

THE CPTNreport

Certified Professional Trainers Network Newsletter

SPRING/SUMMER 2007



(Think) Outside the Box - IN The Indoor Playground

By
Lee Davey

Can you remember when you felt most carefree? When in your life you were happiest, most functional, and fit? When you have taken your kids to the park or playground or passed by a schoolyard full of energetic youngsters, what did you see?

Think back, to that time...you had no fear, everything was a game – everything was fun. You would bound, climb, play in the sand, hop on one foot, balance (standing up on a teeter-totter), climb up and down on mesh netting and across monkey bars. You would swing on tires and climb ropes – you were probably in the best shape of your life and you didn't even know it! We could learn a lot from ourselves... the selves of yesteryear.

Indeed, let's go back, ...or could we go forward? Introducing the Dynamic Conditioning

Centre (DCC) – the World's first Indoor Athletic Playground – devised for recreational, amateur, and professional athletes. Climb the monkey bars, flip the tractor tires, and pound the sledge hammer. Maybe climbing ropes or mesh netting inspires your athletic spirit? You can manoeuvre the weighted sled, sprint the field-turf, or find the sandbox for plyometric jumping. At DCC, anything goes!

The Dynamic Conditioning Centre (DCC) is the brainchild of Lee Davy and Jared Postance. The playground, which began as a place for athletes to train, slowly took on a life of its own. The concept and implementation came from a desire to offer something unique and inspiring yet practical and results-oriented. Both Davy and Postance are veteran athletes as well as veterans in the fitness industry. They thought an

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'outside the box' approach to exercise needed to be taken.

The concept is really quite simple. If you look back in time at your childhood – there were rarely any machines to play on. If you wanted to “survive”, you were quick, agile, strong, powerful and well-balanced.

Looking at civilization today, some of the strongest people are farmers and construction workers – people who haul and lift, throw and climb. At DCC, we take the same approach, an 'old school' style combined with a 'new age' philosophy.

Benefits of this training method are simple. The idea is that you get bigger, stronger, faster, in less time, and with less injury. Not only your physical attributes, but also your mental acuity are challenged. The workouts are always unique and interesting, always different and challenging. They are designed to be functional and practical. They reduce the chances of injuries.

To make this style of training just a little more fun and exciting, Obstacle Course Training (OCT), was developed. In turn, The Ultimate Cat's Lair Obstacle Course Challenge and Ultimate Trainer Challenge were devised by combining all the elements of DCC.

The whole process is really quite easy...

Easy to learn, easy to train, easy to compete...

Trainers and clients alike can learn the movements, which are combinations of upper and lower body movements; whole body movements that incorporate grip and core strength. Balance, speed, agility and more need to be incorporated. The movements are simply broken down and executed one at a time. Once the person who is learning them becomes more efficient, movements might be combined and then finally a course set up to run through and timed. Once the skills are mastered, this could be one of the major sources for training. Three or four 2 to 3 minute courses could be exhausting! A quick and efficient workout in much less than an hour!

The benefit of this training is that only the application of imagination is needed to succeed. Once freed of the restriction of relying strictly on exercise machines, trainers are able to offer a larger variety of programs to their clients and of course obtain better (more functional) results for them. That's not to say having a large number of playground-like apparatuses won't help.

There are several compelling reasons for trainers to learn this style of training. It's brand new to the industry and teaches a different way of looking at exercise. The average trainer will add new skills, and, in turn, develop a different way of thinking, expanding upon what makes them above-average trainers. This style of training challenges trainers to keep fit themselves and provides a platform to compete



against peers, creating a higher level of trainer with a much larger networking base.

From a business viewpoint, this type of training challenges clients, and inspires them. Imagine if your clients could train for something specific, something new and different. Imagine if they could get genuinely excited about every workout. Imagine if they begin to train for an event and could compete against other clients at the same level. Imagine if you created a social outing for them. How enticing would that be? How much do you think your personal training business would soar?

Our culture and the media emphasizes the importance of looking good. It's in every magazine. Many people want that picture-perfect physique. This kind of training addresses this desire to “look good”, but it's more than just looking strong – you are actually stronger, more functional, more efficient, with less pain- ultimately experiencing a better quality of life. It is our job as professionals to educate clients about what we are doing and about the fact that they will not only look great, but feel great, too.

