

- Personal Training
- Physical Reconditioning
- Corporate Fitness
- Fitness Assessments
- Cancer Exercise Rehab
- Sports Kinetics

If you are interested in any of the services offered by Trinity Health Exercise Physiology, please inquire at the front desk of the Minot Family YMCA. We always offer a free consultation to discuss our services and your fitness goals!

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The Spotter

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What is an Exercise Physiologist?

By Russell Gust MS, CSCS

Seems like a complicated title, right? But to be honest, it's just a fancy way to say, "Life Enhancer". The basic job of an Exercise Physiologist is to make your life on this earth happier and longer! I often say that I am saving the world one lunge at a time. Seriously though, what we do is quite simple: we know how the body functions during exercise, and we use that knowledge to improve your overall level of wellness. Whether you are a bit overweight, a young athlete striving to be

the best, or fighting a battle against illness such as cancer or diabetes, we can assist you! We have extensive education in human physiology, anatomy, and biology, and even more important, several years of experience helping a wide variety of people reach their fitness and wellness goals. We are professionally certified, and are required to stay current on medical exercise and fitness literature. We are not "weightlifter dudes" or "body builders". Our primary concern is to

improve the health and function of our clients and patients through research-proven exercises. Some of my clients claim that I seem to enjoy "torturing" them. Call it what you will, but yes, I do enjoy seeing the many positive effects that exercise can have for everyone, and as for "torture", well, that is available upon request.



"I just can't lose weight!"

By Russell Gust MS, CSCS

One of most often heard sentences in our practice! My first response to this common frustration is usually, "What have you been doing?" and then I dread the next reply. . . "Well, I walk a mile everyday, and do the weight training circuit 3 days a week, and then I go to step class twice a week. . the same thing I've done for the past year!" The SAME thing!!!!

The biggest enemy of progress is repetition. The human body is very good at adapting. It responds, adjusts, and then settles. If you keep doing the same thing, your body is not challenged, and therefore, remains the same. My best advice is to completely change your workout routine every 8 weeks. This is enough time for your body to respond and adjust, but

not enough time to settle. In addition to allowing progress for your body, changing your routine also will help prevent boredom with your workouts. Keep yourself, and your body, interested!

**Variety is the
spice of life!**