will get the best



possible results with only a small amount of time within the gym or park. If we create long, complicated, time consuming exercises and programs for them, you will find that they are extremely unlikely to stick to these and may start missing sessions which can lead to them simply quitting.

This is not good for two main reasons...

1. They will not achieve their goals and be back in the exact same position that they started in.
2. You will have less income as a PT and as a business will struggle with limited profits and very few clients.

To avoid these potential challenges and boost our clients chance of success we want to try and once again limit the time in which they need to be in their sessions, but yet still create amazing results for them. This leads to our exercise options when performing strength training exercises. We have two basic types of exercises, that being ...

1. Isolated exercises, meaning the use of one joint only. This requires the use of only a few and possibly one main muscle group. This can be great for focusing on a particular muscle group, however if muscles are trained individually this will take a lot more time for the whole body to be trained. An example of an isolated exercise would be a bicep curl, using predominately just our bicep brachii.
2. Compound exercises, meaning the use of two or more joints. This requires multiple groups of muscles to work at the same time to produce the required movement. This means that more muscles are being used at the same time leading to a faster workout and possibly more energy being used to activate these groups of muscles. An example of this would be a squat, using the glutes, hamstrings, quads, calves and even our core and back muscles.

Both Isolated and compound exercises have their place, however in Personal training it seems to be that compound exercises can gain better results purely based on just the time constraints that most PT's face.

Another reason time is such a challenge is due to the fact that as a PT, we charge by the hour or more commonly the half hour. Most trainers find that a clients budget will give them on average 2 x 30minute sessions per week and for some, just the 1 session. Sure it would be great if our clients would work out and exercise when we aren't about but the probability is quite low.

Your clients will normally only train with you and you may find that they do not have the discipline or follow through to train on their own. For you this means that we are now faced with trying to conduct a strength training program that will work out all the different areas and muscle groups in the body in just 60 mins per week. That's why in our courses we mainly focus on compound exercises, even though isolated still have their place. Remember that Personal training is completely different to training on your own or training with a friend or training partner!

We have so many exercises to choose from. Most exercises are fine if they are performed with correct technique and are suitable for the particular client. An example, a safe exercise is a Barbell Back squat. It is a great exercise however is probably not suitable for a beginner client, or a lady that has just had a newborn and may have been inactive recently. We could think of more suitable exercises rather than it to start with, maybe a body weight squat or even using dumbbells. The real key is to once again consider what exercises will activate the most amount of muscle, get the body working hard and using lots of energy.

If we focus on our big muscle groups while doing resistance training we will cause more muscle disruption. This is a great thing

particularly for weight loss. This may cause a little soreness but causes the body no real harm. What it does do though, is causes our metabolic rate to go sky high in order to supply the damaged muscles more energy to heal. While ever the body has to repair, it's working harder and therefore requires more energy. If we are only eating what we require and no more, the body can start to use excess body fat to supply the muscles energy to recover. This is why strength or resistance training is so great for those that are exercising for weight loss!

So let's recap on strength training...

- Compound exercises work more muscle groups, burn more energy and is great especially for those that only want to or can train once to twice per week.
- The real key is to once again consider what exercises will activate the most amount of muscle, get the body working hard and use lots of energy.
- Strength training causes our metabolic rate to go sky high in order to supply the damaged muscles more energy to heal and repair making it a perfect element to add to any weight loss program.





Chapter 7 >

Where to from here?

I'm gathering that by you reading write through that this is something that you are really interested in. Just as we would advise a client wanting to make changes, the best time is right now! I'm a huge believer in when you set a goal of any type, you must take action on it straight away. With that attitude and method it's far easier to succeed in what ever it is that we set out to achieve. The really great news is that there has never been a better time to enter the fitness industry. There are all sorts of opportunities there weather you are looking to train in a health club, a personal training studio, conducting group or outdoor sessions or start your own Mum's and Bub's exercise group.

There is a huge emphasis on health and fitness, especially with the alarming figures of our countries obesity levels. The majority of the population hates or at least would rather not be working where they currently are.

I've heard so many people talk about wanting to become a personal trainer or help others with their health and fitness but have some how decided that they can't or are not in a position to. First of all, anyone who is absolutely passionate about helping people, especially with their health and fitness, can make a fantastic personal trainer.

People often think that unless you are in great shape and have a super high level of fitness that you cannot become a personal trainer. This is definitely not the case. It never hurts to look great. However, it is not essential. In actual fact, it can sometimes work against you.

People look for someone that is; positive, passionate, energetic and most of all approachable. Often it's a case of having life experience as well and someone that is relatable. They look for someone they can have a good professional relationship with and always feel

better for seeing them. If people feel better after seeing you, then you're creating a higher quality of life for that person and that is extremely valuable! If you feel that you are capable of adding value while assisting people toward their health and fitness goals then you probably have the necessary qualities to be an extremely good personal trainer. We can take care of teaching you the extra knowledge and practical skills that are required.



Please do not hesitate if personal training is something that you really want to do or if you would like to know more information. You may even consider doing the program as others have done just for your own knowledge and benefit.

There are often challenges that may pop up that you think may prevent you from doing what you really want to do but this is the case in life, generally. My small team of experts and I will always do our absolute best to help you to achieve what ever it is that you really want to and will go above and beyond to work around any challenges that you may have if you would like to consider doing one of our courses. I hope that you have found this book really helpful and it's possibly inspired you to want to help others to achieve some of their health, fitness and weight loss goals and some of your own life goals!

Testimonial by Lisa Pankhurst

"I was looking for a personal training course that was good value for money and when I came across Dave and the National Health and Fitness Academy's course. I was very excited to get started. I took advantage of the course with child care which meant that I could bring my 7 month old daughter along to the creche while I studied knowing she was being well looked after and was very close by. Dave makes the course enjoyable and if you don't understand something he will re-word it in another way so that you have understood it.

I became a PT so I could spend more time with my daughter, work less hours for more money and love what I do.

Continuing my PT knowledge with the bamboo business mentor course was one of the best career choices i have made so far, I can proudly say after a short few months of setting up my mums n bubs bootcamp I now have a group of 25 women that come along to training and have 8 one on one PT sessions.

Dave is very professional and thorough and I would highly recommend his course to anyone that is looking to excel at being a PT. Don't look any further than NHFA, you won't regret it."



NHFA



NHFA

NATIONAL HEALTH &
FITNESS ACADEMY