So why not get back to having fun with your-

self and your clients? Forget momentarily about your current style of training and the exercise machines. Help your clients forget their hectic schedules, stress, and never-ending deadlines. Help them forget about the rat race and encourage them to bound, climb, and balance, and be a kid again.

Lee Davey is co-owner of the Dynamic Conditioning Centre (DCC) in Toronto, and co-creator of the Obstacle Course Training (OCT), The Ultimate Cat's Lair Obstacle Course Challenge, and the Ultimate Trainer Challenge. DCC is offering a 15% discount for CPTN members for their 'inside the toolbox' training (\$45 value): learn new training tools, learn different training styles, how to think outside the box.

Upper-Crossed & Lower-Crossed Syndromes

by Dr. Joe Kottoor

A medical doctor named Vladimir Janda conducted years of research on posture and muscle imbalances and their effect on each other. His main discovery was that all striated muscles of the body respond to stress in different but predictable ways. Simply put, certain muscles tighten while others weaken when both are exposed to the same stressors. The tight muscles tend to contract early and often; the weak muscles tend to contract infrequently and later than tight muscles. Janda's formula for predicting tight and weak muscle groups helps explain why so many clients present with the same aberrant postures and pain.

Since many people spend a great deal of their day sitting in front of a computer or working at a desk, certain muscles tend to get tight and others tend to weaken. These tight and weak muscles create a cross or "X." In the upper body, for instance, Janda called this "upper-crossed syndrome." For example, as

"It is important that personal trainers design programs that offset the muscles that are chronically tight or weak so that their clients will avoid injury."

seen in the chart below, for upper-crossed syndrome tight muscles tend to include the upper trapezius, pectoralis major, and latissimus dorsi.

Weak muscles tend to include the rhomboids, serratus anterior, and posterior rotator cuff. Hence, it is important to stretch the 'tight' muscles (upper trapezius, pectoralis major, latissimus dorsi) and strengthen the 'weak' muscles (rhomboids, serratus anterior, posterior rotator cuff) to create muscle balance.

It is essential that personal trainers design programs that offset the muscles that are chronically tight or weak so that their clients will avoid injury. For example, if a client works all day at a desk or computer, it is important to include in the program design stretching of the pectoralis major muscle and strengthening of the rhomboid muscles. This type of resistance and flexibility training will help avoid the 'rounded-in' shoulder appearance that plagues many people who work at a desk or computer, and may prevent various injuries such as shoulder impingement syndrome, rotator cuff pathology, and neck strains. It is important that personal trainers understand the chart below to prevent postural strain, injury, and poor posture in clients. Unfortunately, many personal trainers tend to strengthen already tight and facilitated muscles (the "mirror" muscles for example), and avoid the weak and inhibited muscles, thereby perpetuating postural problems and pain.

The research that Dr. Janda has done recommends that there be a focus on strengthening the muscles that stabilize joints, for example, the rotator cuff in the shoulder and the deep abdominal muscles affecting the lower back. Large muscles that 'de-stabilize' the joints (e.g., pectoralis, latissimus dorsi, and trapezius) should not be over-strengthened. There is often a very large difference between

Typical Muscle Imbalances in the Upper-Crossed Syndrome		Typical Muscle Imbalances in the Lower-Crossed Syndrome	
Tight, Facilitated:	Weak, Inhibited:	Tight, Facilitated:	Weak, Inhibited:
Pectoralis Major	Longus Capitis & Colli	Iliopsoas	Rectus Abdominis
Upper Trapezius	Hyoids	Rectus Femoris	Gluteus Maximus
Levator Scapulae	Serratus Anterior	Hamstrings	Vastus Medialis
Sternocleidomastoid	Rhomboids	Lumbar Erectors	Vastus Lateralis
Anterior Scalenes	Lower & Middle	Tensor Fascia Latae	Transversus Abdominis
Suboccipitals	Trapezius	(Thigh) Adductors	
Subscapularis	Posterior Rotator Cuff	Piriformis	
Latissimus Dorsi		Quadratus Lumborum	



the strength of ‘de-stabilizing’ muscles and the strength of ‘stabilizers.’ It is very important that personal trainers avoid perpetuating this kind of strength imbalance.

STRENGTH RATIOS

Muscle balance refers to the comparative strength of one muscle group relative to another. Much research has focused on the relative strength of muscles that act in opposition to one another. Groups of muscles that act in opposition to each other are called agonists and antagonists. For example, when doing a bicep curl, the biceps are the agonists (prime movers) and the triceps are the antagonists (contract in an

opposite direction). This agonist/antagonist relationship exists because the biceps flex at the elbow joint and the triceps extend at the elbow joint. Hence, during a bicep curl, the biceps are acting concentrically while the triceps are acting eccentrically.

An ‘ideal’ strength ratio is one where the agonist and antagonist contract in a way that provides joint stabilization and appropriate movement, yet prevents injury. In the above example, if the triceps did not activate at all during a bicep curl, there would be no resistance to elbow flexion. This lack of opposition might cause major injury to the elbow joint. Many research studies have focused on determining what ‘ideal’ strength ratios should be. It

is recommended that personal trainers use these ratios more as guidelines and not as rigid standards.

When designing training programs, it is important that personal trainers prioritize training in terms of strengthening weak muscles to optimize strength ratios and minimizing muscle imbalances in the body. This approach to program design will help prevent injury and optimize performance. For example, as indicated above, core strength training should focus on developing an equal strength relationship between the abdominals and the lower back.

As previously explained in the section on the Upper-Crossed Syndrome, many personal training clients develop a ‘round’ shoulder appearance and shoulder pain from their daily postures. Moreover, many individuals who overemphasize chest muscles and anterior deltoids in their resistance training perpetuate muscle imbalance that can cause a multitude of different types of shoulder injuries. As in table 1, the chest to back ratio should be 1:1, meaning that an individual should be able to move as much weight during a seated row exercise as during a bench press, this balanced ratio rarely occurs in individuals involved in resistance training.

In individuals who weight train, it would be advisable to increase strength in the following groups of muscles to more evenly equalize strength ratios:

- 1) external rotators of the shoulder
- 2) dorsiflexors of the ankle (shins)
- 3) Upper back (rhomboids)
- 4) Hip Extensors (glutes)
- 5) Hip Flexors (hamstrings)

Clearly, the Upper- and Lower-Crossed Syndromes coincide with the ‘typical’ types of muscle imbalances that are seen in an exercising population.

Dr. Joe Kottoor, chiropractor and CPTN-CPT, wrote this article for the chapter on musculoskeletal injuries in the CPTN “The Art & Science of Personal Training, 2nd Edition.”

Table 1 ‘Ideal’ Strength Ratio

Joint	Muscles action (muscles involved)	Strength ratio of muscles involved
Ankle:	Plantar flexion (Calves) vs. Dorsiflexion (Tibialis Anterior)	3:1
Knee:	Knee extension (quadriceps) vs. knee flexion	3:2*
Hip:	Hip extension (Gluteus maximus) vs. hip flexion (Iliopsoas)	1:1
Upper Body:	Chest (Pectorialis major) vs. Back (Rhomboids)	1:1
Shoulder:	Internal Rotation vs. External Rotation Shoulder flexion vs. shoulder extension	3:2 2:3
Elbow:	Elbow flexion vs. elbow extension	1:1
Trunk:	Lumbar Flexion (Abdominals) vs. Lumbar Extension (Erector Spinae)	1:1.3

** (Therefore, if one can maximally lift 30 lbs on the leg extension machine, one should be able to maximally lift 20lbs on the leg curl machine)*

Post-Rehabilitation for the Lower Body

Date: Jun. 16, 17, 2007
 Time: 9:30 am - 5:30 pm
 Location: Athletes Care Clinic,
 York University (Toronto, ON)
 Price: Non-Member: \$280.00 /
 Member: \$250.00
 CECs: CPTN - 14
 Course Instructor:
 Kevin Duguay, CAT (C)

Online registration for both courses is available at www.cptn.com



THE CHALLENGES OF MODERN RUGBY

CONDITIONING

by Frederick Claro

In recent years, the game of Rugby Union has entered a new era and has evolved into a new dimension for players and teams alike. The multiple aspects of conditioning in this arena came to the forefront of the training processes with the growing importance of field-polyvalence in the game. The increase of the actual ball in play time, (at higher speed both at professional and amateur levels), have made the development of players' bio-motor abilities a paramount element for a total rugby game enhancement. In this article, we shall review: 1. what are the general and specific abilities players must develop and maintain to reach high performance? 2. What would be the best way to develop these abilities? 3. How will this affect the training? 4. And finally why is it important for trainers and conditioning coaches to understand the training challenges ahead, in order to optimize their potential interaction with rugby players in train-

ing factor of the game.

Rugby is primarily a collective, combat-power game where players must repetitively display a high level of speed, agility, and endurance combined with technical and tactical astuteness. Table 1 shows a summary of the physiological factors involved in rugby and some training objectives to develop them optimally.

The development of these abilities is best done through the methodology of a periodized training system. I refer here to a complete and systematic multilateral sport development that must occur prior to any specialization. It is now well established (Bompa, 2000) that high performance in sports is more likely to occur if the player has systematically developed all abilities during pre-puberty and puberty, in order to specialize in the chosen sport, and position within that sport, during the post-puberty developmental phase. Hence, we can confidently say that the training periodization of

rugby players (and other athletes) in adulthood should be continued after a thorough plan has been followed during the individuals' pre-puberty phase.

Over a period of 10 to 12 years from pre-

puberty to high performance phase, training periodization should develop speed (maximum speed and speed endurance), coordination, power (and all related issues such as strength and maximum strength at later stages), endurance (aerobic and anaerobic), and agility (improved through strength and power development). The implementation of these skills would occur through general training and then, more specifically, in relation to the technical and tactical approach of the game. Moreover, the plan would also provide for position-specific development.

An optimally designed plan will not only develop powerful and skilled players, but it will also produce

Ergogenesis	Limiting Factors	Average work/rest	Training Objectives
<ul style="list-style-type: none"> •60% Aerobic •30% Anaerobic Lactic •10% Anaerobic Alactic (position specificity applies)	<ul style="list-style-type: none"> •Acceleration •Deceleration •Change of Direction •Aerobic/lactic Endurance • Power/Power Endurance 	<ul style="list-style-type: none"> • Forwards: 1:7 • Backs: 1:21 Note: Forwards involved in more high intensity work, whereas backs reach peak velocity more often	<ul style="list-style-type: none"> • 3 energy pathways development with emphasis on aerobic endurance • Develop starting power and power endurance • Develop agility with quick footwork • Develop acceleration and deceleration with quick changes of direction

Table 1. Adapted from Bompa and Deutsch et al., 2006

ing?

Deutsch, Kearney and Rehrer (2006), among others, have classified rugby as an intermittent high-intensity exercise through a game time-motion analysis of professional Super 12 players in New Zealand. Their study, and others, have shown that the Actual Ball in Play Time (ABPT) in a professional rugby game is in the range of 42% and constitutes more of the total playing time (IRB, RWC 2003 statistics). The ABPT is on the rise at amateur level too through a role model effect, with elite rugby pulling the development upwards. Considering this, we can confidently say that the bio-motor abilities inherent in rugby are a lim-



mostly injury-free players. In addition, it will also ensure safer practices and play times since it will also provide comprehensive recovery strategies. Coaches and trainers should keep in mind that the body adapts and gets stronger during the recovery time when the body is allowed to supercompensate from the stress phases of training (not necessarily during the training per se). Training is only a gradually-induced stress designed to force the body to adapt to heavier workloads, thereby maximizing performances. It is through adequate recovery that this adaptation occurs. Managing training volume and intensities is one good thing...but managing recovery time ultimately becomes the key to success! Recovery is seemingly the most overlooked factor in training programs these days. As coaches and trainers we must think "overload and specificity", but we must also remember that "recovery" is a paramount condition for successful development. The periodization of the sport's motor-abilities and the yearly plan then become the only efficient way to go.

Because training is of a complex nature, our duty as coaches and trainers to the athletes/players we train encompasses how well we understand the whole training process, and how relentlessly we question ourselves regarding our knowledge. In today's sport development challenges, sharpness comes from better education and information

application. It is our duty to keep developing our knowledge, to avoid the staleness that we also wish our athletes avoid. Continuing education provides us with the knowledge and tools necessary to thrive and better ourselves. Only if we progress as coaches, will our athletes/players progress too. I believe a coach or a trainer is only as good as his/her commitment to self-improvement and introspection.

Stay sharp and train smart! I wish you all safe and enjoyable training.

Frederick Claro is a Rugby Coach who graduated as a High Performance Coach from IRANZ in Wellington, New Zealand. He is a former National Division and Provincial Representative player in France. He is now coaching and consulting in Japan where he resides. Frederick is a Periodization-Planning Specialist (P-PS) & Junior Athlete Training Specialist (JATS) of the Tudor Bomp Institute (TBI) and its Training Director for Japan.

References: Bomp, T. 2000. Total Training for Young Champions, Champaign, IL, Human Kinetics Bomp, T. 2006. Total Training for Team Sports, Toronto, Sports Books Publisher Deutsch M., Kearney G., Rehner N. 2006. Time-Motion Analysis of Professional Rugby Union Players during Match-Play, Journal of Sports Science, 2006; 1-12



Conference 2008 and One Minute Poll Results

CPTN is planning the next conference for May/June 2008. Since we will not be hosting a conference for 2007, please visit www.cptn.com for current workshop listings or on-line courses for your CPTN Continuing Education Credits.

In aiming to meet your educational needs, we polled the CPTN membership to gauge your topics of interest. Based on the One Minute Poll that was taken late April 2007, the following workshops were listed as of interest to the membership:

Training techniques

Business marketing/
management/startup

Certifications (i.e. CPR)

Exercise Physiology

Post-rehab/injury prevention
(i.e. back, shoulder, knee)

Nutrition

Yoga

Cycling

Strength Conditioning

Sport Specific Training

Age Specific Training

We will keep these interests in mind as we look ahead to planning educational sessions and contacting speakers for a sensational 2008 CPTN Conference. If you have expertise and success in any of these educational topics and are interested in presenting for the CPTN membership and fitness industry, please email your workshop/lecture/practical ideas (title, description and bio) to education@cptn.com by June 30th, 2007.

Profiles Of SUCCESS

Colleen HOLMES

CPTN-CPT, CES

Over the past 12 years I have taken more than 50 fitness courses with my highest level certificate being the Clinical Exercise Specialist. I work for Conestoga College as a full time Academic Athletic Technologist and for the Conestoga College Recreation Centre as their Personal Trainer. My role requires me to instruct the Pre-service Firefighters, Police Foundations, Paramedic, and LASA (Law and Security) fitness programs. On top of that I find a couple of hours a week to work for both the City of Cambridge and City of Guelph instructing various fitness classes. I also own "Red Rock Fitness" which is my personal training business. I truly love what I do for a living. In my personal life, I am a single mom with the world's most awesome teenagers. I am very blessed.

I have been a member of the Certified Personal Trainers Network for four years

and a CPTN instructor/assessor for the past three years. I have been teaching the Fanshawe College in-class CPTN personal training course for the past three years, and have also introduced the course to Conestoga College.

As the Chair of the Professional Relationships Committee for CPTN, I decided to work with Conestoga College to create the on-line "Art of Personal Training Course". Along with the support of the rest of the board members, the course will go on-line the first of May through the Ontario Learn College system hosted by Conestoga College.

During the development of this CPTN "grand-child", the CPTN Executive Committee decided to integrate video streaming within the online course to demonstrate exercise techniques. The taping took six hours but with the support of all the diligent committee members and some wonderful Conestoga management, staff and students we got through the process. My training for the video itself involved many hours of strength conditioning and running, but it was all worth it.

I believe that education is power. Yes I know that it is a lot of work, but I also



believe that education can only nourish one's future. Every course is a piece of your fitness education puzzle. Every piece is independent and important for its specific function. All the pieces eventually fill in all the blanks and create a unified portrait.

Success to me means development of your next goal. Success never ends, it just re-develops. Set your "development" plan to keep learning like you crave it and always have an "attitude of gratitude". With this attitude, success is guaranteed.

And always, always "keep dancing like no one is watching."

Thomas LESTER

CPTN-CPT

I started a weight training club in High School with my own weight set in the early 60's. Even though I was keenly interested in bodybuilding, I took up martial arts, and eventually opened 3 Karate studios.

I met Susan Lee and became a CPTN member and started attending seminars regularly. I became Ken Kinakin's chiropractic patient and received a great deal of inspiration from him. He brought the fitness business to a new level of professionalism.

I left work because of pain in my knees and back at 59 years old. Since 14 I have had 28 orthopedic surgeries which have made it very difficult to maintain any level of fitness because I am in constant pain.

I attended the fitness program at Humber College and even though I was heavily medicated for pain and depression I managed to keep up with my studies. I worked as a Personal Trainer at Canadian Body Works

for a few hours a day with a great group of trainers. I met Ian Walling, who was always willing to help the new guy. The owner of CBW (John Pridham) had been an instructor at George Brown College and set high standards for his trainers. It was a honour to work with him.

It seems that the more I learn the more I realize how little I know. I have taken a couple of Paul Chek's courses and have recently finished both of Stuart McGill's books on back rehabilitation. I have taken a strength and power course with David Sadler, and post-rehabilitation courses through CPTN. I am currently studying Mel Siff's book entitled Supertraining. It is a humbling experience to realize the exceptional knowledge of some of the people in our field. As a retired school teacher I believe in lifelong learning. I take what I learn and experiment with it to make it better. I believe that we have to think outside of the box and always question accepted theory.

Recently, I moved to B.C. and have started training clients at a new Gym. I do personal training as a part time job for fun and since there is no pressure to earn an income I have time and interest to give extra value to the



people I meet. I research health condition topics to prepare for special needs clients and I monitor them closely. I call them the next day after a session to get feedback on his/her workout. Special needs clients are referred my way because I have demonstrated that I will conduct the best possible training session for the client, and because I care.

CPTN CALENDAR of events



Post-Rehabilitation - Lower Body

Date: June 16, 17, 2007
Time: 9:30 am - 5:30 pm
Location: Athletes Care, York University
(Toronto, ON)
Price: Non-Members \$280.00
Members \$250.00
CECs: CPTN - 14
Course Instructor:
Kevin Duguay, CAT (C)

CPTN Level 1 Yoga: Basic Theory & Posture Practice

Date: September 15, 16, 2007
Time: 9:00 am - 5:00 pm
Location: The University Centre Fitness Club,
P1 Level, (Toronto, ON)
Price: Non-Members \$265.00
Members \$235.00
CECs: CPTN - 14
Course Instructor:
Caron Shepley, HBPE

Online courses for CPTN
Continuing Education
Credits visit www.cptn.com
for a complete listing
and descriptions

Ice Hockey Conditioning
Junior Athlete Training
Periodization Training
Strength and Conditioning
Advance Exercise Nutrition
Exercise Anatomy
Exercise Physiology
Fitness for Older Adults
Fitness for Women

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to our **NEW** CPTN Certified Personal Trainers

NEW BRUNSWICK:

Amanda Grant, *New Maryland*

NOVA SCOTIA:

Robert Graham, *Upper Stewiacke*; Mary McNeil, *Caledonia*;
Jeff Myers, *Guysborough*; Jeff Smith, *New Glasgow*

NUNAVUT:

Tonya Whittle, *Iqaluit*

ONTARIO:

Greg Almas, *Hamilton*; Carm Balinson, *Ancaster*; Ryan Beamish,
Kingston; Karen Beaulieu, *Fenwick*; Maria Boken, *Gravenhurst*;
Kimberley Bowerman, *Guelph*; Tamara Brouwer, *St. Catharines*;
Sarah Dillon, *Burlington*; Amanda Gordon, *Hagersville*; Tom Johnston,
Scarborough; Valerie Kane, *Waterloo*; Peter Ku, *Scarborough*;
Karen Lang, *London*; Ed LeBlanc, *Loretto*; Bruce Lovelace, *Toronto*;
Shawn Mackenzie, *Fergus*; Mike MacKinnon, *Mississauga*;
Erik Moller, *Toronto*; Maria Mozdbar, *Thornhill*; Brett Poff, *Toronto*;
Doug Ross, *Toronto*; Ryan Shollert, *Toronto*; Brad Spencer, *Toronto*;
Stephanie Van Beek, *Caledonia*

P.E.I.:

Matthew MacDonald, *Bedeque*

CPTNreport

SPRING/SUMMER 2007

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